

SEXUAL DEVIANT BEHAVIOUR: IMPLICATIONS FOR COUNSELLING

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Abstract

Sexual deviant behaviour is act of engaging in unaccepted, abnormal and illegal sexual behaviour in a community. Homosexuality and Pedophilia are not strange sexual behaviour in Nigeria despite the grave punishment attached to it. Though many American and European countries legalise the act and has been pressuring other countries to do the same; Nigeria inclusive. Unusual sexual experience at childhood as been identify as one of the causes of homosexuality and pedophilia. One of the effects of homosexuality and pedophilia is high risk of suicide and can be cure by therapist/counsellors using techniques like aversive. By implication, this paper discusses sexual deviant behaviour and suggests recommendations to curb this abnormal behaviour.

Introduction

Sexual behaviours- just like human behaviour- varies and complex and defies simple. As human behaviour refers to the range of behaviours exhibited by humans and which are influenced by culture, attitude, emotions, values, ethics, authority, rapport, persuasion, coercion and/or genetics, so also is sexual behaviour. Since human sexual behaviours refers to the manner in which human experiences and expresses their sexuality, individual sexual behavior is influenced by believes, feelings, love, principles, force, genes e.t.c (Abdulkareem, 2013).

It is very difficult to decide whether behaviour is normal or abnormal. Normal, in most dictionaries, is defined as usual, typical pattern or expected behaviours while abnormal are opposite. One must note that what is normal varies from culture to culture and time to time. From a sociological perspective, behaviours that fall outside the accepted customs and rules of a particular society are considered *deviant*. From a biological point of view, normality implies natural and healthy. A psychological view of abnormality stresses that it produces a personal, subjective sense of distress (such as excessive, nervousness, depression or guilt) or that interferes with person's ability to function adequately in ordinary social and occupational (Masters, Johnson & Kolodny, 1998).

Sexual behaviour cannot easily be categorized as normal or abnormal. For example, the behaviour of couples who love to have sex every night cannot be easily categorized as normal or abnormal since there is no draw line of the time to have sex in a week. But in African culture, some sexual behaviour are categorized as deviant and some are punishable when caught. Sexual deviance behaviour is a complex issue because conformity and deviance are related terms. The definition of the term sexual deviant behaviour has shifted over time. In the last two to three decades, there has been a shift in our attitude towards accepting some of this behaviours as normal and acceptable.

Modern lifestyles and upscale urban living have led to the shedding of inhibitions and increase sexual freedom to explore various sexual behaviours. Though a penile-vaginal intercourse for procreation and recreation was generally believed to be the only "civilized" expression of sexuality for a very long time, masturbating (alone or in company), oral sex anal sex among mutual consenting adults as an expression of love and for the purpose of pleasure are now gaining acceptance as typical sexual behaviours in many societies all over the world. Sexual mores keep changing from time to time and place to place. What was previously seen as a sexual deviance can become a norm if it gains social acceptance.

Sexual deviant behaviour include range of abnormal sexual expression, some of them are: hyper sexuality, celibacy, prostitution, bestiality, masturbation, rape, incest, bisexuality, homosexuality and paraphilia. Paraphilia is a condition in which a person's sexual arousal and gratification depend on a fantasy theme of an unusual sexual experience that becomes the principal focus of a person's behaviour. Examples of paraphilia are: fetishism, transvestism, voyeurism, exhibitionism, obscene telephone calling, sadism and masochism, coprophilia and urophilia, zoophilia, necrophilia, apotemnophilia, klismaphilia, frotteurosm and pedophilia. Most of these paraphilia are common in men than women (Masters et al 1988; Abdulkareem, Ajiboye & Al-wajud, 2012; Abdulkareem 2013). Misconception about ones sexuality can lead to doubt, guilt and shame, perpetuate mistaken views of normal and abnormal sexual deviant behaviour in oneself and others.. In this work, we focus on homosexuality and one of the praphilia; pedophilia.

