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## **Sexual Victimization through Alcohol Use by College Women**

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### **ABSTRACT**

*This descriptive study aimed to identify the demographic profile of the respondents in terms of age, year level, and college, to determine the level of sexual victimization due to alcohol consumption in terms of physical, psychological and emotional type and to determine the resolutions made after being sexually victimized. Data was gathered through a checklist and researchers-made questionnaires to supplement the data. The data was interpreted through frequency. The essential findings are as follows; there were 20 respondents from the College Campus. The respondents often experienced psychological/emotional types of sexual victimization while taking alcoholic beverages. These sexual experiences have created severe effects on the victims, just like suicidal thoughts, trouble in sleeping, scared of no reason, nervousness, feeling that people cannot be trusted, and expressing anger and sadness. The researchers concluded that alcohol consumption gives a linked to psychological/emotional type of sexual victimization and gives disturbance to the victim. So it is recommended that college women should be more careful every time they consume alcoholic beverages and do not drink to excess to avoid regretful sexual victimization.*

**KEYWORDS:** *Sexual Victimization, psychological/emotional type of sexual victimization*

### **INTRODUCTION**

Sexual victimization of college women is a public problem that can be contributory to health crisis with potentially troubling implications. This form of victimization often occurs in a situation of alcohol use, such that instances of sexual victimization usually occur when the perpetrator and the victim have been drinking alcohol. College students are more at risk of becoming victims of sexual assault. Identified factors that increased the risk of sexual victimization among college women include a growing number of sexual partners, a history of sexual harassment, a history of sophomore and freshmen year dating abused. Increased alcohol intake, substance misuse and unexplained drug admissions are also considered risk factors (Krebs et al.) [1].

Sexual victimization has been labeled a secret assault on women; although it happens at high levels, it is rarely reported to authorities after all. Numerous causes related to the underreporting of cases of sexual victimization. Some of the victims will not report the victimization to police or other people because they fear they are not being believed or derogated (Abbey) [2].

A study showed that people who already experienced any sexual victimization have considerable short-term and long-term health costs. College women's sexual victimization and traumatic sexual behavior experiences are a tragedy as they not only affect the victim

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when the abuse occurs but also continue to affect the individual until a lifetime. College women who are victims of sexual victimization face several social, emotional, and sexual barriers (Zafar & Ross) [3].

Alcohol use, in general, is significantly correlated with raising the risk of physical harm, assaults, deaths, and other adverse incidents, and spree drinking, in particular, is considered to be a particularly risky habit. Alcohol use lead to sexual victimization, which may lead to a more increase in alcohol consumption, or the two has a common cause in tandim (Abbey) [4].

The experiences of victimization are often distressing and may lead to various forms of escape behavior, including drinking. This explanation is supported by reports that women are sexually victimized are at risk of alcohol abuse problems that result from using alcohol as a sexual victimization coping mechanism. Alcohol consumption leads to the experiences of victimization, either by increasing the likelihood that a woman will place herself in a situation that increases her risk for victimization or be targeted for planned victimization. Alcohol has been identified as the most common use date rape drug, about 36% of women had been given alcohol before an attack, compared to less than 0.01% of women who were given the well-known date-rape drug Rohypnol (Grayson & Nolen-Hoeksema) [5].

This experience typically occurs at a developmental stage known as emerging adulthood, a life stage that is viewed by many as a critical turning point in lifespan development. This period of life is marked by significant change and instability and, for some, increased risk for engagement in antisocial behavior, including alcohol and drug abuse (Arnett) [6].

The research environment within or in a nearby college campus is being surrounded by different bar houses or mini-stores that sell alcoholic beverages. These bars or stores are very accessible for the students; specifically, college women and these bars or stores can be a vicinity for sexual victimization. The researcher's intention is to identify the respondents' demographic profiles in terms of age, year level, and college, and to determine the level of alcohol-related sexual victimization in terms of physical, psychological and emotional types and post-sexual victimization resolutions.

