

## **CHAPTER 9**

### **RESULTS OF ASSESSMENT PROCEDURES**

#### **9.1 INTRODUCTION**

The data obtained by means of preassessments, assessments during the treatment programme as well as postassessments are illustrated and interpreted in this chapter. A multiperspective approach was adopted (see chapter 5), using different qualitative techniques and datacollection methods (e.g., participant observations, psychometric tests and questionnaires and assignments). This chapter is presented as objective and empirical research and is based on sound scientific methodology. It describes, interprets or reconstructs meanings and intentions of the everyday human actions of the rapists while they were participating in the various processes.

#### **9.2 RESULTS OF THE ATTITUDE TOWARDS WOMEN QUESTIONNAIRE**

Tables 9.1, 9.2 and 9.3 present the results of the attitudes toward women questionnaire, designed by the researcher to evaluate the most common attitudes regarding women and rape. The tables indicate the differences between the preprogramme and the postprogramme assessments as well as an interpretation of the results regarding the change or not of certain attitudes towards women during the process.

**Table 9.1 Attitude towards women questionnaire (before treatment programme)**

<b>Statement</b>	<b>A Answer</b>	<b>B Answer</b>	<b>C Answer</b>	<b>D Answer</b>	<b>E Answer</b>	<b>F Answer</b>	<b>G Answer</b>	<b>H Answer</b>	<b>I Answer</b>
Women offer initial resistance but later give in and enjoy forced sex.	No	Yes	Yes	Yes	No	No	Yes	Yes	No
Women do not mean it when they say no to sex.	No	Yes	Yes	No	No	Yes	No	Yes	Yes
Women can not be trusted.	No	Yes	Yes	Yes	No	Yes	No	No	Yes
Men should dominate women.	No	No	No	No	No	No	No	No	No
Sometimes women agree to sex and later allege rape.	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Manhood is proved by sleeping with a woman.	No	Yes	No	No	No	Yes	Yes	Yes	No
It is important for a man to show that he is stronger than a woman.	No	Yes	No	No	No	Yes	No	No	No
Women enjoy rough sex.	No	No	Yes	No	No	Yes	No	No	No
Women want to be raped.	No	No	No	No	No	No	No	No	No
I hate women.	No	No	No	No	No	No	No	No	No
I enjoy women to have pain during sex.	No	No	No	No	No	No	No	No	No
I usually have a normal sex life.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Women deserve to be raped.	No	No	No	No	No	No	No	Yes	No

**Table 9.2 Attitude towards woman questionnaire (after the treatment programme)**

Statement	A	B	C	D	E	F	G	H	I
	Answer	Answer	Answer	Answer	Answer	Answer	Answer	Answer	Answer
Women offer initial resistance but later give in and enjoy forced sex.	No	No	No	No	No	No	No	No	Yes
Women do not mean it when they say no to sex.	Yes	No	Yes	No	No	Yes	No	Yes	Yes
Women can not be trusted.	No	Yes	Yes	No	Yes	Yes	No	No	Yes
Men should dominate women.	No	Yes	No	No	No	No	No	No	No
Sometimes women agree to sex and later allege rape.	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Manhood is proved by sleeping with a woman.	No	Yes	No	No	Yes	Yes	No	Yes	No
It is important for a man to show that he is stronger than a woman.	No	Yes	No	No	No	No	No	No	No
Women enjoy rough sex.	No	No	Yes	No	No	No	No	No	No
Women want to be raped.	No	No	No	No	No	No	No	No	No
I hate women.	No	No	No	No	No	No	No	No	No
I enjoy women to have pain during sex.	No	No	No	No	No	No	No	No	No
I usually have a normal sex life.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Women deserve to be raped.	No	No	No	No	No	No	No	No	No

The following responses remained the same during the pre- and postprogramme testing:

- Women want to be raped. (No)
- I hate women. (No)
- I enjoy women to have pain during sex. (No)
- I usually have a normal sex life. (Yes)
- Sometimes women agree to sex and later allege rape. (No=2, Yes=7)

This information could be interpreted as that the rapists were aware of the fact that it is wrong to rape women and knew that women did not want to be raped. It also indicated that this group of rapists did not hate women, usually had a normal sex life and did not enjoy women having pain during sex. It also indicated that the same individuals felt that women agreed to sex and later alleged rape, indicating either that they might have experienced such an incident and that it might have influenced their attitudes or that their wrong attitudes or beliefs might have led them to rape.

The following responses showed a small but relevant change:

- Whereas in the preprogramme testing all nine rapists indicated that men should not dominate women, in the postprogramme testing one rapist indicated that men should dominate women, thereby indicating a strong belief or attitude that men should dominate women.
- Whereas in the preprogramme testing two rapists indicated that women enjoy rough sex, only one of them held the same attitude/belief in the postprogramme testing, indicating a change of attitude in one rapist after the treatment programme.
- Whereas in the preprogramme testing one rapist felt that women deserved to be raped, in the postprogramme testing all the rapists indicated that women do not deserve to be raped, indicating that the treatment programme might have led to

this change in attitude.

- The attitudes that differed in these responses were not of the same individuals, indicating that where some attitudes might have stayed the same for some, they changed for others.

**Table 9.3 Evaluation of attitude towards women questionnaire (before and after treatment programme)**

Preprogramme Assessment Results	Postprogramme Assessment Results
Five rapists indicated that women offered initial resistance but later gave in and enjoy forced sex.	<p>Nine rapists now denied that women did offer initial resistance and later gave in and enjoyed forced sex. However, one rapist reversed his attitude from “no” to “yes”.</p> <p><b>This might indicate that the rapists understood during the process, that women did not offer initial resistance just for the sake of complying with certain customs. It also acknowledges that they will not later give in and enjoy forced sex. It could therefore be assumed that in the process most of them came to understand that resistance by women actually means “no” and is not just a game played by women to entice them further.</b></p>
Four rapists indicated that women did not mean it when they said “no” to sex, thereby implying that, according to them	Five rapists indicated that women do not mean it when they say “no” to sex, thereby implying that according

<p>women were willing to have sex even if they said no.</p>	<p>to them the women are willing to have sex even if they say “no”.</p> <p><b>This indicates that approximately 45% of the rapists still do not respect women’s resistance and accept “no” as meaning “no”.</b></p>
<p>Five rapists indicated that women could be trusted while four were of the opinion that women could not be trusted</p>	<p>Five rapists indicated that women could be trusted while four were of the opinion that women could not be trusted.</p> <p><b>The trust factor remained the same as only 45% indicated that women could be trusted.</b></p>
<p>All nine rapists indicated that men should not dominate women.</p> <p><i>It is uncertain, however, whether they understood this question as all asked what “dominate” means and it had to be explained to them. It was clear to the researcher that the rapists did not understand the meaning of the word. This question should therefore be approached with due consideration.</i></p>	<p>Eight rapists indicated that men should not dominate women.</p> <p><i>As previously stated.</i></p>
<p>Seven of the nine rapists indicated that sometimes women gave in to sex and later alleged rape.</p>	<p>Seven of the nine rapists indicated that sometimes women gave in to sex and later alleged rape.</p>