Homosexuality

Homosexuality has existed throughout history in many societies. The Holy Qur'an and Bible record homosexuality among the people of Sodom and who were later destroyed by God because of their indecency that no one have done before them (Q7:80-84; Q11:77-83; Q26:165-175; Q27:56-59; Q29:27-33; Genesis 19:25-29). Even with this narration from the holy books, a city has been destroyed just because of homosexuality and the act is a sin and punishable in the site of God (Leviticus 18:22; Leviticus 20:13; Q4:15-16; Wafer, 1997), yet Muslim nations such as Albanian, Turkey, Bahrain, Jordan and Mali legalise same sex intercourse by law (Mark, 2009), there are now gay churches, gay bishops and in fact, the media continues to portray their life style as normal (Willcut, 2011).

The word homosexuality comes from the Greek root *homo* meaning "same" and the term was first used in the nineteenth century (Karlen, 1971) by Karl Maria Ketebeny. Homosexuality is a romantic attraction, sexual attraction or sexual activity between members of the same sex or gender over a significant period of time (Masters et al, 1988; Abdulkareem, 2013). In many societies homosexuality in certain form is accepted or even expected (Masters et al 1988; Abdulkareem, 2013). Homosexuality among male is called Gay while among females is called Lesbian (Abdulkareem, 2013).

In Nigeria, homosexuality has started becoming rampant as gays and lesbians are coming out of closets to reveal their sexual orientation. Check newspapers, magazine where they have dating links, Gays are now requesting for partners to date, have casual sex and/or to receive benefit from a rich partner. They are said to have attack Nigeria web portal (www.nigeria.gov.com) on the 4th of July 2013 (The Punch). The attacks are criminal attempts to blackmail countries which have resisted pressures by homosexuals to legalise gay marriage as it is practiced in some countries. On the same day, it was reported in the punch Newspaper that the Edo state police command parade gay pastor and 25 others for allegedly *sodomising* a 20-year-old male member of his church. However, Federal government is under pressure to legalise homosexuality. The minister of foreign Affairs, Ambassador Olugbenga Ashiru stated this on Friday 19th July 2013 (The Punch).

Astonishingly, homosexuality is also found in animals. Homosexual behaviour has been observed in close to 1500 species, ranging from primates to gut worms and is well documented for 500 of them (Bagemihl, 1991; Max, 1999). It was found in domesticated sheep that "About 10% of rams (males) refuse to mate with other ewes (females) but do readily mate with other rams" (Aldo Poiani, 2010; Levay, 2011).

Causes of Homosexuality

Why do people become homosexual? Did they learn it? Sexual orientation is probably not determined by any one factor but by a combination of biological and environmental or behavioral influences. In recent decades biologically based theories have been favoured by expert, although there continues to be controversy and uncertainty (Perrin, 2002; AAP, 2004). Many researchers believe it is caused by complex interplay between natures; they favoured biological models for the causes (AAP, 2004; APA, 2010).

The biological factors that have been researched are genetic and hormonal, particular during the fetal development period, which influences the resulting brain structure and other characteristics such as handedness (AAP, 2004). Kallman (1952) findings proved that genetic factor causes homosexuality. Subsequent studies have failed to replicate these results (Zulger, 1976; Heston & Shields, 1968). Some scattered findings shows that prenatal sex hormone excess or deficiency in humans may be associated with homosexuality (Money & Schwartz, 1977; Ehrhardt, Evers & Money, 1968), this body of research has major limitations (Masters et al, 1988).

There is wide range of environmental/Behavioural factors. Psychosocial theories emphasize that homosexuality is a primarily learned phenomenon (Masters et al, 1988; Masters and Johnson, 1979). Early sexual experiences especially the first sexual experience with an adult particularly with relatives or authority figure (e.g. teachers) may steer them towards homosexual behaviour by pleasurable, gratifying same sex encounters or by unpleasant, dissatisfying or frightening heterosexual experiences (Masters et al, 1988; Cameroun, 1997). Attention has focused on children who showed typical gender role behaviour ("Sissy" boys and "tomboyish" girls) who thought by some researchers to have a greater likelihood of becoming homosexuals (Green, 1974; Masters et al, 1988).

