



# EXPLORING THE UNDERLYING CAUSES BEHIND THE SURGE IN RAPE CASES AGAINST THE WOMEN AND POSSIBLE SOLUTIONS

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**ABSTRACT:** In recent years, India has witnessed a disturbing rise in rape cases against women, revealing deep-rooted issues within our society, legal system, and cultural mindset. Despite various laws and constitutional safeguards, the increasing incidents of sexual violence highlight that justice remains distant for many survivors. This research explores the core causes behind this surge — including the patriarchal mindset, normalisation of rape in media and society, lack of strict and timely punishment, easy bail and parole for influential offenders, mental health issues, poor sex education, and the alarming impact of pornography and item-based objectification of women.

Through primary data collected from public surveys and secondary data from legal judgments, media reports, and psychological studies, this paper identifies not only the failures of the system but also the silence and stigma forced upon victims. It also highlights how religious values and moral teachings, if truly followed, can become a powerful tool in reforming society's attitude towards women.

The research does not stop at identifying the problems but also proposes practical and structural reforms — such as setting up fast-track special courts, improved police training, community awareness, moral-based sex education, and spiritual awakening. In conclusion, while the numbers are horrifying, the hope lies in collective action. If steps are not taken now, the impact of this rape culture will be even more dangerous for the generations to come.

**Index terms** - Rape, Legal loopholes, Patriarchy, women safety, gender equality, sex education, rape culture.

## INTRODUCTION:

We are living in a society where, even in the 21st century, the condition of women remains paradoxical. On one hand, women are reaching new heights in every field, breaking barriers and achieving positions of power. Yet on the other hand, they continue to suffer silently under the weight of abuse, violence, and injustice. Among all the crimes faced by women, the most horrifying remains rape — a brutal violation of dignity and humanity.

In recent times, there has been increasing media attention on cases where men have allegedly been victimized — whether through false legal complaints, mental trauma, or even violent incidents involving their partners. These cases have raised alarm in many parts of male-dominated society.

But amidst all this noise, the daily suffering of countless women is forgotten. The physical, emotional, and psychological pain they endure has become so common that society has stopped reacting. It is now seen as “normal”

— as if the violence and trauma women face are just part of their existence. This normalisation is dangerous, and it silently supports a culture that tolerates cruelty. And in this long list of injustices, rape stands out as the most terrifying and inhumane crime — not only because of the act itself, but also because of the silence and shame that surrounds it.

Since 2012, the cases of Rape have obtained the significant attention, after the countrywide protest of Nirbhaya Rape Case, where the “23- year old girl was gang raped on the public bus”.<sup>1</sup> This rape case has led to the major criminal law amendment, but the issue remained unsolved. Even after such criminal law amendment the surge in the rape cases remained constant, 2013, Shakti Mills Rape Case “22- year old girl gang raped”<sup>2</sup>, In 2015, “some of the intruders at the Convent of Jesus and Mary gang raped a 71- year old nun in West Bengal”.<sup>3</sup> In Unnao UP, “a 17- year old girl was gang raped”<sup>4</sup>, In 2019 “26- years old veterinary doctor in Hyderabad was gang raped and also being murdered”<sup>5</sup>. Moreover the “Horrible RG-medical rape case where 31- year old female trainee doctor was raped at Kolkata has shaken the entire nation”<sup>6</sup>. Furthermore, “the recent case of South Calcutta law college where the advocate who is the guardian of the citizens is himself the main accused of the raping of the one law students of the college”.<sup>7</sup>

These shocking incidents of the rape especially in 2022 report by the National Crime Records Bureau (NCRB) reveals the alarming prevalence of crimes against women in India. Notably, rape cases alone constituted 86 incidents per day, equating to 3.5 cases every hour, with a total of 31,516 reported incidents throughout the year 2022<sup>8</sup>. This urges the actual reasons behind such brutal rape cases since wholly blaming the legal provisions is not the solution because there are other reasons too that is endorsing the such criminals to commit such heinous crime. The reasons underlying such rapes is enough unless it is coupled by the proper understanding of solutions as well.

## RESEARCH OBJECTIVE

The present research paper attempts to explore the reasons behind increasing such brutal rape and to suggest the effective measures for the prevention

## RESEARCH QUESTIONS

1. Why the Rape Rate Towards the women increasing over time?
2. What strategies can be adopted to combat the Rape Culture?

## HYPOTHESIS

This research hypothesizes that the rising incidence of rape is driven by societal normalization of sexual violence, a patriarchal value system, the lack of fast-track justice, and the emboldened mindset of the accused.

## CHAPTER 1: INTRODUCTION

The word “Rape” originates from the Latin word “Rapere”.<sup>9</sup> Meaning “to snatch, to grab, or carry off”. With the time the meaning of the term has evolved and now it is being referred to “sexual violation” but this terms still remains with the sense of “taking or abduction”, it could be better understood with the term “Rape and Pillage”.

With the advent of time, the definitions along with the punishments of the rape have added in the Indian Criminal Laws as well. The offence of Rape was first introduced in the Indian Penal Code, 1860 . “*Rape is an unlawful sexual activity and usually sexual intercourse carried out forcibly or under threat of injury against a person’s will or with a person who is beneath a certain age or incapable of valid consent because of mental illness,*

*mental deficiency, intoxication, unconsciousness, or deception*”,<sup>10</sup> with the changing time there was significant shift in the definition of Rape, another factor that contributed in the changing definition of rape is the increasing brutality towards women while committing rape like (Mathura Rape Case, The Nirbhaya Rape Case, Unnao Rape case, Kathua Rape case, Hyderabad Rape case).

Although the IPC is replaced by the BNS (Bhartiya Nyaya Sanhita), 2023 that came on effect on 1<sup>st</sup> July 2024. The encompasses the new definition of rape.

**Section 63** defines “Rape” as an act where a man either himself or makes the woman to do so, either with him or with

another person, any of the following acts

1. Penetration of Penis – in Vagina, Mouth, Anus, Urethra.
2. Inserts any objects not being the penis – in women’s Vagina, Anus, Urethra, or Mouth.
3. Manipulates any of the body part of the woman to cause penetration.
4. Applies his mouth – to Vagina, Anus, Urethra.

These acts are being considered as rape, if committed against her will, without her consent, by fraud, or where the woman is intoxicated, unsound mind, minor (below 18), or unable to communicate her consent.

**Section 64** This section prescribes rigorous imprisonment of 10 years to life, along with a fine, for anyone found guilty of rape. It also specifies aggravated circumstances—such as offences by public servants, police, people in positions of trust, attacks on pregnant or disabled women, or repeat offences—where mandatory life imprisonment applies.

#### **Section 65: Rape of Minors**

Offences involving girls under the age of 16 attract at least 20 years imprisonment up to life, plus a fine. If the victim is below 12, the punishment may include death.