	<p><b>This attitude remained the same thereby implying that this attitude remains a concern for them. This issue was also discussed at length with the rapists during the treatment programme as they felt that women gave in to sex but because they were not paid or because of fear of the family indicated that they were raped while they were eager to have sex and were not forced.</b></p>
<p>Five of the nine rapists indicated that manhood was proven if a man slept with a women while four denied this.</p>	<p>Five of the nine rapists indicated that manhood was not proven if a man slept with a woman while four felt that it did prove manhood.</p>
	<p><b>This attitude remained the same thus indicating that 45% of the rapists felt that to sleep with a woman proved your manhood.</b></p>
<p>Seven of the nine rapists indicated that it was not necessary for a man to show that he was stronger than women while two felt that it was important to show that they were stronger than women (i.e. again testing domination).</p>	<p>Eight of the nine rapists indicated that it was not necessary for a man to show that he was stronger than women while one still felt that it was important to show that he was stronger than women.</p>

	<p><b>89% of the group now indicated that a man did not have to show that he was stronger than a woman.</b></p>
<p>Seven of the nine rapists indicated that women did not enjoy rough sex while two indicated that women did.</p>	<p>Eight of the nine rapists indicated that women did not enjoy rough sex while one still maintained that women did.</p> <p><b>Although they indicated in the questionnaire that women did not enjoy rough sex, this did not indicate why they had raped or used force.</b></p>
<p>All the rapists indicated that women did not want to be raped.</p>	<p>All the rapists indicated that women did not want to be raped.</p> <p><b>All the rapists knew that women did not want to be raped. It is uncertain whether this realization was because they were in prison for rape or whether they knew it before they came to prison.</b></p>
<p>None of the rapists indicated that they hated women.</p>	<p>None of the rapists indicated that they hated women.</p> <p><i>This could be interpreted as indicating that the rapists did not feel anger or hatred towards women in general.</i></p>
<p>None of the rapists enjoyed it if pain was inflicted on women during sex.</p>	<p>None of the rapists enjoyed it if women were caused pain during sex.</p>



	<p><i>This could be interpreted as meaning that the rapists did not usually inflict pain in their sexual encounters or had learnt from their experience (imprisonment) that it was not socially acceptable to inflict pain as this can be interpreted as rape.</i></p>
<p>All the rapists indicated that they had a normal sex life.</p>	<p>Eight rapists indicated that they had a normal sex life while one indicated that he did not have a normal sex life.</p> <p><b>The rapists probably indicated that they usually had a “normal” sex life and the one exception might be because the rapist was in prison and acknowledged the fact that people could not have a normal sex life in prison or perhaps because he did not have or practise normal sexual behaviour.</b></p>
<p>Eight of the rapists indicated that women did not deserve to be raped while one felt that women deserved to be raped.</p>	<p>All the rapists indicated that women did not deserve to be raped.</p> <p><b>This might indicate that all the rapists except one, accepted the fact that rape was not a normal sexual practice and was a crime. One rapist, however, might have felt anger and resentment against women in general as he still believed that women deserved to be</b></p>

	<b>raped.</b>
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The attitudes towards woman questionnaire revealed that even after the treatment programme process many rapists still believed that if a woman said “no” to sex she was willing to have sex. This might be a problem area as in some cultures it is accepted and expected that a woman should have or indicate initial resistance (verbal communication by Prof L.P. Vorster, Department of Indigenous Law, Unisa, July 1997). Many of the rapists acknowledged problems in trusting women. The majority of the rapists in the group (7 out of 9) indicated that women sometimes gave in to sex (perhaps under the impression that they would receive money, to tease men, or were willing partners) but alleged rape the next day. Hazan and Grobbelaar (1994) reported similar findings. This might be due to the fact that the women were not paid as initially agreed or because of pressure from parents (especially with some girls) as young girls are often not allowed to go to a specific place without the consent of the parents. The parents then found out later that the girls had had sex, which decreases a woman’s value in some cultures (e.g., less *lobola* to be paid). In many such instances this aspect increases the breach of trust to not believe what women say.

Almost half (56%) of the rapists agreed a man did not prove his manhood by sleeping with a woman and 36% of them felt it was an important factor for a man to have sex with a woman as it proved his manliness amongst his peer group.

All the rapists were in agreement that women did not want to be raped and that they knew that rape was an unlawful act. Only one offender indicated in the postassessment that women deserved to be raped thereby indicating that it is not a common attitude/belief amongst men that women deserved to be raped. It was evident that most of the rapists did not enjoy inflicting pain and preferred a normal sex life. They might therefore not see their rape as normal sex, thereby indicating a venting of anger and/or hostility towards the female.

### 9.3 RESULTS OF THE PROJECTIVE TECHNIQUES

#### 9.3.1 Results of the Thematic Apperception Test (TAT)

The following Thematic Apperceptions Test cards were utilized in all instances, namely Card 1, 2, 3 BM, 4, 6 BM, 7 BM, 8,10 and 13 MF.

For illustrative purposes, the protocol of one rapist (rapist A) is included to demonstrate the process of change from before the treatment programme to after the treatment programme was implemented. His more descriptive verbalizations and expression of emotions clearly show the changes he went through.

**Table 9.4 Results of the Thematic Apperception Test (TAT) of rapist A**

<b>Before treatment programme (dated 9/12/97)</b>	<b>After treatment programme (dated 26/02/98)</b>
<p><b>Card 1</b></p> <p>“ I see somebody is thinking now”</p> <p><i>How does he feel?</i></p> <p>“Maybe guilt”</p> <p><i>Why?</i></p> <p>“Because of his things he have done, maybe...”</p> <p><i>What is going to happen?</i></p> <p>“...What is going to happen...I don't know....nothing else, ma'am.”</p>	<p><b>Card 1</b></p> <p>“ She is thinking...there's a violin there in front of him and you see his hand is under his cheek.”</p> <p><i>What is going to happen?</i></p> <p>“Maybe she's thinking about the violin. How to play it”</p> <p><i>What is going to happen in the end?</i></p> <p>“Maybe she's going to be a star.”</p>
<p><b>Card 2</b></p> <p>“I see a woman with a book, a man in the project, and I see a pregnant woman. That is all I see.”</p> <p><i>What is going to happen?</i></p>	<p><b>Card 2</b></p> <p>“There is a lady with books, like a student. ..There's a man in the field and a pregnant woman standing in front of the tree and the man is working in the fields. Like a family.”</p>

