

Suicidal tendencies due to stress disorder after illicit intercourse and rape in Iraq

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Abstract

Suicide is a deliberate attempt to take one's own life. People exhibiting signs of post-traumatic stress disorder (PTSD) are more likely to commit suicide. Suicidal thoughts and acts are one of the most frightening and possibly crippling outcomes of PTSD, thus attempts to understand the connection between PTSD and suicide are vital to suicide prevention efforts.. Incidents that lead to PTSD include illicit sex and rape. Therefore, the present study aimed to investigate suicide based on stress disorder after illicit relationship and rape in Iraq, and seeks to answer the question, "What is the product of stress disorder after illicit relationship and rape and suicide in Iraq?" have been. According to the results of the available sources, in Iraq, the most important causes of suicide, especially in stress disorder after illicit intercourse and rape are: sin, resentment and lack of forgiveness, fear and anxiety, failure and deprivation, lack of decision and the will, most of which stems from the spirituality of the Islamic State of Iraq, and which ultimately cast doubt. After the rape of the person being raped,

he/she commits suicide mainly for one of the above-mentioned reasons, and the stress disorder is after an illegitimate relationship and rape for one or more of the above reasons.

Keywords: Stress Disorder, Rape, Suicide, Illegal Relationship.

الميل الانتحارية بسبب اضطراب التوتر بعد الجماع غير المشروع والاعتصاب في العراق

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الملخص

الانتحار هو محاولة واعية لإنهاء حياة المرء، الأشخاص الذين يعانون من أعراض اضطراب ما بعد الصدمة (PTSD) هم أكثر عرضة للانتحار. ولذلك فإن الأفكار والسلوكيات الانتحارية هي واحدة من العواقب الأكثر إثارة للقلق وربما المعوقة لاضطراب ما بعد الصدمة، والجهود المبذولة لفهم التفاعل بين اضطراب ما بعد الصدمة والانتحار ضرورية لجهود الوقاية من الانتحار. تشمل الحوادث التي تؤدي إلى اضطراب ما بعد الصدمة ممارسة الجنس غير المشروع والاعتصاب. لذلك هدفت الدراسة الحالية إلى تقصي الانتحار المبني على اضطراب التوتر بعد العلاقة غير المشروعة والاعتصاب في العراق، وتسعى إلى الإجابة على سؤال "ما هو نتاج اضطراب التوتر بعد العلاقة غير المشروعة والاعتصاب والانتحار في العراق؟" لقد كان وبحسب نتائج المصادر المتوفرة، فإن أهم أسباب الانتحار في العراق، وخاصة في اضطراب التوتر بعد الجماع والاعتصاب، هي: الخطيئة، الاستياء وعدم المغفرة، الخوف والقلق، الفشل والحرمان، عدم اتخاذ القرار والقلق. الإرادة، التي ينبع معظمها من روحانية دولة العراق الإسلامية، والتي تثير الشك في نهاية المطاف. بعد اغتصاب الشخص المغتصب ينتحر بشكل رئيسي لأحد الأسباب المذكورة أعلاه، ويكون اضطراب التوتر بعد علاقة غير شرعية والاعتصاب واحد أو أكثر من الأسباب المذكورة أعلاه.

الكلمات المفتاحية: اضطراب التوتر، الاعتصاب، الانتحار، العلاقة غير الشرعية.

Introduction

Violence is a vital issue That affects the lives of people across the world, and rape is among the key components of violence that a person experiences throughout life. Therefore, to address mental health concerns, Understanding the psychological effects of sexual assault is essential and important (Reshma et al., 2022). Symptoms of acute

