

**Trust, Shame and Communication Challenges among Sexually
Abused Women: The Case of Women from Association for
Women's Sanctuary and Development (AWSAD)**

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EDUCATIONAL AND BEHAVIORAL SCIENCE

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Sanctuary and Development (AWSAD)**

**THESIS SUBMITTED TO THE SCHOOL OF PSYCHOLOGY
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Declaration

I Fuad Lalle hereby declare that the thesis entitled *Trust, Shame and Communication Challenges among Sexually Abused Women: The Case of Women from Association for Women's Sanctuary and Development (AWSAD)* has not been previously submitted in this university and in any other university for any purpose. I also declare that every single document material or sources in the thesis has been acknowledged appropriately.

Name _____

Date _____

Signature _____

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Abstract

The objective of this study was to examine the level of trust, shame and communication challenges of sexually abused women in the case of Women from the Association for Women's Sanctuary and Development (AWSAD). The study used descriptive research design and the researcher employed mixed method approach i.e., quantitative and qualitative design. Trust and shame were measured through Quantitative design whereas communication challenge was evaluated through qualitatively design. The study area was selected based on availability sampling because the numbers of victims were very high in AWSAD among any other shelters in the country. The data collected were analyzed using mean, standard deviation, percentage, independent sample t-test for the quantitative data using SPSS version 24 and thematic analysis for qualitative data. The result shows that the majority of sexually abused women have experienced psychosocial problems (low trust level, moderate shame level and poor communication with other), because of history of sexual abuse and discrimination by the community. The independent sample t-test showed that there was statistically significance difference between married and single women regarding the general and individual trust level of sexually abused women. Whereas there is no statistically significant difference among married and single study respondents regarding total shame of sexually abused women. The researcher has recommended that different parties like non-governmental organizations, health professionals and youth clubs are expected to show the magnitude of trust, shame and communication challenges and related issues among sexually abused women with the possible ways of solving the problems.

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CHAPTER ONE

Introduction

Background of the Study

In Ethiopia, women comprise 50% of the population (Plecher, 2020). In recent positive development women held 50% representation in high governmental positions after the Ethiopian ruling party had made a change as a result of internal reform. Similar to other developing countries, Ethiopia is categorized by high rates of sexual violence against women and girls (Murphy et al, 2019). Women's sexual abuse is widely practiced in rural and urban areas of the country. Besides, sexually abused women experienced distrust, frustration, communication challenges, shame, lack of confidence and self-esteem (Tolla, 2013). However, most of the studies surveyed don't address the level of its seriousness in Ethiopia. Sexually abused women have psychosocial difficulty in establishing interpersonal relationships (Aynalem, 2015). Symptoms associated with women's sexual abuse may hinder the development and growth of relationships (Mahlet, 2015). In this sense most sexually abused women are unproductive in the areas of the social, economic and political arena, if not helped professionally.

Women sexual abuses are defined as physically enforced or pressured penetration, even if slight of the vulva or anus, using a penis (World Health Organization [WHO], 2002). Sexual abuse happens all over the world as confirmed by different researches. (WHO, 2002). Sexually abused women have faced serious challenges both physical and psychological like sexually transmitted disease, unsafe abortion, unanticipated pregnancy, depression, stress, distrust, and shame (Aynalem, 2015) which all contribute to decreased life expectancy among women.

According to Hofstede's cultural dimension, Ethiopia scores high on masculinity (Hofstede, Hofstede & Minkov 2010). Due to this dimension women are given less priority in the decision

making in their life. In addition to this, most masculine society influences are valued as a standard and also independence and performance (Wondwossen, 2017). This implies Ethiopia is run-through old culture and beliefs that lend the community to have conservative social norms and continue deep power disparity between women and men. There are plenty of controversial issues on the main causes of women's sexual abuse (Aynalem, 2015). In developing countries, less economic standard, biological factors and cultural norms are the reasons for violence against women (WHO, 2013). Family law and criminal code regarding women have been revised in Ethiopia progressively. However abuse on women is still undoubtedly visible in the country.

Women in Ethiopia are exposed to the low levels of involvement in education, decision-making and employment and lack access to information on their sexual and reproductive health rights (United Nations Population Fund, nd(UNFPA). The Constitution of The Federal Democratic Republic of Ethiopia covers a number of rights which have straight forward implications to the right of women to be protected from violence (Megersa, 2014). Article 35 acknowledges and discusses the exact rights of women (FDRE Constitution, 1995: article 35). Even though the rights of women are ratified in the Ethiopian constitution, there are still real challenges to end up the violations against women (Fikremarkos, 2017).

Different findings on women state that sexual abuse brings crisis in the development of psychosocial problems on victims. According to Erik Erikson's stages of psychosocial development, everyone should successfully experience the eight stages so as to preserve intra and interpersonal relationship and able to feel secure even when endangered (McLeod, 2018).

The current study focuses on three psychosocial variables namely trust, shame and communication challenges among sexually abused women by taking the case of women from the Association for Women's Sanctuary and Development (AWSAD).

Many types of research have been conducted on women or gender-based violence with more focus on psychosocial effects, coping mechanisms and the resilience of sexually abused females and housemaids in Ethiopia (Ayanalem, 2015, Simegn, 2018 & Zebib, 2018). However, as to the knowledge of the current researcher there is a dearth of research on trust, shame and communication challenges among sexually abused women in Ethiopia. Several researchers have addressed general psychosocial variables rather than dealing with specific variables. In fact, getting sexually abused women as research population was difficult for the researchers since they are scattered and ethically very sensitive to study their experiences. But now a days, different governmental and nongovernmental organization are established aiming to address effects of violence against women so there is relative convenience to conduct study and understand how women suffer from specific psychosocial challenges.

Statement of the problem

Women in Ethiopia are still facing several psychosocial challenges in their life. The prevalence of sexual violence is a terrible phenomenon. The problem remains hidden, undocumented and unreported (Zeray & Haileselassie, 2015). The stressors of life and managing and having satisfaction in the social activity they participate are difficult for women. In Ethiopia poor, uneducated women have few chances to move up in the socio-economic hierarchy in the society. Most frequently the victim's perpetrators are intimate partners, coworkers in their workplace and close families or relatives at home (Murphy et al., 2019). This makes the women to be terrified and uncertain with the society, as a result some of them decided to commit suicide. On the other

hand, these women are often left with no choice but to take on low income jobs or be domestic workers in order to support their families (Murphy et al, 2019). Sexual abuse is one of the precedents for psychosocial challenges (Simegn, 2018).

Study by Zebib (2018) focused on “well-being of intimate partner violence survivors” the impacts that survivors suffer from psychosocial challenges like low self-esteem, low self-control, depression, stress and social phobia. In addition, a researcher such as Zeray & Haileselassie (2015) and by Aynalem (2015) reported that sexually abused women face risks like low self-esteem, unable to communicate effectively and loss of hope. Even though, many researchers have been working on women sexual abuse, the problem is still persists and there is a limited study on trust, shame and communication challenge. Besides, the researcher has an experience working as women supporter at different organizations and participated in local and international discussions on gender and gender-based violence; this helps to contribute a lot studying in this area.

In general, measuring psychosocial variables and getting a deeper understanding of the concern is critical with the intention of initiating for further studies. Therefore, this research was devoted to identify the trust, shame and communication challenges of sexually abused women.

Research Question

1. What are the levels of trust and shame among sexually abused women?
2. What are the communication challenges related to sexual abuse?
3. How do sexually abused women describe their lives at the sanctuary or shelter?
4. How do sexually abused women attempt to integrate with others?

Research Objective

General Objective

The general objective of this study is to examine the level of trust, shame and communication challenges of sexually abused women in the case of Women from the Association for Women's Sanctuary and Development (AWSAD).

Specific objectives

1. To examine the level of trust and shame of sexually abused women.
2. To assess women communication challenges related to sexual abuse.
3. To explore how sexually abused women describe their lives at a sanctuary or shelter.
4. To discover how sexually abused women attempt to integrate their personal lives with others.

Significance of the Study

Since women are more than half of the population in Ethiopia, this study contributes for the community in general and sexually abused women in particular. In Ethiopia, there are various governmental and non-governmental organizations working on violence against women. The study helps to amplify how sexually abused women are agonized in the way of their lives. In addition to this, the researcher believes that getting a deeper understanding of the concern is

critical in order to help activists, organizations, human rights commissions and those who work for the victims.

The present research will also be an additional resource for those who want to study further on the psychosocial experience of sexually abused women. Furthermore, several researches have been done qualitatively (Aynalem, 2015, Zerat & Haileselassie 2015) rather than measuring psychosocial variables quantitatively. Therefore, the researcher understands that using mixed approaches is supportive with the aim of creating operational prevention programs and investigating what are the problems indicated in this study. In general, this research is being deliberately conducted with the intention of supporting the academic resources for those who have interest in similar studies.

Delimitation of the Study

The study is geographically delimited to Addis Ababa Ethiopia. It is conducted for the purpose of measuring and assessing specific psychosocial challenges namely trust, shame and communication related to sexual abuse of women taking AWSAD as a case. There are other relevant psychosocial challenges which should have been studied in relation to sexually abused women. However, this research will only stress on the three psychosocial variables.

In addition to this, there are eleven organizations working on violence against women in Addis Ababa which would not be covered in this research due to constraint of time, expertise and budget. Indeed, for the academics research, target population and study area must be specified to make the study feasible. Moreover, one of the expected risks/challenges in this research might be reluctance of participants for interview and questionnaire due to the effects of sexual violence. To increase the response rate, the researcher used female data collectors who are also staff to the organization.

Operational Definition of Terms

Women sexual abuse: women are enforced to have sexual intercourse without their willingness.

In this study, women sexual abuse is understood as violent sexual assault even if slight of the vulva using a penis rather than other sexual activities like inappropriate touching, harassment, and any gender-based violence.

Psychosocial: In this study, psychosocial is defined as anything related to mental phenomena as well as psychosocial problem such as trust, shame and communication challenges. Thus, standardized measurement scales have been used to measure the selected variables.

Trust: Trust is typically viewed as a personality trait characterizing people's tendency to faith or suspicion against others in general terms. In other words, trust is defined as an individual thinking that other people will not do any harm after the victim survived.

Shame: Shame is described as a negative self-evaluation in which survivors feel inferior, preferred to have kept isolated, rejected and feel devalued by social interaction.

Communication challenges: For this study, communication challenges refer to difficulties that survivor's experiences in maintaining inter personal relationship with others.

CHAPTER TWO

Review of Related Literature

Sexual abuse

Sexual abuse is having sexual intercourse with your partner or casual individuals, through physical force even if you were completely refusing the doer or the perpetrator you do not have the capacity so that you are forced to have sex (WHO, 2013). According to Ward and United Nation Women (UNWOMEN, 2013) sexual abuse is defined as physical invasion of a sexual nature, either by power or under imbalance or coercive condition. Under this definition, there are different forms of sexual violence such as rape, sexual assault and sexual exploitations. The definitions are discussed below.

