

**Psychosocial influences of male sexual offenders in
Committing crime**

A Thesis

**Submitted in Partial Fulfillment of Requirements for the
Master of Arts in Counseling Psychology**

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DECLARATION

I hereby declare that this thesis is my own work and that it contains no materials previously published. I have not used its materials for the award of any kind or any other degree. Where other authors' sources of information have been used, they have been acknowledged properly. I also declare that no generative AI has been used to generate any content of this thesis.

Signature:

Name:

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LETTER OF RECOMMENDATION

I certify that this thesis entitled "Psychosocial influences of Male Sexual Offender in Committing crime" was prepared by Ms. Jyoti Kumari Jha under my supervision and is submitted in partial fulfillment of the requirements for the Master of Arts in Counseling Psychology at Tribhuvan University. I hereby recommend this thesis for formal evaluation by the expert committee of the Master's in Counseling Psychology Program.

Ms. Roji Maharjan

Supervisor

Date 5/6/2026

LETTER OF APPROVAL

This is to certify that the thesis entitled " Psychosocial influences of Male Sexual Offender in Committing crime" by Ms. Jyoti Kumari Jha has been evaluated and approved by the expert committee as partial fulfillment of the requirements for the degree of Master of Arts in Counseling Psychology at Tribhuvan University.

Expert Committee

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ABSTRACT

A male sexual offender is a person who has been convicted of a sexual offense. In this study, male sexual offenders are defined as those participants who commit the rape crime against females . Muluki Criminal Code 2074 states that anyone who engages in sexual activity with a woman without her consent, or, in the case of women under the age of eighteen, even with her consent, shall be considered to have committed rape. This study aims to explore the psychosocial influences of Male Sexual Offenders in committing crimes. The study site is Nakhu Jail of Nepal, Lalitpur, where male participants who are sentenced to prison for a crime. In-depth interviews and unstructured questions were conducted in data collection from those male sexual offending participants after receiving permission from the informed consent form. KII was also used for expert opinion because of this study's main purpose to deliver messages in the community and society. The research questions are about childhood to adolescent age experience, social background, peer support, and these types of unstructured question-based in-depth interviews. In this narrative study, thematic analysis was used to generate findings that revealed psychosocial influences like childhood trauma, aggressive behavior, motivation from peers, lack of knowledge about the consequences of crime, alcohol consumption, parenting, couple relations, and peer pressure as the factors for crime. This finding is significant for awareness and trajectory for psychologists and counselors who are interested in working with crime and criminals.

Keywords: male sexual offenders, rape, influences

CHAPTER I

INTRODUCTION

1.1. Background

Rape is a crime; it is prevalent across all 77 districts in Nepal. According to the *Annual Factsheet on Gender-Based Violence* published by the Police Headquarters, a total of 2507 rape cases were recorded nationwide in the fiscal year 2081/82 (July 2023-July 2024). The highest number of cases was recorded in Koshi Province, while the fewest were in Gandaki Province; cases were seen in all provinces. Men and women have their own issues regarding the term rape; women have a sense of fear, while men also feel on the periphery of suspiciousness.

Around the globe, sexual offending and rape have existed, and all genders have faced the offences, but looking at the majority, women are the ones who have been affected and impacted most. There is a different definition of sexual offence, but in this study, the researcher particularly focuses on the criminal's psychological and social reasons for committing the crime of “rape”. There are different definitions, but in this research, we focus on Muluki Criminal Code 2074, which states that anyone who engages in sexual activity with a woman without her consent or, in the case of women under the age of eighteen, even with her consent, shall be considered to have committed rape.

Though the police reports show a certain number of rape being committed due to fear, stigma, and lack of resources and services, there might be a higher number of cases than reported. We often hear the news and reports of crimes being committed, but we often fail to understand the reasons behind the crimes being committed. Only one factor cannot be the reason behind a man to conduct a sexual offence such as

rape; there can be multiple factors, including biological issues, psychological, social, and cultural factors. At times, biological aspects are studied by medical professionals, while their psychosocial factors, which play a significant role, are missed. So, this study primarily focuses on the psychological and social factors of crime, such as rape being committed, especially by male offenders.

This study not only brings the data and narratives of the criminals/male sexual offenders, but this research is also significant in creating awareness, helping counseling professionals to understand the factors when working with offenders during counseling.

1.2. Statement of the Problem

Rape is a sensitive topic that impacts the lives of victims and offenders. One is traumatized for life, and another has to face the punishment based on the law of the country. All genders are impacted by such crimes, but the majority of females are impacted by male offenders. There are multiple factors that lead to this crime. At times, to enforce power, childhood trauma, lack of fear, unable to control the libido. Though these are probable assumptions, few studies show that;

Though rape is a physical act, the underlying mental and psychological norms are often missed or overlooked (Atreya et al., 2021). There are multiple factors, like behavioral, emotional, and cognitive traits, with factors such as impulsivity, cognitive distortions, attachment issues, childhood trauma, and low empathy significantly influencing their psychological development that male offenders are profiled through (Butt et al., 2025). Though rape is considered a physical act, the psychological and social factors are often missed.

This study particularly focuses on psychosocial factors because crime cannot be studied in fragments but must include all components that contribute to the occurrence of rape. It helps in understanding the factors involved in working with offenders, raises awareness to prevent such crimes, and is also useful in the legal system, where often only the physical act is evident. Based on the research questions below, the findings of the above problem will be indicated.

1.3. Research Questions

- How do psychological factors contribute to rape?
- In what ways do social factors like parenting, childhood trauma, and family background influence criminal offences like rape?
- What is the level of awareness among offenders regarding laws and the consequences of sexual violence?

1.4.Objectives

1.4.1 General Objectives: To explore psychological and social factors influencing male sexual offenders in the committing of rape in Nepal.

1.4.2 Specific Objectives

- To explore psychological influences associated with rape in male sexual offenders in Nepal.
- To identify social influences associated with rape in male sexual offenders in Nepal
- To examine offenders' awareness of legal consequences related to sexual violence.

1.5. Significance of the Study

In the present context, insecurity is experienced by each individual at all times, from home to workplace. Nobody can discuss rape crime, even those people who face this incident, because stigma prevails in our patriarchal society

The purpose of this study is to understand the lifelong development of a sexual offender's mindset. As a qualitative research design based on narrative, it aims to comprehend participant experiences. The researcher wanted to know about the root cause of the rape crime, and therefore studied the mindset of the male sexual offender from influencing factors using a narrative approach by listening to participants' experiences and stories of their previous life. Different studies have already been conducted in the country. Few studies are based on secondary data, such as record reviews, and some information is gathered from criminals' relatives, police officers, and lawyers. Prior research focused on the mental health problems of jail inmates rather than investigating the reasons behind their attempts and the influences that contribute to the development of their sexual offense conduct. Another organizational research report emphasizes that psychological, social, and cultural aspects are the main reasons for this crime.

Thus, the goal of this study is to identify the psycho-social influence on the sexual offender. The findings of this research provide baseline information that will be helpful for further research. Parenting training, psycho-education for teachers, students, and community-based awareness programs can be developed from these research findings.

Therefore, preventing sexual offending requires collective responsibility extending beyond legal mechanisms. Families, educational institutions, and society at large must play an active role in prevention. Greater emphasis must be placed on responsible parenting, value-based schooling, legal awareness, and mental health education to foster attitudes and behaviors that discourage sexual violence and promote accountability.

1.6. Operational Definitions

Male Sexual offender: A male sexual offender is a person who has been convicted of a sexual offense. In this study, male sexual offenders are defined as those persons who commit the rape crime with female sex (child to every age of females).

Rape: Someone tries to fulfill their sexual desires by coercing, employing force, or having intercourse without consent. This behavior is known as "Jabardasti Karani," in the Nepali language, which is the definition of rape in the general concept.

Rape laws in Nepal are governed by Section 219 of the Muluki Criminal Code 2074, which defines rape as sexual intercourse with a woman without her consent or with a girl below eighteen years with or without consent.

CHAPTER II

LITERATURE REVIEW

The researcher is guided by a literature review, which indicates whether or not a relevant issue has been the subject of prior research. It specifies where, where it was done, and on whose population, if it has been done. Similarly, if research has been conducted, it displays the results together with the gaps that still exist. It also assists the researcher in generating knowledge on how to fill those gaps through additional study.

Some research has been done on this linked topic in Nepal, but much more has been done in other nations. Many ideas came to the researcher as a result of performing the literature study, and they realized that investigate something new instead of repeating what has already been done. The researcher reviewed the research articles based on the national and global context.

Psychological Influences

One study is a secondary data analysis of police records. This study assesses the trend of rape and attempted rape in Nepal during the past 20 years and discusses the public health measures used in combating this issue. In this study, well defined about rape crime and also focuses on why men commit the rape crime. In this study, the researcher highlighted the guilty mind and the guilty act (Atreya et al, 2021). It describes that these two factors play a main role to occur any crime. In this study, the focus is on how the law deals with persons guilty of an act, but the guilty mind is also important, which is derived from the culture and social norms.

This study is based on secondary analysis of 20 years report, but present study is based on face-to-face in-depth interviews with inmates about their psychological and social influences from childhood to the present situation. This study finding is based on face to face in depth interview. Previous study shows only the prevalence of rape cases over the past 20 years, rape cases prevalence but this study clearly shows that the psychosocial influencing factors are the reason for that crime. In the present study, the researcher completed primary data collection based on in-depth interviews and focused on psycho-social influencing factors of the male sexual offenders. The study gaps are seen in methodology. The secondary data always describes the historical report, and the primary data always contributes the latest information about the issues.