#### **Section 66: Rape Leading to Death or Vegetative State**

When rape results in the death of the victim or leaves her in a persistent vegetative state, the offender faces 20 years to life imprisonment, and may also receive the death penalty.

#### **Section 67: Rape During Separation**

This provision criminalizes non-consensual intercourse by a husband with his wife if they are separated (legally or in practice), imposing 2 to 7 years imprisonment and a fine.

#### **Section 68: Abuse of Authority**

Sexual offences committed by persons in positions of authority—such as employers, institutional staff, or those in custody—are treated as aggravated rape, attracting severe punishments aligned with Section 64.

#### **Section 69: Deceit-Based Sexual Intercourse**

This new provision penalizes sexual relations achieved through false promises (e.g., promise of marriage, job, or promotion) or deceit—punishable by up to 10 years imprisonment and a fine.

#### **Section 70: Gang Rape**

If rape is committed by a group acting with common intent, each participant receives at least 20 years or life imprisonment, plus a fine for victim’s medical and rehabilitation costs. If the victim is under 18, the sentence is life imprisonment or death, with mandatory compensation.

<sup>10</sup> Rape, Merriam-Webster Dictionary (n.d.), <https://www.merriam-webster.com/dictionary/rape>.

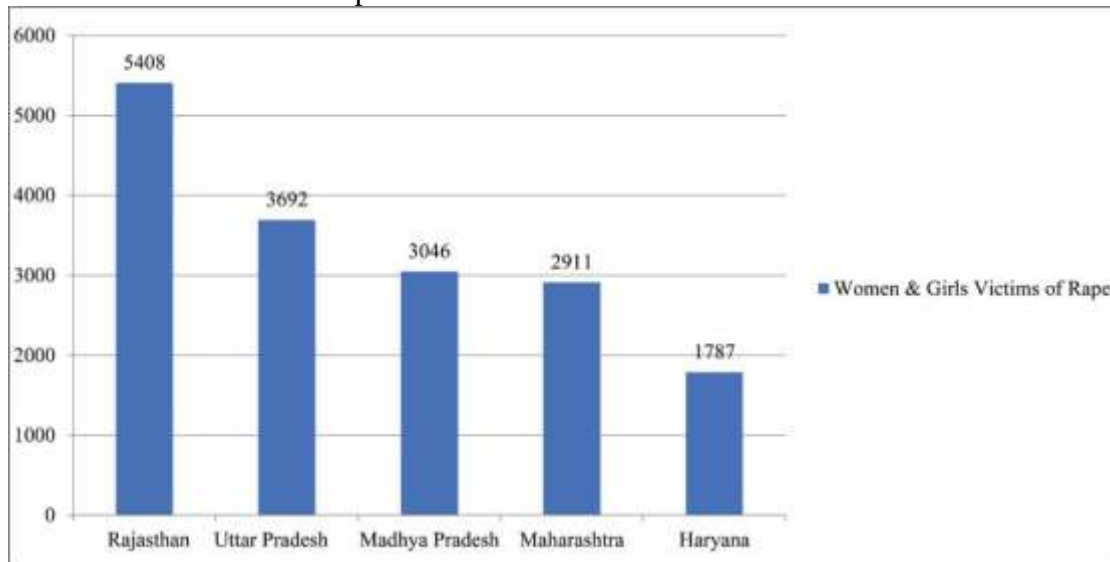
#### **Section 71: Punishment For repeated offenders**

Punishment for repeated offender is imprisonment of life or death.

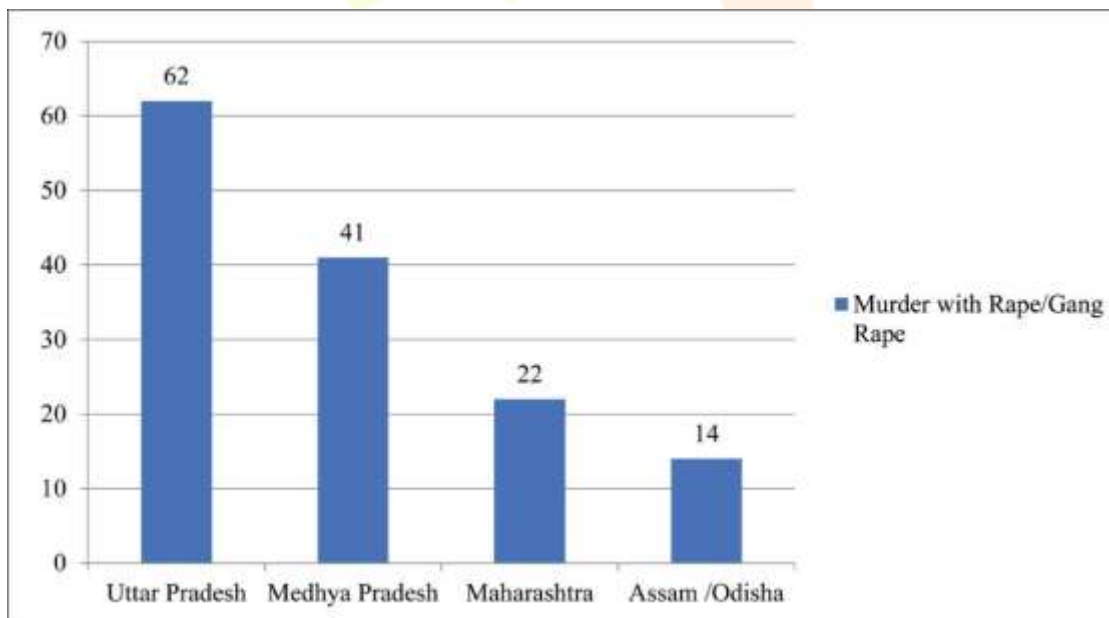
Despite of having the such long list of provisions, the recent data as revealed by the NCRB shocks the conscience.

The 2022 report by the National Crime Records Bureau (NCRB) reveals the alarming prevalence of crimes against women in India. Notably, rape cases alone constituted 86 incidents per day, equating to 3.5 cases every hour, with a total of 31,516 reported incidents throughout the year 2022.<sup>11</sup> Some of the statistics of the NCRB report are described through charts:

### 1.The state wise data of Rape Victims<sup>12</sup>



1. The following chart shows the state wise Murder with Rape/ Gang Rape 2022.<sup>13</sup>



As per the NCRB 2022 data (p. 211), the states of Uttar Pradesh, Maharashtra, Rajasthan, West Bengal, and Madhya Pradesh have reported alarmingly high numbers of crimes against women. <sup>14</sup>Notably, these states are governed by different political parties—the BJP in Uttar Pradesh, Maharashtra, and Madhya Pradesh; the TMC in West Bengal; and the Congress in Rajasthan. This clearly indicates that the rising incidence of such crimes is not confined to any particular political regime but instead reflects deeper, systemic issues rooted in socio-economic, cultural, and institutional failures.

<sup>11</sup> National Crime Records Bureau. *Crime in India 2022*. Vol 1. NCRB; 2022.