If a person has unpleasant heterosexual experience compare with rewarding homosexual encounters, these may be gradual shift into homosexual direction (Masters et al, 1988). Unusual sexual experience particularly in early childhood like, precocious, excessive masturbation, sexual fantasies, exposure to pornography, depersonalised sex (e.g. group sex, sex with animals) at childhood (Cameroun, 1997). Cultures that socially approve homosexual and encourage exploration or take homosexuality as desirable behaviour, encourage people to try/explore homosexuality and make some people permanent in such activities.

Family abnormality also causes great influence on individuals to become homosexual. In fact, some homosexuals start from close relatives (Abdulkareem et al, 2012). A family that has dominant, absent, distant, possessive or rejecting of one of the parents, a parent with homosexual proclivities, particularly one who molests a child of the same sex, sibling with homosexual tendencies, particularly one who molest a brother or sister, a family that lacks religious background, divorce homes which often lead to sexual problems for both the children and the adults, parent who model unconventional sex roles, family that take homosexuality as normal and welcoming homosexuals (e.g. co-workers, friends neighbours) into the family circle; All these family factors initiates or encourages member(s) of the family to become homosexual.

Law Regarding Homosexual

Homosexuality laws vary from country to country and more countries are now considering legalising it. Homosexuality has been legalised in all European Countries. It is followed by the Americans as only few countries like Trinidad and Tobago, Barbados, Dominican, illegalised it. However, Grenada Belize and Jamaica illegalised gay marriage but legalised lesbian union. In Oceania Countries, many countries illegalised gay union but legalised lesbianism. In Asia, most countries illegalised the act and punish criminals within 2 years to life imprisonment but can lead to death in Saudi Arabia, yet countries like Iraq, Israel, Turkey, India, China, Japan and Jordan legalised the act.

In North Africa, all countries illegalised the act except Egypt who is silent about it and the penalty vary from 2 years to 10 years imprisonment but can lead to death in North Sudan. All countries in Central Africa legalised it except Cameroun that punishes offenders for up to 5years prison. Shockingly Chad has legalised it since 1967. Most Countries in East Africa illegalised it with penalty within 3 month to life imprisonment except Rwanda Djibouti. Only South Africa and Mozambique legalised the act in Southern Africa. Lesotho, Swaziland and Zimbabwe legalise female and illegalised male from homosexual marriage. In West Africa, Benin, Burkina Faso, Cape Verde, Cote D'voire, Niger, Guinea-Bissau, Mali legalised homosexuality as other countries illegalised it except Ghana and Sierra Leone that illegalises only male homosexuals and uncertain about women.

In Nigeria, same sex (Prohibition) Bill was sent to National Assembly for urgent action by Obasanjo administration in 2006. Since then, the bill had been panel beaten in different phases until present stage.

Recently (15 November 2012), the law has been passed by the House of Assembly to illegalise homosexual marriage as anybody caught will face 14 years jail term, without any option of fine, 10 years jail term without an option of fine on members of gays associations, gay clubs and all persons who engage in gay processions. Also any person or group that witnesses, abets and aids same sex marriage shall be liable on conviction to term of 10 years imprisonment. The bill also provides that same sex marriage certificates issued in foreign countries shall be void in Nigeria.

However, Bizum Yadok states in *The Punch* Newspaper that there are loop holes embedded in the bill. First it only emphasises same-sex marriage and not same-sex act itself. Secondly, it does not affect those who cohabit for many years and cannot be prosecuted without wedding certificates. Lastly initiators of homosexual practice like some "aunties" and "uncles" are not really captured in the law (*The punch*, July 4 2013).