Rape is penetration of the vulva or anus which includes insertion of penis or sexual material into mouth without consensus (Ward & UNW, 2013).

Sexual assault is known as sexual harassment with the absence of penetration or insertion of penis or other sexual material object including unwelcome kiss or touching parts (WHO, 2015).

Sexual exploitation means a kind of commercial sex which involves a situation of susceptibility or various forces for sexual purpose and profiting monetarily. It can also be considered as forced prostitution as one form of sexual exploitation category (Ward & UNW, 2013).

From the above definition, we can understand that there are plenty of forms of sexual abuse and sexuality violence against women where the victims feel deep sorrow because of the perpetrators.

Sexual violence brings several negative outcomes on health and wellbeing (WHO, 2015).

Sexual and Sexuality-related violence has numerous effects on health and wellbeing of women including impairing sexual and reproductive health. Because of forced or coerced sex, victims have no opportunity to use condom or contraception methods (WHO, 2015). These make them to

be exposed to Sexually Transmitted Diseases (STD), unwanted pregnancy, abortion, and low life expectancy (Parkes, Heslop, Ross, Westerveld, & Unterhalter, 2017). This paper predominantly covers women sexual abuse. As stated by WHO (2015) women sexual abuse (WSA) is defined as sexual intercourse by a man or perpetrator with a woman who is/or not her intimate partner over and done with power and with the absence of her good will.

Women Sexual Abuse (WSA) is prominent in all countries and it is more rampant in developing countries. The victims of WSA suffer from psychosocial, economic, and physiological consequences (Morgan & Behrendt, 2009). There is a question behind why women are exposed for sexual abuse. According to different studies, factors such as hormones, gender identity, class, race, sexual orientation, disability, or a combination of these factors and other chemical in the bodies leads those women vulnerable for different form of sexual abuses (Henry & Adams, 2018). All the same, sexual abuse affects women excessively and men tend to be the perpetrators (Henry & Adams, 2018). In relation to the above, there are no single factors that abuse women sexually. On the word of Aynalem (2015), WSA is accelerated by the extreme inequality between men and women in power and socio-cultural hierarchy especially in developing country like Ethiopia.

Statistics on women sexual abuse and Experience

WSA is a universal concern, every single country especially those with low income country have seen the practice widely in the way of rape, domestic violence and incest (Zeray & Haileselassie, 2015). This shows that, women are facing different obstacles on the history of their life. So, further understanding of sexual abuse in Ethiopia by taking a sample institution engaged in rehabilitating victims is significant at this moment.

WSA has an effect on health in the short and long term. Around 9% of women experience unwanted attempted or completed intercourse (oral, vaginal, or anal), and 13% of women experience some form of sexual contact (WHO, 2017). It can be understood from the above that the practice of sexual abuse has no humanistic nature and the act moves the women in chaotic life experience. Such abuses, generally, the perpetrators are not seen by the public while they are in violation and the women's silent pain lasts long (UNODC, 2011). In this case, the women's voices are not heard and they have no choice to put the perpetrators in court because there is no relevant evidence or eye witness while they are abused.

UN Women (2013) reported that sexual abuse extremely challenges women's physical, sexual and mental health. Mental problem includes somatic complaints, depression, and anxiety that lead to consumption of alcohol and drug abuse which may again result in committing suicide. Physical health effects include chronic illness impacting neurological, gastrointestinal, muscular, urinary, and reproductive systems. Sexual health effects include unwanted pregnancies, complications from unsafe abortions, and sexually transmitted infections. Women fail under several challenges and sexual abuse is the cause of physical, economic harm and psychological health problem. Similar to the above, women sexual abuse brings physical and psychological problems including fear and insecurity. One of the negative influences on health is being unproductive (Henry & Adams, 2018). So that women are not sufficiently successful in their work hence has great impact on the economy.

Abused women regularly take or are forced to take responsibility for the abuse this in turn leads to feeling of distrust, guilt, shame, and self-blame (Hall & Hall, 2011). Besides, abused women experience communication or inter personal relationship challenges with others like lack of supportive peer groups, intimate partner and having difficulty of arousal or feelings of sensation

(Maltz 2002). These are the most commonly observed psychosocial symptoms that are seen on abused women. The victims have low self-esteem and think that they do not get acceptance by the community (source).

Greathouse, Saunders, Matthews, Keller & Miller, (2015), indicated that sexual abuse is a multifaceted behavior that is likely influenced by a blend of factors, counting an individual's developmental and family history, personality, and environmental and societal influences. Meyer, (2000) stated that other factor like hormones, chemical in the body and brain abnormality lead the perpetrators to sexually abuse women. The other main factor is cultural influence and gender roles that are associated to sexual aggression. According to Hofstede, Hofstede & Minkov, (2010) in some cultural dimensions hyper masculine men may be forced to state their supremacy when they feel that their masculinity has been accepted by the culture (Greathouse, et.al 2015). Therefore, there is no single way or push factor that exposes women to sexual abuse rather multiple factors contribute to the situation.

Women sexual abuse in Ethiopia

Ethiopia is one of the most populous country and more than 76 ethnic groups are registered. Now, the population is estimated to be around 110 million and among them more than 50% of the people are women. Based on different studies (Megersa, 2014 & Zeray & Haileselassie, 2015) a large number of women are exposed to sexual abuse. The difficulty of sexual abuse is a terrifying truth and the consequences are heartbreaking (Awake, 2003). UNFPA (2017) reported that lack of awareness; substance abuse, poverty, misconduct; male superiority, and disagreement are the major causes for the prevalence of women sexual abuse in Ethiopia. In addition to this, women's challenge in Ethiopian society starts from the time they age born since

giving birth to a male child is preferred than getting a female child in the culture (Parkes, et.al, 2017).

Different researches examined that the decision-making power, money and negotiation capacity found the lower status of women and girls (UNFPA, 2017). Close to 54% of women compared to men are not involved in decision making (DHS, 2011). This shows that there is greater impact on women's socio-economic life and they decided to work in less skilled jobs such as house maid, street market and prostitution. Furthermore, women's working area is vulnerable for sexual exploitation (ILO, 2018). This is also the main cause of women sexual abuse in Ethiopia.

In escaping poverty, Ethiopian women mainly decide to leave their living place. The main reason is unemployment which drives them to take on any job or duty that contributes to helping family by generating income (Regional Mixed Migration Secretariat, 2014). On top of that, women are, trafficked for forced labor and sexual exploitation in Ethiopia (US Department of State Trafficking in Person Report, June 2019). These show that unemployment and desire to take family responsibility exposes woman to trafficking.

According to the WHO report (2013), in every three women one has been coerced or sexually abused by someone the victims know. Besides this, one in five women is sexually abused at lower age (WHO, 2014). Studies also indicate that 50 to 60% of women's life is full of violence and most frequently sexual violence is reported rather than physical violence. Furthermore, the perpetrators are mostly close partners and near relative family members (Gossay et al., 2003). On the other way round, 59% of women in Ethiopia experience sexual violence by a mate and 46% of the women were physically forced to have sexual intercourse (Garcia, 2006). Due to the above point, the prevalence of sexually abused women in Ethiopia is very high and the perpetrators are

their close intimate partner or a family member. Thus, these and other issues make the problem less reported and thus less addressed.

Sexually abused women in Ethiopia experience different psychosocial problems. A study by Simegn (2017) showed that sexually abused girls have lived with psychosocial difficulties like low self-esteem, moderate level of anxiety and poor social interaction. Another study made in AWSAD by Zebib (2015) shows stress, depression, trauma, low-self-esteem, low control over their future, low self-concept and social phobia as major psychosocial challenges these women face. The current study, therefore, focused on trust, shame and communication challenge among sexually abuse women in AWSAD.

Women sexual abuse and the legal frame work in Ethiopia

Some cultural practice in Ethiopia encourages violence against women (Megersa, 2014). There are many Ethiopian proverbs which degrade women's dignity. For instance, the Amharic saying '*set bemajetu wend be chilotu*' which means '*A woman is to the kitchen as a man is to a court.*' The older family law states that the man is the head of the family and he has a full authority to dominate his wife (Proclamation No. 165 of 1960). The older family law therefore endorsed men's supremacy over women and also the women's roles is to treat and advocate to their family members than to decide by themselves.

After long years of practice, the Ethiopian constitution of 1995 changed the legal status of women. The constitution has improved the rights of women even if what is practice is not that much sufficient. According to the FDRE constitution article 35, equal protection before the law, equality in marital affairs, affirmative measures, protection from harmful traditional practices, maternity rights in employment, the right to consultation, property rights, employment rights,

and access to family planning information and services etc. are some of the benefits for women. In this sense, women have equal right with that of men.

Besides, Ethiopia has signed international laws to protect women from harmful acts (Abbi & Lul, 2010). Despite the above positive developments, the revised Ethiopian Criminal Code still falls short of addressing the problem of violence against women in sufficient manner showing some critical gaps and also the code has not placed complete meaning and scope of the term violence against women (Megersa, 2014). Even-though the right of women has been respected in the country, a lot of crime have been committed against women. Generally, as far as the researcher in this study is concerned, even if the protection right and laws of women are specified in Ethiopian constitution there is a gap in implementing and controlling violence against women.

Women survivors and shelter in Ethiopia

UN Women (2016) revealed that Ethiopia must have attention on violence against women because the act is widely persistent and requires courtesy by stakeholders, the legislative and the judiciary body. A study conducted by UNFPA (2017) also stated that 25% of women in Ethiopia had their first sexual intercourse under coercion. Similar projection shows that in Somali region 58% and in SNNP 56% of women experience different forms of violence such as early marriage, FGM, psychological abuse and insults, economic and civil or criminal acts (UN Women, 2016). From this we can understand that, there is weighty problem and high prevalence of women violence in Ethiopia.

Shelters can be seen as a place where women and girls who are in danger and need accommodation or somewhere to live get a safe place to stay to avoid exposure to sexual abuse and get rehabilitation services (UNFPA, 2013). Shelters offer indispensable services of

protection, accommodation, support and resources which assist women who have experienced abuse and their children so that they can recover from the violence, to re-erect self-esteem, and to take steps to recover a self-determined and independent life (UN Women, 2016). Due to this, shelter is very important for women who have experienced abuse so as to get back to their normal life.

Trust and sexually abused women

Sexually abused women faced a number of psychosocial challenges and they hurtled by loss of trust, low self-esteem, low self-respect, loss of the belief in justice and fairness (Vukov & Mooren, 2014). As far as the researcher is concerned, trust is the first phase of adjusting to life. Because trust can be seen in different scenarios such as in business and economics, law, politics, health and social issues. For this study, trust is defined as how sexually abused women behave and create trusted love relationship or how they trust that other men (apart from the perpetrator) are not abusing them again. In other words, trust is an individual's tendencies or belief that other peoples are not putting them in danger (Boyd, 2010). Cognizant of the issues raised in above, sexual abuse can be the main antecedent for women to become distrustful in every aspect of their life.