Research indicates that psychopathology, violence, and adverse childhood experiences are important influencing factors for rape crime (Satapathy et al., 2022). The 44 adult males who were allegedly raped and came in for a medical checkup at the All India Institute of Medical Sciences' Department of Forensic Medicine and Toxicology were all contacted. For the study, a semi-structured socio-demographic data sheet was created with practical sampling. Adverse Childhood Experiences, Aggression Questionnaire, Symptom Checklist-90, and Interpersonal Reactivity Index were used in the assessment. These study findings recommend that those components must include a rape prevention program at the community level. This study methodology is totally different from the present study. Study participants number are also different. Study focus on the psychological part, but the present study focuses on the psychological and social influencing factors. And without any assessment tool, researchers collect the information about participants' childhood experiences and stories. Methodological gap seen between the present and previous study.

The profile of male sexual offenders based on behavioral, emotional, and cognitive traits is displayed in another study. The influence of impulsivity, cognitive distortions, attachment styles, childhood trauma, and empathy deficiencies on the psychological development of sexual offenders (Butt et al., 2025). Butt is a skilled legal practitioner and researcher with a wealth of legal and governance expertise who resides in Lahore, Pakistan. Although there are no direct human subjects in the study, all secondary data came from publicly accessible sources that follow ethical research guidelines. In the context of sexual offenses, this study focuses primarily on a deeper comprehension of the psychological aspects of criminal behavior.

The previous study focused solely on the psychological aspects of criminal behavior and was based on secondary data. In contrast, the present study explores both psychological and social influencing factors and is grounded in primary data collected directly from participants. This distinction represents a clear research gap that the current study aims to address.

In Bangladesh as well as throughout the world, rape is one of the most common crimes against women. Researchers use secondary data to focus on the motivational aspects of rape crimes in Bangladesh (Alam et al., 2022). Thorough examination of the primary motivations for rape crimes is acquired from journal articles, reliable media, websites, and organization reports. This study primarily focuses on the psychological aspects of anger, the perpetrators' desires, how they abused their power against members of the underdeveloped society, and sexual desires (many men are unable to form a good career and cannot get married even after reaching the appropriate age for marriage). Many people engage in horrible acts like rape to satisfy their desire for sex.

The current study is completely different from this one. The current study is based on primary data, whereas the previous study was based on secondary data. Additionally, the current study does not just concentrate on psychological influences. The current study also includes a section on social influence. Regarding the data and study components, the research gap is evident.

The study explores maladaptive personality traits that contribute to sexual violence (Arief et al., 2025). Study based on a qualitative descriptive approach, and Data were collected through in-depth interviews and psychological assessments, focusing on personality profiles, social contexts, and cultural influences. Data collection methods included interviews and observations, conducted over a period from June to August 2024. The personality profiles of sexual offenders in Indonesia exhibited high neuroticism, low agreeableness, and weak self-control, which contributed to impulsive and manipulative behaviors. Five individuals have been identified as suspects in sexual violence cases. Participants were selected using purposive sampling based on their relevance to the research objectives, specifically adult male perpetrators of sexual violence.

This study focuses on the personality profiles by using psychological assessment, but the latest study is different because no assessment tool is used for data collection, based on in-depth interviews and a semi-structured questionnaire. And also focus on the participant's life story and their experiences and memories.

The nationwide study on the provision of mental health services to mentally ill offenders: Who is doing what? (Bewley et al., 2011) Law and Human Behavior. Examining the nationwide practices of psychotherapy services for male offenders with mental illness (OMI) in state correctional facilities was the aim of this study. For

this study, four states' prisons were randomly selected from each of the 50 states for a total of 200 potential prisons. All of the state prisons were randomly selected from the 2007 American Correctional Association's directory,

The findings showed that offenders with Mental Illness received a range of treatments from mental health specialists, all of which could be summed up by six objectives that were deemed significant at the time of the study recovery from mental illness, emotion management, institutional functioning, re-entry, risk- need, and personal development. The majority of mental health professionals in this survey believed that recovering from mental illness, institutional functioning, and personal development were much more essential, and they dedicated more of their time to these areas.

This survey study focused on those prisoners who have a mental illness after being sentenced to prison for a rape crime. And focus on the prisoner's personal development rather search the reason of contributing factors of sexual offenders to commit rape crime. This is the gap between the previous survey study and the present qualitative study. This present study focused on participants' previous psychological and social aspects to study the real influencing aspects of committing a crime.

Similarly another study focused on the major factor in criminal behavior is motivation. Regardless of the type of motivation, offender factors have a greater proportional influence on crime motivation than do offense/victim-specific factors. The study used confirmatory factor analysis (CFA) in a mixed-methods sequential explanatory research design to determine the motivational elements behind 346 criminal incidents. Second, the 69 offenders motive stability was evaluated for each offense they committed. In order to determine whether offender types evolved in

accordance with confirmatory factor analysis results, interview data were finally analyzed. (Reid et al., 2014). Using mixed methods to investigate the motivating tendencies of recurrent. Two motivational factors found in this research are the desire for sexual gratification, anger, and aggression. The study site is the province of Quebec, Canada. This study is based on a mixed method and emphasizes motivational factors, but the present research focused on searching for the psychosocial leading factors of male sexual offenders to commit crime. This gap will fulfill from this study.

A retrospective analysis based on event classification was used to qualitatively assess the emergence of hetero-aggressive behavior. The purpose of this study was to determine the life trajectories of sexual offenders by conducting interviews with psychologists and the families of the prisoners as secondary sources. Individual life charts were constructed by retracing the life trajectories of convicted sexual offenders (Elair et al., 2019). Individual life experiences were categorized into four main categories by these life charts: health, life events, the relationship sphere, and the judicial and jail spheres. The total sample size of this study is 40 prisoners, and the study site is Bapaume prison in the north of France.

This is also qualitative research based on interviews with inmates' relatives and psychologists. This shows one of the biggest gaps in this present study, which is a direct interview with the male sexual offender about the psychosocial influencing factors of the male sexual offender to commit rape. The researcher collected all information from the prisoners as participants, and their responses were considered valuable in understanding their inner feelings and thoughts.

A mixed-method study conducted by Rijal(2022) on the mental health issues, associated factors, and abusive attitude towards violence and abuse among jail inmates of Dhulikhel, Kavre. In this present study, the researcher gathered

information from different types of prisoners (murderers, thieves, and sexual offenders), 90 participants among the 220 inmates, using a mixed method in the Dhulikhel jail. In that research, more focus was placed on the present mental health status and mental disorders, and less focus was placed on the history.

The present study included only male sexual offenders as participants. The research was conducted at Nakhu Prison, located in Kathmandu. A qualitative research design was adopted, and data were collected through unstructured, in-depth interviews to gain comprehensive insights into the participants' experiences and perspectives. A previous study on a related topic was conducted by a reputed psychiatrist in Dhulikhel . In contrast, the present research has been carried out by a student enrolled in the Master's program in Counseling Psychology at Tribhuvan University.

According to Elegbeleye (2006), the reason behind the rape incident is understood in terms of the intention or mindset of the offenders. A study based on a cross-sectional survey method in convenient sampling and both quantitatively and qualitatively designed questionnaire (Rape Evaluation Measure REM) was used as the technique of data collection, and the study site was three Nigerian Universities, including students and staff from each of the three regional western, northern, and Eastern geographical zones of the country. This study emphasized that the inappropriate girls' dressing style was the main reason for the rape incident. Therefore, formal dress code awareness and strict regulation for preventive measures to stop the rape crime. This study describes how male offender sexual arouses motivated after inappropriate dressing by females in the universities. Therefore, a strictly formal dress code is implemented in the universities.

In this research, only one influencing factor was focused on for the reason of the rape crime, which is girls dressing style , but in the present research or study done in Nakhu Jail , where psychosocial influencing factors were studied by the researcher. In this study researcher explore about participant's childhood memories, friends, their life story, family, including all psychosocial aspects that focus on various reasons for this rape crime. Rape crime cannot happen from only one reason; therefore, this present study shows different psychosocial influencing factors.

Social influences

The article Rape law in Nepal by Advocate Dahal (2025) describes the Nepalese law penalized of rape crime. In this article, clearly mentioned for the various age groups of victims. The article serves as an informational resource on the definitions, offences, and penalties related to rape law in Nepal under current legislation (Muluki Criminal Code 2074) (Mero Adalat, 2082). This article clearly defines rape and its types. Valuable information about the punishments are from 16 years to 20 years, if the minor is below ten years. From 14 years to 16 years, if the minor is above ten years but below fourteen years. From 12 years to 14 years, if the minor is above fourteen years but below sixteen years. From 10 years to 12 years, if the woman is above sixteen years but below 18 years. From 7 years to 10 years, if the woman is above 18 years.

This article is very helpful to know about the information on Nepalese law regarding rape crime. But every day, rape crimes are rising in the society despite the strict law. The researcher benefited from this article to know about the definition of rape, types, and punishments based on various age groups of victims. This article only focused on crime and Nepalese law, but the present study focuses on the reasons for

the rape crime associated with psychosocial influencing factors , which is the main gap exist .

Likewise, other studies also focus on the reported number of rape cases despite the strict law in Nepal. Dulal (2022) highlights the situation of rape cases in Nepal. This study is based on secondary data, such as published research papers, journal articles, and survey reports, with a desk review method. Study shows that despite the Constitution and law guarantees, the Nepal Police in 2021 reported that up to seven women and girls are raped every day in the country, most of them by neighbors, relatives, and acquaintances. Many cases of rape and sexual violence go unreported to police because of social stigma, lack of trust in the justice system, and lack of protection for victims.