Effects of Homosexuality

The current media portrayal of gay and lesbians relationships is that they are as healthy, stable and loving as heterosexual marriages. Essentially Lesbians, Gays, Bisexuals and Transsexuals (LGBT) have many consequences on the individuals some of them are:

1. Homosexual promiscuity: Studies indicate that the average homosexual has hundreds of sex partners in his life time (Bell & Weinberg, 1981; Pollak, 1991; Lambad report, 1998). Even those homosexual relationships that are closely termed "monogamous" do not necessarily result in healthy behaviour (Willcut, 2011; Dailey, 2012).
2. Risky sexual behaviour on the rise among homosexuals results into various diseases (Dailey, 2012). HIV/AIDS (a deadly incurable STD is highly contracted by homosexuals) (Willcut, 2011; Dailey, 2012), Human Papillomavirus (HPV) (a collection of more than seventy type of viruses). More than twenty types of HPV are incurable STDs that can infect both men and women. HPV is 'almost universal' among homosexuals and can cause cancer (Dailey, 2012). Others are Hepatitis A, Hepatitis B, Hepatitis C, Gonorrhea, Syphilis, Gay Bowel Syndrome (GBS) e.t.c.
3. Anal Cancer: Homosexuals are at increased risk for this rare type of cancer, which is potentially fatal if anal-rectal tumors metastasize to other bodily organs (Dailey, 2012).
4. There is high incidence of mental problems among homosexuals (Dailey, 2012).
5. Compulsive behaviour: Homosexuals are three times more likely to abuse alcohol, used illegal and more deadly drugs and suffer from other compulsive behaviours (Hall, 1994; Freiberg, 2000).
6. Violence in homosexual relationships: Studies have shown that interpersonal violence examined conflicts and violence in homosexual relationship. They also have dangerous attitude like anger and hatred (Lie & Gentlewarries, 1991; Island & Letellier, 1991; Willcut, 2011).
7. Greater risk of suicide: studies shows that wide spread prejudice against homosexual people causes them to be unhappy or worse, mentally ill (Hog, 1997; Rotello, 1997).
8. Reduce life span: studies shows that homosexual have significantly shorter life span for 24 years (Hog, 1997; Rotello, 1997).
9. Homosexuals cannot procreate and they cannot provide proper environment for rearing children.
10. Homosexuality opens doors to bestiality and pedophilia.

Pedophilia

Pedophilia is a psychiatric disorder in persons of 16 years or older typically characterized by a primary or exclusive sexual interest toward prepubescent children (generally age 11 years or younger). An adolescent who is 16 years of age or older must be at least 5 years older than the prepubescent child before the attraction can be diagnosed as pedophilia. According to APA (1980), pedophilia (literally, 'love of children') scribes adults whose preferred or exclusive needs of achieving in sexual activity which prepubertal children. Pedophilia does not only occur in male but there are specific cases of women having repeated same contact with children (Masters et al, 1988; Finkelhor, 1984).

The pedophilia or child molester is not always complete stranger but many cases reported that pedophilia is a relative, making the sexual contact in form of incest. There are three (3) distinct age groups where pedophilia is common; over age 50, in the middle-to-late-thirties and adolescent. Pedophilia may be separated into two; exclusive pedophiles and non-exclusive pedophiles. The exclusive pedophiles are sometimes referred to as "true pedophiles", they are attracted to prepubescent children only. They show no erotic interest in adults of their own age and can only become aroused while fantasizing about or being in the present of prepubescent children.

The non-exclusive pedophiles, are attracted to both children and adult can be sexually aroused by both though, a sexual preference for one over the other. Pedophilia as described as a disorder of sexual preference as not been excluded from the group of mental disorders because it act causes harm and pedophiles can sometimes be helped by mental professionals to refrain from acting on their impulses.

Causes of Pedophilia

The exact causes of pedophilia have not been conclusively established. Research suggested that pedophilia may be correlated with several difference neurological abnormalities and often co-exist with other personality or psychological pathologies. However, there may be other motivations for the crime such as: Stress, Marital problem or lack of an adult partner.

In 1986 Finkelhor and Araji proposed four factors model to summarise the various theories about pedophilia. The four factors are; Emotional Congruence, Sexual Arousal, Blockage and Disinhibition. Under these factors, They recognised low self-esteem, identifications with aggressor, arrested development, traumatic childhood experience, Biological factor, castration, anxiety, fear of female adult, traumatic experience with adult sexuality, marital disturbances, alcohol abuse, situational stress, failure of incest-avoidance mechanism, misattribution of arousal as the cause of pedophilia.