Sexually abused women are less interested to have of sexual contacts/intercourse. They are possessed that all sexual relations involve mistreatment, pain, betrayal, untrusted and marred by guilt feeling (Hasnain & Kumar, 2006). Many abuse survivors experience difficulties in less observable social areas or adults who were abused as children over and over again have problems with relationship, trust, and authority (Hasnain & Kumar, 2006). Such difficulties can have continuing undesirable outcomes for the survivor's wellbeing (Hall & Hall, 2011). In sum sexually abused women experience suffering from distrust. These women will experience a

caring or non-caring treatment from others. A caring treatment is demonstrated as circumstances where the women is recognized in a good way and supported. Conversely, there are conditions that could be seen as non-caring, where the abused woman is disregarded, not believed in, offended and left with the burden of guilt (Wiley & Sons, 2013). Even though the act of sexual abuse is strongly convicted, women need special treatment after they went through abuse so as to avoid distrust, self-blame, and loss of self-esteem.

Trust involves the most important psychological component for the development and maintenance of happy and well-functioning relationship (Simpson, 2007). Survivors of sexual abuse may experience difficulty in establishing interpersonal relationships (Ratican, 1992). Symptoms linked with sexual abuse can hamper the development and growth of relationships. Common relationship troubles that are related to the problem of trust are: fear of intimacy, fear of being different or strange, difficulty creating relational boundaries, inactive behaviors, and getting involved in abusive relationships (Ratican, 1992). However, if the survivor gets help by professionals and learn actively to participate in the healing process they can develop trustworthiness; integrate communication, choice, self-respect, and equality into their intimate relationship (Maltz, 2002).

The other important thing is that, trust is inconsistent phenomenon (Dunning, Anderson, Schlosser, Ehlebracht, & Fetchenhauer, 2014). In fact, trust may not remain longer in human mind because the victims don't feel secured after getting damaged and the survivors are uncertain about other individuals who are not harmful to them. As a result, the women may develop distrust. Trust is fundamental for a safe and healthy social life and it is challenging to think of a marriage or friendship everlasting without trust (Dunning, et al., 2014). Every single individual including family member is essential to be able to depend on each other. The family

should open the door of trust and strongly refuse the act of sexual violent behavior as unacceptable and therefore must stop it immediately (Vukov & Mooren, 2014). From this, we can understand that trust is the basic psychological element and we can lose trust once we became a victim. Beside this, everyone should work on trust in order to create strong solidarity among the society.

Shame and sexually abused women

Different studies indicated that, among many more causes shame is the result of sexual abuse. Sexual abuse is related with hurtful experiences and it is psychiatrically associated with shame, guilt, and disgust (Saraiya and Castro, 2016). Sexual abuse is regularly linked with the building of shame due to the usual level of privacy associated with sexual abuse and abuse of personal margins allied with shame (Michalopoulos, et al, 2015). A study in Zambia reported that, women who are sexually abused seem to be at an increased risk of experiencing shame (Michalopoulos, et al, 2015). From this we can deduce that shame is directly correlated with sexual abuse or victims are less likely to live without shame until they got proper treatment.

Shame is one of the most unnoticed emotions and exists in every culture (Tracy & Robbins, 2004). Shame is self-conscious emotion or negative emotion that arises when an individual feel devalued or isolated in social interactions (Tracy & Robbins, 2004). According to Saraiya and Castro (2016) shame can be defined as a hurtful set of emotional and cognitive conditions characterized by self-judgment restricting from a perceived misbehavior of social/cultural customs or prospects. Feiring and Taska (2005) reviewed that shame is a self-conscious emotion that needs the cognitive capability to have a common sense of self and evaluate one's performance against the normal. In relation to the above statement, shame comes from our own emotion which appears following some incident we faced.

According to Van-Ness (2016), shame can be seen as a secondary emotion over the course of consequent reasoning and appraisal of the meaning of the trauma and its future implications. Furthermore, we put sexual abuse and shame as in juxtaposition. In relation to this, sexual behavior is associated with shame, especially when the sexual behavior violates social restrictions (Feiring & Taska, 2005). Different findings show that symptoms related with sexual abuse is correlated with traumatic disorder and shame (Feiring & Taska 2005).

In general, shame is a worldwide emotion which can have thoughtful negative consequences (Selva, 2019). If shame is left unrestricted, it is intensely painful and damaging to one's sense of self and will harm the environment (Selva, 2019). The preceding literature showed that shame is an emotional feeling that destroyed the self-esteem of sexually abused women.

Communication challenge and sexually abused women

We use communication as a means to interact with people in every parts of our life. However, there are times that we face challenges while communicating. In this study, communication is referred to as an interpersonal relationship where sexually abused women react with family, friends, partners, colleagues and with others. Communication is one of the day-to-day activities that every human can experience. Communication can also be seen as a way of common relations which starts with contact, along with all set of means and approaches for exchanging information in order to influence the behavior of people (Naumovki, Dana, Herzing & fidanoski, 2016). This shows that communication is a well-known and most common element in the social context. However, sexual abuse can challenge on the way the survivor interrelates with those near to them and the community in general (Boyd, 2011).

In addition to this, sexual abuse can result in difficulties with communication, intimacy, trust, sexual relations and enjoyment of social activities. Because of the incident, sexually abused women can refuse social engagement with men due to their sensitivity or mindfulness of the possible occurrence of similar case and considering men as perpetrators (Boyd, 2011).

Research has shown that most frequently women are afraid of being exposed to public spaces as a result of the scare of sexual abuse (Koskela & Pain, 2000). When we make comparison between sexually abused women with that of women who are not sexually abused, there is a difference in their interpersonal and social networks (Trickett, Noll & Putnam, 2011). Thus, abused women are more likely to engage in self-mutilation, risky sexual activity, drug abuse and alcohol, experience more lifetime traumas, and fail to complete high school (Trickett, Noll & Putnam, 2011). Based on DiLillo's (2001) suggestion, sexual abuse is greatly observed as a risk factor for a variety of adult interpersonal problems shown by women. A study by Liem, O'Toole and James (1996) revealed that adolescent interpersonal challenges are the result of child sexual abuse (CSA, year). Communication challenge can also be followed by feelings of isolation, helplessness, low self-esteem and a sense of oneself as damaged and difficulty trusting others (Liem, O'Toole & James 1996). There are also other factors related with interpersonal relationship challenges widely observed in sexually abused women.

Making effective communication/interpersonal relationship is uncountable uses for individuals. Effective interpersonal communication is the results in civilizing their life standard, productivity and performances which creates open and direct relationship between employees and citizens in the public sector (Naumovki, Dana, Herzing & Fidanoski 2016). Unfortunately, relationship may be cutoff through escaping of social situations and feelings of low self-confidence and insecurity (Morrison, Quadara & Boyd, 2007). These factors may be the result of sexual abuse that hinders

women's interpersonal relationship with others. In this case, partners or family may hamper or help the survivors when they act in certain ways (Littleton & Breitkopf, 2006).

Generally, making helpful reaction leads the survivors for effective recovery system rather than showing negative reaction as a kind of coping mechanism (Littleton & Breitkopf, 2006). In this regard, making advanced communication is important for the human development. Helping victims creates an opportunity in the society to have good interpersonal relationship among individuals.

Conceptual Framework

Women are more vulnerable than men for sexual abuse. In relation to this, sexual economic theory correlates with the above statement. Sexual economic theory considers how men and women act, respond, think, and feel in a sexual context (Baumeister & Vohs, 2007). In other words, sexual economic theory contends that sex is a female service that women exchange for men's properties (Baumeister & Vohs, 2004). Thus, women have valuable resource and they wait to give the resources till they get attractive incentive from men (Laurie, 2017). According to the authors, the properties that men give women comprise money, attention, promise, love, time and respect (Baumeister & Vohs, 2004).

In accordance with the above definition, the traditions of sexual economic theory drives several women are expose to sexual abuse if they are refuse committing sexual intercourse. In addition, if the men have no enough resources they might decide to have sexual intercourse with women forcedly. This leads the women to increased feelings of distrust shame, anxiety, and disgust toward the self, reduces opportunities for peak motivational states, communication challenge and diminishes awareness of internal bodily states (Baumeister & Vohs, 2007).

As far as the researcher is concerned, Ethiopia is a multi-cultural country. However, the rate of women sexual abuse is high and women are also rarely spoken of their psychosocial challenge. The researcher wants to imply from the above theory that when the women bodies offer with high costs, men tend to be motivated for sexual abuse.

Several studies showed that men have more desire to sexual intercourse than women. Once the women are abused they experienced painful emotion. Extreme emotion like shame and distrust can lead to aggression and violence, with tragic consequences. On the other hand, sexual coercion theory asserts that men who display egotistic personality are more to engage in sexual abuse. Therefore, including other factors sexual economy theory is one of the reasons that women are physically taken as attractive and thus vulnerable for sexual abuse.

CHAPTER THREE

Research Methodology

Research Design

This study used descriptive research design to investigate the trust, shame and communication challenges of sexually abused women by taking the Association for Women's Sanctuary and Development (AWSAD). A descriptive research method helps to describe the attitudes, opinion, and perception of objects and can get information on private (covert) behaviors and it addresses hundreds of people with the same questions at the same time (Kumar, 2011). In the current study, the descriptive method allows the researcher to investigate the challenges in the selected psychosocial variables and how abused women manage their situations. The researcher employed mixed method approach i.e., quantitative and qualitative design since the research objectives require measuring the selected psychosocial variables as well as documenting life experience of sexually abused women in AWSAD and how these women managed their experiences.

Based on Creswell (2006), researchers can use mixed methods in order to address research questions or objectives that fit to the methods. Furthermore, the researcher is interested to gain rich and complex understanding of people's psychosocial challenges and obtain information by measuring the target group. Besides, mixed research method will be used to allow participants to discuss their psychosocial problems as well as to measure their level of trust and shame. The quantitative method is used to see trust and shame of sexually abused women that contains a total of 19 close ended research items. Whereas, the communication challenge of sexually abused women was seen through qualitative techniques that used 11 items for key informant interview and 8 items for the sexually abused women. So the mixed method is proved to be appropriate

research to address the central question of the overall conditions of women with psychosocial challenges such as trust, shame and communication challenges that sexually abused women face.

Study Area

According to Women and Children Affairs bureau, in Ethiopia, there are 20 shelter providing organizations owned by governmental and nongovernmental organizations that work on violence against women. In Addis Ababa, there are two 10 shelters and the remaining are dispersed across the country. This study is conducted in Association for Women's Sanctuary and Development (AWSAD) located in Addis Ababa and Adama. The organization worked on violence against women, provides temporary sanctuary and other treatment services. As stated in the organization's magazines and brochures, AWSAD works for victims particularly those who are sexually abused by availing diverse set of professionals. Some of the services that are given by the organization are medical care, counseling, legal follow up, education, empowerment activities and reintegration; with suitable resources, AWSAD has the capacity to arrange for the variety of protection and support services to help survivors.