<sup>12</sup> National Crime Records Bureau. *Crime in India 2022*. Vol 1. NCRB; 2022.

<sup>13</sup> National Crime Records Bureau. *Crime in India 2022*. Vol 1. NCRB; 2022.

<sup>14</sup> National Crime Records Bureau. *Crime in India 2022*. Vol 1. NCRB; 2022.

## CHAPTER 2: UNDERSTANDING THE RISE IN THE RAPE CASES AGAINST WOMEN

In this project, I have written about the reasons why rape cases are increasing. These reasons are based on three main things:

### 1. Survey Answers:

I created a survey and shared it with people to know their views. The responses helped me understand what common people think about why rape is happening more and more. Many points in my project are directly taken from what people shared in the survey.

### 2. What Authors and Experts Say:

I also read what some authors and experts have said about this issue. Their ideas helped me understand the topic better and added strong support to my points. They talked about things like patriarchy, weak law systems, and the role of media.

### 3. My Own Thoughts:

Along with this, I have added my own views. After reading and observing things around me, I shared what I feel about why such crimes are rising. I tried to connect everything — like mindset, lack of sex education, influence of power, etc.

By mixing all three — people’s opinions, expert views, and my own thinking, I tried to give broad picture of why rape is increasing in our country.

### 1.POLITICAL AND POWER- BASED REASONS:

<p>A. <i>Influence of wealth and political connections</i></p>	<p>A relevant case that highlights how political power can interfere with the delivery of justice is the <i>Prajwal Revanna sex scandal</i><sup>15</sup>. Prajwal Revanna is not only a Member of Parliament but also the grandson of former Prime Minister H.D. Deve Gowda. His father is a sitting Member of the Karnataka Legislative Assembly, and his uncle has served as the Chief Minister of the state. This strong political background raised serious concerns regarding the fairness and transparency of the investigation.</p> <p>It was reported that there were several video clips linked to cases of sexual exploitation and misconduct. Although bail was denied by both the Karnataka High Court and the Hon’ble Supreme Court, there has been little public information on whether a proper trial ever began. With time, the case appears to have faded from media coverage, and no substantial progress has been reported since.</p> <p>This incident reflects how individuals with political connections may escape timely accountability. Such</p>
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<sup>15</sup> Supreme Court dismisses bail plea of ex-MP Prajwal Revanna booked for rape, sexual assault - The Hindu <https://share.google/GuBORTLRo3u6bHfvQ>

	<p>cases send a dangerous message to society—that power and status can shield someone from legal consequences. This not only discourages survivors from coming forward but also contributes to the broader rise in rape cases, as it fosters a sense of impunity among offenders.</p>
<p><b>B. Easy Bail and Parole for the Influential</b></p>	<p>Politically or financially connected accused often get the bail and parole easily. The case of Gurmeet Ram Rahim,<sup>16</sup> the head of Dera Sacha Sauda and a convict in multiple rape and murder cases, clearly reflects how individuals with influence can exploit the parole system even after being convicted of heinous crimes. Since his conviction in 2017 for the rape of two women and the murder of a journalist, he has been granted parole or furlough a staggering 13 times, amounting to 326 days of release. Just in the year 2024, he was released five times, totalling 142 days, which is nearly five months of freedom despite being a double rape convict and a murder convict.</p> <p>Such repeated and generous release raises serious concerns about the misuse of the parole system by politically or socially powerful individuals. Gurmeet Ram Rahim's paroles have coincided with religious events and elections, suggesting possible political motives behind his release. Notably, his initial conviction in 2017 was followed by violent protests in Haryana and Punjab that claimed the lives of nearly 40 people — a fact that should have weighed heavily against any future parole. Yet, despite the threat to public order and the gravity of his crimes, he continues to enjoy repeated temporary releases.</p> <p>Another Incident, The 2024 Haveri gang rape<sup>17</sup> case is a disturbing example of how easily accused individuals manage to secure bail even in grave crimes like gang rape — and how the system fails to act unless pushed by public outrage. In this case, 19 people were arrested for gang-raping a girl from their own community after she was seen with a boy from another religion. While 12 of the accused were granted bail earlier, the remaining seven were released on May 20, 2024.</p> <p>Shockingly, their release was followed by a celebratory procession involving cars, bikes, and slogans as they travelled from the sub-jail to their village, Akkihalur. The accused even posed with victory signs, cheered on by supporters — treating their release not as temporary relief, but as a moment of glory. This shameful display was recorded and went viral on social media, leading to</p>

<sup>16</sup> Convicted rapist Gurmeet Ram Rahim Singh out of jail again, granted 21-day furlough | Chandigarh News - The Times of India <https://share.google/88AAWAyUkLP73jWCF>

<sup>17</sup> Seven accused in 2024 Haveri gang rape case re-arrested after viral bail celebration procession in Karnataka

<https://share.google/KgTaWT4qDKruVzgGr>

	<p>strong public outrage.</p> <p>Only after the videos spread widely and people raised their voices online, did the police act — but the re-arrest was not for the original offence of gang rape. Instead, the accused were taken back into custody for violating bail conditions and participating in an unlawful procession, under charges like IPC 189(2), 191(2), 281, and BNS-2023 Sections 351(2), 351(3), and 190.</p> <p>This case starkly highlights how the parole and bail system often bends in Favor of the influential, eroding public trust in the criminal justice process. When convicts in serious offences like rape and murder are seen freely moving outside prison under state-sanctioned paroles and, it sets a dangerous precedent. It reinforces the belief among many that the powerful are above the law, and that even after conviction, justice can be diluted through political proximity and systemic loopholes</p>
<p>C. <i>They believe, they will never get caught</i></p>	<p>It is the belief among the offenders that they can get away with. This Mindset develops when the people observe that many rape cases either go unreported or remains pending in court for years without any meaningful outcomes or because of lenient action taking by police especially when the accused is influential. All this sends the message that justice is not guaranteed- this is what endorse the criminals.</p>

## 2.LEGAL AND LAW ENFORCEMENT FAILURES:

<p>A. <i>Lack of Consequences</i></p>	<p>This is one of the pertinent reasons for endorsement of the perpetrators to commit such rapes. Even if the accused is being arrested, the real challenge begins from trial, it takes months and sometimes the years to initiate the trial against the accused, and the most disheartened thing is low conviction rate, these accused either freed by the court on the pretext of “<i>it takes two to tango</i>”, or in the name of lack of evidences. This sends the positive message to the offenders and due to which they continue to commit such crimes. One of the Landmark Case supporting the above contention is “<i>the Mathura Rape case,1972</i>”<sup>18</sup>, where a-16 year old tribal girl was raped by the two police-men, but the accused was set free because the court believed that she didn’t resist enough and was sexually active, suggesting consent. According to data released by NCRB in 2022 Total cases for trial were 1,98,285 but the total conviction rate were 5,067 accounting for only 27.4% conviction rate.<sup>19</sup></p>
<p>B. <i>NO STRICT OR IMMEDIATE POLICE ACTION</i></p>	<p>It is being observed by the NCRB data that total cases for investigation that came to police were 44,785 but the</p>

<sup>18</sup> The girl whose rape changed a country - CNN.com <https://share.google/jyLld7JYnp18as8xp>

<sup>19</sup> National Crime Records Bureau. *Crime in India 2022*. Vol 1. NCRB; 2022.