Effects of Pedophilia

Several researchers have correlations between pedophilia and certain psychological characteristic such as low self-esteem poor social skills (Cohen & Galynker, 2012). Child-sex offender researchers indicate that pedophilia have impaired interpersonal functioning and elected passive aggressiveness as well as impaired self-concept. One effect is the development of homosexuality tendency. Watkin and Bertouim found that adolescent attributed the onset of homosexuality desired to having been victimized by an older same sex adult. Some who are victimized by opposite sex turn to other defensiveness and hoping to find love from the same sex (because they already hate opposite sex).

Victims of sex abuse also appear to suffer from psychological damage in their adulthood, to be at higher risk for suicide and may repeat the sexual abuse in adulthood. Dr David a leading US researcher in the field of child abuse describe some of the effect of child sexual abuse as: confusion about sexual and sexual norms, inability to differentiate sex from love, conviction between care getting and care giving, having lowered respect for adult authority, guilty, shame, anxiety lowered self-esteem, depression, vulnerability to drug and alcohol abuse and impaired ability to judge the trustworthiness of others. Finally, not surprisingly, many of those children become suicidal, they are most likely than other maltreated children to receive the psychiatric diagnosis of Post-Traumatic Stress Disorder (PTSD), because of the nature of the abuse, and they have difficulty in forming trusting relationships especially with those they view as parental authorities' figures.

The Counselling Implications

It is sad that many counsellors, social workers, psychologists and psychiatrists now believe that change from homosexuality is not possible. They believe this, not because of fact, but because of the persuasiveness of the gay lobby, false media declarations and the threat of being labeled *homophobic* or bigoted within their professional associations (Paulk, 2003). Masters et al (1988) identify four behavioural techniques that can be used in solving various sexual deviant behaviour: (1) Aversive therapy, which attempts to reduce or extinguish behaviour by conditioning; (2) Desensitization Procedure, which naturalise the anxiety-provoking aspects of acceptable sexual behaviour by a process of gradual exposure; (3) Social skills training, it is used in conjunction with either approaches and aim at improving a person's ability to form interpersonal relationships. For example coaching a man in how to talk with women, how to overcome his rejection and how to express affection; (4) Orgasmic reconditioning, the person is gradually taught to become more acceptable mental imagery.

No one as yet successfully proven that homosexual attractions are genetically based and even if someone eventually discovers proof that there is a genetic component, this doesn't mean that the behaviour is good or healthful for the individual. There may be genetic predispositions to obesity, alcoholism and other harmful behaviours. This doesn't mean one must consider these as positive conditions or should affirm self-destructive behaviour as normal.

Conclusion

From studies above, it is discovered that homosexuality and pedophilia are harmful to both individual and national development. Homosexuality is however gaining global acceptance and may become indefatigable. Thus, there is need to rehabilitate and educate people on the major effects of the sexual deviant behaviour most especially in the African society. Pedophilia on the other hand should also be taken with stiffer hand to debar people from engaging in it. Proper sexual orientation should be encouraged to save our nation from the trauma of deviant sexual behaviours. Indeed, if these behaviors are curbed many lives will be saved and many achievements will be ascertained.

Recommendations

1. Parent should enjoy being parent and cherish their role as parent. The mother should love her husband and support his role as the head of the family. The father should cherish his wife and should not degrade her. Children have a way of studying the parent and hatred for one parent can lead to unpleasant sexual behaviour.
2. Parent should always be there for their children and should not be neglecting them whenever they want to discuss with them.

3. Parent should inculcate religion and cultural value in their children right from their childhood
4. Counsellors should discourage their client from deviant sexual behaviour and value the African culture
5. Counsellors should equip themselves with techniques and skills to treat sex offenders and their victims.
6. Government should resist all pressure on them to legalise immoral sexual behaviours
7. Government should employ rehabilitation counsellors to rehabilitate sex offenders instead of punishing them alone.

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