## **METHODOLOGY**

The study employed a descriptive quantitative and qualitative research method in which the researchers adopted ready-made questionnaires and interviews. The researchers used Snowball Sampling or Chain-Referral Sampling in which existing subjects provide referrals to recruit samples required for a research study.

The questionnaire is to identify college women who experience sexual victimize through the use of alcohol. The interview seeks to explore participants' experiences from the time they were sexually victimized through the use of alcohol. These approaches allowed them to overcome their history of sexual victimization by using alcohol, and not become a victim of potential sexual victimization.

This questionnaire presents related indicators situation on the respondents, guidelines, and instructions given to indicate the respondents whether it is profane, unjust vexation, lewd design and, consummated experience of sexual victimization. After the respondents answered the questionnaires, the researchers retrieved the data, analyzed, and interpreted.

The researchers observed and followed full ethical standards in the manner of the study following the evaluations of the study protocol and standardized criteria, particularly in population management and data such as but not restricted to: Voluntary participation during their convenient time, Privacy and confidentiality, Informed Consent Process, Recruitment, Risks, Plagiarism, Fabrication, Falsification.

## RESULTS AND DISCUSSIONS

This presents the results, analyses, and interpretation of data collected from college women students. The data were analyzed on the basis of the problems this paper was trying to answer.

The age distribution of the respondents is shown in Table 1.

**Table 1**

*Number of Respondents for Age Group*

Age	F	%
19-21	13	65
22-24	4	20
25-27	3	15
<b>TOTAL</b>	20	100

Table 1 presents the numerical expression determining the quantity of the age of the respondents. The table shows that thirteen (13) college women are aged 19-21, four (4) college women are aged 22-24, and three (3) college women are aged between 25-27. Accordingly, the data shows that in 20 participants, the majority are within the age of 19-21 years old.

The result is in consonance to the study conducted by Reifman and Watson [7], since women under the age of 21 are more probably to adopt heavy-episodic drinking as a new behavior in college and because of high sexual assault rates in the same age group, both alcohol and sexual attack danger decrease programs are required for underage college women.

Btwer and Swahn [8], relates to the unintentional deaths and accidents, physical and sexual assault and a wide range of academic and health problems are caused by alcohol dependence among college students age 18 to 24 years.

Table 2 presents the corresponding colleges of the respondents.

**Table 2**

*Number of Respondents from their different Concealed College*

College	F	%
Course 1	6	30
Course 2	3	15
Course 3	5	25
Course 4	4	20
Course 5	2	10
<b>TOTAL</b>	20	100

Table 2 presents the enrolled colleges of the respondents. In the survey, there are 20 college women who experienced sexual victimization as mentioned in the above table 2.

In the consonance to the report of Fisher [9], he claimed that women in college are being abused on campus and off-campus. Nonetheless, victimization off-campus can take place in bars and night clubs or student residences near the campus with almost all forms of sexual victimization. Thus, even if a student is victimized off-campus, she may be engaged in an activity that is connected to her life as a student at the college she attends.

From the perspective of Fisher et al. [10], college campuses are social domains conducive to students' sexual victimization. There are times when a stranger sexually assaults the coeds walking alone at night. However, beyond these disturbing crimes, the risk of female students' victimization is ingrained in the very fabric of healthy college life. Higher educational institutions are places where large numbers of males and females come into daily contact not only in the classroom but also in social settings in bars, in fraternity or sorority houses, in residence halls, and apartments at the school's edge. Encounters in these settings are characteristic of most students' lifestyles and might lead to much-welcomed flirting, dates, and intimate relationships.

Table 3 presents the respondents year levels in their respective colleges.

**Table 3**  
*Year Levels of the Respondents*

<b>Year Level</b>	<b>No. of Respondents</b>	<b>Percentage</b>
First Year	4	20
Second Year	8	40
Third Year	3	15
Fourth Year	5	25
<b>TOTAL</b>	<b>20</b>	<b>100</b>

Table 3 indicates the respondents' year-levels in their colleges. Eight (8) is from the second-year level in college, five (5) college in the fourth-year level, four (4) is from the first-year level, and three (3) is from third-year level in college.