	<p>cases charge-sheeted accounted for only 26,508<sup>20</sup>. This highlights that police often delay in carrying out their services and lack of their sincerity towards the rape victims, Although the fact of false FIRs cannot be denied, but sometimes, it is seen that police register the FIRs only public outrage or media coverage.</p> <p>The famous incident that surfaced the media was of JNU student who approached the police station for registering the FIR that was denied by the police officers<sup>21</sup>. Even there are several instances of bribery, where the police officer denied to registrar FIR even for small amount of bribery. The very recent illustration to support the above contention is Etah Rape case <sup>22</sup>– where the investigating officer accepted 6 samosas to dismiss POSCO case, even ignored eyewitnesses and minor’s statement.</p>
<p><b>C. COURT DELAYS AND LEGAL LOOPHOLES</b></p>	<p>Judicial shortcomings play the significant role in the rise of rape. The judicial system is known for its long delay in the prosecution of rape cases. This results in the delay of awarding the punishment to the accused. Even the cases where there is public uproar it takes the long years to reach at the final judgement, as seen in the Priyadarshani Matto Case<sup>23</sup>, RG medical College Rape case, and sometimes acquittal of the accused when the public become silent on the matter. That is why it is rightly believed that “justice delayed is justice denied”, if not served within time, then no effect. This thing not only sends the positive message to the perpetrators but also the negative message to the victims, who will starting backing off from reporting the cases to the police and this exacerbates the situation intensely.</p>

### 3.PSYCHOLOGICAL AND MENTAL HEALTH ISSUES:

It is necessary to establish that rape is not a behavioural or mental disorder, but a criminal offence. Although some rapists may have a psychological disorder, there is no such disorder that compels people to rape, but the studies have shown that several mental health issues are often behind the sexual crimes like rape, although there is a very little research on rapists in India, but it could give us the brief from the western countries that can help us to understand the mental health illness associated with offender.

#### A. . Brain and Developmental Issues

In some cases, rape has been linked to brain-related problems like injuries, learning disabilities, or developmental disorders. According to psychologists Marshall and Barbaree, adolescent boys need to learn the difference between sexual desires and aggressive impulses. But when brain development is affected due to hormonal problems, trauma, or poor upbringing, it becomes difficult for them to control these feelings. Some studies also show that sadistic rapists (those who enjoy causing pain) may have abnormalities in certain brain areas.

#### B. Mental Illness

is important to clarify that not all rapists are mentally ill, but a small portion of them may suffer from mental disorders like schizophrenia or mania. In these conditions, people can lose control over their behaviour or misunderstand reality. One study from Sweden found that some rape offenders had problems like alcohol

addiction, drug use, personality disorders, or psychosis. These issues can increase the chances of such crimes being committed.

### C. . Unusual Sexual Behaviours (Paraphilia)

Paraphilia means having abnormal sexual urges that can involve harming others or seeking sexual pleasure from non-consenting people. While rape is not officially classified as a mental disorder in medical books like DSM or ICD, some rapists do show behaviours similar to paraphilic disorders, such as sexual sadism or paedophilia. These urges may not always cause distress to the person, but they become dangerous when acted out on others.

### D. Emotional and Relationship Problems

Many offenders have experienced childhood trauma such as physical or sexual abuse, neglect, or emotional distance from family. These early experiences affect their ability to build healthy relationships in adulthood. As a result, they may become emotionally cold, unempathetic, and hostile. Such people struggle to form intimacy and sometimes use force as a way to feel control or power in relationships.

### E. Wrong Beliefs and Justifications (Cognitive Distortions)

Some rapists carry false and dangerous beliefs about women, sex, and society, which they use to justify their actions. These are called cognitive distortions, such as:

"Women don't mean it when they say no." "Women exist to satisfy men's needs." "Men can't control their sexual urges."

"If I'm a man or her husband, I have the right to have sex."

"The world has wronged me, so I can wrong others."

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## 4.SOCIAL AND CULTURAL FACTORS:

<p>A. <i>PATRIARCHAL MINDSET AND GENDER DISPARITY</i></p>	<p>This is considered as one of the main reasons that why rape are being committed. Even after so many years of progress, we are still living in a hypocritical society — one where, on one hand, women are worshipped as goddesses, and on the other, they are brutally violated without a second thought. We are deeply rooted in a patriarchal mindset, where many still believe that a woman exists solely to please a man. This dangerous thinking reflects in both private and public spaces.</p> <p>Within marriages, countless women are subjected to marital rape every single day, silently enduring it under the name of duty and submission, just because society considers them the property of their husbands. Outside the home, this same mindset fuels a sense of entitlement among men, who see women as objects created for their satisfaction. The idea that a woman's job is only to keep a man happy</p>
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	<p>continues to justify rape in the eyes of many offenders.</p> <p>But education has changed something. As more women become aware of their rights and begin to challenge patriarchal norms, it unsettles men who are used to power and dominance. When a woman says “no” — whether in marriage, relationships, or even public life — it is seen as a personal insult. That bruised male ego often becomes the reason behind sexual violence. “How dare she say no to me?” — this thinking fuels many rape cases today.</p> <p>A chilling example of this was seen recently in the Kolkata Law College rape case,<sup>25</sup> where the very person who was supposed to uphold the law — an advocate — turned into the perpetrator. The protector of justice became the face of cruelty. This reflects how deep-rooted misogyny and entitlement still exist, even among the educated and the elite.</p> <p>A very case that could support the above contention is that in Mumbai, Chembur Man sets wife on fire after she refused to have sex with her husband<sup>26</sup>.</p>
<p><i>B. NORMALISATION OF RAPE IN SOCIETY</i></p>	<p>Rape has become so frequent in our country that it has slowly started losing the shock it once created. According to the NCRB data, over 32,000 rape cases were reported in India in 2022 alone — which means at least 90 rapes are reported every single day<sup>27</sup>. And we all know these are just the official numbers. Countless others go unreported, buried under fear, shame, blackmail, and family pressure.</p> <p>The situation has worsened to the point where even newspapers push rape cases into small side columns, as if it’s just another piece of routine news. It is only when a case is unusually brutal — like the Nirbhaya case — that it makes headlines, sparks outrage, and reaches national consciousness. Otherwise, most cases pass by unnoticed, forgotten within hours. This is where normalization begins — when the frequency of the crime numbs our sensitivity to it.</p> <p>Part of this normalization comes from the low conviction rate in rape cases. Offenders roam freely because of lack of evidence, slow trials, or influence. Survivors are either blamed for the assault, told it was their fault, or blackmailed into silence. Instead of being protected, they are shamed. And when there is no strict or timely punishment, the message becomes clear: “This crime is</p>

<sup>25</sup> <https://share.google/6lZ5W9BS2JF5EMfQg>

<sup>26</sup> Mumbai man ‘sets wife on fire’ after she refused to get intimate with him; arrested | Mumbai News - The Indian Express  
<https://share.google/xcsNxPSX1OWud8FTD>

<sup>27</sup> National Crime Records Bureau. *Crime in India 2022*. Vol 1. NCRB; 2022.