AWSAD is also working for awareness-raising and social change to avoid violence against women and girls. The shelter works largely with different branches that located in Addis Ababa, Adama and Dessese due to the pervasive violence against women in Ethiopia. AWSAD is admitting large number of sexually abused women than other sanctuaries for shorter or longer period of time. The organization was selected as a research area since it is one of the non-governmental organizations that work regarding sexually abused women. This is the first reason that motivated the researcher to select the area purposively. Besides, the shelter has five branches in different regions of the country, among them two shelters (Addis Ababa and Adama project) were selected deliberately because the number of victims are very high in these two shelters.

Moreover, the shelter of AWSAD facilitates different kind of treatment in the organization for sexually abused women including vocational training services till they recover. In general, the selected area was convenient to collect sufficient data from the participants.

Population

According to the information collected from AWSAD, 65 women from Addis Ababa shelter project and 52 from Adama projects were selected for this research. The total number of the participants from both projects was 117 sexually abused females in the age range of 11-25 years old. The study took the total population and used cross-sectional design that helps to collect data from a specific group of participants at a specified point in time (Hemed, 2017). Thus, cross-sectional studies are used to show what up-to-the-present is at the contemporary moment (Goodwin, 2010). This type of research permits the researchers to collect relevant information reasonably and quickly (Ibid). Additionally, the researcher can easily access to gather huge volume of data from a large group of respondents using the cross-sectional design. The participants were recruited based on non-probability sampling techniques. Because of the nature of the study participants, they only stay at the shelter for shorter period of time until they get the treatment and get reunified or reintegrated to the community. The survivors were given the research questionnaire which quantitatively measured the attributes identified. Furthermore, to assess survivors' communication challenges and how they do balance in their life to integrate with others, 8 sexually abused women were selected purposely for the interview. In qualitative research, the sample is chosen in relation to how appropriate the participants are in relation to answering the research questions. The rationale behind selecting the 8 sexually abused women for the interview was based on their level of communication skills, level of severity and willingness to respond to the interview items. The reason for this is because during this period

the sexually abused women may have accumulated psychosocial challenges as a result of being sexually abused. In addition to sexually abused women, 2 key project staffs who were closely working with the sexually abused women were selected for the interview to strengthen the idea and how survivors behave in the shelter. In general, the overall interview participants of the study were 10 including staff members. In relation to ethical consideration, permission was requested through consent letter for the women in place and find out whether they are interested to take part in the study or not.

Questionnaire

By using standard measurement item scales, participants trust and shame was measured through questionnaire which contains both close and open-ended questions. A total of 117 participants were selected for the questionnaire based on availability sampling. Applying this tool is more advantageous because it is less expensive and it offers greater anonymity (Kumar, 2011). This helps the participants to be safe and comfortable. However, if the participants are failing to respond or fill the questionnaire by themselves, there will be no chance to contact them because of the low response rate (Kumar, 2011). In order to minimize the low response rate, the researcher guided and showed the importance of the research for finding solutions to future problems.

The questionnaire has 19 items. Out of this, the first 11 questions measure general level of trust (1-6) which is adopted from Yamagishi & Yamagishi (1994) and items (7-11) are designed to measure an individual's general level of trust toward other people. The items from this scale come partially from Yamagishi and Sato's 1986 Fear scale and partially from Yamagishi and Sato's (1986) trust scale with 5-point Likert scale. The score for items 1-6 item is averaged together to form a continuous measure of generalized trust with 5-point Likert scale. Item 10 is

reverse scored. Items 7 and 10 make up the “belief that other people are basically honest” factor. Items 8, 9, and 11 make up the “belief that trusting others is risky” factor. In addition to this, items 12-19 measure participants’ level of shame in response to sexual abuse. The items were adopted from Michalopoulos et al., (2015) with 3-point Likert scale. Each response was given a different point value, with 0 “not true”, 1 “somewhat true,” and 2 “very true.”

Pilot Study

Pilot study was conducted at Organization for Prevention Rehabilitation and Integration Female Street Children (OPRIFS). This organization mainly worked on abused women and trafficked children. Before the study, all questionnaire items had been translated from English to Amharic. Three standard measurement scales were applied for 32 sexually abused women in OPRIFS. All sexually abused women between age group 11-25 were selected in the sanctuary. The Generalized Trust Scale GTS (Yamagishi & Yamagishi, 1994) has been used to successfully study and predict trusting behavior, and it has proven useful in cross-cultural research (Carter & Mark Weber, 2010); (Montoro et al., 2014); (Yamagishi, 2001). The GTS (Yamagishi & Yamagishi, 1994); Yamagishi & Kosugi (1999) measures general level of trust ($\alpha=.83$). The Individual Trust Scale ITS; (Yamagishi, 1986) measures an individual’s general level of trust toward other people ($\alpha=.77$). The result was moderately acceptable for further study. The other one is shame measurement scale. This measurement scale was applied in the research paper on “Testing the Validity and Reliability of the Shame Questionnaire among Sexually Abused Girls in Zambia”. Internal consistency was very good among the sample with alpha ($\alpha =.87$).

Based on the above reliability and validity analysis, the researcher obtains the result using Statistical Package for Social Science (SPSS) version 24. By analyzing collected data, reliability check was done to make certain if the tool or the scale was reliable enough to measure

the level of trust and shame among sexually abused women in the study population. Thus, from GTS obtained Cronbach alpha ($\alpha = .80$), which means the reliability or internal consistency of the sample is very good. For the obtained Cronbach alpha ($\alpha = .65$), the reliability result is relatively acceptable and from the shame scale obtained Cronbach alpha ($\alpha = .89$), this has an excellent reliability index.

Interview

The researcher has prepared a semi structured interview items to assess communication challenges and coping skills among sexually abused women. Interviews are the most common method of data collection in qualitative research (Harrell & Bradley, 2009). Eight sexually abused women and four key informants were recruited for the interview. In qualitative research the main purpose is to explore the experiences of participants (Wilson & MacLean, 2011). Semi structured interviews whereby the researcher explores the participant's communication challenges and subjective views on the topic allow for the interviewer to be flexible, because the nature of the questions is open ended. All in all, semi structured interview enables guided interaction to happen between the interviewer and interviewee giving direction to how the interview takes place. The interview session has two categories of participants. The first session of the interview was made with 8 sexually abused women. In the second part, key informants or four staff members were interviewed regarding communication challenges and coping skills of sexually abused women. Nineteen items were developed; eleven items for sexually abused women living in the shelter and eight for the staff members.

Data Collection Procedure

The data collection procedure followed mixed approach i.e. qualitative and quantitative. The data collection was under taken by trained women since the participants may consider men (the

researcher) as perpetrator during the data collection time. The researcher trained and guided the two data collectors adequately on the purpose of the study to collect the data from the participants. Besides, the organization does not allow the entry of men or direct contact to the survivors. The data collected for the pilot study and from the key informants were done by the researcher. This help to relate the information that is obtained from the data collectors. Electronic recorder was used after securing permission from the participants and the recorded material was deleted after the analysis in order to keep the privacy of the participant.

Data Analysis

Data analysis involves the interpretation and analysis of the data. The first part of the data analysis used descriptive statistics like frequencies, mean, standard deviation and percentage to measure and check the pattern of trust and shame of sexually abused women. The data analysis employed SPSS version 24. In addition to this, T-test was also employed to decide whether there is a significant mean difference between marital status and psychosocial challenge of sexually abused women.

The second part of the study used interview for the participants. Thematic analysis was used to analyze the data for this part. In using thematic analysis, data was interpreted by identifying common patterns and themes across the whole set of interview data (Wilson & MacLean, 2011). Thematic analysis is flexible and versatile; it is not allied to a specific theoretical framework, and thus can be applied to a number of different research topics (Wilson & MacLean, 2011). Generally, the data analysis followed the techniques of qualitative analysis (data gathering through note taking, recording, reviewing the gathered information and cleaning the data) throughout the process and grouping in themes that have similar objectives.

Ethical Considerations

Ethical consideration is painstakingly followed in the area of security, consent, anonymity, and privacy. Research participants have a right to safety. However, research of all types holds inherent risks. The current study followed proper ethical consideration by considering the care for research participants, secure informed consent procedures, not collude with research participants and tried to keep the best interests of the sexual abused women during the process of data collection. Furthermore, the participants were given options to quit any time they need. The research participants were informed about the purpose of the research and everything remains confidential. Based on the rule and regulation of the organization men are not allowed to enter in the shelter. Due to this, trained women data collectors distributed and collected the data. Anonymity was asserted because the results didn't mention the participants' names. However, there were some challenges in obtaining relevant data. The research respondents took several times to answer the research questionnaires, doubtful about confidentiality and reluctant to answer it. Thus, by giving sufficient information for the participants (the objectives and benefits of the research, for future victims and academic relevance), the data was collected from the respondents. The result was disseminated in the form of a research report.

CHAPTER FOUR

Results and Discussion

This study examined the level of trust and shame and communication challenges of sexually abused women in Association for Women's Sanctuary and Development (AWSAD) experienced. In this chapter the result of demographic characteristics of abused women was presented in the form of frequencies and percentage. Next to this end, descriptive statistics was presented with mean and standard deviation to show the level of general trust, individual trust and shame that each sexually abused women face. In addition to this, t-test analysis was also used to check the association between measures of the psychological variables and the demographic variables.

Demographic characteristics of the participants

Table 1: Summary of demographic variables of the participants

Variable	N	%
Age		
a) 11-15	57	48.7
b) 16-18	51	43.6
c) 19-25	9	7.7
Educational Level		
a) not entered school	20	17.1
b) primary	79	67.5
c) secondary	13	11.1
d) certificate	5	4.3
Marital Status		
a) Married	15	12.8
b) Single	102	87.2

Table 1: shows the demographic variables of sexually abused women in AWSAD. The total number of the respondents was 117. The age of the participant lies between 11 to 25 years. The participants' years were categorized in to three groups. The first group contains participants from the age of 11-15 years and the second contains from age 16-18 years and the third group from the age of 19-25 years. Accordingly, the first and the second group has the highest number of participants 57 (48.7%) and 51 (43.6%) respectively. The third age group (19-25) is the least from the group and has 9 (7.7%). In addition to this, the educational status of the participants shows that most of the respondents are at primary school level 79 (67.5%), followed by no formal education 20 (17.1%), secondary school level 13 (11.1%) and certificate holder 5 (4.3%). Concerning the marital status of the participants, the majorities of them were single 102 (87.2%) and followed by married participants 15 (12.8%).

Table 2: The General trust level of sexually abuse women

This part shows the overall trust level or psychosocial challenges of sexually abused women.