This study is based on secondary data, which is the main difference from the present study, and that study only focuses on the reasons for unreported cases due to a lack of protection of victims, social stigma, and lack of trust in the justice system, but the present study explores the influencing factors for male offenders to commit crimes. This present study is focused on how to prevent the development of offensive thought and behavior in males from childhood , that is a gap in both study.

Similarly, another article titled “Rape Cases in Nepal” by Rum Dali (2025), Lecturer at Padmakanya Multiple Campus, Tribhuvan University, was published in the Political Science Journal. The study is based on a feminist perspective and highlights the legal situation, social context, and cultural responses to rape in Nepal, with the aim of empowering women and survivors. The article analyzes various rape incidents reported across different parts of Nepal and discusses the existing laws and

prevailing social practices related to sexual violence. The study further emphasizes that many individuals commit such crimes due to a lack of awareness about legal provisions and the penalties prescribed by law, as discussed in the article.

This study only focuses on how to empower the female by strong legal system, but the present study is totally different because it focuses on how the law cannot only prevent this rape crime , but also prevent it when all individuals work on the root cause and influencing factors like improving parenting style, socialization in a positive environment , providing education about law and crime from the school level. This present study's main concern is not how to protect and empower women and girls, but how to prevent males from committing the rape crime. These things are the main gap between both study.

Similarly, another article titled “Rape Cases in Nepal” by Rum Dali (2025), Lecturer at Padmakanya Multiple Campus, Tribhuvan University, was published in the Political Science Journal. The study is based on a feminist perspective and highlights the legal situation, social context, and cultural responses to rape in Nepal, with the aim of empowering women and survivors. The article analyzes various rape incidents reported across different parts of Nepal and discusses the existing laws and prevailing social practices related to sexual violence. The study further emphasizes that many individuals commit such crimes due to a lack of awareness about legal provisions and the penalties prescribed by law, as discussed in the article.

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The main concern is not how to protect and empower women and girls, but how to prevent males from committing the rape crime. These things are the main gap between both study.

The study shows that poor urban low-income communities, poor housing, and poverty in general promote sexual crimes in Ghana (Wrigley et al., 2016). The data collection was based on official police data, key informant interviews, and focus group discussions from five low-income urban neighborhoods in Ghana. This study explores the nexus between urban crime and poverty in four major cities in Ghana: Accra, Takoradi, Kumasi, and Tamale. Both secondary and primary data sources were used in the analysis. Despite the country having instituted several legal and institutional frameworks for addressing sexual crimes and protecting the rights of individuals, sexual crimes are prevalent in urban low-income communities due to a multiplicity of poverty-related factors. Limited education, high unemployment, high room occupancy rates, overcrowding, and congestion are the main factors that promote sexual crime in the low-income communities of Ghana.

This study totally focused on economic aspects are influencing factors, but the present study shows different psychological and social influencing factors. And also identified that not only are poor people involved in this crime. In this study, educated, uneducated, rich, poor, including varieties background of individuals who attempted the rape crime. These difference findings are the main gap of these both study.

Psycho-social Influences

The study conducted by the Saathi organization teams (Rana et al., 2021) explores the Mindset and Behavior of Male Perpetrators of Rape, focusing on the psychological, social, and cultural factors that shape the mindset and behaviors of male perpetrators of rape. This report is based on desk research. Small size sample of perpetrators from various age groups, the key informants include senior legal officials, judges, police, advocates, human rights activists, and counselors. This study shows that male perpetrators have patriarchal beliefs, distorted ideas about consent, and that rape is a tool to assert power, dominance, and masculinity, as identified by conducted interviews with research participants, outlining important case studies.

This study focuses on psychological, social, and cultural aspect that shapes the mindset and behavior of perpetrators of rape, and the present study focuses on psychosocial influencing factors of male sexual offenders to commit crime. That study was conducted by an organization team, and this study was conducted by a female student. That study also explores how these mindsets develop. In this study, only male sexual offenders are participants, and only one expert opinions collected from the researcher rather than collected data from advocates, police, legal officials, judges, human rights activists, and counselors. Saathi organization is working for women's justice; therefore, it focuses more on women's rights and empowerment, and therefore, these essence find in their report, but this present study is based on a humanistic approach; therefore, the researcher remembered that humans can make mistakes and focus more on those influencing psychosocial factors for that work in the future to prevent the rape crime in society.

The present cross-sectional study followed an exploratory qualitative research design, which intended to identify socio-cultural and psychological factors associated

with rape (J.K. et al., 2022). In this study, researchers intended to explore the socio-cultural and psychological factors associated with rape from the perspectives of men. Participants were among 37 males between the ages of 18 to 25 years from Kerala, India. The data were collected using semi-structured interviews. This study focus to understand the possible factors that lead to these crimes. And explored the concept of rape from the perspective of young men from Kerala.

This current study does not analyze men's perspectives on rape; instead, it examines convicted rapists who are currently serving prison sentences. This study is based on face to face in depth interview with real male sexual offenders of different age groups and explores the participants' life story from childhood to the present stage of the age and also identifies the psychological and social influences that shaped their thoughts, emotions, and behavior.

CHAPTER III

RESEARCH METHODOLOGY

3.1. Research Design

This research employed a narrative qualitative design to gather comprehensive insights through in-depth interviews using unstructured questionnaires. The narrative research approach aimed to comprehend human experiences by examining the personal stories that individuals share about their lives. It assists in understanding the underlying motives for criminal behavior, which facilitates a better grasp of the internalized factors influencing their actions.

3.2. Study Area:

Nakhu Jail (Rehabilitation center) of Lalitpur is the study area of this research. It was established in 2007 BS (Nepali) and is a prison facility located in Lalitpur District, Nepal. The jail is surrounded by a road to the east, a school to the west, residential areas to the north, and the Nakhu River to the south. It has two separate blocks for male and female inmates, each with a capacity of 250 inmates, and plans are in place to expand it to accommodate 1,000 inmates. Additionally, the jail includes a Community Rehabilitation Center and a Drug Rehabilitation Center.

Before initiating the data collection process and finalizing the research location, the researcher visited three prisons in Kathmandu: Nakhu Jail, Central Jail, and Dillibazar Jail to observe the study environment. During these visits, the researcher found the environment of Nakhu Jail comparatively more peaceful, a more structured visitation system, stricter administrative regulations and suitable for

qualitative data collection. Therefore, considering the appropriateness of the setting, the researcher requested a permission letter from the Prison Management Office to conduct the study at Nakhu Jail.

According to the study design, participants came to respond to research questions and shared their stories after rapport building in an in-depth interview. The study area was unfamiliar to the researcher, and all rules were followed by her.

There are separate blocks of a Community Rehabilitation Center, and a Drug Rehabilitation Center. Vipassana Center, named "Dhammasaya," was inaugurated in Nakhu jail in 2024. This center hosts 12-day meditation camps for inmates. There is a well-facilitated psychosocial disability hospital inside the Jail. This study site was chosen for the purpose of studying those inmates who were convicted of the crime.

3.3. Sample and Sampling

11 participants' information was acquired in accordance with the study's goal.

Table 3.3

Participant's pseudonym	Age	Education	Profession/ occupation in previous days
Bishal	50	12 pass	Businessman
Hariyaa	22	SLC pass	Technician
Mahesh	33	2 class pass	Driver
Sahlesh	25	12 pass	Student
Prakash	39	Master degree in Sanskrit	Priest
Bisesh	21	12 Running	Driver
Himalay	39	NO	Driver
Nimesh	35	B.E and MBA	Engineer
Kamlesh	21	SEE pass	Work in café
Manoram	21	Hotel management	Club musician
Jagmohan	35	Master degree in English	Teacher

Qualitative sample size is commonly determined by the principle of data saturation. The researcher selected 11 participants for this narrative study because the main purpose of narrative research is to understand people's personal experiences and stories in depth, rather than collecting information from a large number of participants. In qualitative research, the quality and richness of the information are more important than the sample size. The 11 participants provided detailed and meaningful experiences that helped to understand the topic clearly. Data collection continued until similar ideas and experiences began to repeat, and no significant new information emerged, indicating data saturation. Therefore, 11 participants were considered sufficient to gain a deep understanding of the participants' lived experiences.

The data show that both educated and uneducated individuals, including laypersons and religious individuals, were residing in the rehabilitation center for behavioral improvement, realization of past mistakes, and personal transformation. Participants were engaged in learning physical and mental practices, such as meditation and Vipassana, as well as developing social life skills and coping skills to manage their daily lives more effectively.

3.4. Inclusion and Exclusion Criteria

Inclusion Criteria:

The participants in this study consisted of male inmates who had been convicted of rape-related offenses. Individuals who voluntarily expressed their willingness to participate after the researcher explained and read the informed consent form were included in the study. To ensure confidentiality and protect participants' identities, written signatures were not collected, as participants were concerned that signing the consent form might disclose their identities. Therefore, verbal informed consent was obtained from each participant before their involvement in the study.

Exclusion Criteria:

The study excluded male inmates who had been convicted of offenses other than sexual crimes, such as murder or theft. Furthermore, individuals who were not willing to participate voluntarily were excluded from the research. These exclusion criteria were established to ensure that the participants aligned with the purpose of the study and that ethical principles of voluntary participation were maintained.