	<p>manageable. You can get away with it.”</p> <p>Our pop culture adds another dangerous layer. In many films, women are shown as objects of desire — to be chased, to be conquered. Item songs portray women as entertainment; their value reduced to how much they can "please" the male gaze. Repeated visuals like these condition young minds to see women as less than human — as things, not people.</p> <p>Over time, all of this together creates a society where hearing about rape becomes commonplace. People say, “Oh, another rape happened,” with the same tone as they would discuss the weather. Our brains, slowly and silently, are being trained to accept rape as a part of daily life — and that’s the most dangerous thing of all.</p> <p>The recent example- where a woman after being gang raped in the moving train was thrown out from the train to railway tracks where she lost one of her legs<sup>28</sup>. Since people have come across with a lot of rape news everyday due to which they remained silent even on this painful rape case.</p>
<p><b>PORNOGRAPHY AND OBJECTIFICATION</b></p>	<p>Porn doesn’t just show intimacy — it often shows violence, force, and women being treated as if they have no choice. It shows women being dominated, slapped, tied, or hurt — and still enjoying it. This sends a wrong message that women like being treated badly, or that hurting them during sex is “normal.”</p> <p>Movies, too, are filled with item songs, steamy scenes, and characters where the woman’s only job is to attract or please the hero. These scenes may look “glamorous,” but deep down they are objectifying women, making them appear as things — not people. They are shown as being available anytime a man wants them, or happy to be dominated.</p> <p>When this is the only form of “education” young boys receive, especially during teenage years when their minds are developing, it creates a harmful picture of relationships. They start believing that women are just there to fulfill their needs — and that force or pressure is okay.</p> <p>Instead of learning about consent, respect, emotions, and equality, they learn that power and pleasure matter more than the other person’s will. And in a country where sex is not openly discussed, this damage stays hidden — until it turns into action, sometimes in the form of sexual violence or rape.</p>

<sup>28</sup> Woman gangraped in Panipat train coach thrown on Sonipat tracks loses leg investigation underway - India Today  
<https://share.google/OxPoUOGJrUvHmMHZa>



	<p>This is why pornography and bold, objectifying media can play a major role in shaping dangerous thoughts — especially in the absence of proper guidance or education.</p> <p>Nowadays, many movies and web series portray rape as a tool for revenge, where a character commits such a heinous act to settle personal scores and yet faces no punishment. This sends a dangerous message to viewers—that such actions can be justified if they are driven by anger or revenge. It deeply influences society, especially young children and teenagers, who are highly impressionable and may start believing that violence is an acceptable way to deal with emotional pain. Alongside this, the easy accessibility of porn and bold content in web series has also become a serious concern. When individuals become excessively indulged in such material, their minds become overly focused on sexual thoughts. And when these desires remain unfulfilled in real life, some people lose control and choose the wrong path, which can lead to sexual offences.</p>
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## 5.VICTIM CENTRIC CHALLENGES

<p>A. <i>THE VICTIM WON'T SPEAK UP</i></p>	<p>In many cases it is being seen that due to the fear of shame, honour killings, family pressure, and trauma often lead to silence, this often leads the endorsement to rapists for committing such heinous crime.</p>
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## 6.SYSTEMIC AND INSTITUTIONAL LOOPHOLES

<p>A. <i>INADEQUATE SEX EDUCATION AND AWARENESS</i></p>	<p>In India, sex is still treated like a dirty or forbidden topic. Most schools either skip sex education completely or give very limited information, often focused only on reproduction or menstruation — and that too only for girls. As a result, many young people grow up without understanding basic concepts like consent, boundaries, emotional respect, or healthy relationships.</p> <p>When boys and girls go through puberty, they naturally become curious about their changing bodies and feelings. But instead of getting honest, respectful guidance, they often turn to pornography, social media, or peer pressure to learn. These sources usually show unrealistic and harmful images of sex, where women are objectified, consent is ignored, and violence is shown as “pleasure.”</p> <p>This lack of real education leads to confusion and misunderstanding. Many boys start believing</p>
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that if a girl smiles, talks, or dresses a certain way, it means she's "interested" — which is completely false. Some even think that saying "no" is part of a game, or that it's okay to force someone if they don't agree. These twisted beliefs grow stronger when no one corrects them.

Without sex education, there's also no space to talk about respect, gender equality, and emotional maturity. So when a woman says "no" or sets a boundary, some men feel insulted — their ego gets hurt — and that's when they may react aggressively or violently.

Proper sex education doesn't only talk about biology. It teaches:  
 What is consent. What is sexual abuse.  
 How to manage emotions and urges in a healthy way.  
 That both partners have equal rights.

Without this knowledge, youth often grow up confused, angry, and misinformed — which can lead to actions they don't fully understand, including harassment or even rape.

So yes, the lack of proper sex education is a big, hidden reason behind many rape cases today. If we start talking openly and honestly in schools, at home, and in society, we can actually prevent a lot of crimes — simply by educating minds before they are poisoned by wrong influences.

## CHAPTER III: PUBLIC PERCEPTION AND GROUND REALITIES: A SURVEY ANALYSIS

A survey was conducted on this topic, questionnaires were prepared and it was shared among the people of different age groups and the survey accounted of total 115 people, it was done to know their perspective regarding the increasing rape rate towards woman. The total questions were 15 and the questions were in multiple choice form and 1 question was in descriptive form.

### A. RESPONSES OF THE SURVEY

#### (i) What is the first thing that comes to your mind when you hear about a rape case?

Although there are several reactions that come to the mind of people but considering the responses, it is observed that 63.5% of the people conceded on the "Anger". Rest of the people conceded either on Fear 20% or feeling of Helplessness 16.5%.

#### (ii) What influences a man to commit such rape?

As the 4 options were given to them but the other option was also added so that they could posit their own opinion, out of the 4 options, 2 options were equally supported by the people-34.8%- Patriarchal power and ego + Porn and Objectification. 11.3% people supported the Mental instability and other 11.3% supported the lack of consequences is also the reason.0.9% conceded on lack of moral values and also lack of good parenting, and rest of people supported All of the above options.