Variables	Strongly Disagree		Disagree		Neutral		Agree		Strongly agree		M	SD
	N	%	n	%	n	%	N	%	n	%		
	Most people are basically honest.	3	2.6	65	55.6	3	2.6	46	39.3	0		
Most people are trustworthy.	4	3.4	62	53.0	2	1.7	49	41.9	0	0	2.82	1.03
Most people are basically good and kind.	3	2.6	46	55.6	2	1.7	65	39.3	1	.9	3.13	1.03
Most people are trustful of others.	3	2.6	61	52.1	5	4.3	47	40.2	1	.9	2.85	1.02
I am trustful.	2	1.7	19	16.2	0	0	90	76.9	6	5.1	3.68	.86
Most people will respond in kind when they are trusted by others.	3	2.6	56	47.9	13	11.1	45	38.5	0	0	2.85	.97
Total											18.11	4.00

Table 2, show that 2.6% of the participants responded “strongly disagree” which is very low level of trust, with the item that held most people are basically honest and 55.6% of the

respondents reported “disagree” and 2.6% responds “Neutral” 39.9% responds agree but none of the respondents replied “strongly agree” i.e. the general trust level of abused women is comparatively low. For the item ‘most people are basically trustworthy’ , 53% of the respondents replied “disagree” ,3.4% respondents replied “strongly disagree” and 1.7% of responds said neutral, and 41.9.3% of the participants answer was agree but then again no body responded strongly agree. In addition, more than half of the respondents or 55.6% “disagreed” that most people are basically good and kind but 39.3% of the participants are positively rated that they have trust on other people and the rest scales “strongly disagree” “neutral” and “strongly agree” were not chosen by significant number of participants. Thus, the above result indicates that the abused women were facing low level of general trust.

On the other hand, 52.1% of the participant replied “disagree” which is low level of trust with the item that says most people are trustful of others. But 40.2% of the respondents replied “agree” which means their general level of trust is high. Furthermore, 76.9% and 5.1 of the study participants have positively rated that general level of trust toward themselves which shows high level of trust. Whereas 16.2 and 1.7% of the respondents rated “strongly disagree” and “disagree” that means their general level of trust towards them is low. Therefore, in the above statement we can understand that the participants have low level of general trust score on the four items.

Table 2 also shows the mean and standard deviation of the general trust item. The participants on the item most people are basically honest with average mean of 2.79 with standard deviation of 1.00. Correspondingly, the abused women’s general trustworthiness average mean is 2.82 with average standard deviation of 1.03. This means about 60.8% of the participants were experiencing Neutral to severe level of distrust

The item on most people are trustful of others and most people will respond in kind when they are trusted by others have almost the same mean and standard deviation with the above. On the other hand, participants respond mean is 3.13 on most people are basically good and kind with standard deviation of 1.03. In addition, the mean and standard deviation on trusting themselves is 3.68 and .86 respectively. This means about 82% of the participants were not experiencing moderate to severe level of distrust.

Table 3: Individual trust level of sexually abuse women

In this part the individual trust level of sexually abused women to wards other is presented

Variables	Strongly Disagree		Disagree		Neutral		Agree		Strongly agree		M	SD
	N	%	n	%	n	%	N	%	n	%		
Most people tell a lie when they can benefit by doing so.	6	5.1	27	23.1	1	.9	83	70.9	0	0	2.42	.90
Those devoted to unselfish causes are often exploited by others.	2	1.7	28	23.9	6	5.1	69	59.0	12	10.3	3.52	.02
Some people do not cooperate because they pursue only their own short-term self-interest. Thus, things that can be done well if people cooperate often fail because of these people.	2	1.7	44	37.6	8	6.8	56	47.9	7	6.0	3.19	1.06
Most people are basically honest (R).	1	.9	71	60.7	2	1.7	37	31.6	6	5.1	2.34	.06
There will be more people who will not work if the social security system is developed further.	37	31.6	9	7.7	16	13.7	53	45.3	2	1.7	3.37	1.01
Total											14.09	2.49

Table 3, show that 5.1% of the participants respond “strongly disagree” which is high level of trust, with the item that held most people tell a lie when they can benefit by doing so. 70.9% of the respondents reported “agree” and .9% of the responds reported “neutral” 23.1% respond “disagree” but none of the respondents replay “strongly agree” i.e. the individual trust level of abused women towards others is low. In relation to the above, the majority 59% of respondents reply “agree” 1.7% of responds reported “strongly disagree”, 5.1% responds chose neutral,

23.9% of participants answered “disagree” and 10.3% reported “strongly agree” for the item that says those devoted to unselfish causes are often exploited by others.

Moreover, almost nearly half of the respondents’ 47.9.1% reported “agree” on the item that says some people do not cooperate because they pursue only their own short-term self-interest; thus, things that can be done well if people cooperate often fail because of these people. This shows that the individual level of trust towards other is low as stated by the research participants. But 37.6% of the participants rated that they have trust on other people and 6.8% respond “neutral” 1.7% “strongly disagree” and 6.0% of participants rated “strongly agree”.

Similarly, 60.9% of the participants replied “disagree” which is low level of trust with the item that held on most people are basically honest. But 31.6% of respondents replied “agree” and this indicates that they are positively rated that other people are honest, 1.7% of participants replied “strongly agree”, 5.1% and 1.7% respondents’ replied “Strongly disagree” and “Neutral” respectively. Furthermore, 45.3% of the respondents replied that “agree” for the question that says there will be more people who will not work if the social security system is developed further. This means the participants have low level of individual trust towards others. On the contrary, 31.6% of the study participants has rated the” strongly disagree.” This shows that the participants have high level of individual trust towards other people.

In addition, 13.7%, 7.7% and 1.7% of the respondents rated Neutral to “strongly agree” that means their individual level of trust towards others is medium to low. Therefore, the majority of the above all designates that the abused women have high challenge in trusting others or their individual trust level towards others are low. The mean and standard deviation of the individual trust level presented accordingly.

The participants' individual trust level on the item most people tell a lie when they can benefit by doing so with average mean of 2.42 and standard deviation of .90. For the item those devoted to unselfish causes are often exploited by others the average mean is 3.52 and the standard deviation is .02. On the other hand, the abused women individual trust on items, some people do not cooperate because they pursue only their own short-term self-interest.

Thus, things that can be done well if people cooperate often fail because of these people in average mean difference 3.13 showed in average deviation authentic interval of 1.06. The item also most people are basically honest, mean is 2.34 and standard deviation is .06. Additionally, the mean and standard deviation on individual trust towards others is 3.37 and 1.01 respectively. Thus, the standard deviation of the items is representing low, the abuse women replies around the total mean and the mean and standard deviation of the respondents' shows that the research participants' individual trust level towards other are low.

Table 4: Level of Shame among sexually abused women

In this part the Shame level of sexually abused women is presented

Variables	Not True		Somewhat True		Very true		M	SD
	n	%	N	%	n	%		
I feel ashamed because I think that people can tell from looking at me what happened	44	37.6	73	62.4	0	0	1.62	.48
When I think about what happened, I want to go away by myself and hide	47	40.2	68	58.1	2	1.7	1.62	.52
I am ashamed because I feel I am the only person in my community	63	53.8	51	43.6	3	2.6	1.49	.55
What happened to me makes me feel dirty	78	66.7	35	29.9	4	3.4	1.37	.55
When I think about what happened, I feel like covering my body.	48	41.0	63	53.8	6	5.1	1.64	.57
When I think about what happened, I wish I were invisible	36	30.8	75	64.1	6	5.1	1.74	.54
When I think about what happened, I feel disgusted with myself	95	81.2	20	17.1	2	1.7	1.21	.44
When I think about what happened, I feel exposed	56	47.9	59	50.4	2	1.7	1.54	.53
Total							12.22	2.61

As showed in table 4, on condition of items on shame scale, when we take the average percentage of all items, around 50% of the participants were reported not true that means never experiencing shame. About 47% of the respondents reported that somewhat true i.e. they moderately faced shame. In addition to this, small number of the respondents or 2.7% of them reported that very true which means they were highly experiencing shame. According to the study, shame is a toxic situation in which sexually abused women are faced with.

Independent sample t-test

Table 5 independent sample t test for general trust, individual trust and shame by marital status

Variables	Marital status				T	Df	Sig. (2-tailed)
	Married (15)	Single (102)	Mean	SD			
Total general trust	21.40	17.62	2.41	3.96	3.57	115	.00
Total individual trust	15.66	13.86	3.73	2.18	2.68	115	.00
Total shame	12.60	12.16	2.38	2.65	.59	115	.55

According to table 6, the independent sample t-test shows that there is statistical significance difference between married and single regarding total general trust ($n= 15, M=21.40, SD= 2.41, n=102, M=17.62, SD=3.96, t= (115) = 3.75, p=.00$) and total individual trust of abused women ($n= 15, M=15.66, SD= 3.73, n=102, M=13.86, SD=2.18, t= (115) = 2.68, p=.00$). However, there is no statistically significant difference among married and single study respondents regarding total shame of sexually abused women ($n= 15, M=12.60, SD= 2.38, n=102, M=12.16, SD=2.65, t= (115) = .59, p=.55$).

The summary of the mean and standard deviation of the group is also different along the marital status and in the cases of general trust and individual trust; the p value is less than .05 whereas in the cases of shame the p value is greater than .05. The independent sample test shows that Married women are found to lose general and individual trust than the single women do.

Communication challenges of sexually abused women

An interview with the key informant was mainly designed to generate qualitative data to answer the question related to communication challenges and to triangulate with the survey results. A total of 8 (eight) sexually abused girls have participated in the in-depth interview that contains 8 open ended questions by the trained data collectors. In this interview, since the intention was to get and record the informants view on this regard, the method was found very helpful for the researcher to gather the thoughts, feelings and challenges of informants in certain topic under study. Generally, the findings obtained from the analysis of data generated through the key informants were organized and presented under the following themes.

The interview was narrated based on the code given to each individual and the responses given to each question. Given that sexual abuse involves redundant sexual contact or inappropriate exposure, sex and sexually intimate relationships can easily become a place where difficulties might appear (WHO report, 2013). The sexual abused women have faced a number of challenges or problems after the incident. The problems can be categorized as psychological, economical, health and social. According to the respondents, most of the perpetrators were family members, relatives, unknown person, neighbors and intimate partners. One respondent whose age is 16 narrated her case like this:

“Since the incident, I have stopped communication with my family members so as to avoid further hurt. Hearing of my rape by my father, my mother has committed suicide and my family is broken apart (Code 3:2020).”

The fact that the girl was raped by her father disrupted the normal life and leads to family break up. The girl has quitted or minimized her relationship with her friends being afraid of expressing her feeling, developed low self-esteem and thinking that she is not equal to them. For this reason, she prefers to be alone than with them. Yet the choices made, the decisions not made, and the relationships that come afterward tell wounded attachment is an insidious component that the researcher has seen repeatedly during the interview with women survivors like their unconscious way of being attracted or attached to someone or something that reminds the survivor of or reinforces the wound/ trauma, or in this case the sexual abuse. At its core, it's the way in which survivors subconsciously seek out relationships that reinforce the wounded aspect of themselves.

Another respondent with code 7 stated a similar scenario:

“After the incident, I have started fearing of males and minimized contacts, loneliness, low self-esteem, self-hate and suicidal attempt. There was also social stigma by neighbors and unfriendliness and unable to get care that they used to provide me (Code 7:2020).”