3.5. Theoretical Framework

Understanding the mindset and behavior of males with criminal tendencies related to rape is a highly sensitive and complex issue. Psychological studies of human behavior emphasize that emotions, thoughts, and beliefs play a central role in shaping behavior, and that every action originates from underlying cognitive and emotional processes. From a theoretical perspective, the causes of male sexual offending and rape-related criminal behavior have been explained through various psychological and sociological theories. This research is grounded in these theoretical perspectives, which serve as guiding frameworks for analyzing the mindset, emotions, and behavioral patterns of male sexual offenders.

Freudian psychodynamic theory suggested that early experiences play a large role in personality development and continue to influence behavior later in life. If certain issues are not resolved at the appropriate stage, fixation can occur. A fixation is a persistent focus on an earlier psychosexual stage. Psychodynamic theory suggests that sex offenders have weak morals and powerful sexual impulses (id). It means those who have strong id (immoral) power have anti-social behavior, and they also attempt crime. According to psychodynamic theory, originating from the work of Freud, individuals who have experienced trauma or emotional neglect during childhood may be more likely to develop maladaptive coping mechanisms, including sexual offending behavior, in an attempt to regain control or self-worth. Such offenders may unconsciously react these unresolved conflicts through their deviant acts.

Social learning theory also explores that criminal behavior is a social learning process. Ronald L. Akers, an American criminologist, argued that criminal behavior is acquired through social interaction and modeling. Laws and Marshall suggest that deviant sexual preferences develop through the same cognitive-behavioral learning processes by which normative sexual preferences and practices are formed. Specifically, these preferences are shaped through behavioral reinforcement and social learning, including the modeling of behaviors and beliefs observed in others. From this perspective, sexual offending can be understood as an outcome of these learned processes. Ryan's (2003) literature review presents strong evidence that cognitive factors play a central role in men's propensity to commit crime.

3.6.Data Collection Tools

In-depth interviews and unstructured questions were conducted in the data collection from those participants. The research question was what are the psychosocial influences of male sexual offenders to commit a crime? The research question is about childhood experience, self-control techniques, coping techniques, life goals, schooling, and peer circles.

These are:

1. Can you describe your childhood experience?
2. How do you describe the role of males and females?
3. What kind of person do you consider yourself to be?
4. Do you get angry?

The data collection was conducted using multiple tools that were appropriate to collect the data and help meet the objectives. One-on-one in-depth interviews with a checklist were conducted with the participants only once, as the data were collected inside the prison and multiple meetings were not possible. However, enough time was given. No digital recording was done . The researcher manually collected the data in field notes, came home, replayed the conversation, and wrote all the information provided . For additional support to the data , a key informant interview (KII) with a psychiatric doctor ,who was one of the experts in the study area, was also conducted.

3.7. Data Collection Procedure

First, the Nepal Health Research Council received the application via online submission. Together with a letter of authorization from the Department of Prison, a recommendation letter from the Master's program in Counseling Psychology, a Nepali informed consent form, and data collection tools or checklists, the researcher's and supervisor's ethics certificates were among the necessary paperwork for approval. The researcher visited Nakhu Jail after receiving the approval letter from the Nepal Health Research Council, which took around two months to process after turning in all of these documents. The researcher visited to Nakhu Jail with the approval letter from the Nepal Health Research Council and the permission letter from the Department of Prison.

This study was conducted at Nakhu Jail in Lalitpur, which is one of Nepal's nine prisons. An informed consent form in Nepali was utilized, clearly outlining all objectives, goals, and essential information. The participants opted not to provide or document their names, nor were any photographs taken, as the use of mobile phones, cameras, and other electronic devices is prohibited within the prison. Data collection involved conducting in-depth interviews and utilizing unstructured questions with the participants. During the sharing of their stories, memories, and experiences, techniques of active listening and empathetic understanding were employed.

Before starting data collection, researcher answered to participant's questions first for their confusion; building rapport was quite challenging. However, by accepting this challenge and moving forward patiently, the conversation was initiated with a greeting ("Namaste") and informal discussion. Before reading the informed consent form, the participants were curious about the researcher and wanted to know

who she was. Initially, they suspected that she might be from a legal authority or a news reporter. When she explained that she was a student conducting research for a thesis, their behavior became more relaxed and normal.

After the informed consent form was read aloud in Nepali, the participants felt more comfortable engaging in conversation. Although they did not agree to provide their signature on the informed consent form, they gave verbal consent and agreed to continue with the discussion. The information mentioned in the informed consent helped them understand that their responses could contribute to protecting potential victims in the wider society and to preventing other individuals from engaging in criminal behavior. Once this sense of trust and a supportive environment were established, it became possible to begin the in-depth interviews.

Initially, they felt uneasy discussing the matter, evident from their facial expressions. However, once the study's objectives were explained and highlighted how their responses could help prevent the younger generation from engaging in criminal behavior, they recognized their significant role in society. After about thirty minutes, they began to communicate more freely.

The participants were hesitant to talk when the researcher attempted to take notes while gathering information from them. The researcher stopped taking whole notes and simply noted points and listened to each of their responses. When she returned home, she would immediately record those answers in her diary.

The researcher had to accept and face many challenges during the data collection process. At the initial stage, even getting the research proposal accepted was uncertain. After the proposal was finally accepted, another challenge arose

regarding whether the Nepal Health Research Council would approve the study. The council required a permission letter from the Prison Management Office, which created another difficulty because it was uncertain whether the office would provide the required letter.

After the permission letter was obtained from the prison management office, Kalikasthan, and the Nepal Health Research Council granted ethical approval for the research. However, the challenges did not end there. When the researcher arrived at Nakhu Jail for data collection, the jailer initially questioned whether such research was even allowed in the prison. At that moment, the researcher felt very anxious after having gone through such a long process to reach that stage. Nevertheless, after explaining the objective and purpose of the research, the jailer understood and allowed the study to proceed.

During the data collection process, the researcher also encountered several unexpected situations. Similarly, after completing interviews with two participants and preparing to leave, another participant approached the researcher and requested to be interviewed. At that moment, the researcher replied about her busy schedule that she had already committed time to other participants elsewhere. During interviews, some participants tried to build a personal emotional connection by saying things such as “You are like my sister.” In response, the researcher politely clarified that she was not there in a personal role but as a researcher. She encouraged participants to focus on answering the research questions, explaining that their responses could help school and college students, families, and society understand these issues and possibly prevent such crimes in the future. In this way, the researcher established a professional relationship with the participants.

Similarly, one participant replied to the researcher with a bad facial expression, *taping laii bhanum kassari ,kunbela r kahan ‘Hmm... (Do you want me to tell you everything—how, where, and whom I did....? Is that what you want to know?’)*). The researcher emphasized that the purpose of the study was not to investigate the crime itself but to understand factors that could help prevent people outside prison from committing such crimes in the future, so that others would not have to experience imprisonment like the participants.

Through these experiences, the researcher was able to maintain clear professional and ethical boundaries while continuing the research in a responsible manner. Despite these challenges, the researcher was able to collect information from a single study site using a small sample. As the study was conducted through face-to-face, in-depth interviews, the researcher applied effective communication skills and a humanistic approach throughout the data collection process. After completing data collection, feedback was also obtained from the participants. Many participants expressed that they had never been asked about their experiences in such a manner before and reported feeling positive about the interaction. This response reassured the researcher that the “do no harm” ethical principle was appropriately followed.

After completing the data collection from the participants, a Key Informant Interview (KII) was conducted, who has professional experience working at Nakhu Jail as well as in a psychosocial disability hospital. At the time the researcher initially visited Nakhu Jail with a request letter, expert was working there. However, by the time data collection commenced after two months, he had been transferred. Despite his transfer, he expressed willingness and interest in participating in the study, and therefore, the KII was conducted with him by online face-to-face video call because

he was in the Maldives for his academic research purposes. Researcher always grateful for his time and responses despite his busy schedule in the Maldives. As per the guidance of the supervisor, verbal informed consent was obtained prior to conducting the interview. An Expert responses were grounded in his expert knowledge and professional experience, which contributed significantly and served as a strong pillar for this study.

3.8. Data Analysis

After completing data collection, the researcher reviewed the field diary and discussed the observations with the supervisor. Based on Braun and Clarke's six stages of thematic analysis, these were applied in this study. These stages included: (1) familiarization with the data, (2) generating initial codes, (3) identifying, developing, and defining themes, (4) reviewing and refining the codes and themes, (5) conducting continuous analysis by ensuring clarity and appropriately naming and labeling themes, and (6) final analysis of the data. The researcher should carefully read the data, develop meaningful codes, and create themes accordingly. Similarly, the researcher was motivated to clarify themes by reviewing and underlining key points from the diary and documenting important observations. During the analysis phase, the researcher was guided to analyze the participants' statements in depth. Throughout each stage of the process, the researcher received continuous and supportive guidance from the supervisor.

3.9. Ethical Considerations

This study was conducted at Nakhu Jail in Lalitpur with approval from the Nepal Health Research Council and authorization from the Department of Prison Management in Kalikasthan. In the Nepali informed consent form, everything is mentioned clearly about the research, its aims, risks, and benefits from the research. This informed consent form was very helpful for the researcher to start the communication with the participants. The researcher was not allowed to carry a cell phone, camera, or any electronic equipment inside the jail.

The researcher followed all required ethical procedures, starting from obtaining approval from the Nepal Health Research Council (NHRC) to the collection of information from participants within the Nakhu Jail premises. All necessary documents, including data collection tools (questionnaire), Nepali and English informed consent forms, recommendation letter from the college, support letter from the prison department, cover letter, role of the investigator, conflict of interest declaration, ethics training certificate, and work plan, were submitted through the NHRC online submission platform to obtain approval from the Ethical Review Board.