#### (iii) What is missing in India's system that allows rape to increase?

People were given with 4 options and out of these 4 questions, 52.2% people agreed that due to the lack of Moral Education absence there is such surge on rape cases, whereas 33% agreed that due to absence of swift and fair trails there is spike on the rape cases, where 12.2% agreed on public accountability reason.

**(iv) Do you think that movies and web series are contributing to increasing in rape culture?** People were given with 3 options and 1 other option to posit their outlook, from the 3 options 62.6% supported that “yes” movies and web series are contributing to increasing rape culture, whereas 27.8% people supported “not really” option, and very less supported “no” option, in the freehand option people said that although this factor contribute to increasing rape cases, but the family upbringing where there is endorsing of child even when he doing something wrong contribute to the rape also.

**(v) How can the government reduce the rate of rape crimes effectively?**

There were 4 options that were made available to the people, and 91.3% people supported that- Gender Education in schools, fast rack courts and police reforms could reduce the rate of rape cases effectively.

**(vi) What gender stereotyped contributes the most to the rape culture?**

Out of 4 options with no freehand answers, 55.7% people supported (*all of the above*)- “girls invite troubles with clothes”. “Men have uncontrollable needs”, “good girls don’t go out late”.

**(vii) What should be the ideal punishment for the convicted rapist?**

With 4 options, the fourth one was to if other then please specify- where people suggested that what could be done, although most of people that gave suggestions were believing in the Deterrent and retributive theory, but in Indian judicial system- reformatory theory is followed. 54.8% people supported the “*death penalty*”, whereas 2 options were equally supported with 12.2%- life imprisonment and public shaming.

In freehand answers, some of the suggestions are as follows-

- Castration of the guilty proven.
- Cutting body parts.
- Social Boycott of the guilty proven.
- Public hanging of the Guilty proven.

**(viii) What do you think is the main cause behind the increase in rape cases?**

People were given with 4 option and 73.9% people supported “*all of the above*” option where- Patriarchal mindset, Normalization of rape in society, lack in the legal system.

**(ix) What role does the delay in justice play in encouraging rape crimes?**

According to the survey conducted 87% of the people showed that it plays a major role, it lowers fear among criminals.

**(x) What is the biggest failure in current system handling rape?**

Out of the 4 options, most of the people chose “*all of the above*”, - Lack in fast action by police, court delays and loopholes, and social pressure on victim.

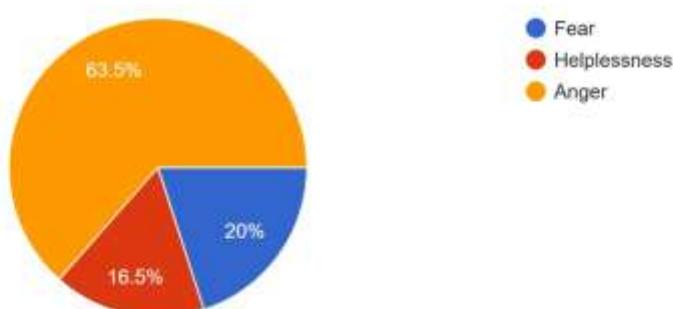
**(xi) Do you think the fear of punishment among criminals has decreased over time?**

79.1% people supported in affirmation.

## B. RESULTS OF SURVEY

What is the first thing that comes to your mind when you hear about a rape case?

115 responses



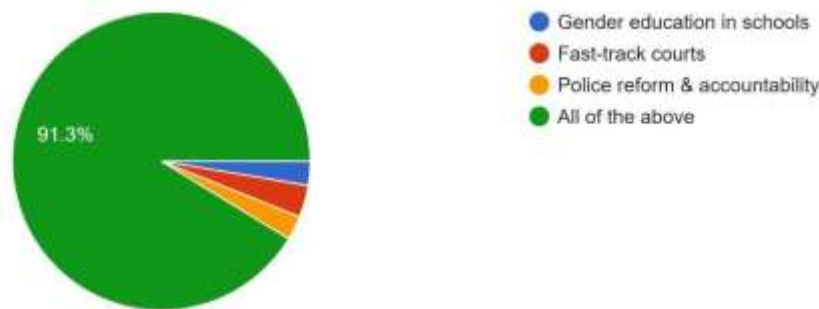
What is missing in India's system that allows rape to increase?  
What influences a man to commit such crimes (rape/harassment)?

115 responses



How can the government reduce the rate of rape crimes effectively?

115 responses



Do you think movies and web series are contributing to increasing rape culture?

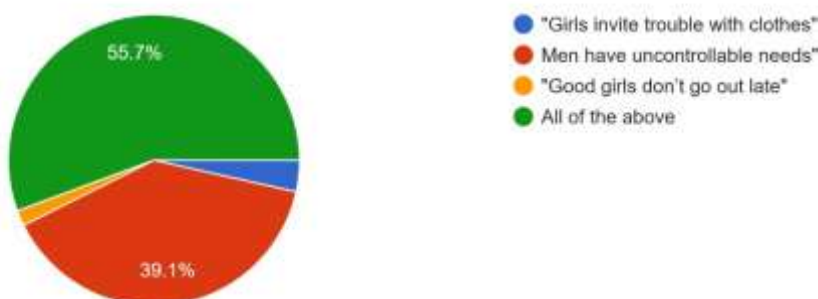
115 responses



Research Through Innovation

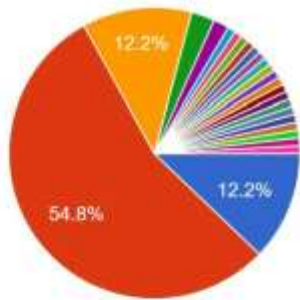
Which gender stereotype contributes the most to rape culture?

115 responses



### What should be the ideal punishment for a convicted rapist?

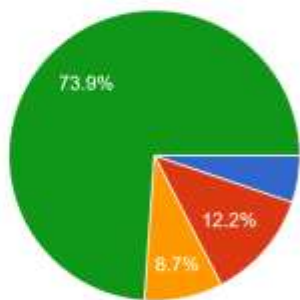
115 responses



- Life imprisonment
  - Death penalty
  - Public Shaming
  - Other please specify
  - Public execution
  - CASTRATION SHOULD BE DONE T...
  - Brutality; cutting particular parts of the...
  - First Punish them in public so that the...
- ▲ 1/3 ▼

### What do you think is the main cause behind the increase in rape cases?

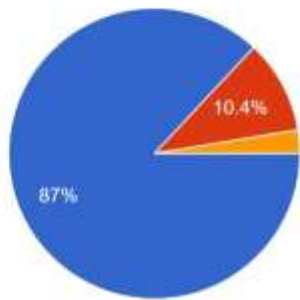
115 responses



- Normalization of rape in society
- Patriarchal mindset
- Lack in the legal system
- All of the above