<p>“The pregnant woman is looking at the man and the man with the book seems like thinking.”</p>	<p><i>How are they feeling?</i>                  “They are together...everyone is doing his job.”</p>
<p><b>Card 3BM</b>                  “I see a person, maybe he is crying.. maybe have done something or a woman who’s been raped.”  <i>What happened?</i>                  “Somebody here is a man, he has raped someone...maybe thinking about what done yesterday and what is going to happen....maybe is going to prison if he is a man .....all I can tell.”</p>	<p><b>Card 3BM</b>                  “There’s a woman that is crying. Don’t know, maybe it’s she’s victimized.”  <i>What is going to happen?</i>                  Ai, what is going to happen in the end....someone is going to be hurt.”</p>
<p><b>Card 4</b>                  “I see a man and a woman. The woman maybe is begging the man from something. That’s all”</p>	<p><b>Card 4</b>                  “A man and a woman. It seems like a woman is begging a man. Maybe there is a problem in the house. Maybe the man is not understanding....There is a picture of a lady.”  <i>What is going to happen?</i>                  “Maybe they will solve their problem.”</p>
<p><b>Card 6BM</b>                  “There is a man with a grandmother...maybe this man is telling the grandmother some things that happened.”  <i>What is going to happen in the end?</i>                  “This people they are socializing....”</p>	<p><b>Card 6BM</b>                  “Here is a granny looking in the window and further. Seems like this guy is upset because the granny is watching. Maybe the granny is watching outside. Maybe the guy has problems outside. He looks upset.”  <i>What is going to happen?</i>                  “Maybe the granny is guiding him.”</p>

<p><b>Card 7BM</b></p> <p>“This is like a father and a son with a chat with the father.”</p> <p><i>How are they feeling?</i></p> <p>“The man is feeling a little bit cautious.”</p> <p><i>Why?</i></p> <p>“Because the father has maybe told him something... all I can see.”</p>	<p><b>Card 7BM</b></p> <p>“It looks like maybe a lawyer with a client. Maybe they are in the Courthouse... maybe telling him to behave... giving him instruction of the Courthouse.”</p>
<p><b>Card 8</b></p> <p>“..... There is a operation there. They are working a procedure. I don't understand.....doctors...that's all.”</p>	<p><b>Card 8</b></p> <p>“There is a doctor's operating table, making an operation and it looks like the boy... maybe he's waiting for the results of the operation... maybe it will be OK for that procedure that they are working for.”</p>
<p><b>Card 10</b></p> <p>“There is a woman crying....touched by a man”.</p> <p><i>How are they feeling?</i></p> <p>“Somebody is feeling shame.”</p> <p><i>Who?</i></p> <p>“The woman.”</p> <p><i>What is going to happen in the end?</i></p> <p>“This man must maybe to please him with something... I don't know.”</p>	<p><b>Card 10</b></p> <p>“There is a lady...she is crying. There's a man hug him.”</p> <p><i>What is going to happen in the end?</i></p> <p>“Maybe no more cries because if somebody love you, then the cries will never continue... tears will never fall.”</p>
<p><b>Card 13MF</b></p> <p>“This is a women, a lady sleeping...man standing here.....the man is crying?”</p> <p><i>Why?</i></p> <p>“Can't understand... something is fishy here, maybe it's a rape.”</p> <p><i>What is going to happen in the end?</i></p>	<p><b>Card 13MF</b></p> <p>“Seems like a lady sleep and a guy is crying at the same time. Someone is hurt here.”</p> <p><i>What is going to happen in the end?</i></p> <p>“Look like big problems... maybe it's a crime. The husband abuse her because the guy is crying, the lady slept.”</p>

<p>“Somebody is going darkside.”</p> <p><i>What do you mean?</i></p> <p>“In the prison.”</p>	
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A combined summary of the most important aspects (Cards 1 and 13 MF only) is included in this study. Table 9.5 indicates the changes that took place before and after the treatment programme. Only cards 1 and 13 MF have been interpreted for the purposes of this study as these two cards deal primarily with self-concept and sexuality, which was deemed important and relevant for inclusion in this study.

**Table 9.5 Results of the most important aspects on the TAT before and after the treatment programme**

<b>Card 1</b>	
<b>Before treatment programme (dated 9/12/97)</b>	<b>After treatment programme (dated 26/02/98)</b>
<ul style="list-style-type: none"> <li>➤ Uncertainty about themselves as persons and what exactly is expected of them</li> <li>➤ Uncertainties about how to acknowledge demands and/or to cope with demands and prefers not to be involved with demands</li> <li>➤ Feelings of guilt</li> <li>➤ Distantiation from emotions</li> <li>➤ Not taking responsibility</li> <li>➤ Clear role identification</li> <li>➤ Afraid of rejection from authority figures</li> <li>➤ Dependent on others and especially authority figures</li> <li>➤ Low self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>➤ Acknowledge demands and accepts that there are demands</li> <li>➤ Understand that there is a right and a wrong way of attending to demands</li> <li>➤ Express a need to comply or cope with demands in the future</li> <li>➤ Feelings of ambition and a need to succeed</li> <li>➤ Accept responsibility (some more than others) or indicate that they would like to do that in future</li> <li>➤ Feelings of uncertainty, especially about the future and their own coping skills</li> </ul>

<ul style="list-style-type: none"> <li>➤ Depression</li> <li>➤ No long-term goals or commitments</li> <li>➤ Immediate gratification</li> <li>➤ Either intellectualise or fantasize about outcome</li> <li>➤ Infantile behaviour when confronted with own limitations</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not so dependent on authority figures and more aggression towards authority figures is expressed</li> </ul>
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**CARD 13**

<p><b>Before treatment programme (dated 9/12/97)</b></p>	<p><b>After treatment programme (dated 26/02/98)</b></p>
<ul style="list-style-type: none"> <li>➤ Understands the implications and sexuality of the card and identifies with it immediately</li> <li>➤ Immediate gratification</li> <li>➤ Feel rejected by women</li> <li>➤ Act out feelings of aggression towards women</li> <li>➤ Feelings of guilt when aggression to women has been acted out</li> <li>➤ Do not take responsibility for their own feelings of sexuality but place it on the shoulders of the woman - she must take the blame</li> <li>➤ Inability to deal with or meet the needs of women</li> <li>➤ Inability to deal with their own emotions after aggression has been acted out and then revert to infantile behaviour</li> <li>➤ Do not take responsibility for their own</li> </ul>	<ul style="list-style-type: none"> <li>➤ Understands the implications and sexuality of the card and identifies with it immediately</li> <li>➤ Able to control anger better by “thinking first and listening”</li> <li>➤ Feelings of guilt after expression of anger towards women</li> <li>➤ Feelings of rejection remain and continue having problems with coping with rejection from women</li> <li>➤ Distantiates themselves from feelings and suppress them rather than acting them out – in some instances unable to express feelings of hostility towards women or will distantiate themselves from such conflict situations</li> <li>➤ Do not live out anger in the same way or as strongly as before</li> <li>➤ More insecurity</li> </ul>