Data collection involved conducting in-depth interviews and utilizing unstructured questions with the participants. During the sharing of their stories, memories, and experiences, techniques of active listening and empathetic understanding were used. The participants were hesitant to talk when she attempted to take notes while gathering information from them. She stopped taking whole notes and simply noted points and listened to each of their responses. When she returned home, she would immediately note down those answers in her diary.

4. Credibility and Dependability

The collected data have their own reliability and credibility because it is based on systematic procedures. The researcher personally collected all information from the participants by using face-to-face in-depth interviews at Nakhu Prison, which is also fresh and primary data for this research. A Nepali informed consent form was used, which has already been approved by the Nepal Health Research Council. The researcher read the Nepali informed consent in front of the participant before taking information. The researcher wrote her diary first at home because she did not want to miss any information while she communicated with the participants during data collection.

The researcher conducted a key expert interview after completing data collection work. All information was validated by a key expert interview. This method also contributes to strengthening the information of this research. Researchers always maintained all ethics and clear distance from personal bias during data collection.

CHAPTER IV

ANALYSIS AND INTERPRETATION OF RESULTS

4.1. Psychological influences

The researcher found various psychological influences that contributed to male sexual offenders committing rape crimes.

4.1.1 Childhood trauma:

Experiences or incidents that occur during childhood often leave deep emotional pain that may remain suppressed. Although these feelings may fade for some time, similar incidents in the future can trigger them again, bringing back the same emotions that were experienced during childhood. This is referred to as childhood trauma.

Participants Kamlesh, Sahlesh, and Manoram shared that they never received their father's love because they were beaten by him at a young age. They shared that, *Buwa rishaunu hunthyo, gali garne, kutne garnu hunthyo samjhaunu hunn thyo jasle gardaa aafulaai man napareko mahsus bhayer ghar baat bahir hidthe.....* (My father had an angry temperament. He used to scold and beat me rather than explain things, which made me feel disliked and led me to leave the house....)

This information illustrates how the participants felt sad during their childhood due to their father's behavior, and how a furious temperament gradually developed from those early experiences. When individuals encounter similar situations of feeling sad later in life, they may struggle to control their aggression, which can lead them to make wrong decisions and attempt criminal acts.

While Prakash expressed “*balykaal ma aama bitnu bhayo buwa le arko swasni lyaunu bhayo, maile aafno aama ko maya paaun sakin, thulo bhayer bibah gare pachhi shrimati baat maya paaune aash gare tyo Pani Bhayen* (My mother died when I

was a child, and my father remarried. As a result, I grew up without experiencing maternal love. After getting married, I expected to receive love and affection from my wife, but those expectations were not fulfilled. ”

This statement illustrates that the participant had experienced emotional emptiness since childhood, and similar feelings resurfaced after marriage. He expected to receive love and emotional support from his wife, unfortunately, he felt that she deceived him, that create same emotion of emptiness in his life. Therefore participant deprived from the desire fulfillment and feeling sad. At that time, they chose the wrong way to commit crime. According to participants ,they consumed alcohol during sadness time and unknowingly attempted offensive behavior.

4.1.2 Repetitive uncontrolled thoughts and sexual Desires

Most participants shared that the same thoughts came in mind repeatedly and they could not control those thoughts. Those thoughts about their sexual desire made him attempt the crime. Bishal shared “*business koi silsilama ghar bahir basnu parthyo, apthyaro hunthyo, bharpaai bhayen* ” (*Because of business, I had to stay away from home; it used to feel uncomfortable (sexual desire), and there was no fulfillment*)

This evidence elaborates how uncontrolled sexual desire influences committing a crime. Here, males’ uncontrolled sexual desires are influenced by Freud's ‘Id’; therefore, he did not control his thoughts.

Similarly, participant Sahlesh shared that “*patak patak sex garu garu lagdthyo, harek samay tyo soch aaundthyo*” (*I used to feel like having sex repeatedly; that thought would come to my mind all the time*).

Prakash shared that, “*malai shreemati ko maya chahiyeko thiyo, yahan maya matlab physical relation ho hai, tar uni arko sang love ma pareki thiin ...* (*I needed love from*

my wife, love I mean physical intimacy. However, she had fallen in love with someone else.).”

This statement clarifies that if a person wants to fulfill a sexual desire, they cannot control their thoughts and attempt that action without caring about the consequences. At that time, their uncontrolled thought govern their mind. It means clear that crimes would not happen if such thoughts could be controlled on time.

4.1.3 Aggressive

Anger and hostility are associated with the commitment of rape. Most of the participant shared that they were very aggressive in the previous days, they could not control his anger.

Participant Nimesh shared that *“ma pahilla dherai risaunthiyentar ... aaj realize hudai chh yasari man sametn sakeko bhaye, narisayeko bhaye ...yo aaj ko awasthaa ma aaune thiin hola.”* (I used to get angry a lot. I realize that if I had been able to manage...I might have been able to distinguish between right and wrong. Maybe I wouldn't...situation today. Another participant Hariya shared that , *Mlai dhaeraai nai ris uththyo tyasai kram ma yasto ghatna bhayo* (I became very angry, and in that course of events, such an incident happened.)

The participant shared a story about how he would run away from home in frustration and engage in behavior purely based on his own impulses. In moments of anger, negative energy takes over minds, and the mistakes during that time are not made with full awareness or consciousness. In that anger moment person cannot differentiate wrong and right. Therefore, a person attempts a crime without consent. Sex without consent, as defined by the law in our Nepalese society, is considered rape.

4.1.4 Belief system

A belief system is one of the influencing parts to committing a crime. These types of males are thinking that participant Jag Mohan(11) said “ *manila lay mahila jasto hunuparchh purush bann khojnu hunn*”.(A woman should remain like a woman; she shouldn't try to become a man).

This type of mindset people always want to repress female rights. A person with toxic masculinity always tries to suppress women. They commit acts like rape to assert dominance or instill fear. Such men cause harm not only to one woman but to many women around them, directly or indirectly. Such men never even consider that women have not only sexual bodies but also creative minds. Women are therefore vulnerable to satisfying such a person's sexual desires.

Such individuals view women as objects, which is why they lack respectful perspectives and completely disregard the concept of consent.

Dressing

Participants Mahesh and Bisesh said, " *mahila le jiu dekhaune, khutta,tighraa dekhaune luga lagaye pachhi tyastai ta hunchh ni, manchhe ko aankha janchh r tyasto ghatnaa hunchh (females are showing their body, thigh, and legs by using those types of dresses, therefore the incident happened)*

This type's belief system clarifies that some males are attracted to body-exposing dress and cannot control their sexual arousal and attempt rape without knowing the consequences.

This type of mindset people always want to repress female rights. A person with toxic masculinity always tries to suppress women. They commit acts like rape to assert

dominance or instill fear. Such men cause harm not only to one woman but to many women around them, directly or indirectly. Such men never even consider that women have not only sexual bodies but also creative minds. Women are therefore vulnerable to satisfying such a person's sexual desires.

Such individuals view women as objects, which is why they lack respectful perspectives and completely disregard the concept of consent.

Another participant shared that, *mahila guni hunuparchh, mukhai lager bolnu hudain, jwaf farkaunu hudain (Never turn the answer made good women)*

This statement clarifies that in the patriarchal society, the male belief system, females must have tolerance power, and they never turn down the answer. If she answered, she must face this situation (rape). It means males do not want to see females' hard work; if she shows, she can be punished by physical pain or rape.

All this information shows that males' belief system also influences the offensive behavior. That belief system is developing from childhood and gaining knowledge from parents, schools and peers. Therefore, they shared their inner belief system about females while answering questions about their definition of females and their roles in the family and society.

Economic status:

Economic status is also a significant influencing factor. Those with money may use their power to pursue such actions, while those without financial means might resort to impulsively grabbing whoever they encounter to fulfill their sexual desires.

Participant Hariya shared that *“paisa na hunele kothi jaan hudain tyasaile Jo bhetyo uslaai garchh (due to poverty, males cannot afford to go kothi, therefore he caught anyone anywhere to fulfill sexual desires).*

This statement proves that the incidents occurring in our society are often committed by those from economically weaker backgrounds. They cannot make their career on time and therefore no one girl wants to marry those type of unemployed people. This is because those people cannot fulfill their sexual desire on time and search for physical relations. One study also shows that poor urban low-income communities, poor housing, and poverty in general promote sexual crimes in Ghana (Wrigley et al., 2016).

4.1.5 Motivation / peer influence

Generally, when someone says "nothing will happen," a person tends to move forward and take action. When others say "things happen when you act," it serves as a source of motivation. Participant Bishal shared that *“Saathiharule gar Na gar kehi hudain bhaner motivate gareko thiyo r garn man laagyo ”*(friends motivated me by assuring me that nothing would happen if I did it, which influenced my decision to engage in that work)

And Jagmohan shared, *“usalaai sabai le garchh kehi hudain bhaner sathiharule bhanyo ”*.(friends encouraged me by saying that everyone does it and that there would be no consequences.)

This evidence shows that individuals will occasionally act on the motivation of others in ways that prioritize their own interests over the significance of permission or consent. The first statement clarifies that when friends instill the belief that "nothing will happen" and encourage someone to move forward with such actions, and another

participant asserts that "she has physical relations with everyone, so there's no need to ask for consent," then the person, motivated by such thinking from their circle, may act impulsively without considering permission. Such misguided motivation is a contributing factor to the occurrence of rape crimes in society.