This shows that the social stigma faced by sexually abused women is evident. Women who experience sexual abuse often face stigma from others and this stigma may associate with negative outcomes for their entire lives. Broadly, societal stigmatization of sexual abuse victims deters open communication about the problem of sexual abuse in the community. It may also discourage open and supportive communication among family members.

A number of interrelated factors contribute to the stigmatization of victims. Stigmatization can involve the label of “sexual abuse victim,” which holds many negative connotations. This label can affect directly or indirectly through the way others interact with the women. Stigma also includes stereotyping victims based on their abuse history. For example, adolescent female victims and male victims may be especially likely to be negatively stereotyped (WHO report, 2013).

Stigmatization includes blaming the women for the abuse, which has been shown to associate with negative outcomes. Unlike other aspects of abuse, stigma victim blaming has been widely studied in the related literature. Overall, the media may play a potential role in society’s perception of women who experience sexual abuse. Clinicians working with abuse survivors should include family members in treatment efforts to reduce negative expectations, correct erroneous stereotypes, and correct attributions of blame toward the victim. Additionally, informed clinicians can share research on the factors that influence risk and resiliency with others and become involved in public policy as an advocate for children who experience sexual abuse and their families.

With all the physical and emotional challenges faced by the sexually abused women, they have cited that the organization has provided the basic supports throughout their stay in the shelter. According to one respondent with Code 5,

“After the incident, I barely got support from my relatives since they live out of town so the organization was my refugee camp. It provided me with basic needs, counseling service that helped me to relive from my stress, helped me to manage myself (wash my

cloths and body), medical supports, business skill trainings and psychological presence.”

The interviews indicated that the assault is no longer occurring due to their stay in the shelter or the legal protection they got. These women are receiving counseling, intervention or treatment to process and repair the damage to the mind, body, and psyche. Now they are living out the wounds experienced and their communication problem is progressing as a result of the institutional support. Sometimes, the adult gets caught in a relationships that reinforces the recovery. Awareness of this plays a crucial role in helping adult survivors of sexual assault move toward recovery, resiliency, and healing.

However, according to Van-Ness, depending on when the assault occurred and the developmental stage in which it occurred, the victims may seeks to please the perpetrator and gain affection, attention, nurturing, love, trust, etc. or a child who has been sexually assaulted transform that idea of love, nurturing, trust, attention, and affection, and begins to believe that the only way to receive love, attention, etc., is to please the “assaulter” (Van-Ness, 2016).

The researcher also conducted interview with two staffs working at AWSAD. The interview was made with one social worker and one counselor. According to the key informants, sexually abused women have psychological and social problems. The organization gets reports regarding sexually abused women from police station, women and children bureau and informal associations. As indicated by the key informant 1:

“Once a woman is sexually abused, she is taken to hospital and police station. We take the women from there and provide them shelter, food and health support and counseling. The organization is meant to help the girls and the women who are sexually

abused and it seems to me that it helps them to function well in the community. In addition to this, we provide them business skill trainings based on their recovery level” (Key 1:2020).

This point is strengthened by the interview result from the sexually abused women as stated in the previous section. Furthermore, as indicated by the key informants, the first weeks and months are a challenging to the sexually abused women.

The sexually abused women may blame herself, got depressed, sense guilty feeling and isolated from their friends in the shelter. For this reason, they assume that “if I wouldn’t have been there I never been abused.” Once the women come to the shelter they face different psychological challenges like fear, shame, distrust, lack of communicating with others, sadness, stress, confusion and newness to the places.

This means they take all the blames for the things they have little or no contributions and they expect the problem happen just because of them. In order to minimize the psychological burden, the professional staffs in the organization encourages the sexually abused women to accept what has happened to them by using different techniques like individual and group counseling and art and music therapy.

In relation to the social problems, the majority of the abused women have abandoned their previous social contact and come across with different stigmas. According to the key informants (key 1:2020),

Because they don’t want to expose their secret to others, they are not willing to communicate with others which leads to different social labeling. The family may isolate them by considering them as the cause for the problem (key 1:2020).

As stated by the key informants, different stakeholders should participate in alleviating or decreasing the problems of sexually abused women. They have recommended to start with strengthening the legal system.

The law enforcing bodies should take corrective measures to the perpetrators.

Stakeholders (religious institutions and males) should also play a major role to end up

the problems. Furthermore, awareness creation regarding the issue to family members

and youngsters should also be done. In addition to this, the women and girls in general

should limit their relationship and know whom to trust and whom not. Furthermore,

stakeholders should work in the area (key 2:2020).

In general, the professional support given to the sexually abused women is acclaimed by the interview respondents. They have got psychiatric treatments that helps them to air out their psychological problems and improved communication challenges. The result gained from the victims was strengthened by the key informants.

Discussion

In the preceding section, the researcher has presented the data as collected from the research participants quantitatively and qualitatively. In this part of the paper, it discussed the major findings of the study. As discussed throughout the chapters, mainly in chapter one, the major objective of the current study was to examine the level of trust, shame and communication challenges of sexually abused women in the case of Women from the Association for Women's Sanctuary and Development (AWSAD).

Even though, the individual trust scales are different the result are highly similar since the participants are tested succeeding their abuse. Based on the descriptive analysis of this study the general level and individual level of trust on sexually abused women are low. This means those survivors are still uncertain whether others will or will not attack them again and this makes the women unproductive to do things with the rest of the society. As the abuse takes place in the family surroundings it creates numerous complexities in their affiliation with other crowds.

The rising of fears, mistrust and confusion make the survivors decide to live their life alone. As a result, they have no opportunities to create their own families and give birth. This may lead to serious illness or to commit suicide. Study by United Nation (UN) 2005 stated that throughout our life, trust is so necessary for a healthy human development and once we lost our trust it is difficult to recover. Previous findings show that sexually abused women in the sanctuary are exposed to numerous psychosocial challenges. According to Vijayasiri (2008), women who have been sexually abused experienced untrustworthy or low level of trust because they see the world as unsafe and perpetrators as controlling and, or they may lack restrictions and be ignorant when they are in unsafe situations.

In relation to shame level, this study has found that the shame level of the sexually abused women was in moderate level. This means that even though the sexually abused women frequently experience feelings of shame (an intense negative evaluation of themselves), anxious, fearful, unable to act as previous, at times there is a greater tendency to self-blame following adverse events, they still manage to lead a normal life after the intervention made by the organization and the social support system. However, according to Michalopoulos et.al (2015), the level of shame has been related with HIV Aids risk behavior, treatment and non- observance to health related quality of life among individuals living with HIV. The shame level is also aggravated by the history of the sexually abused girls/women. Chronic experience of shame has also been linked to changes in mood levels and related to negative physiological health outcomes. Given these findings, shame is clearly a construct to be measured and targeted as a relevant outcome in the development of evidence-based trauma treatments.

In relation to the communication challenge, as indicated in the result section, the sexually abused women have poor communication skills due to different factors like social labeling. Most of the abuse was made by close relatives or family member that hamper to relate with others. They are isolated by the family members that also in turn minimize their interaction. This result was strengthened by the findings of Simegn. According to Simegn (2015), sexually abused women have low social interaction because of history of sexual abuse, lack of parental treatment/love, and care from people in the community and care providers could also ruin their moral values and beliefs challenge their normal social interaction. In all these as stated in the current study, the interview respondents have reported that their lives had changed due to the care and support services they have received from the shelter/AWSAD. Furthermore, the study found that all the victims knew about the existing law or act according to physical abuse issue but did not have any

clear vision or thought regarding emotional and psychological abuse issues. It was because they were worried if they could not have prepared with concrete evidence for the legal practitioner as references. Some of the victims suggested that the scope of the domestic abuse act or law should be wider and comprehensive because it could happen in various ways and still would leave negative impacts, tension and pressure to the victims. This result was almost the same as what had been explained by WHO (2014) whom stated victims also believe people will not take that kind of assault experiences as serious issue or maybe they will blame them back for what happened because they do not have any proof to convince the law.

Apart from that, the researcher revealed some of the reasons on why the victims did not take any action or report because they were so afraid of suffering from loss of shelter and protection to survive in their daily life.

Study result role intuitions during interview shows that workers play some of the important role concerning to this problem with relieve the tension rising among the victims until the phase of advocacy for them to serve a better service and protect to their rights. That is what social worker always does. As a result, that has been shown in this research, there is a few ways in intervention with all the clients. First, social worker should gather information's from the victims as much as they could to make sure social justice as the main priority. A comprehensive and full of diversity on documentation are important to minimize bureaucracy and other factors that may affect the prosecution process.

CHAPTER FIVE

Summary, Conclusion and Recommendations

Summary

The general aim of this study was to examine the level of trust, shame and communication challenges of sexually abused women in the case of Women from the Association for Women's Sanctuary and Development (AWSAD). The researcher applied cross sectional descriptive survey method and among 20 shelters in the country, AWSAD was selected purposively for this study. From two AWSADs' project i.e. Addis Ababa project and Adama 117 sexually abuse women participants were selected between the age group 11-25 through available technique. The data were collected using questionnaires and interviews. The research questionnaires items measured on the level of trust and shame and the interview questionnaires focused on communication challenge and coping mechanisms of sexually abused women. From the total of 117 participants, 8 individuals were taken for the interview response and 2 staffs for the key informant interview.

In general, the summary of the major findings of the study is as follows:

Based on the research questions presented to the participants, the result showed that there were low level of General and individual level of trust. Beside the sexually abuse women were faced moderate Shame level.

The independent sample t-test showed that there was statistically significant difference between married and single regarding general level and individual level of trust this means women are found to lose general and individual trust than the single women do. However, there was no seen statistical significant difference between married and single regarding shame level.

Sexually abused girls participated in the in-depth interview that contains 8 open ended questions. And also 2 key informants participated in the 11 interview questions. Since, sexual violence was committed to the sexually abused women by their close relatives and intimate partners there was communication problem by abused women. Although, the abused women have communication problem the staffs were decreases the challenges that abuse women faced, by giving them special treatment.

Despite the fact, there was a good treatment in cleaning, counseling and supporting sexually abused women in the shelter, the number of professionals in the shelter are not that much sufficient so that need improvement in recruiting professionals.

Conclusion

The general aim of this study was to examine the level of trust, shame and communication challenges of sexually abused women in the case of Women from the Association for Women's Sanctuary and Development (AWSAD). The descriptive research shows that there was an increased presence of trust, shame and communications problem, in general, and of violence against women, in particular among sexually abused women. The sexual violence was committed to the sexually abused women by their close relatives and intimate partners who were considered as an ally. Furthermore, the study found and noted that part of what is known about the consequences of violence against women comes from studies of both married and single women who were suffering from psychosocial challenges i.e. trust and shame with lack of communications and so represent the worst cases. The opposite is also possible: that women who come forward have suffered less fear and damage to their self-esteem, and therefore the worst cases remain hidden. Women who agree to participate in research may come from different social, ethnic, and economic backgrounds than those who do not participate.