Generally, the data shows that at the second-year level in college has the majority of respondents that experienced sexual victimization. Then it is followed by the fourth-year level and first-year level. The least that has been experiencing sexual victimization in college in the third year stage.

Consequently, contrary to Sweeney's [11] report, he said first-year college women students are facing an increased risk of sexual victimization the same to those not in their freshmen in college. College students are the most likely to become victims early on and the most risky are those early weeks of the year. Freshman year is when women are most exposed to sexual harassment.

From the study of Sadoski [12], the author stated that first-year students are at a higher risk for uninformed drinking, which might be why the numbers of sexual assault incidences are higher for first-year college women.

According to Testa, Hoffman and Livingston [13], adolescent sexual assault was indirectly related to high risky behaviors in first-semester in college (sexual relationships, hookups,

binge drinking patterns, and to excess drinking contexts) through high school risk behaviors that were, in effect, highly predictive of first year college sexual victimisation encounters. Risk behaviors in college partly mediated the significant connection between victimization of teenagers and first year college; nevertheless, college women without previous victimization faced a high risk of victimization at college with increased levels of risk behaviors in college. College women who already undergone teenage sexual victimization participate in increased rates of risk-taking, thus have higher weakness to college victimization. Involvement to minimize these risk-taking behaviors, primarily linked with alcohol, can minimize weakness to sexual victimization at college.

According to Scaglione et al. [14] First semester at the college was associated with increased drinking. Around 50 percent of the students start drinking regularly for the first time when they enter college and inexperienced drinkers are at higher risk of experiencing negative alcohol-related sexual effects such as unregulated, unwanted or coerced intercourse. Alcohol consumption involved more than 50 percent of sexual intercourse.

Table 4 presents the type of physical sexual victimization faced by women.

**Table 4**  
*Sexual Physical Type of Victimization*

INDICATORS	MEAN	VERBAL INTERPRETATION
1. Vaginal Intercourse	0.90	Often
2. Anal Intercourse	0.15	Not at all
3. Oral Intercourse	0.25	Not at all
4. Fondling	0.65	Not at all
5. Used Physical Force	0.55	Not at all
6. Used Deadly Weapon	0.10	Not at all
7. Touched, Grabbed or pinched you in a sexual way.	1.10	Often
8. Pull off or down your clothing	0.85	Often
9. Unwanted touching of sexual parts	1.00	Often
10. Unwanted oral or digital sex	0.35	Not at all
11. Unable to resist victimization because you're drunk	0.85	Often
12. Forcely kissed you	1.25	Often
13. Blocked your way, surrounded you or followed you in a sexual way.	1.05	Often
14. Flashed or mooned at you	0.55	Not at all
15. Forcible object penetration	0.15	Not at all

LEGEND: Not at all (0.00-0.75); Often (0.76-1.50); Sometimes (1.51-2.25); Always (2.26-3.00)

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The table above shows that most respondents did not experience sexual physical type of victimization, such as anal intercourse, oral intercourse, fondling, using physical force and deadly weapon, being flashed or mooned, and penetration of forceful objects.

The findings indicate that some of the respondents often witnessed sexual physical form of victimization such as genital penetration, squeezed, grabbed or pinched in a sexual manner, pulled off or down their clothing, unwanted touching of sexual parts, unable to avoid the victimization because their intoxicated, forcibly kissed and blocked their path, cornered them from being sexually pursued.

According to the study of Weiss and Dilks [15], women have reported that spending time in bars doubles their chances of sustained physical assault and unwanted sexual contact. The types of substances used are better predicted as to crime risk. In particular, alcohol and prescription drugs increase the risk of repeated physical assault by men, while marijuana decreases the risk. Today, the use of marijuana is the only practice that raises women's risk of repeated rape with their smoker partner.

The study is in consonance of the study of Abbey [2], forced kissing can lead to a psychiatric diagnosis less frequently than forced intercourse, these milder types of victimization are more common among university women than endeavored or accomplished rape. In recent study conducted with smaller samples (100 to 500 respondents), approximately 15 % of college women reported experiencing some form of forced kissing or touching, or forced or coerced sexual assault.