4.2. Social Influences

Human are social beings; from childhood to before death, all human beings spend their life in groups. They learn different things from their childhood days by socialization. In this study, social influencing factors are parents, family, friends, community, society, and school. College, office, clubs, and social environment or circle where individuals spend time and learn daily life activities. . An individual can learn and develop a belief system according to socialization and behavior to social circle. Most people behave for society and their friends. Social learning behavior influences from childhood to the whole life span. In the modern context of society, every individual has access to modern technologies and connects to social networks from their safe place (home, room, working areas, etc.) and learns everything they want.

In this study researcher explore the male sexual offenders' socialization process and social support systems to identify social influencing aspects to prevent for developing criminal mindset and raise awareness about these influencing parts in society to prevent rape crimes.

4.2.1 Lack of awareness about law and consequences

Generally, people are not aware of the consequences, but each and every action invites the result. Most of the participants have the same answer: that they have no idea about this punishment. In our society, many people are unaware of the kinds of laws that exist in our country. When someone commits a crime, people may know about the incident itself, but they rarely show interest in whether the person was punished or how many years of sentence they received.

Most of the participants shared that they did not know about the law and its consequences. Therefore, Bishal shared that *“jail ma basepachhi lagdchh ki baru sidhai jhundyaidiye hunthyo tar yasari lamosamay rakher ... law yati powerful hudorahechh (After staying in jail, it feels as if it would have been betterbeing kept here for such a long time makes one realize how powerful the law is.)*

This statement illustrates that the participant was unaware of the law and, therefore, during the time of the crime, he ignored the consequences.

Similarly, Bisesh shared that *“Malai kehi thaha thiyen yahan aaunu bhanda pahila kanun ko barema... (I had no idea about the punishment duration before coming here)*

This statement also emphasizes that the participant was unaware of the law. In society, a person who commits a crime without knowing about the law and the punishment duration. If they are caught, they feel they can easily come outside after a short time, but they have no idea about the law of punishment. Therefore, most of the participants suggested to the researcher that law knowledge is necessary for school-level students to stop the crime.

4.2.2 Incomplete knowledge or vague knowledge from parents

Participant Mahesh shared that his father told him *“belaima sudhrish natra bhane budhoma nihi khoj chash ”. (If you don't change in time, you'll be searching for wisdom in old age).*

These statements confirm that without clear information, how can a child truly understand? That's why, whenever teaching something or giving any kind of information, it must be communicated clearly. Two-sided, clear and effective communication is essential.

Parents should clearly explain everything to their children about the law and crime. Simply telling them, "Parents shouldn't do such things," or saying, "You only need to understand as much as I tell you," when a child asks questions, is not enough. Not providing clear information like this can also prevent a child from being able to make the right or wrong decisions. There are even methods of punishing children to stop them from doing something wrong, instead of calmly explaining to them what is right and wrong.

4.2.3 Alcohol Consumption

Alcohol is one of the main reasons that influences people to commit a crime; people have no idea about right and wrong decisions, and also about the consequences of their actions. Most of the participants, Bishal, Jagmohan, Hariya, Bisesh, Prakash, Kamlesh, and Manoram shared that having plenty of alcohol that night or that day. Bishal shared that, *Sathiharasang alcohol rati dherai be samm khaye tyaspachhi tyasto ghatna ghatyo (drank alcohol with my friends late night, and after that, such an incident happened)*

Jagmohan shared that, *tyo din alcohol khaye ko thiyen r..... tyasto ghatna ghatyo (That day, I had consumed alcohol, and then such an incident happened)*

Prakash shared that, *rati eklai rakshi lyayer gharma khaye ani ghatna ghatyo ("I brought alcohol and drank alone at home, and then the incident happened.")*

This information illustrates how participants committed a rape crime during alcohol consumption. Alcohol impairs a person's ability to distinguish between right and wrong, and also affects their decision-making capacity. At that moment, they are not even conscious enough to understand the concept of consent. Therefore, forcefully

attempting sexual relations without consent is considered rape, which was done by those participants. Their thinking pattern is lost due to alcohol consumption.

4.2.4 Couple relation /Family

Married individuals generally expect care and support from their partners.

Love, trust, and respect are fundamental elements of a healthy couple relationship.

However, when these elements are lacking, problems can easily arise.

Participant Prakash shared that *Shrimati le arusang sampark rakhn thalda mmlai maya ko khancho bhayo maile shrimati baat saririk maya paaunu parne tyo paain* (When my wife started getting involved with others, I felt a lack of love. I expected to receive physical affection from her, but I did not get it).

Another participant, Bishal, shared that *business ko karan ghar baat bahir bahir badhi hunuparthyo jasle gardaa bharpaai bhayen...* (Because of business responsibilities, frequently away from home, making it difficult)

This information illustrates how some men may attempt to commit sexual offensive behavior when they feel neglected by their life partners. When they do not receive time, love, or intimacy from their wives, they may seek to fulfill those desires elsewhere. Sexual desire is a basic physiological need. However, when a man prioritizes fulfilling this desire without respecting consent, and showing sexual offensive behavior in the society .

4.2.5 Parenting

Parents' role is very important in guiding children on the right track. Where are their children going and which types of friends have? These are very important to concern for the parents. Parents are still using positive punishment towards the children and

are careless about their emotions and thoughts. In adolescence, children need emotional and economic support to grow their lifestyle.

Participant Sailesh shared that, *“Buwa le gaali garnu hunthyo... ani saathi haru sang bahir bahir ghumer basthe, gharma basnai man laagdain thiyo ”* (I preferred spending most of my time with my friends because my father frequently scolded me, and I did not feel comfortable staying at home.)

This statement shows how a person got distance from their parents' relationship and searched for a safe place outside where they got their friends, and they thought their friends were their best friends and followed their friends' love and care. If the participant had a friendly environment in his family, he would not spend time outside.

Similarly, participant Mahesh shared that his father told him *“belaima sudhrish na tra budhoma nihi khojchash ”*. (If you don't change in time, you'll be searching for wisdom in old age).

In this statement, the participant shared that unclear knowledge from the parents never guided them on what is the consequences of such activities. They never got adequate knowledge about wrong and right, but only threatened about improve the behavior.

These evidence clarifies how parenting is valuable for the growth of children. It's important to have good communication with parents. Instead of scolding, children should be taught and helped understand what is right and wrong. When mistakes are met with beatings, harsh words, or silence, the child begins to feel isolated. As a result, they go outside the home and end up bonding with whoever speaks kindly to them, spending time with them.

Children who receive adequate parental affection and support are less likely to desire to go out and make the wrong friends and are also less likely to grow up to be

reckless, indiscipline, and careless. Children are unable to make morally sound decisions on their parents' behalf. Parents in particular have higher expectations for their children during adolescence. Harsh discipline and the absence of love, because of this, during adolescence, children tend to distance themselves from their parents and become more attracted to their friend circle. They start spending more time outside the home than inside, which creates a growing gap between parents and children, increasing the risk of children falling into bad habits.

Due to harsh discipline and the absence of love, children begin to feel lonely at home, which leads to the development of negative thoughts. When they don't find love and companionship at home, children tend to seek it outside, spending more time with friends, looking for joy and comfort elsewhere. Unable to fulfill their emotional needs within the family, they gradually drift away from home.

Therefore, children don't share everything with their parents and tend to do whatever they feel like. Without parents, where would one receive moral lessons? They have a wealth of experience, and if that experience were to be shared, children would likely benefit. However, due to the communication gap, they are often deprived of this. The main reason for the communication gap is that parents are unable to understand their children empathetically. As a result, it's natural for children to keep things bottled up inside and suffer in silence.

4.2.6 Peer influence

Every participant emphasized the wrong friends is the main reason for their present situation. Participants Bishal and the Manoram shared “*aafno Saathi koi pain hudain ... uniharule gardaa ... koi bhetn aaudain.*” *No one is a true friend... because of them... no one even comes to meet .*”

This statement illustrates that the participant showed disgust towards their friends because they thought their friends were the main reason for their present situation. Similarly, Bishal shared that their friends motivated *Garihal kehi hudain (do this, nothing will happen)* to fulfill sexual desires after consuming alcohol.

This statement shows that peer influence is harmful. How participants attempted crime under peer influence.

Manoram shared that , *gharma gali matrai sunnuparnale basne batabaran na huda badhi samay sathi sang bitaune garthe , uniharu le gareko kaam aafu pani garne , ramaune garthe*'' (home environment was not a comfortable place to live, I spent most of my time with my friends and followed what they did and enjoy spending time with them.)"

This finding illustrates how an individual's social environment can influence their behavior. Participants reported spending more time with their friends when they perceived their home environment as unsupportive, particularly when they felt they were being scolded by their parents without reason. They described their peer group as a place where they felt accepted, understood, and safe, which led them to participate in the activities of their friends. When emotional support and a sense of belonging are lacking within the family, individuals may seek these needs through peer relationships. In some cases, this reliance on peers can increase their vulnerability to negative or harmful influences, including engagement in risky or antisocial behaviors.

CHAPTER V

DISCUSSION AND CONCLUSION

5.1. DISCUSSION

The present study has identified several psycho-socio influences as the reasons for a person to commit the rape crime. From the outcomes acquired, anger, childhood trauma, desires, negative attitude towards females, incomplete information about the consequences of the crime, uncontrolled thoughts, parenting, wrong choice of friends, alcohol, and economic status were seen as the major influencing factors that prompt the event of the rape incident.

The researcher focuses on how to prevent individuals who are still outside prison from committing such crimes. Likewise, special emphasis is given to adolescents who are gaining exposure to various kinds of knowledge at an early age but have not yet learned how to manage their emotions, thoughts, and behavior. Many of them are also not adequately aware of what constitutes rape and the legal consequences and punishment associated with committing such a crime.