Recommendation

Based on the findings of the study some points were recommended to different bodies. Different Bodies who work on woman should work together to prevent and alleviate the Trust, Shame and Communication Challenges

- It is recommendable for researchers to work with different parties like schools, nongovernmental organizations health professionals and youth clubs to show the magnitude of Trust, Shame and Communication Challenges and related issues Among Sexually Abused Women with the possible ways of solving the problems.
- Health Professionals are recommended to visit and support women who are in challenge of trust, shame and communication challenges through counseling, psychotherapy and different psychosocial educations to change the attitude and behavior of those adolescents who pass through multiple challenges.
- It is also recommended to organizations who work on sexually abused women and to give strong emphasis on prevention and treatments of trust, shame and communication challenge related problems collaborating with different behavioral science professionals.
- It is helpful for the organization (AWSAD) to work with different parts like schools to minimize the risk of sexual abuse encountered by girls and women.
- The Law regarding sexually abused women should work with community through social workers from treatment to community or family integration of women who are under this challenge.
- It was recommended that doctors need to be aware of the key role they play in treating an abused woman. They must learn to take the time to explore abuse issues, name the

abuse, and make referrals to other helping agencies. Many women said they tried to tell their psych, but the doctor simply prescribed medication for ‘their nerves’.

- Finally, it recommended that victims’ services be widely available so as to provide women at the time of the assault with a worker knowledgeable about abuse issues.

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APPENDIX A

Addis Ababa University

College of Education and Behavioral Studies School of psychology

Questionnaire administered for women who experienced sexual abuse-----

Honored Participants

I am a social psychology post graduate student at Addis Ababa University. At the present I am working a research thesis to fulfill the requirement of Master of Arts in social psychology. The study focused on trust, shame and communication challenges among women who live in AWSAD. The aim of this questionnaire is to examine the level of trust, and shame challenges of women in AWSAD through gathering first hand data. This questionnaire has basically two parts: the first part of the questionnaire contains the demographic item about the participants; the second part has consisted trust and shame measurement scale. The information you give has a significant value so as to complete the study successfully. Beside this, the questionnaire is not allowed to state your name and personal address so that, the information you provided are very confidential. Furthermore, no one can evaluate your performance because there is no right or wrong answer for the items. Your genuine information is helpful to achieve the objectives of the study; please be honest and fill up the information carefully.

I would like to thank you for your cooperation to participate in this study

Part One: Personal Information

Age.....

Sex.....

Marital status.....

Educational level.....

Place of origin.....

Part Two: Trust

This part has 11 items which is designed to measure trust. It has 5 point scale and put \surd mark on the alternative that represents your opinion on the scale which extends from strong disagreement to strong agreement

NO	Trust Items	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
1.)	Most people are basically honest.					
2.)	Most people are trustworthy.					
3.)	Most people are basically good and kind.					
4.)	Most people are trustful of others.					
5.)	I am trustful.					
6.)	Most people will respond in kind when they are trusted by others.					
7.)	Most people tell a lie when they can benefit by doing so.					
8.)	Those devoted to unselfish causes are often exploited by others.					
9.)	Some people do not cooperate because they pursue only their own short-term self-interest. Thus, things that can be done well if people cooperate often fail because of these people.					
10.)	Most people are basically honest.					
11.)	There will be more people who will not work if the social security system is developed further.					

Part Three: Shame

This part has 8 items which is designed to measure shame. It has 3 point scale and put \surd mark that you are preferred the scale to which you agree

NO	Shame Items	Not true	Somewhat true	Very true
1.	feel ashamed because I think that people can tell from looking at me what happened to me			
2.	When I think about what happened to me, I want to go away and hide myself from being seen by others			
3.	I am ashamed because I feel I am the only person in my community who faced abuse			
4.	What happened to me makes me feel that I am dirty			
5.	When I think about what happened, I feel like covering my body.			
6.	When I think about what happened, I wish I were invisible			
7.	When I think about what happened, I feel disgusted with myself			
8.	When I think about what happened, I feel exposed			

APPENDIX B

Interview Question for Abused women

This is an interview questions which are prepared for women live in AWSAD so as to assess their communication challenge. The information you give is a significant value so as to complete the study successfully. Beside this, in the interview is not allowed to state your name and personal address so that, the information you provided are very confidential. Furthermore, no one can evaluate your performance because there is no right or wrong answer for the items. Your true information is helps to achieve the objectives of the study; please be honest and tell us the information carefully

Place of origin.....

Age.....

The Interview Question

1. How and where the situations happen? What kind of relationship with the perpetrator?
2. What kind of challenges do you experience?
3. Do you have any behavioral change after you have been abused?
4. Do you face any communication or relationship challenge with others after you have been abused? How?
5. How do you look at the treatment in the shelter?
6. Do they give you psychological treatment? What kind of psychological treatment do they give you?
7. What was you first step after you have been abused?
8. What kind of solution do you take? How do you make balance and how can you share your experience for others not to be victims?

APPENDIX C

Interview question for Key informants

This is an interview questions which are prepared for the facilitators and councilors who helped abused women in AWSAD. Due to this the researcher will get additional data about the women on their communication challenge. The information you give is a significant value so as to complete the study successfully. Beside this, the questionnaire is not allowed to state your name and personal address so that, the information you provided are very confidential. Furthermore, no one can evaluate your performance because there is no right or wrong answer for the items. Your true information is helps to achieve the objectives of the study; please be honest and tell us the information carefully

Age-----

Educational Status-----

Work Experience-----

The Interview Question

1. What does this shelter mean to the abused women? What are the experiences of abused women?
2. What are the major challenges of abused women when they entered in to the shelter?
3. Do they have communication challenges while they entered at first in the shelter? Is this the same or is it changing?
4. Do they have behavioral difficulties in maintaining inter personal relationship with staff or others who work or live in the shelter?

5. Do these abused women show distrust to others (peers or staff in the shelter)? Can you elaborate the indicators of distrust?
6. Do these abused women show guilt feeling as a result of being a victim of sexual abuse? Can you elaborate the indicators of this guilt feeling?
7. What kind of psychological treatment do you give for abused women?
8. What kind of solution have you been using to solve psychological and social challenges of abused girls?
9. How do you evaluate their change after they get treated?
10. What are your suggestions to reduce the distrust and guilt feeling experiences of these abused women?
11. Finally, what are your suggestions in order to end up women sexual abuse?

APPENDIX D

በአዲስ አበባ ዩኒቨርሲቲ

የትምህርትና ስነ ባህሪ ጥናት ኮሌጅ

የሳይኮሎጂ ት/ቤት

የፅሁፍ መጠይቅ

ክቡራን የጥናት ተሳታፊዎች እኔ በአዲስ አበባ ዩኒቨርሲቲ የማኅበራዊ ሳይኮሎጂ የድህረ ምረቃ ተማሪ ስሆን። በአሁኑ ወቅት በማህበራዊ ሳይኮሎጂ የስነ-ጥበባት መስፈርት የድህረ ምረቃ ለመፈፀም የምርምር ፅሁፍ እየሰራሁ እገኛለሁ። ጥናቱ ያተኮረውም በእምነት፣ ፍርሃት እና በሴቶች የሚፈጸም የግንኙነት ተግዳሮቶች ውስጥ ነው። የዚህ መጠይቅ ዓላማ የመጀመሪያ ደረጃ መረጃዎችን በመሰብሰብ የሴቶች የመተማመንን እና የአሳፋሪ ፈተናዎችን መመርመር ነው።

ይህ መጠይቅ የእምነት እና ፍርሃት መለኪያ መጠንን ለመለካት የተዘጋጀ መረጃ መሰብሰቢያ ሲሆን። መጠይቁ ሁለት ዋና ዋና ክፍሎች አሉት። የመጀመሪያው ክፍል አጠቃላይ የጥናቱ ተሳታፊዎች የግል መረጃን የሚመለከቱ ጥያቄዎች ሲሆን ሁለተኛው ክፍል ደግሞ የእምነት እና ፍርሃት መለኪያ ጥያቄዎች ናቸው። የሚሰጡት መረጃ የጥናቱን አቅጣጫ የሚመራና ጥናቱን ለማጠናቀቅ የሚረዳ ስለሆነ በጥናቱ ውስጥ ትልቅ ግብአት መሆኑን ተገንዝበው በጥንቃቄና በታማኝነት እንዲሞሉ በትህትና እጠይቃለሁ።

በምትሰጡት መልስ ይዘት የማትገመገሙ መሆኑን የማረጋገጥላችሁ ሲሆን የእርስዎን መረጃ ሚስጥራዊነት ለመጠበቅ ያስችል ዘንድ ስምዎን እና አድራሻዎን መጥቀስ አያስፈልግዎትም። መረጃው ለጥናቱ አላማ ብቻ የሚውል ሲሆን የምትሰጡት መረጃ ሚስጥራዊ እና ማን እንደሞላው ሊታወቅ የሚችልባቸው ሁኔታዎች አለመኖራቸውን በቅድሚያ ማሳወቅ እወዳለሁ።

ጊዜዎትንና ጉልበትዎን መስዋዕት አድርገው መጠይቁን ለመሙላት ስለተባበሩኝ በቅድሚያ አመሰግናለሁ።

ማሳሰቢያ:

1. መጠይቁ ላይ ስም መጻፍ እያስፈልገም።
2. ከግል መረጃ በስተቀር ለሁሉም ጥያቄዎች ትክክል ወይም ስህተት የሆነ መልስ የለውም።
3. መጠይቁን ሞልተው ሲጨርሱ ቀጥታ ለሚመለከተው ሰው ይመልሱ።

ጊዜዎትንና ጉልበትዎን መስዋዕት አድርገው መጠይቁን በመሙላት ስለተባበሩኝ በቅድሚያ በጣም አመሰግናለሁ።

የግል ዳራዊ መረጃ

1. ፆታ:-ወንድ
 ሴት
2. የትውልድ ጊዜ:- ወር / አመት _____
3. የትምህርት ሁኔታ (ያገኙት ከፍተኛው የትምህርት ደረጃ ላይ ምልክት ያድርጉ)
አልተማርኩም
የመጀመሪያ ደረጃ
ሁለተኛ ደረጃ
ሰርተፊኬት/ዲፕሎማ/የቴክኒክ ትምህርት
የመጀመሪያ ዲግሪ
ሁለተኛ ዲግሪ
ሶስተኛ ዲግሪ
4. የጋብቻ ሁኔታ
ያገባ
ያላገባ
5. የትውልድ ቦታ

ክፍል ሁለት

ይህ ክፍል ከዚህ በመቀጠል ያሉት ጥያቄዎች የተዘጋጁበት ዋና ዓላማ እምነት ለመለካት እና መረጃ ለማግኘት እንዲረዱ በማሰብ ነው። ለአንዳንድ ጥያቄዎች በባዶ ቦታው ላይ እስፊላጊውን መልስ እንዲሰጡ ሲጠየቁ ለሌሎች አማራጭ ለተቀመጠላቸው ጥያቄዎች ግን ከተሰጡት አማራጮች ውስጥ ለእርስዎ ትክክል የሆነውን በመምረጥ የ “√” ምልክት በሳጥኑ ላይ ያስቀምጡ።