stress are common, especially immediately after rape, and although some victims recover naturally over time, symptoms for Others remain (Durkin et al., 2017). Given the emotional and physical health effects that come with such mental pathology (Pasla et al., 2013), identifying individuals at risk for exacerbating trauma-related anxiety is critical. Every year, about 1 million people around the world die from suicide (Naghavi, 2019), and more proportions of the world's population experience suicidal ideation and engage in suicidal behaviors. Although numerous factors play a role in creating and sustaining suicidal behaviors and thoughts (Klonsky et al., 2016), repeated studies have shown that People exhibiting signs of post-traumatic stress disorder (PTSD) are at a higher risk. for suicide. Understanding the interplay between suicide and PTSD is essential with the goal of suicide prevention measures. Suicide rates vary significantly from region to region Approximately 80% of suicides. have occurred in the lower and middle classes countries (WHO, 2018). The average suicide fatality rate in Europe is 14.1 per 100,000., which is much higher than The worldwide average is 10.7 per 100,000.. The suicide death rate in Southeast In Asia, the rate is 15.6 per 100,000, whereas in the Eastern Mediterranean, it is 5.6. There is a great variety among European countries (WHO, 2017).

Nowadays, with the realization of media literacy for everyone, suicide usually presents theological, moral and psychological questions, among which we can point out questions such as what makes a person behave like a suicidal behavior among Iraqis. What are the motivations for such behavior? The interrelationships between the moral legitimacy of suicide, its rationality, and the duties of others and society as a whole toward suicide are complex and beyond the scope of this discussion. Given that Post-traumatic stress disorder is the most frequent. psychiatric disorder in people who have been raped. Depression is one of the most

prevalent disorders associated with post-rape stress disorder, and educating patients to use effective coping skills is part of the treatment of post-rape stress disorder and depression in Iraqis. Therefore, considering that this article is descriptive-analytical and the collection of information is in the form of a library, we intend to examine what turns the behavior of a raped person into suicidal behavior among Iraqi citizens? And what are the motives for such behavior among the Iraqis peoples?

- **Illegal relationship and rape**

Illegal communication means an illegal relationship and has two general and specific meanings. Illegal relationship in the general sense is any relationship that is not allowed by Islamic law in general. But an illegitimate relationship in the specific sense of any relationship such as sexual, physical, asexual and non-physical between a man and a woman lacks marital interest, which is forbidden and punishable. This means illegitimate relationships in jurisprudence (Rezaei, 1397). An illegitimate relationship is the opposite of a legitimate relationship, and it means the relationship between a man and a woman and the opposite sex who are not married and have crossed legal and religious boundaries in their relationship. The relationship between individuals and especially the relationship between non-mahram men and women is one of the most challenging issues that is always raised in Islamic societies and in Iraq, and the legislator has criminalized it and determined the punishment for it, because the Qur'an for It has determined the punishment and therefore the definition and form of these relations need a clear definition of the legislator.

Rape is defined as having sexual intercourse with another person forcibly and without their permission. Rape is sexual intercourse that results from the threat of violence (Lomax and Mirk, 2022). Rape is an form of sexual nature violence This frequently involves sexual

intercourse and is committed by a person or persons without their consent. This can happen through Physical coercion, threats, abuse of duty, or someone who is disabled or underage. Rape is not merely physical and sexual. assault, but also leads to deep psychological damage (Khoshroush et al., 1398). Diagnosis of rape is the responsibility of the forensic doctor, and this diagnosis is sometimes very simple due to the abundance of symptoms of rupture and hemorrhage, and sometimes due to the lack of a positive sign is almost impossible. An epidemiological analysis discovered that rape had the greatest conditional risk for PTSD. (19.0%), approximately five times the total risk after "any type" of trauma (4%) (Liu et al., 2017). Indeed, a recent meta-analysis concluded that rape is strongly associated with an increased risk for all forms of psychological pathology and consequences such as post-traumatic stress disorder (Durkin et al., 2017). PTSD is relatively common among People that have experienced rape, with one study showing that approximately 70% of rape Survivors face severe levels of trauma, with 45% reporting symptoms of PTSD. (Wang et al., 2019).