The participants initially had a common question when the researcher began the conversation. They asked, *“We are bad people, so why do you want to talk to us? What kind of support can we provide?”* At that moment, the researcher read and explained the Nepali informed consent form to them. After hearing it, the participants understood the value and importance of their answers.

The researcher focused on identifying the psychological and social influences and also aimed to understand their opinions on how the development of a criminal mindset could be prevented. In this context, the researcher explored the perceived roles of family, school, and friends in shaping an individual’s behavior. Based on the

responses of the participants, several influencing factors were identified.

Psychological influences included childhood trauma, repetitive sexual thoughts, aggressive tendencies, certain belief systems (such as perceptions related to dressing style and economic status), and motivational support from peers. Similarly, several social influencing aspects were also found to contribute to the commission of rape crimes. These included family environment /couple relation, parenting style, lack of knowledge about the law and its consequences, alcohol consumption, and the influence of peer groups. This research is totally different from the previous study. Very few study conducted , some are based on secondary data, and a few were conducted by psychiatrists and feminist organizations.

After analyzing the entire dataset, the findings clarify the influential factors that are often ignored in society. While participants shared their responses, the researcher realized how sensitive and overlooked these issues are. The researcher understood that these findings are valuable for society and emphasized that they should be applied to help prevent the development of a criminal mindset.

Childhood trauma is one of the key factors influencing the development of a criminal mindset. Society often neglects psychological trauma, which should be addressed and treated promptly. As a result, unresolved trauma, especially from childhood, can resurface later in life when individuals face similar situations. In such moments, a person may become emotionally vulnerable and may choose inappropriate ways to cope, sometimes leading to unintentional involvement in criminal behavior. This study found that participants experienced psychological trauma at a young age, which significantly influenced changes in their thoughts and behavior. In an attempt to cope with that pain, they became involved in harmful habits such as substance abuse, including alcohol consumption. It was also observed that,

under the influence of these substances, some individuals unintentionally engaged in criminal activities like committing rape.

Childhood trauma influences the individual's thoughts, emotions, and behavior. An expert also clarifies about childhood trauma by giving an example in this way, *jab muhan ko pani tal dhunga mathi jharer bageko hunchh bhane tyanha pani bagne baato bandchh r kedin pachhi muhan sukn saklaa tar pachhi feri tyahi muhan baat pani jhardaa tyo pani pahila kai kai dhungaa ma baneko baato bat bagna thaldchh. (When water from a spring flows down over rocks, it gradually creates a path for itself. If the flow stops for some time, the spring may even dry up. However, when the water begins to flow again, it tends to follow the same path that was formed earlier among the rocks.*

In one case, a participant reported losing his mother at a young age, which resulted in a persistent lack of emotional attachment and affection. Later, after marriage, he felt that his wife did not provide him with sufficient love and emotional support. This emotional pain led him to consume alcohol, after which the incident occurred, although he stated that he had no memory of the event and later expressed regret for being accused. While discussing how this could be linked to childhood trauma, the expert explained that childhood trauma creates deep and lasting pathways in the brain. When similar situations arise later in life, the traumatized brain tends to follow the same patterns, leading to maladaptive responses. Feelings of emptiness are often filled through alcohol, drugs, or risky behaviors, which increases the likelihood of criminal acts.

A methodological gap seen between the previous study and the present study. In this study, the researcher did not apply any assessment tool this is totally based on

face to face in depth interview. Information was collected from the participants' stories from childhood to recent age and situation.

Similarly, literature also supports that childhood trauma influences on developing criminal mindset (Satapathy et al., 2022). This study focused on the psychological influencing aspect to develop a criminal mindset. In this study, the Adverse Childhood Experiences, Aggression Questionnaire, and Symptom Checklist-90 were used as assessment tools to identify the psychological influences. This study also focused on childhood experiences' contribution to developing a criminal mindset.

Another psychological influencing aspect is aggressive behavior, which most of the participants shared they had in previous days. Regarding psychological influences, the expert interview information stated that anger and aggressive behavior can lead individuals to commit such acts due to poor anger management, a desire for revenge, and impulsive reactions. Individuals involved in such incidents often suffer from mental health conditions related to poor anger control. Aggressive behavior is one of the influencing factors found in the previous study in India (Satapathy et al., 2022). (Add more)

Repetitive thoughts about sexual desires show uncontrolled thoughts about sexual desires that lead to the person committing a rape crime. Studies find that males' uncontrolled thoughts about sexual desires influence the person to commit a rape crime. A key expert explained that uncontrolled desires overpower the brain's regulatory functions, making it incapable of self-control and thereby leading to the occurrence of such incidents.

Similarly, belief systems also play a significant role in shaping the development of a criminal mindset. This study found that participants held differing belief systems. Some participants believed that dressing is a primary cause of rape, arguing that if women expose parts of their bodies, such as their thighs, rape is more likely to occur in society. During one interaction, while a participant was expressing his views on the relationship between dressing style and rape, the researcher asked him, *“If I wear that kind of dress, can I be raped?”* The participant responded Yes, This response highlights how deeply ingrained belief systems can influence an individual’s thoughts and behavior. The study by Elegbeleye (2006) explores the reason behind the rape incident, understanding the intention or mindset of the offenders. This study emphasized that the inappropriate girls' dressing style was the main reason for the rape incident.

Another finding is motivation from peers, that is playing crucial role in criminal behavior. Every person has a fear emotion, but if they feel safe and support from others, then they can do any work without hesitation. Participants shared that their friends motivated him nothing would happen. This word motivated him to attempt the rape crime without fear of worse consequences. One study also focuses on motivational factors are also influencing to commit the rape crime. Two motivational factors were found in this research: desire for sexual gratification, anger, and aggression (Reid et al., 2014). This study is based on a mixed method. That clarifies the gap between both study is methodology. And also, previous studies focus on psychological aspects only, but in the present study, social aspects are also included.

Similarly, this study explores the social influences contributing to committing the rape crime. Family environment /couple relation, parenting style, lack of

knowledge about the law and its consequences, alcohol consumption, and the influence of peer groups.

Parenting is one of the reasons to develop criminal mindset. We always remind that William's words are worth quote a child is the father of man. Therefore, every parent needs to be conscious about which type of information and education is needed to raise children. If they do not receive proper knowledge and information at the right time, they cannot develop decision-making power and never think about what is right and wrong.

In this study, parenting is one of the social influences contributing to the development of that criminal mindset. Childhood traumatic experiences and aggressive mind development from the family environment. Parents do not have conversations with their son when they need a supportive and caring environment in the family. At that time, they develop their own circle of friends, and they fully trust their friends and get involved in what their friends are doing in daily life. In this moment, they are involved in taking substances such as alcohol that contribute to the development of uncontrolled thoughts and behavior in individuals. The expert also explained that alcohol weakens the brain's control center.

As a result, the brain is unable to make appropriate decisions, self-control diminishes, and individuals may act on whatever impulses they experience at that moment. This study focuses on males who consume alcohol and substances. They may be involved in this type of crime, but one previous study of South East England focused on Women who used drugs and alcohol were more likely to become victims than those who did not. This study identified the role of women in rape crimes and

showed that male sexual offenders are more likely to undertake this crime with women who use drugs and drink. (Horvath et al., 2006).

Another part of finding illustrate that how parents do not share knowledge and information with their children, and also that children do not have complete knowledge about crime, law, and punishment. Therefore, participants also suggested that one chapter about law must be included in the school syllabus, which will be helpful to prevent crime. also focuses on the absence of proper and age-appropriate sex education in society, which leads to curiosity and misinformation. There is no clear structure regarding what content should be taught according to age and grade. One previous study also gathered information about the perception of men towards rape in Kerala, India. In that study, findings also show that a lack of adequate knowledge and information is also one of the influencing aspects in committing the rape crime by male sexual offenders.

5.2. Limitations

This study is new for academic research and society at the student level, because secondary research and organization-level research are already prevailing. Speaking about its limitations, it was conducted at only one study site, Nakhu Jail, and used a qualitative research design with a narrative approach, which meant that only a small number of participants could take part. A semi-structured questionnaire was used to conduct face-to-face in-depth interviews for data collection. However, the researcher realized that the use of additional assessment tools and the adoption of a mixed-method research design could have generated more comprehensive and detailed information. Therefore, the absence of such tools and methods is considered a methodological limitation of the study in terms of obtaining richer data.

Likewise, conversations could only be held once, and audio recording for data collection was not allowed because bringing personal mobile phones, cameras, or any electronic devices inside the jail was strictly prohibited. Researchers always respected the law and discipline. Similarly, while noting down the participants' responses, she could not write down everything during the conversation, so she had to listen to all their answers, take notes for memory, and then write them in her diary from memory after returning home. Because the researcher presented herself according to the participants' comfort and flexibility. This could have led to some details being missed, which is also a part of the study's limitations. Similarly, limited literature is available to guide this study.

Although the study generated limited information, the findings still offer valuable insights and learning for society. The researcher will implement these

findings in the awareness program and parenting training program despite the limited information gained from this study.

5.3. Conclusion

The present study has identified several psycho-socio influences as the reasons for the rape crime. From the outcomes acquired, anger, childhood trauma, desires, negative attitude towards females, incomplete information about the consequences of the crime, uncontrolled thoughts, Parenting, wrong choice of friends, alcohol, and economic status were seen as the major influencing factors that prompt the event of the rape incident.