<p>behaviour</p> <p>➤ Dependent on others - especially authority figures</p>	<p>➤ Either acknowledge and take responsibility or do not take responsibility for behaviour which leads to dependency on - especially authority figures (Their new uncertainty may be due to their exposure to the treatment programme.)</p>
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The interpretation of the TAT's before the treatment programme was administered indicated that most of the rapists had low self-esteem, managed frustration poorly and often formed superficial interpersonal relationships. Many of them had strong feelings of aggression towards adult female sexuality. Although some experienced guilt feelings, there were also indications of depression (perhaps due to the fact that they were in prison). There were significant changes in the post-programme assessment. Although the rapists were still generally uncertain of themselves as persons they were more inclined to understand the implications of their behaviour and/or demands made of them. They knew the "wrong and the right" and how to conduct themselves more appropriately and their feelings of self-worth changed and they were more positive.

Strong feelings of rejection by women with accompanying aggression towards women before the treatment programme changed for most of the rapists and they indicated a willingness to cope with feelings of rejection and not to act out hostility and anger after the treatment programme. For some of the rapists, the feelings of rejection remained, however, while some still had problems in dealing with rejection from women. What did change was that feelings of rejection were not acted out as overtly as before the treatment programme and emotions were more controlled and socially acceptable.

Where rapists were not willing to take responsibility for their behaviour before the programme, this changed during the process to acknowledging and taking responsibility for their own behaviour after the treatment programme instead of placing the blame for their misconduct on women.



Although feelings of guilt after acting out aggression against women was a general feeling before the programme, which led to depression perhaps because they were punished and in prison, there were no signs of depression after the treatment programme.

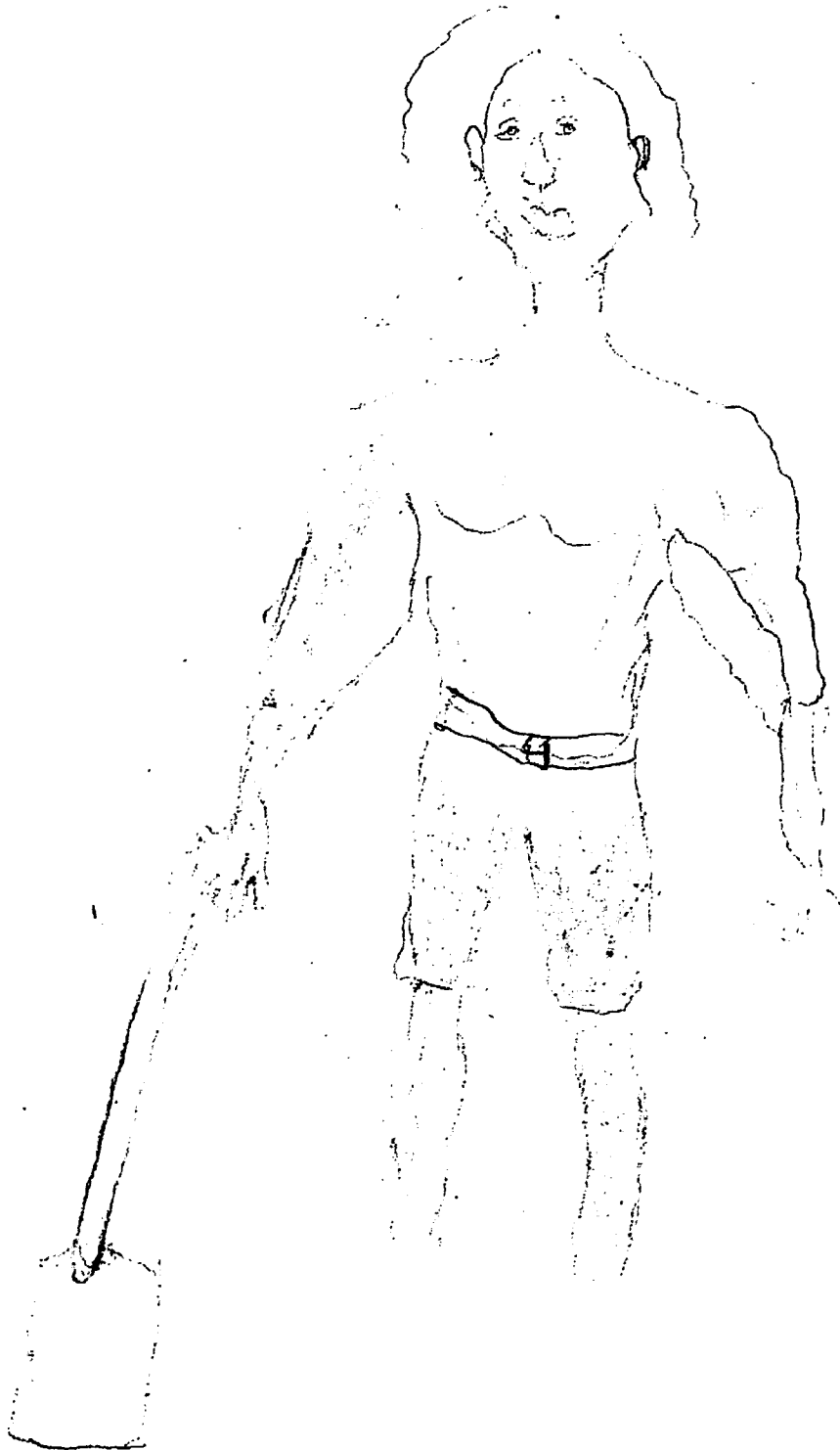
Whereas before the programme the rapists were not able to set goals for the future and were only concerned with the here and now and confronted with their own egocentric needs, after the programme, they expressed a need to succeed in future. They indicated an ambition to do something with their lives. Insecurities about themselves and a preoccupation with themselves changed from an internal focus (egocentric) to an external focus (the future, etc). This was indicated by their differences in the goal-setting before the programme, which focused mainly on their own individual needs, to the goals they set themselves after the programme, which included others and the contributions they could make to society.

It was apparent from the above that there were changes in the TAT responses in the whole process (before and after the programme), which had nothing to do with having done the test approximately two months before. Prior learning did not change their responses. The changes that have been indicated had more to do with their inner beliefs and how to conduct themselves in the future, which demonstrates clearly that a change in themselves on a higher level took place during the treatment programme. This change was still noticeable one month after completion of the treatment programme.