ተ. ቁ	ጥያቄ	በጣም አልሰማም	አልሰማም	ገለልተኛ ነኝ	እሰማለሁ	በጣም እሰማለሁ
1.	ብዙ ሰዎች ሐቀኞች ናቸው					
2.	ብዙ ሰዎች እምነት የሚጣልባቸው ናቸው					
3.	ብዙ ሰዎች ጥሩ እና ደግ ናቸው					
4.	ብዙ ሰዎች በሌሎች ላይ እምነት የሚጣልባቸው ናቸው					
5.	እኔ ታማኝ ነኝ					
6.	ብዙ ሰዎች በሌሎች ሲታመኑ በዓይነቱ ምላሽ ይሰጣሉ					
7.	ብዙ ሰዎች ውሸት የሚናገሩት እንደዚህ በማድረጋቸው ተጠቃሚ መሆን ሲችሉ ነው					
8.	ከራስ ወዳድነት ነፃ የሆኑ ሰዎች ብዙውን ጊዜ በሌሎች ጥቃት ይደርስባቸዋል					
9.	አንዳንድ ሰዎች የራሳቸውን የአጭር ጊዜ የግል ጥቅም ብቻ ስለሚከተሉ አይተባበሩም ። ስለሆነም ሰዎች ከተባበሩ በጥሩ ሁኔታ ሊከናወኑ የሚችሉ ነገሮች በእነዚህ ሰዎች ምክንያት የመሳካት እድላቸው አናሳ ነው					
10.	አብዛሃኞቹ ሰዎች ሐቀኞች ናቸው					
11.	የማኅበራዊ ዋስትና ሥርዓቱ የበለጠ ከተሻሻለ የማይሠሩ ብዙ ሰዎች ይኖራሉ					

ክፍል ሦስት

ከዚህ በመቀጠል ያሉት ጥያቄዎች የተዘጋጁበት ዋና ዓላማ እፍረትን ለመለካት እና መረጃ ለማግኘት እንዲረዱ በማሰብ ነው። ለአንዳንድ ጥያቄዎች በባዶ ቦታዉ ላይ እስፊላጊውን መልስ እንዲሰጡ ሲጠየቁ ለሌሎች አማራጭ ለተቀመጠላቸው ጥያቄዎች ግን ከተሰጡት አማራጮች ዉስጥ ለእርስዎ ትክክል የሆነውን በመምረጥ የ “√ ”ምልክት በሳጥኑ ላይ ያስቀምጡ።

ተ.ቁ	ጥያቄ	እውነት አይደለም	በተወሰነ ደረጃ እውነት ነው	በጣም እውነት
1.	በእኔ ላይ የደረሰብኝን ነገር ሰዎች እኔን ከመመልከት መለየት ይችላሉ ብዬ ስለማሰብ ሀፍረት ይሰማኛል			
2.	ስላጋጠመኝ ነገር ሳስብ ሌሎች እንዳያዩኝ እራሴን ማግለል እና መደበቅ እፈልጋለሁ			
3.	በአካባቢያችን ውስጥ በደል ያጋጠመኝ ብቸኛ ሰው እንደሆንኩ ስለሚሰማኝ እፍረት ይሰማኛል			
4.	በእኔ ላይ የደረሰው ነገር ርካሽ እንደሆንኩ እንዲሰማኝ አድርጎኛል			
5.	ስለተከሰተው ነገር ሳስብ ሰውነቴን እንደ መሸፈን እና መከናኘብ ያምረኛል			
6.	ስለተከሰተው ነገር ሳስብ ከሰዎች መደበቅ እና መሸሸግ ያምረኛል			
7.	ስለተፈጠረው ነገር ሳስብ ራሴን እንድየፍ ያደርገኛል			
8.	ስለተፈጠረው ነገር ሳስብ አሁንም የተጋላጭነት ስሜት ይሰማኛል			

APPENDIX E

ቃለ መጠይቅ ወሲባዊ ጥቃት ለደረሰባቸው ሴቶች

ይህ ቃለ መጠይቅ የተዘጋጀው በአ.ው.ሳ.ድ በተባለ ድርጅት ወሲባዊ ጥቃት ለደረሰባቸው ሲሆን የተግባቦት ሁኔታቸው ለማየትና መፍትሄያቸውን ለመጠየቅ የተዘጋጀ ነው። ይህ በምትሰጡን መረጃ በጣም አስፈላጊና ለጥናቱ መጠናቀቅ ጥልቅ አስተዋጽኦ አለው። ከዚህ ጎን ለጎን በመጠይቅ ወቅት በምንም ዓይነት ስም አይጠቀስም መክንያቱም የተሳታፊዎችን ሚስጥር ለመጠበቅ። ከዚህ በተጨማሪ ማንም አካል የአተሳተፊዎችን ክህሎተ አይለካም ወይም በቃለ መጠይቁ ትክክል ወይም የተሳሳተ ምላሽ ሚባል የለም። የእርሶ አውነተኛ መረጃ የጥናቱን አላማ ለማሳካት ይረዳል፤ እባክዎን በታማኝነትና በጥንቃቄ መረጃዎን ይንገሩን።

ዕድሜ _____

የመጡበት አካባቢ _____

ቃለ መጠይቅ

1. ጥቃቱ እንዴት እና የት ተፈጸመ? ከጥቃቱ ፈጻሚ ጋርስ ምን ዓይነት ግንኙነት አለዎት?
2. ምን ዓይነት ችግሮች አጋጠመዎት?
3. ጥቃቱ ከተፈጸመብዎት በኋላ ምን ዓይነት የባህሪ ለውጥ አስተዋለ?
4. ጥቃት ከተፈጸመብዎት በኋላ ከሌሎች ጋር ባለዎት የግንኙነት መስተጋብር ምን ዓይነት ፈታኝ ነገሮች አጋጠመዎት? እንዴት?
5. በመጠለያው ውስጥ ያለውን ህክምና እና እንክብካቤ እንዴት ይመለከቱታል?

6. የስነልቦና እንክብካቤና ህክምና ይሰጡዎታል? ምን ዓይነት የስነልቦና ህክምና እና እንክብካቤ እያገኙ ነው?
7. የጥቃቱ ሰለባ ከሆኑ በኋላ የመጀመሪያ እርምጃዎ ምን ነበር?
8. ምን ዓይነት መፍትሔ ወሰዱ? እንዴት የህይወት ሚዛንዎትን ጠብቀው እየኖሩ ነው እንዲሁም በቀጣይም ሌሎች ሰለባ እንዳይሆኑ የእርስዎን ተሞክሮ በምን አይነት መንገድ ያጋራሉ?

APPENDIX F

ቃለ መጠይቅ ወሲባዊ ጥቃት በደረሰባቸው ሴቶች ጋር የሚሰሩ ሰራተኞች

ይህ ቃለ መጠይቅ የተዘጋጀው በአ.ወ.ሳ.ድ በተባለ ድርጅት ወሲባዊ ጥቃት በደረሰባቸው ሴቶች በድርጅቱ የማማከር እና የድጋፍ አገልግሎት ለሚሰጡ ባለሙያዎች ሲሆን የተግባቦት ሁኔታቸው እና ያላውን መፍትሄ ለማየት የተዘጋጀ ነው። ይህ በምትሰጡን መረጃ በጣም አስፈላጊና ለጥናቱ መጠናቀቅ ጥልቅ አስተዋጽኦ አለው። ከዚህ ጎን ለጎን በመጠይቅ ወቅት በምንም ዓይነት ስም አይጠቀስም መክንያቱም የተሳታፊዎችን ሚስጥር ለመጠበቅ። ከዚህ በተጨማሪ ማንም አካል የአተሳተፊዎችን ክህሎተ አይለካም ወይም በቃለ መጠይቁ ትክክል ወይም የተሳሳተ ምላሽ ሚባል የለም። የእርሶ አውነተኛ መረጃ የጥናቱን አላማ ለማሳካት ይረዳል፤ እባክዎን በታማኝነትና በጥንቃቄ መረጃዎን ይንገሩን።

ቃለ መጠይቅ

1. መጠለያው ጉዳት በደረሰባቸው ሴቶች እንዴት ይታያል? ጉዳት የደረሰባቸው ሴቶች ልምዶችስ ምን ይመስላሉ?
2. ጥቃት የደረሰባቸው ሴቶች ወደ መጠለያው ሲገቡ ዋናዎቹ ተግዳሮቶች ምንድናቸው?
3. በመጠለያው ውስጥ መጀመሪያ ሲገቡ ከሌሎች ጋር በነበረዎት ግንኙነት ተግዳሮቶች ነበሩ? አሁንስ ያለው ሁኔታ ተመሳሳይ ነው ወይስ ለውጥ አስተዋለ?
4. ከሠራተኞች: መጠለያው ውስጥ ከሚሠሩ ሰራተኞች እና በከባቢው ከሚኖሩ ሌሎች ሰዎች ጋር በሚኖርው ተግባቦት ግንኙነትዎን ለማስቀጠል የባህሪ ችግር አለብዎት?
5. ጉዳት የደረሰባቸው ሴቶች በሌሎች ላይ እምነት ማሳደር አይችሉም ለምሳሌ (ከእኩዮቻቸው ወይም በመጠለያ ውስጥ ካሉ ሌሎች ሰራተኞች ጋር)? ለዚህ እምነት ማጣት መንስኤ ጠቋሚ ይሆናሉ ብለው የሚያስቧቸውን ዝርዝሮች ቢያብራሩ?

6. ጉዳት የደረሰባቸው ሴቶች የወሲባዊ ጥቃት ሰለባ በመሆናቸው የጥፋተኝነት ስሜታቸውን ያሳያሉ? የዚህን የጥፋተኝነት ስሜት አመልካቾች የበለጠ ማብራራት ቢችሉ?
7. የጥቃቱ ሰለባ ለሆኑ ሴቶች ምን ዓይነት የስነልቦና ህክምና እና ግልጋሎት ይሰጣሉ?
8. ጥቃት የደረሰባቸው ሴት ልጆችን ስነልቦናዊ እና ማህበራዊ ተግዳሮቶች ለመፍታት ምን ዓይነት መፍትሄ እየተጠቀሙ ነበር?
9. ህክምና ከተደረገላቸው በኋላ እየተስተዋሉ ያሉ ለውጦችን እንዴት ይገመግማሉ?
10. የጥቃት ሰለባ ለሆኑ ሴቶች እምነት እጦት እና የጥፋተኝነት ስሜት ልምዶችን ለመቀነስ ይረዳሉ ብለው የሚያስቡትን ሃሳብ ቢያካፍሉን?
11. በመጨረሻም ፣ የሴቶች ወሲባዊ ጥቃትን ለማቆም ይረዳሉ ብለው የሚያቀርቡት ምክረ ሃሳብን ቢያካፍሉን?