Relatively, in the study of Bondurant [16], he stated that greater physical aggression and victim resistance appears to increase the probability that the survivor may perceive the encounter as abuse, while the probability of acknowledgment decreases with a previous victim-attacker relationship.

According to the Wood and Sher [17] study, college women may be at an even greater risk of sexual victimization, because campus sexual harassment rates are higher than in other environments. Victims indicated that they had sexual intercourse following the use by the offender of threatening verbal pressure or misuse of the authority of the offender over the victim, but without physical harm while being sober. Such victims have often undergone sexual impositions, such as fondling or kissing without attempts to penetrate, including the use of intimidation by the perpetrator, which included physical force, bodily harm threats, aggressive verbal manipulation, or abuse of authority.

Table 5 describes the psychological / emotional sexual form of victimization faced by women at the college.

**Table 5**

*Sexual Psychological/Emotional Type of Victimization*

LEGEND: Not at all (0.00-0.75); Often (0.76-1.50); Sometimes (1.51-2.25); Always (2.26-3.00)

INDICATORS	MEAN	VERBAL INTERPRETATION
1. Threaten the victim	0.80	Often
2. Obscene phone call	0.75	Not at all
3. Showed,gaved or left you sexual pictures, photographs, web pages, illustrations, mesaages about you.	0.90	Often
4. Posted sexual message about you on the internet or emai, instant mesaaged or text messaged sexual message about you.	0.80	Often
5. Forced you to intercourse	0.90	Often
6. Asked you to do something sexual in exchange of money or things.	0.50	Not at all
7. Spread sexual rumors about you	0.65	Not at all
8. Made sexual comment, jokes, gestures or looks at you.	1.10	Often
9. Spied on me as I dressed or showered	0.55	Not at all
10. Called you lesbian in a homophobic name	0.35	Not at all
11. Verbally harassed you of a sexual nature	0.90	Often
12. Criticizing your sexuality or attractiveness	1.25	Often
13. Verbally pressuring you after you refused to commit	0.90	Often
14. Getting angry but not use physical force after you refused to commit	1.20	Often
15. Threatening to physically harm someone close to me	0.35	Not at all

The table indicates most respondents have often encountered psychological/emotional forms of sexual victimization. Those victimizations involve threatening, revealing, pornographic photos, videos, web pages, and illustrations. It also includes posting sexual messages about them online or via email, instant messaging or texting sexual messages forcing them to engage in sexual intercourse, making sexual comments, jokes, gestures by looking at them, verbally harassing them in a sexual way, criticizing their sexuality or attractiveness, verbally pressuring them after refusing to commit and getting angry but not using physical intercourse.

Messman-Moore et al. [18], stated that various facets of sexuality, such as sexual guilt and the use of sex to meet non-sexual needs, increase the likelihood of types of sexual victimization. Results support conclusions that verbal sexual coercion has shared and unique risk factors.

Accordingly, research conducted by Hussain and Khan [19] found that women who have been sexually assaulted are influenced not only by forcible rape but also by other forms of

sexual victimization, including verbal abuse. Most health care providers do not understand or accept that sexual victimization happens in a variety of ways other than violence and physical attack, including emotional coercion, and do not have the standard of services these victims feel they deserved.

Nonverbal methods and emotional manipulation are described as unwanted sexual contact, or verbal victimization or emotional pressure to force the victim into sexual intercourse (Glenn & Byers) [20].

The study is in consonance with the study of Struckman- Johnson et al., [21] , violence risks include physical attacks or risks of using a weapon to obtain sex, and the risk of injuring someone close to the victim.

Table 6 presents the resolutions after being sexually victimized.

**Table 6**  
*Resolutions after Sexually Victimized*

Responses	<i>f</i>	%
Respondent 1	Forget about the incident and divert my mind to do something that could help me recover.	
Respondent 2	Make it a lesson by not drinking to excess to avoid sexual risks.	
Respondent 3	Open-up to my parents and went to the police station to report the incident.	
Respondent 4	Forget what happen and never drink with someone I don't know and I don't trust.	
Respondent 5	Talk to my parents and stay away from people I don't trust.	
Respondent 6	Tell my parents about the incident.	
Respondent 7	I talk to someone, specifically my friends and family.	
Respondent 8	Don't know what to do because of the trauma I experienced, feeling disgusted and angry at the same time.	
Respondent 9	Suicidal thoughts in my mind.	
Respondent 10	Seek help to the police.	