- **Post-Traumatic Stress Disorder (PTSD)**

According to estimates, mental disorders in 2030 will be the second in the world in terms of disease burden index. The most important mental disorders have been depression and anxiety disorders (Parker, 2010: 22). The prevalence of mental disorders has been very different due to differences in sampling methods, interview techniques, interview tools and diagnostic classification (Visani, 2017). In the past, there has been a significant relationship between the existence of mental disorders in communities and environmental factors. Favorable environmental factors such as natural disasters and war can endanger human mental health (Bahadori, 2015). Common Post-traumatic stress disorder (PTSD) is one such condition. Post-traumatic Stress Disorder is classified in the

Trauma and Stress Mental Disorders section and is known as an injury-Related disorder. In this scenario., the person has an overblown perception of life experiences. This excessive viewpoint causes him worry. (Eun and Kim, 2019). PTSD is a huge public health concern. mental health concerns caused by Exposure to at least one traumatic experience has long-term emotional, social, and economical implications. (Stanley and Et al., 2020). Post-traumatic stress disorder is the fourth most prevalent psychiatric diagnosis, affecting 10% of men and 18% of women. (Shelden, 2014). Different degrees of PTSD are associated with reactions such as numbness, indifference, disability, extreme fear and irritability (Klimley et al., 2018). Post-traumatic stress disorder in addition to the affected person, other family members can also suffer from mental disorders, which is called secondary post-traumatic stress disorder (Rezapour et al., 2016). Incidents War, earthquake, flood, accident, sexual assault, and other factors can all contribute to this chronic condition. individuals (Lee et al., 2019). Many studies have found There is a substantial relationship between PTSD and suicidal behaviors (Alexander et al., 2020; Cooper et al., 2020; Lee et al., 2020).

– Suicide

The term "suicide" originates from the Latin roots "sui," signifying "self," and "cide," denoting "killing." Thus, it conveys the profound meaning of "the act of deliberately taking one's own life" or simply "self-inflicted death."The term was first used by the French Defont in 1737, but it was only after 25 years of use that the term was accepted by the French Academy of Sciences (Turki et al., 2019). Suicide is a conscious attempt to end one's life by oneself, which may turn into action or remain merely a feeling. In simpler terms, someone struggling with mental health may feel weak and incapable of finding happiness or purpose in life. (Carlen, 2020). It can also be said that any behavior

that tries to find a solution to the problem of life by ending its life. Suicide refers to both the intentional destruction of oneself and the inability to save one's life when death threatens it (Ghaem Maghami, Biti, 117). .Negative behavior is like a person not leaving a house that is on fire or refusing to eat enough food to die. Direct or indirect terms express a distinction as well as a positive and a negative distinction. A bullet in the migraine directly leads to death, while not leaving the blazing houses on fire or refusing to eat may be indirectly or ultimately killed or not as a result of death (Kolodziej and Serzinka, 2019). Durkheim points to several types of suicide:

Egoistic Suicide: When a person is excluded from society and given over to his personal desires (body, mind, feelings, emotions) and the bonds that previously made him dependent on those around him weaken, he is ready for selfish or individualistic suicide.

Anomic suicide: When the normative structures governing individual behavior weaken, they fail to effectively regulate and steer human desires. This vulnerability to societal instability predisposes individuals to engage in abnormal forms of suicide.

Fatalistic Suicide: According to Durkheim, this type of suicide occurs when people feel that the group to which they belong and who have had meaningful interactions with those people is being destroyed, and therefore have no reason to survive, and these people commit suicide.

Heterogeneous or Altruistic: In this type of suicide, the discussion is not about suicide based on extreme individualism, but about the complete disappearance of the individual in the group and the existence of a strong collective conscience. According to social orders, a person chooses death without even thinking about defending his right to life.

Suicide due to social unrest: This type of suicide is Durkheim's most popular; Because appearance is the most obvious feature of the new society. This type of suicide is the one that can be deduced from the

correlation between the frequency of suicides and the economic stages. Increasing the frequency of suicides during social unrest and decreasing them during major events created the idea of suicide due to social unrest in Durkheim. Suicide due to social unrest is not the only type of suicide that increases during economic crises; Rather, The rise in divorce rates correlates with an increase in a particular type of suicide, which is a manifestation of social unrest and upheaval. (Serhat, 2022).