### What role does the delay in justice play in encouraging rape crimes?

115 responses

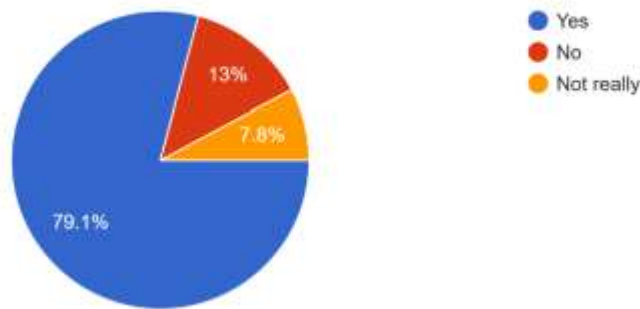


- Major role, it lowers fear among criminals
- Some role, justice feels far away
- Minor impact



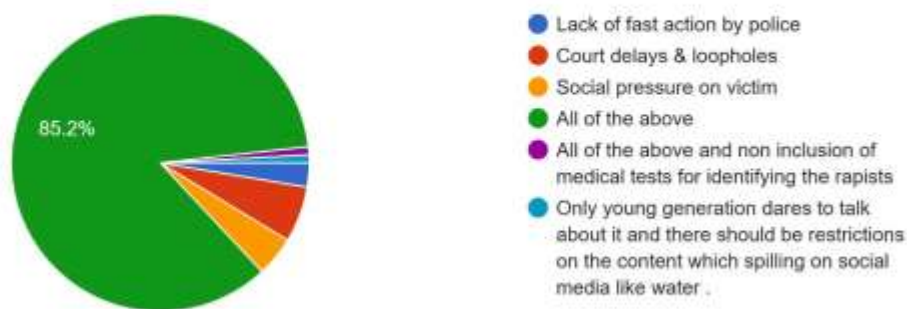
Do you think the fear of punishment among criminals has decreased over time?

115 responses



What is the biggest failure in the current system handling rape?

115 responses



## CHAPTER 4: STRATEGIES AND SOLUTIONS TO COMBAT RAPE CULTURE

In this I have posited the view of combating the rape culture with the help of :

### 1.Survey Answers:

I created a survey and shared it with people to know their views. The responses helped me understand what common people think about combating the rape culture.

### 2.What Authors and Experts Say:

I also read what some authors and experts have said about this issue. Their ideas helped me understand the topic better and added strong support to my points.

### 3.My Own Thoughts:

Along with this, I have added my own views. After reading and observing things around me, I shared what I feel that how could we combat such rape rates.

By mixing all three — people's opinions, expert views, and my own thinking, I tried to give a broad solutions picture

that how could we combat the rape rates.

### 1.Special Fast-Track Courts for Rape Cases – A Step Towards Quick Justice:

We can fight rape culture by improving how our justice system handles such cases. Just like we have separate courts for Motor Vehicle cases, cheque bounce matters (Negotiable Instruments), POCSO cases, and Juvenile Justice, we should also have dedicated fast-track courts only for rape and sexual assault cases.

These courts should not be limited to big cities — they must be set up in large numbers across the country so that

survivors don't face delays. Along with this, there should be a special procedure made only for rape cases, where the entire trial is completed within a fixed time limit. To make the system stronger, there should also be restrictions on unnecessary appeals or revisions, so that justice is not delayed for years. When cases are resolved quickly, it not only gives relief to the victim but also creates fear among criminals that they will be punished fast and surely.

Setting up such a system can be a big step toward ending rape culture and restoring trust in the law.

## **2.Stringent Punishment along with Fast Track Court :**

Setting up fast-track courts is just one part of justice. The second, and equally important part, is that the punishment must be strong, quick, and create fear in the minds of potential offenders.

Yes, our legal system follows the reformatory theory — that even criminals can be changed. But we must also understand that law is a reflection of society. And when society is suffering from such a high rate of brutal crimes against women, then punishment should also be strict enough to match that seriousness.

We agree that some people file false rape cases, and the system should be careful and fair. But in those cases where, on the face of it, the crime is clearly committed and the accused is identified, there should be no mercy.

In such situations, the punishment must go beyond jail time. It should include options like chemical castration, public shaming, or even public execution — so that fear enters the hearts of those who even think of committing such a crime. When people start seeing that rape leads to sure and severe punishment, it will stop being seen as something they can “get away with.” Justice is not just about court hearings — it is about restoring faith and safety in society.

## **3.Sex Education Should Teach Morality. Not Just Biology:**

Education is the foundation of any strong society. But when it comes to sex education, most schools (if they teach it

at all) only focus on the names of body parts or the process of reproduction. That's not enough.

We need real sex education — one that also teaches values, respect, and morality. Children and teenagers should be taught from an early age what is right and wrong when it comes to relationships, touch, privacy, and consent.

It should help them understand:

What consent really means.

- That "no" means no, no matter who says it.
- That no one has the right to force, pressure, or harm another person.
- That respecting someone's body and mind is more important than satisfying your own desire.

This kind of education will not only help stop crimes like harassment or rape, but will also help build emotionally mature, respectful, and responsible individuals.

Because real education is not just about facts — it is also about learning how to be a better human being.

## **4.Strengthening the Police System for Better Handling of Rape Cases**

To reduce rape and ensure justice, it is very important to improve the way police handle such sensitive cases. The first step starts with the people we choose to protect us. Here are some key suggestions:

### 1. Appoint Only Dedicated and Honest Officers for Rape Cases

Only those police officers who are truly sincere, honest, and sensitive towards victims should be chosen to handle rape-related cases. They must be specially posted only for this purpose, so that their full attention stays on these cases and not on general crime handling.

## 2. Give Rigorous Training After Selection

Once these officers are selected, they should go through rigorous and practical training. This training must focus on how to handle victims with empathy, how to collect proper evidence, how to maintain privacy, and how to deal with the mental and emotional stress of such cases. They should be trained not just legally, but emotionally and psychologically as well.

## 3. Reward and Honour Responsible Officers

There should be a system of awards, promotions, and public recognition for those officers who handle rape cases with honesty, speed, and care. When good work is appreciated, it motivates others to work with the same level of responsibility.

By making our police force more focused, trained, and respected, we can take a big step toward making survivors feel safer and bringing justice faster.

## **5.How to Encourage Rape Victims to Report the Crime**

In most rape cases, the biggest challenge is not just justice — but getting the victim to speak up. Many women stay silent because of fear, shame, or society's reaction. If we truly want justice, then we need to create a system that gives them safety, support, and strength. Here's how:

### *1.Change the Mindset of Society*

First, we need to change how society sees rape victims. Instead of blaming them or treating them like a “burden” on family honour, we should stand with them. In many families, girls are told to stay quiet to “save respect” — but what about the girl’s life, her pain, her future? Victims don’t need sympathy — they need support and respect.

### *2.Allow Anonymous Reporting by Witnesses*

If someone sees or knows about a rape, they should have a way to report it without revealing their name. This can be done through anonymous helplines or apps, where identity stays hidden. Sometimes the victim cannot report — in such cases, even a silent witness can become her voice.