### **9.3.2 Results of the Draw-a-Person test (DAP)**

All the rapists were given a Draw-a-Person Test before and after the programme. Figures 9.1 and 9.2 of prisoner A and Figures 9.3 and 9.4 of prisoner G illustrate the results of two rapists before and after the treatment programme.

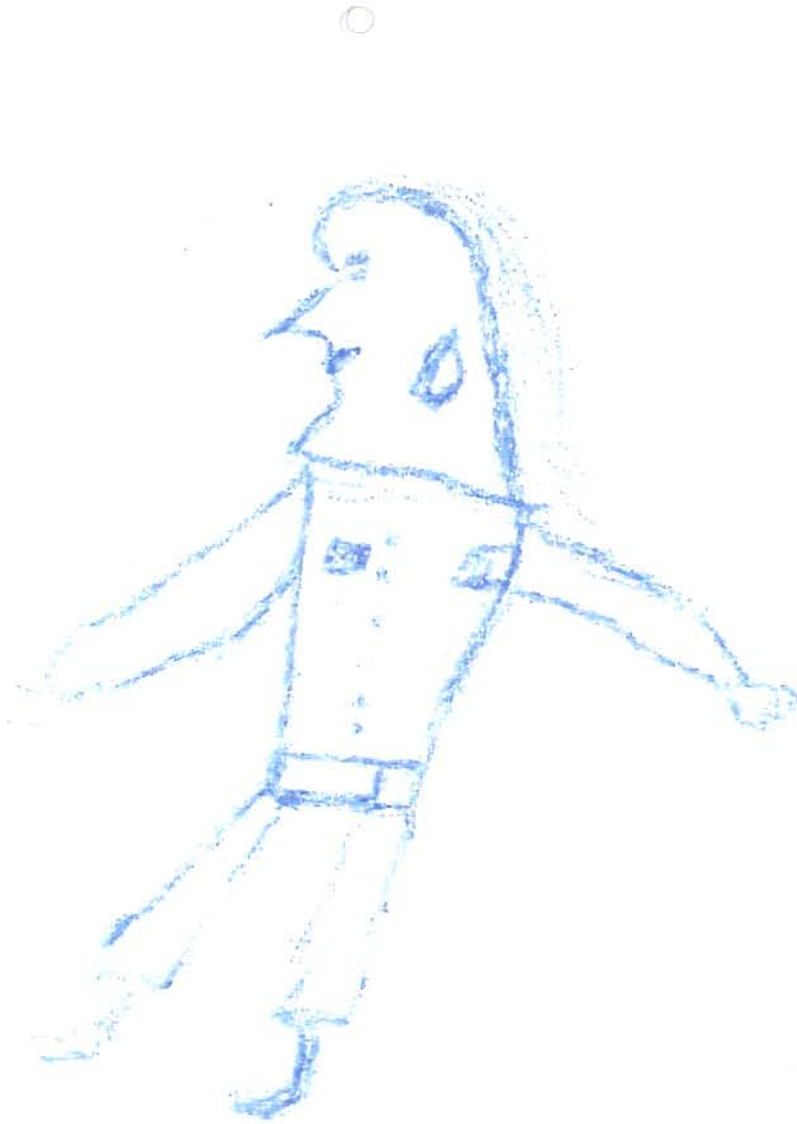
**Figure 9.1** Drawing by rapist A before the treatment programme



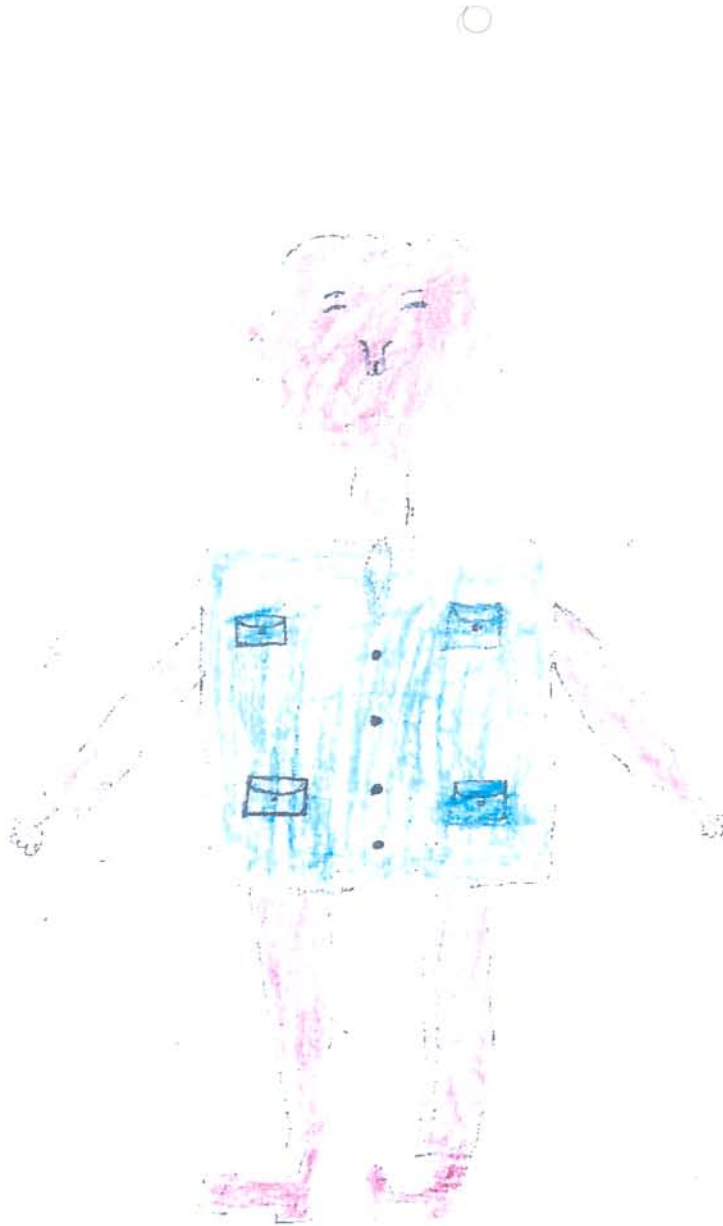
**Figure 9.2** Drawing by rapist A after the treatment programme