Causes of suicidal ideation with emphasis on Iraq

Regarding the causes and motives of suicide, it should be said that Gaining precise insight into the motives behind suicides proves challenging due to limited access to the victims. However, some of the primary known causes include:

- Lack of adaptation skills: Inability to effectively cope with traumatic events can lead individuals to contemplate suicide. Poor parenting and deficiencies in the education system may result in children not acquiring necessary coping, adaptation, and life skills at an early age, rendering them vulnerable to suicidal thoughts during challenging circumstances. (Harmon et al., 2018).
- Intense anger: At times, an individual's overwhelming anger and frustration can propel them to a point where life appears unbearable. Rather than directing their anger outward, some may turn it inward, choosing self-destruction. Vital to mitigating this form of suicide is the imperative need for training in anger management skills.
- Psychopathy; Facing mental disorders or having a family history of conditions like depression, bipolar disorder, insanity, anxiety, etc., stands as a significant contributor to suicide. The lack of awareness about mood disorders often leads people to overlook the opportune moment for seeking treatment. (Hasgawa et al., 2021).
- Physical diseases; Individuals grappling with severe physical illnesses or enduring profound disabilities following accidents are particularly

susceptible to suicide. The challenges of adapting to a new life, coupled with the overwhelming burden of illness, can drive them to a point where the weight becomes unbearable. Feelings of disappointment, depression, and a profound lack of motivation to persist in their lives may lead them towards contemplating suicide. (Harmon et al., 2018).

– Drug abuse; A history of drug use has a lot to do with suicide. The hallucinations of using drugs, lack of self-control and coercion of others, the psychological burden of drug use cause a person to commit suicide to escape the consequences of addiction.

– Unhealthy communication; Engaging in harmful friendships and entering into romantic relationships with individuals who are mentally unstable can adversely affect a person's psyche, reshaping their attitude toward life. Unhealthy communication patterns heighten the risk of adolescent suicide.

– Disappointment stands as a significant precursor to suicide, often fueled by the challenging economic and cultural landscape of a society, which diminishes hopes for a brighter future. Factors such as inequality, discrimination, unemployment, among others, breed despair, leading individuals to feel powerless and devoid of opportunities for success.

– Modernism (modernity); Durkheim attributed the surge in suicide rates during the nineteenth century to the process of modernization, highlighting factors such as the ascent of individualism, urbanization, industrialization, and the erosion of religious authority in favor of unfettered inquiry within the education system. These changes signify a decline in social cohesion, according to Durkheim's analysis of modernism. (Lee et al., 2019).

– social factors; Social factors such as immigration, poverty and unemployment are also largely linked to suicide, as immigrants are largely forced to forgo close ties with friends and colleagues and commit suicide.

- Economic conditions; Economic criminals and the unemployed have a high suicide rate because improving economic conditions indicate a decline.
- Some other reasons include; Multiple failures in life experiences, family history of suicide, death of a loved one, loss of an important relationship, job loss, severe feelings of inferiority, etc. (Alvo and Berdieva, 2022).

Almost daily, Iraqi security and medical officials report suicides or suicide attempts in various cities of the country; Cases that are more common among young people (both boys and girls); Issues cited by experts and human rights activists include unemployment, poor living conditions, family disputes, and the spread of drugs. According to the official announcement of the Iraqi Ministry of Interior, 722 suicides were registered in this country last year, which compared to 2020, when the number of suicides was 663, we are witnessing an increase of more than 100 suicides (Shafaqna, n.d). Suicide in Iraq has political, economic and social dimensions. The social dimension is more influential on the Iraqi citizen and is one of the main reasons for suicide or suicide attempt in the country, followed by the economic dimension and the feeling of deprivation, differences in the economic level after 2003, and deteriorating living conditions. The middle and poor class has led to an increase in the average suicide rate in Iraq. The political dimension is in the third place and is one of the reasons leading to suicide. In general, the phenomenon of suicide in Iraq is increasing year by year, and the reasons and motives for this action are almost clear and need not be mentioned (Shafaqna, n.d).