The responses of the participants uphold the mandates of Republic Act 7877, Anti-Sexual Harassment Act of 1995, an Act declaring sexual harassment unlawful in the employment, education or training environment, and for other purposes. As to be protected under the provision of SECTION 2. Declaration of Policy. The State shall value the dignity of every individual, enhance the development of its human resources, guarantee full respect for human rights, and uphold the dignity of workers, employees, applicants for employment, students, or those undergoing training, instruction, or education. Towards this end, all forms of sexual harassment in the employment, education, or training environment are hereby declared unlawful.

The data gathered shows that out of twenty (20) respondents there are only eleven (11) of them give response to the interview because some of the respondents refuse to give answers



to avoid remembering of the trauma they experienced in the past and the researchers respect their decision. The data shows that majority of the respondents told their parents and friends about the incident and then report it to the police authorities. Three (3) chose to forget the incident by making it a lesson, diverting the mind to do something that can help recover from the incident and not drinking with strangers. One (1) of the respondent did not know what to do because of the trauma experienced, feel disgusted to self and anger and one (1) have suicidal thoughts.

The study of Shen-Miller et al. [22] identified that first-year college students and sophomores are at higher risk for sexual victimization than juniors and seniors. The high rate of sexual violence along with the associated psychological and physical trauma for victims, its negative impact on academic achievement, and the various personal and institutional costs of sexual victimization outline the wide-ranging impact of this pervasive issue and the likelihood that it will influence personal experiences, knowledge, attitudes, and behaviors of college. It will influence personal experiences, knowledge, attitudes, and behaviors of college.

The result follows the study by Zinzow and Thompson [23], as they estimated that as few as 5 percent of women in college who are sexually victimized seek assistance from law enforcement. The most common reasons for not disclosing sexual victimization by undergraduate women are self-reported, not realizing that what happened is a crime, not wanting to tell someone, not wanting to involve the police, feelings of shame, embarrassment, humiliation, fear of not being believed and not wanting to get involved.

From the study of Nasta et al. [24], the authors stated that fifteen percent of women reported drug or alcohol-related disability leading to inappropriate sexual activity. For victims, the use of available on- and off-campus facilities was uncommon; health services were contacted by 12 percent, while university safety was reported by only 4 percent. Victims cited fear, shame and humiliation and loss of discretion as the most rampant reasons for not using the services.

## **CONCLUSION**

Based on the findings, it concluded that college women are more concerned with psychological/emotional types of sexual victimization, rather than with the physical form of sexual victimization, at age 19-21 and at the present second year level, where the majority are from the generic Course 1. These sexual victimization experiences occur with the presence of alcoholic beverages and being told to their parents and friends then later report to the police authorities. It creates some psychological and emotional effects like suicidal ideation, feelings of disgust, and being expressive like anger.

## **RECOMMENDATIONS**

The recommendations given are based on the findings and conclusions that the study entailed.

1. The College should uphold to create more students' activities for self-esteem development and inner consciousness awareness program through GAD and School Prefect Officer for continued monitoring and follow-up to any school policies violations committed by the college students.

2. The Department of Criminal Justice Education-Criminology may create plans and programs on how to lessen these problems on the campus by providing seminars and awareness on sexual victimization effects to the victim and the perpetrator.
3. The college women will be more observant and choose the person to be trusted while drinking alcoholic beverages and not to excess.
4. The Police personnel will take the situation seriously by giving assurance to the victims that perpetrators are being persecuted, giving an example to others not to commit such sexually explicit acts.
5. The researchers will continue doing advocacy rprogram to avoid committing this victimization to women and an as evangelizers may become an excellent example to others.
6. Future Researchers may replicate and expand the study. They should focus on the other factors that lead to sexual victimization.

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