**Figure 9.3** Drawing by rapist G before the treatment programme



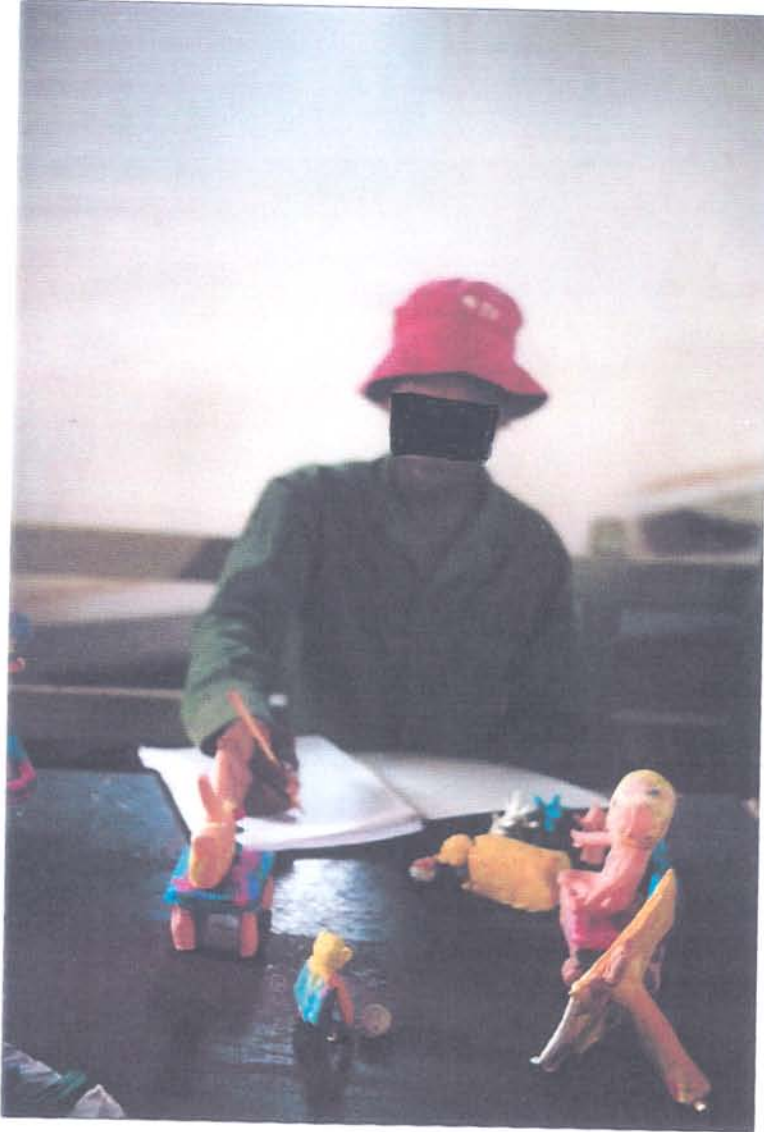
**Figure 9.4** Drawing by rapist G after the treatment programme



During the pre-testing and especially with the Draw-a-Person-Test, most of the prisoners preferred to use a pencil and rubber and not the coloured crayons. Perhaps this was because they could rub out if they were not satisfied with their first results and try again, rather than commit to a medium which is more permanent. This might also be indicative of performance anxiety, as they wanted to perform their best. It became clear during the interviews and from their comments while drawing that some of the rapists had never been exposed to coloured wax crayons before and had never received such a request. This led them to feel uncertain of themselves and their abilities as some grew up in very remote and rural areas where such a medium was scarce and/or difficult to come by. This might be due to a lack of resources as many of the offenders came from a low-income environment, which led to many disadvantages but especially a lack of social and/or intellectual stimulation. During the process as the offenders were exposed to different mediums in the treatment programme (clay, crayons, Koki pens, books and magazines, colours, videos, etc), their intellectual stimulation was reflected in their drawings during and after the treatment programme. They enjoyed working with the clay and made objects that were important to them as illustrated in photographs 9.4 and 9.5. This again demonstrates the differences between the rural and the city rapists and what is important to them (e.g., oxen, TV, home, etc.).

In the post-programme assessment it was noted that their drawings were more colourful, contained facial expressions, movement and freedom, less restrictions, and more definite lines and colours. Initial performance anxiety changed to joyfulness and real pleasure after the treatment programme as they no longer experienced performance anxiety and were more at ease with themselves, the different mediums and the demands made on them.

Photograph 9.3 Clay objects by rapist A



**Photograph 9.4**      **Clay objects by rapist F**





## **9.4 RESULTS OF OTHER ASSESSMENTS DURING THE TREATMENT PROGRAMME**

### **9.4.1 Self-reports**

For illustrative purposes, two self-reports from rapist A (self-report 9.1) and rapist D (self-report 9.2) are included as examples of results after two weeks in the treatment programme, indicating some of the relevant changes that took place during the process.

From the combined results of the rapists it was noted that they now realized that they had potential and knew how to use it, had respect for others, had learnt to be more responsible, could see what is wrong and right, that it is not good to manipulate others or to harass females. One rapist even drew a rape scene on his paper and wrote next to it 'no rape' (rapist A) and this was long before victim empathy or other aspects of the programme were discussed. This already indicated that a certain change had taken place in his mindset on a cognitive level.

The rapists also learnt that it is important to live in the community, have patience, have self-control and do positive self-talk, control anger, see things differently from before, and to communicate with people.

Self-report 9.1 by rapist A

What I learn from the programme?

\* Learn about STEPS

what steps it is S-STEPS Forward

T-TO

6 EXPERIENCE

0 Personal

5. Successful!

Learn about POTENTIAL

x How much Potential I have

x How to use

Learn about emotions

Love, Anger, Sad, Guilty, Afraid

Learn about plans my live for living

x Respect

x Truth

x Responsible

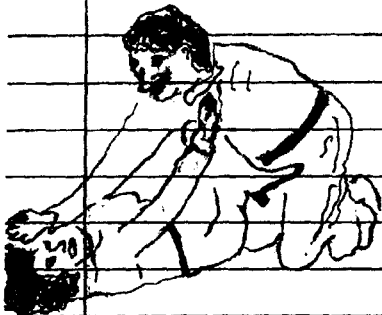
x SEE wrong things and right things

x Not manipulate people

x NOT to Harassing females and others

x Not to look on and look out

x Learn about SENCE things



NO RAPE

Self-report 9.2 by rapist D

29.01.98

What I have learn from the Programme and Myself

- 1) I have learn how to live in the Community
- 2) I have learn how to be Patiance
- 3 how to Noss the feelings of other peoples
4. how to ~~the~~ have a Self control Self talk
- 5 And how to control my Anger
- 6 I have learn what is right ~~and~~ what is wrong
- 7 I have learn ~~to~~ Not to be jelause
- 8 I have learned that everybody has a potantial
9. I have learning to see things that I have never seen before
10. I have learn how to Break the Barries and how to conect the (9) dots wit one dots.
11. How to communicate with people.