- **Mental disorders of the victim of rape in Iraq**

Victims of rape can be severely harmed by harassment and may have difficulty performing the same quality as before rape, such as lack of concentration, sleep patterns, and eating habits. They may be irritating

or nervous. After rape, most victims suffer from acute stress disorder and symptoms such as intense, unpredictable emotions that make it difficult to accept the memories of the incident. In the months following the rape, these problems can be severe and distressing, preventing the victim from disclosing the unpleasant experience to family, friends, the police, or seeking medical help. Some symptoms of acute stress disorder include the following:

- These people look very lethargic and dull.

Decreased personality or rupture (feeling numb and uninterested, such as being in a trance or sleeping, or They make the world unreal or strange)

- The main parts of rape are hard to remember

Review rape in nightmares, memories, or thoughts

- Avoid actions, places, thoughts or feelings that are reminiscent of rape.

Anxiety or increased ringing in the ears (concentrating, difficulty sleeping etc.)

- Abstinance from place of rape or social life

In 2017, Bangora, the UN Special Representative for Sexual Violence in War, stressed that crimes against women, especially rape, are terrorist tactics, stating that "we must work hard to treat women who have been raped." " Rape has profound repercussions that extend beyond the individual survivor, impacting their family and community as well." "With the opening of two separate missions in Baghdad and Erbil, we will focus on this issue. Criminals should not be easily present in society," the joint decree said.

In most victims, especially in countries where spirituality is most important, including in Iraq and Iraqi nationals, these symptoms persist after the first months and become eligible for post-traumatic stress disorder. sexual harassment and rape are the most common causes of

PTSD in women. In this country, most of the women who are raped either do not want to forget about it or do not want to know what is considered an insulting process of medical examination, police interrogation and court proceedings. The legal process will often take a very long time; It may be several months before the court rules. According to reports published by the relevant institutions in Iraq, thousands of rape victims (especially in rural areas) prefer to remain silent and not file any complaint against the rapist or individuals due to lack of social awareness. On the other hand, in some cases, the victim ends up marrying the aggressor, or according to tribal customs, the aggressor pays a sum of money to compensate for the damage done to the reputation of the victim and his family. Victims of rape are not only physically abused, but sometimes have to endure the harsh gaze of the people for the rest of their lives; People who pretend to call themselves victims instead of aggressors. Under Iraqi criminal law, anyone who rapes a minor will be sentenced to death, but if the rape victim is an adult, the rapist will only be sentenced to 15 years in prison. However, if the rapist marries his victim, the punishment will be automatically lifted. Of course, in Islamic countries, the court that deals with crimes against chastity is not publicly open, except in the following cases, at the discretion of the court:

- Acts contrary to chastity and crimes that are against good morals.
- Family matters or private lawsuits at the request of the parties.
- The publicity of the trial is detrimental to security or religious sentiments (Sverdlov, 2017).

The growing number of rapes in Iraqi society has caused the moral system of this traditional society to be challenged more than ever. Now, all Iraqi people and officials must seek a fundamental solution to maintain moral values and improve security in their society. More than half of rapes did not happen spontaneously, but at least to some extent

pre-planned. Rape is associated with domination and power; Most rapists can only be sexually aroused if they have intimidated the victim and the sexual act itself is less important. Survivors may experience rape, decreased behavior, and sexual desire. They may also not enjoy much sexual activity and may experience pain, fear, or anxiety. Although for some survivors of rape these symptoms will go away over time, for some, these symptoms may get worse and go away later. Today, there are effective treatments to reduce the negative symptoms after rape. Among them are: cognitive processing and exposure therapy .It should be noted that learning how to manage emotions and social support are very effective. According to a survey conducted by Human Rights Watch in seven major Iraqi cities, women are the most vulnerable group in Iraqi society and their quality of life continues to decline. The organization has called on the Iraqi authorities to prevent the continuation of this undesirable process by making changes in the country's criminal law (Mashreq News, n.d).