### *3.Keep Victim’s Identity Private During Reporting*

If a rape survivor is ready to report, her identity must be kept completely confidential in the beginning. Many victims fear being known in society, so they hesitate. If reporting can happen anonymously, it will give confidence to others too.

### *4.“One-Step Centres” in Villages and Cities*

In every village or block, there should be a special centre where women can go directly for help. These centres should be separate from police stations, for those who feel scared to go to police.

These centres must provide:

- A safe place to talk
- Counselling
- Legal advice
- Help with filing FIR

There should also be awareness campaigns so women know such places exist.

### *5.Provide Shelter Homes like Mahila Sadan*

Many victims are boycotted by society or even their own family after rape.

For such women, places like Mahila Sadan (women shelter homes) should be available in every district .I have personally visited one during my internship in Jaipur — and such safe homes must be promoted everywhere.

### 6. *See Victims as Warriors, Not Just Victims*

Survivors must be seen as fighters, not as broken people. Those who come forward to complain are already brave. But even those who can't speak up should be treated with respect and slowly motivated to stand for themselves — without pressure.

### 7. *Free Legal Aid for All Female Survivors*

Every woman who suffers rape must get free legal support, no matter where she lives. Right now, we have District Legal Services Authorities and State Legal Services Authorities — but most people don't even know they exist. So there must be village-level awareness so that even the poorest woman knows where to go.

### 8. *Let Her Stay in Society Without Shame*

- If a rape victim wants to stay in her own home or society, she must be allowed to live with dignity, without insults or taunts.
- If her family supports her, she should be with them. If not, safe places like Mahila Sadan must be available.
- No woman should have to hide or run away just because she was a victim of someone else's crime.

### **6. Ban on Pornography, Vulgar OTT Content & Item Songs That Objectify Women**

If we are serious about stopping crimes like rape, we need to start with the root of the problem — the way women are shown in media. Today, OTT platforms, pornography sites, item songs, and even social media like Instagram are full of content where women are shown only as objects meant to give pleasure to men. They are either in submissive roles or shown in a way that encourages sexual dominance and violence.

These images and videos are not just entertainment — they are slowly shaping how young boys think about women. In a country where sex education is almost missing, pornography becomes the first source of sexual learning for many children. And that is dangerous.

Children as young as 11 or 12 are watching content that shows:

- Women being forced or dominated
- No concept of consent
- That women's value lies in how they look or how much they please a man
- This has a direct psychological impact on young minds, who grow up believing this is “normal.” That's

why the government must take strict action:

- Ban or heavily censor OTT content that shows extreme bold scenes without purpose
- Block pornography websites that promote violence and misuse of women's bodies
- Regulate item songs that reduce women to just a "body" and promote lyrics full of double meaning

▪ Filter vulgar content on social media like Instagram, where young kids are exposed without limits

We are not against creativity or freedom. But when such content leads to rape culture, child abuse, and unsafe environments for girls, then freedom must come with responsibility.

The youth is the future of our country — and if we fill their minds with such toxic images from the start, we are silently preparing the next generation of offenders.

## 7. How Changing Patriarchal Society Can Help Stop Rape

Patriarchy is a system where men are seen as superior and women are expected to stay silent or serve. This belief has been passed down for generations and plays a big role in how society views women — not as individuals, but as someone meant to obey. Changing this mindset is important if we want to reduce or end rape.

### *a. Respect over Control*

In a patriarchal setup, boys grow up believing they are stronger or more important than girls. If we raise them to respect women as equals instead of trying to control them, the chances of forcing someone — whether physically or emotionally — can reduce.

### *b. Women Are Not Made Just to Please*

Many still believe that a woman's role is to satisfy or serve a man. This idea often leads to abuse. If society stops treating women like objects and starts treating them like people with choices, this thinking will slowly disappear.

### *c. Freedom to Say No*

In an equal society, women feel safe and strong enough to say "no", whether in marriage or in public. And when men are raised to respect that "no", the chances of sexual violence go down.

### *d. Stop Blaming Victims*

Today, when a rape happens, society often questions the woman — her clothes, her actions, her character. In a society where men and women are treated equally, the focus shifts from blaming the victim to holding the offender responsible.

### *e. Handling Rejection Without Ego*

In patriarchal cultures, some men feel insulted if a woman rejects them. This leads to anger and sometimes even rape as "revenge". If we teach men that rejection is normal and not a personal insult, such incidents can be avoided.

Changing the patriarchal mindset is not just about women's rights — it's about building a society where no one feels they have power over someone else's body. That's how we move towards truly reducing rape.

## 8. How Connecting with God and Spirituality Can Help Reduce Rape

Religion and spirituality are meant to teach us values — like compassion, self-control, purity of thoughts, and respect for others. But sadly, even in a country where people bow before goddesses, women are not safe. This contradiction shows that people may worship god, but they don't truly follow His teachings.

### *a. Seeing Women as Divine, Not Objects*

Most religions teach that women are forms of divine energy — like Durga, Lakshmi, or Mary. If people truly start seeing every woman as a reflection of the goddess or divine creation, they would never think of harming or insulting her.

### *b. Real Dharma Is Self-Control and Respect*

No true religion allows violence, lust, or forcing oneself on another. Spiritual practice teaches control over desires and respect for every living being. If these values are followed in daily life — not just during prayers — crimes like rape can naturally decline.

### *c. Fear of Karma and God's Justice*

When someone truly believes in karma, they think twice before doing wrong. Because even if law doesn't catch them, they know God sees everything and one day, they will pay for it — in this life or the next.

### *d. Inner Purity Through Meditation and Morality*

Connecting with God is not just about temples and rituals. It's about cleaning your thoughts, checking your behaviour, and thinking before you act. If young minds are trained this way, they learn to respect — not misuse — their strength or power.

*e. Practicing What We Preach*

There's no point in worshipping a Devi if the same society allows the rape of daughters, sisters, or wives. Real bhakti

(devotion) begins when we protect, honour and uplift women, not just with flowers, but with actions.

**CHAPTER 5: CONCLUSION**

Thus, it is clear that the increasing cases of rape are not just due to one reason, but a combination of many — like the deep-rooted patriarchal mindset, the normalisation of rape in society, the influence of pornography, the failure of the system, and the silence of society.

But even in this darkness, there is hope — because every religion, every faith, and every God has always taught us one thing: evil can be defeated. Whether it is Ishwar, Allah, Jesus, Guru Nanak, or any other divine figure — they all taught that truth, justice, and goodness always win in the end.

In the same way, rape culture too can be ended. It is not impossible — it is just waiting for people to rise. What we need now is courage, unity, and action — from society, system, and individuals. Otherwise, every day, more women will become victims. Every day, another life will be broken. And if we keep ignoring this, then the end will not just be painful — it will be dangerous for the entire society.

The choice is ours — either we act now, or we keep watching.