#### 9.4.2 Group discussions

Group discussions were held on many topics, including HIV/AIDS, the difference between sex and rape, characteristics of good and bad women, characteristics of bad and good men, and how to manage leisure time. During discussion groups the rapists were encouraged to give their opinions and to find new or alternative ways to handle problem areas, and think about and deal with stereotypes. All their individual responses were documented carefully.

During a session on the subject of sex, it was noticed that talking about sex was still regarded as taboo by many of them and is not discussed with parents at all. According to members of the group, there are many cultural differences. They indicated that they received their information on sex from their peers and/or grandfathers. According to them, girls knew more about sex as their grandmothers instructed them. According to a Zulu member of the group, it is still part of Zulu custom for a grandmother to inspect a girl to see whether she is a virgin or not - often before *lobola* is paid. According to them, boys and girls are treated differently in family gatherings. This is also true of certain parts of meat that is eaten. One member indicated that only men are allowed to eat the head of cattle, but if the ears are not there they do not eat it as it is then regarded as stolen. Women are not allowed to eat the head of cattle as this part of the meat is reserved for men only.

It was apparent from the discussions that the initiation process is very important and plays an important role in the process of a boy becoming a man, which confirmed Hammond-Tooke's (1993) findings. According to the rapists, Zulu initiation is different to the Tsonga, Xhosa and Shangaan initiation due to cultural differences. According to them, in certain instances a person may be circumcised in a hospital, especially in urban areas, and their peers and groups of men acknowledge this. Today a person is still not regarded as a man and is ostracized if he has not been circumcised and is not allowed to sit and talk while men talk or do men things.

While talking about sex, the group was also very interested in Western customs regarding sexual aspects. This was therefore discussed with them. They found it strange that Western women are so different, that Western families do not pay *lobola*, and that an engagement ring was important. Other aspects, such as young Western girls going out without parental control, were also foreign to them.

According to the group, women in their culture were currently becoming more Westernised and were “not good at it”. This leads to men being violent towards them because “they do not show the respect that they should”. The group maintained where women show respect to men there is no violence against women. The emancipation of women might therefore be considered as one of the causal factors in the increase of rape and violence against women. Rape could therefore be interpreted as the men’s way of controlling women or their way of keeping all women down (Brownmiller, 1975).

From these sessions it was clear that culture, customs and traditions, particularly in the rural areas, are still as strong as ever and practised religiously in some indigenous groups.

#### **9.4.3 Drawings depicting their crimes**

The results from the drawings and descriptions of their crimes in an effort to have them discuss their thoughts, feelings and behaviour at the time of their crime indicated that some immediately started with their drawings and were prepared to talk about their crime even though it was difficult. Others, perhaps because they were still in denial, had great difficulty getting started or did not want to draw at all. One offender was prepared to only draw the court case and not the actual incident even though he had admitted to liking “kinky sex” before his arrest. This reaction of his could be interpreted as meaning that in order to draw the scene he had to admit doing it and take responsibility for it, which he was not ready to do just yet.

When asked to draw their crime, their feelings elicited comments such as the following:

- Bad memories
- As if happening now
- Angry and frustrated
- Sad and depressed
- Not going to do it.

After they had started to discuss the different drawings and how they felt then, they commented as follows:

- Ashamed
- It's not me
- Felt no good – don't like myself
- Felt happy because have not discussed it before
- Sad – reminded me of a friend
- Relieved
- Sorry
- Open

In the discussions following their drawings, it was evident that some of the rapists were prepared to comply with this demand at this stage of the treatment programme because trust had already been established and they took responsibility for their behaviour and previous conduct. They also indicated that they had seen that the group and/or the researchers did not reject them and they felt that their feelings were acknowledged, which allowed them to share this information. One rapist said that he would have “run away” or “not have done it at all” if they were requested to do this assignment during the first week of the treatment programme. It can therefore be assumed that the process facilitated and assisted in them sharing their feelings with the researcher.

#### 9.4.4 Letters to their victims

From their own stories of an incident where they were a victim in order to lead them into the module dealing with victim empathy, it was evident that all the rapists had at one stage or another been a victim of some traumatic incident in the past.

Rapist E told the following story. One night on the way home in Venda, as it was becoming dark, he was chased by two other men. Knowing the dangers of walking alone in the dark, he sat down behind a small bush to try and escape them. He then heard them talking and saying that they were going to kill him and use his brain for “*muti*” (a potent medicine in indigenous culture). What is very frightening to know is that it is a custom in this particular area (Venda) to take the brain from a victim while he is still alive, as it strengthens the “*muti*”. He sat there quietly behind the bush for the whole night, not moving and just keeping his eyes closed and waiting for the next day, because he was too frightened to open his eyes. He did not want them to see the whites of his eyes shining in the light of the moon and was scared that if he moved they would find him and kill him. When dawn came he went home.

In the group discussion the participants’ thoughts and feelings about being a victim were discussed, which included some of the following comments:

- Frightened
- Angry
- To pay back
- Scared
- Angry
- Told myself I must remain calm
- Hair standing up
- Shivering
- When I realized I can die, I must fight for life
- Humiliated

In the exercise where they were requested to indicate how they thought their victims felt while they were raping them and to link this to their own experiences, they identified the following thoughts or feelings on what their victims might have experienced:

- Why me?
- Angry
- Humiliated
- Afraid
- They feel dirty
- They think it is their fault
- They hate men
- They think others are going to laugh at them
- Some fainted
- Others kept quiet
- Think of it all the time and dream of it
- Please stop
- They were traumatized

In their letters of apology to their victims after the group session on the importance of apologizing, they acknowledged that it was important to apologize because

- They needed to be forgiven
- It is good and it shows that you are guilty
- They deserved punishment
- They deserved to face the consequences
- To show the victim that what they have done was not their intention
- To say to them that they love them and care for them
- They feel their victim's pain
- They accept the sentence and why they are in prison



- They do not deny responsibility
- So that society, the family and the victim can accept them back

For illustrative purposes, apology letters from two prisoners (letter 9.1 and letter 9.2) are included. These show that these rapists accepted responsibility for their crimes and were able to feel empathy for their victim. The rapists also verbalized that they would like to be accepted back into their communities again and were prepared to lead a better life than before.

From the assessments during the treatment programme, subtle changes were noticed even two weeks into the programme as the rapists indicated that they had “learnt that they have potential, are willing and know how to utilize their potential, are willing to take responsibility, see wrong things from right”.

In the victim empathy exercise, it was apparent that the rapists easily identified with their own feelings of being a victim. This was utilized as a bridge to get to the feelings their victims might have felt during the crime. This led them to see that their own experiences of being a victim and those experiences of their victims were very similar as similar processes of thoughts, feelings and actions were identified. After this exercise some of the rapists were able to write an apology letter to their victim, which some offenders found it more difficult to write than others perhaps because of the emotional input and commitment it required.