– **Conclusion**

Post-traumatic stress disorder (PTSD) has serious consequences for rape. Whether it is among Iraqi Muslims or in other countries, what matters is its ugliness in all societies. Symptoms of this disorder include mental conflict, avoidance, increased arousal, and so on. The person who has been raped always experiences a lot of anxiety immediately afterwards, because rape can cause guilt, sadness, anger, fear, anxiety, and strong feelings of shame. There are concerns about rape that may increase feelings of shame. Although in some people these feelings decrease over time, for others they even last for years and the person experiences some form of mental depression. "Survivors of rape are at an increased risk of developing symptoms associated with post-traumatic stress disorder (PTSD), such as negative memories, intrusive thoughts, and nightmares."They may always feel threatened, distrustful

of others, and at risk for major depression, substance use disorders, obsessive-compulsive disorder, and eating disorders, generalized anxiety disorder"Numerous studies indicate that post-traumatic stress disorder (PTSD) can be a contributing factor to suicidal thoughts and behaviors. The association between PTSD and suicide is further underscored by the significant role of depression. Interestingly, PTSD is among the psychiatric disorders that differentiate individuals contemplating suicide from those who attempt it." (Brian et al., 2017). Psychological expression of rape is important according to the cultural context of each society and can be different in each culture.

On the other hand, various social and economic factors such as economic status, level of education, employment status and social support are factors that can determine the intensity of the victim's response to the attack. The role of social attitude to the phenomenon of rape is one of the most effective factors in determining the severity of psychological reactions of victims of this stressful event. According to the results of the available sources, in Iraq"The most significant factors contributing to suicide, particularly in the aftermath of illicit intercourse and rape, include feelings of sin, malice, unforgiveness, fear, anxiety, failure, deprivation, and a lack of decision and willpower. Many of these issues are rooted in the spirituality of the Islamic State of Iraq and can ultimately lead to doubt. Individuals who have experienced rape may contemplate suicide primarily due to one or more of these reasons. Addressing post-traumatic stress disorder (PTSD) resulting from an illegitimate relationship or rape may involve therapeutic interventions such as psychological retelling sessions and group cognitive-behavioral therapy. While these interventions may reduce some symptoms of PTSD, they tend to have the maximum impact on arousal disorder symptoms. In essence, PTSD manifests as a set of typical symptoms or a syndrome that emerges following exposure to life-threatening

events.". "Psychotherapeutic interventions for post-traumatic stress disorder (PTSD) encompass various approaches, including behavioral therapy, cognitive therapy, and hypnosis. Among the relatively newer techniques is eye movement desensitization and reprocessing (EMDR), where patients focus on the lateral movements of the therapist's finger while holding an image of the traumatic experience. A study assessing the effectiveness of EMDR therapy in alleviating PTSD symptoms resulting from rape suggests that this therapeutic approach, centered on desensitization through eye movements and reprocessing, has proven effective in reducing the severity of post-traumatic stress disorder symptoms associated with sexual assault." (Sabouri Moghadam et al., 2014).

Therefore, based on the research findings, it is suggested that more research be done in other cognitive and neurological fields so that society can be empowered to treat the consequences after rape. Also, in order to prevent psychological injuries and post-traumatic disorders caused by rape, it is better for efforts and investments to be directed towards prevention and the necessary education should be given to people at a younger age and in the school environment. It seems that the role of several other factors such as the victim's relationship with the abuser, the severity of the attack and physical complications in determining the severity of the disorder is significant that needs to be considered in future research. Due to the fact that rape victims are less willing to talk about their problems and receive help for various reasons, including guilt, community attitudes, etc., it is necessary to have programs to change the attitude of community members towards the victims. And their justification that they are victims, not sinners, be designed and executed.

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