Letter 9.1 by rapist D

24 February 98

Miss

Miss I know that by the time you read this letter is  
telling you the Bad Mummies

But I ask you to give yourself a time to here what I want to  
to you Miss I write this letter because I want you to  
know how sorry I am for what I have done in your life.

Firstly I have changed I am no longer the person who I was  
before I came in prison This place has change ~~my~~ <sup>me</sup> ~~life~~ <sup>me</sup>  
me to realise that what I have done to you it was wrong I die  
to be punished, and this place has make me to realise how imp  
li is. I know that the pain that I've cause you it will never  
away in your mind, but what I'm asking you is forgiveness lets pr  
each other and carry on with our lives I'm very sorry to cause you  
a terrible pain like this, I will never ever hate you again Please  
Forgive me !!

What I would like to do when I'm outside is to help the victims  
because I know that if you are the victim you think that you are  
alone there is no one who can help you but that is not true. At  
they keep quite about the accident others they think that it  
their fault to be rape but it is not true. That is why I want to  
the Sexual victims I will be very happy if you can

Reply me ~~please~~ so that I can know ~~when~~ <sup>in</sup> what are you think  
From

Letter 9.2 by rapist B

26 Feb 1998

M, Dear Miss S

I am Happy am still living under the sun  
S I am sorry to make you a bad  
think because you pay to apologise S. Now I am  
in prison see think that I never don and  
I remember you I still I can cry. And No  
I am serving 10 years in prison but never  
Married I will be seen there and I will  
to you to apologise a matter.

For my surprise if I can see you I  
I be better than better. Now I am in prison  
for a small think that never don to you to  
se I was a big guy but now I am a  
old guy but now I now what is Rang and want  
Rhorcht. For my surprise in prison I see  
something to stay with a community. No  
in prison I am working trade and I will  
come to help a community and I will  
to help others lives. God help you

Your faithfully  
1, 1, 1

Evaluation of the group exercises indicated that some rapists were more ready to apologize to their victims than others who were still in denial or had reservations after the six-week treatment programme. At the same time others were able to take responsibility for their behaviour and apologize to the victim for their conduct. This information corresponded well with the TAT outcomes of some of the rapists after completion of the programme.

Post-programme evaluation indicated that certain changes had taken place during the course of the treatment programme. The most important changes noted in the post-programme assessments were that the rapists knew that life was important, that they had potential to achieve in future but needed to set realistic goals for themselves. Whereas blaming others for their misconduct rather than taking responsibility for their action was evident before the treatment programme, after the programme they took responsibility for their own lives, had victim empathy and focused on their contributions to the community. They knew change for the better came from within themselves and not from the outside. They were able to indicate that sometimes people need help from others but most of all people need to take responsibility for their own behaviour. They were able to distinguish right from wrong and could manage their anger and frustration better. They were aware of the fact that crime does not pay and were encouraged to challenge the future, fight crime and child abuse, and stop violence.

#### **9.5 RESULTS OF THE POST-PROGRAMME ASSESSMENT ONE MONTH AFTER TERMINATION OF THE TREATMENT PROGRAMME**

The rapists were seen again one month after termination of the treatment programme for a final assessment and to evaluate benefits from the treatment programme. Self-reports from two rapists (self-report 9.3 by rapist D and self-report 9.4 by rapist I) are included for illustrative purposes. From these reports, it is evident that the treatment programme achieved its goal of assisting them, and that some information was more helpful than other.

From the rapists' comments it was evident that the treatment programme and the whole process had a positive effect on them as it dealt with their criminal behaviour in context. They indicated that they now looked towards the future, were trying to stop their criminal behaviour and intended to challenge the future in a positive way. They mentioned that they had learnt what is right from wrong, would use their potential and would look for assistance when in trouble, and had taken responsibility for their life, goals and dreams as well as those of others.

Self-report 9.3 by rapist D

It has helped me to realise how important life is?  
It has helped me to have a locus of control and to set my goals in a Positive way.  
And it has showed me the Power of Beliefs and how to have a self talk.

It has helped to become what I was before I came in Prison, and It has show me that crime doesn't pay and how to manage my Anger, And it show me who is right and wrong.

It has teach me to believe in my dreams and allow the to come true, and that the Negative Impact can keep me in the darkness, And to be Optimist or not a Pessimist one.

Self report 9.4 by rapist I

The programme has affects as well but it learns me a lot of things; When it to using my Potential. Thinking what is to Lock on and Lock out and not to Break the barriers. It affect me till I told my self that tomorrow I get reatcast I now how to use my Potential my thinking I can also mime. Before I came to prison I never use my Thinking I was too expressive as a stave of crime but now I am a bonner agent not just because I attended the programme but it finds me using my thinking but not in a right manner as well. And even Family and relatives sisters; cousins and my grandmother they is happy about me. They ~~stay~~ I always saying to me that they think prison is change me <sup>new</sup> a good even me I took my self it is blasting and disearsting being here in prison.

2. Good Man; Good Speaker, Good Communicate Good Husband and Good Father who is having responsibility to take care of them not runaway father. Affects me as well being a sportsman business man; It is inearcenging me ~~not~~ to challenge the future and fight crime, child abuse, Physical Abuse and to stop violence.

## **9.6 THE IMPACT OF THE THERAPEUTIC PROCESS ON THE RESEARCHER**

The researcher found that she was involved in a similar learning process to the rapists. The researcher went through the same personal change cycles of loss, doubt, discomfort, discovery, understanding and integration as the rapists - although on a different level.

The researcher also found that combining different approaches and methods (i.e. holistic, cognitive-behavioural and psychodynamic) in the treatment programme the rapists and the researcher benefited the most. Furthermore, this approach allowed acknowledgement of strengths and weaknesses on both sides (the therapist and the rapists). It allowed the rapists to indicate which parts suited their needs best and which were not suited to their needs (e.g., the magazines). The researcher therefore constantly had to carefully plan and monitor what was done, then evaluate and decide which changes to the treatment programme were necessary in order to assist the process and enhance positive change. The process and approach followed allowed innovative and creative ways for the researcher and the rapists to deal with important issues. It also allowed all the parties involved to share responsibility and take ownership of the research project.

## **9.6 CONCLUSION**

This chapter described how the different assessment procedures indicated changes that took place during the whole process - before treatment up to one month after implementation of a treatment programme - as well as the interpretation of the changes that took place in the rapists' thoughts, feelings and behaviour. Various tables, examples of self-reports, drawings, letters to their victims served to illustrate and indicate the qualitative nature of these measurements and how they were interpreted by the researcher.