The present study identified several psycho-social influences associated with sexual offending behavior. The findings suggest that rape is a multifaceted phenomenon influenced by the interaction of psychological and social factors rather than by a single cause. Participants identified anger, childhood trauma, sexual desires, negative attitudes toward women, inadequate knowledge of the legal consequences of crime, poor impulse control, parenting practices, negative peer influence, alcohol use, couple relationship, and economic status as the major factors contributing to rape offending.

The findings indicate that both psychological and social influences contribute to the development of sexually offensive thoughts and behaviors. Aggressive thoughts and behaviors that develop during childhood may negatively affect an individual's ability to regulate emotions and impulses, leading to reduced self-control and an increased likelihood of engaging in criminal behavior without adequately considering its consequences. Similarly, childhood trauma emerged as an important risk factor. According to the expert or KII, individuals who experience traumatic events during

childhood often suffer from long-term psychological distress. When confronted with reminders of their trauma, some may resort to alcohol as a coping mechanism to reduce emotional pain. However, alcohol impairs judgment, decision-making, self-control, and awareness of consequences, thereby increasing the risk of offending.

Alcohol consumption was consistently identified as a significant contributing factor across different age groups, from adolescents to older adults. The majority of participants emphasized on alcohol consumption which might increase impulsivity, lowers inhibitions, and contributes to offensive and criminal behaviors. These findings suggest that alcohol consumption behavior as an important risk factor which might reduce individuals' capacity for rational decision-making and behavioral control.

The study also highlighted the critical role of parenting in shaping children's psychological and social development. Children who grow up in families characterized by frequent criticism, verbal abuse, physical punishment, or a lack of love, warmth, and emotional support are more likely to spend excessive time outside the home. Consequently, they become increasingly vulnerable to negative peer influences and may adopt antisocial or offending behaviors. For these children, the acceptance and approval received from peers may become more meaningful than parental affection, making them more likely to imitate their friends' attitudes and behaviors.

Conversely, the findings suggest that a positive, nurturing, and supportive family environment can serve as a preventing factor against criminal behavior. Parents who provide emotional support, appropriate supervision, moral guidance, and open communication from an early age help children develop sound judgment and the

ability to distinguish between right and wrong. Such children are more likely to resist peer pressure to engage in illegal or harmful activities. Furthermore, educating children about the law, criminal behavior, and the legal consequences of offending both within the family and through schools can play an important preventive role. A clear understanding of legal responsibilities and punishments may discourage individuals from engaging in criminal acts.

Finally, the findings underscored the importance of healthy intimate relationships. Some male offenders who experienced a lack of emotional intimacy, affection, or sexual satisfaction within their relationships were more likely to seek to satisfy their unmet desires through sexually offensive behavior. Relationship dissatisfaction alone does not cause sexual offending. The findings suggest that it may function as one of the several interacting psychological and social risk factors contributing to sexually offensive behavior.

Overall, the findings demonstrate that sexual offensive behavior is shaped by the complex interaction of psychological vulnerabilities, adverse childhood experiences, family environment, peer influence, alcohol use, relationship dynamics, and inadequate awareness of legal consequences. These results highlight the need for comprehensive prevention strategies that address both individual psychological factors and broader social influences through family support, mental health services, school-based education, substance use prevention, and community awareness programs.

5.4. Recommendations

In Nepal, rape crimes are prevalent across all 77 districts, and this situation has affected both women and men, which cannot be denied. Both women and men have become sensitive and concerned about how to protect their own dignity and security. Women feel fear about their safety from home to outside environments, while all men are often viewed with suspicion. In such a situation, rather than blaming or accusing one another, everyone needs to work together and focus more on how this crime can be prevented.

This study is helpful for future research and researchers, and also contributes to the training module. People can begin to consider the psychosocial influences behind rape crimes instead of focusing solely on physical desire. It can be helpful for parenting training, teachers' training, and very useful for mental health awareness programs. One of the most relevant parts of this study is that everyone will be aware of the reasons for those types of mental states. People can be aware from childhood to their lifetime to prevent a criminal mindset and behavior. This criminal behavior cannot control from the law; it is also the responsibility of the community, family, and individual.

This study wants to highlight that humans have not only a body but also a creative brain. And all things depend on our brain and mind. Therefore, proper care is necessary for thoughts, belief systems, emotions, and coping mechanisms for the best results in behaviors. Nobody is a criminal by birth; nurture plays a highly influential role in thoughts and behaviors. This study contributes special knowledge to every individual that all males have not a sexual offensive mind, but we cannot differentiate easily .

School-going girl children are not safe from home to outside, and even all females are not safe from the sexual offender's eyes. Researchers want to request all individual if they cannot control their sexual arousal thoughts at that time, to seek help from a psychiatrist, psychologist, counseling psychologist, neurologist, or physician. It will be added to the training and awareness program. This study is about typically male sexual offenders and also collects data from female researchers; therefore, all females must respect and trust these study results.

Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws." - Plato.

We must respect the laws of the country, but it is condemnable for the general public to avoid their responsibilities by assuming that the law alone will fix everything. In society, the focus should be on giving good values not only to women but also to men from childhood, because no person is born with a sexually offensive mindset.

This study shows that anyone can make mistakes, but such mistakes can be prevented if a person receives good parenting in childhood, builds a positive circle of friends, maintains good habits and behavior, possesses knowledge of the law, and learns to control their impulses and aggressive behavior. Every individual has an important role to play in this.

This study was conducted at only one site, Nakhu Jail, with participants from different age groups, castes, cultures, educational levels, and professional backgrounds. However, if it could have been carried out in prisons across the country, more information could have been gathered, and based on those findings, effective plans for preventing such crimes could have been developed. This is a humble request from the researcher.

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APPENDIX

Letter from Department

	TRIBHUVAN UNIVERSITY Faculty of Humanities and Social Sciences Master's Program in Counseling Psychology Kirtipur, Kathmandu, Nepal
Ref. No.: 59-081/082	Date: 2081/09/09
To, Member Secretary, Nepal Health Research Council, Ramshah Path, Kathmandu.	
Subject: Recommendation for ethical Clearance.	
Mrs. Jyoti Kumari Jha is a bonafied student of college studying in Master's Program in Counseling Psychology. She is planning her research entitled "Psychosocial Contributing Factor of Male Sexual Offender to Commit Crime" Under supervision of Roji Maharjan she has already defended her research proposal and necessary correction has been done. Her research is self-funded research. So I recommend her Proposal for ethical clearance.	
 Khem Raj Bhatta, Ph.D. Program Coordinator Master's Program in Counseling Psychology 9851121830 head@cpp.tu.edu.np	

Letter of Prison Management Office


 नेपाल सरकार
 गृह मन्त्रालय
कारागार व्यवस्थापन विभाग
 (प्रशासन शाखा)
 कालिकास्थान, काठमाडौं

पत्र संख्या : ०८१/०८२
 मिति : २०८१/१०/०२

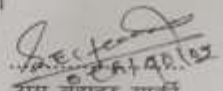
फोन नं. : ०१-४४२२३४१
 फ्याक्स : ०१-४४४४२३३
 ईमेल : prashusan@dopm.gov.np

मिति: २०८१/१०/०२
 ने.स. ११४५ पोहेलागा, २ बुधबार

श्री कारागार कार्यालय,
 नवलपरासी, ललितपुर।

विषय: सहयोग तथा समन्वय गरी दिने सम्बन्धमा।

प्रस्तुत विषयमा Tribhuvan University Faculty Of Humanities and Social Sciences Master's Program in Counseling Psychology किर्तिपुर, काठमाडौंको मिति २०८१/०९/१२ को पत्रको छाँयाकपी ध्यान १ (एक) यसै पत्र साथ संलग्न गरी तहाँ पठाइएको छ। व्यहोरा सोही पत्रबाट अवगत गर्नु भई कारागार प्रशासन तथा सुरक्षा व्यवस्थामा प्रतिकूल असर नगर्ने गरी उक्त कलेजका विद्यार्थी श्री ज्योती कुमारी झालाई कारागार कार्यालयको परिसर भित्र रही अध्ययन गर्ने व्यवस्थाका लागि सहयोग तथा समन्वय गरीदिनुहुन आदेशानुसार अनुरोध छ।


 राम बहादुर सार्की
 (शाखा अधिकृत)

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Approval letter from Nepal Health Research Council



Government of Nepal
Nepal Health Research Council (NHRC)
 Estd. 1991



Ref. No: 1621

6 February 2025

Ms. Jyoti Kumari Jha
 Principal Investigator
 Tribhuvan University
 Kathmandu

Ref: Approval of thesis protocol

Dear Ms. Jha,

This is to certify that the following protocol and related documents have been reviewed and granted approval through the expedited review process for its implementation.

Protocol Registration No/ Submitted Date	664_2024 12 DEC 2024	Sponsor Protocol No	NA
Principal Investigator's	Ms. Jyoti Kumari Jha	Sponsor Institution	NA
Title	Psychosocial influences of Male Sexual Offender in committing crime		
Protocol Version No	NA	Version Date	NA
Other Documents	1. Data collection tools 2. Informed Consent Form 3. Recommendation letter 4. Support letter 5. Cover letter 6. Rule of Investigator 7. Conflict of Interest (CoI) 8. Training Certificate 9. Work plan	Risk Category	Minimal risk
Co-Investigator/s	1. Roji Maharjan		
Study Site	Nakkhu Jail		
Type of Review	☒ Expedited ☐ Full Board Review Date: 6 February 2025	Timeline of Study 6 FEB 2025 to June 2025 Duration of Approval 6 FEB 2025 to 5 FEB 2026 This approval will be valid for one year	Frequency of continuing review NA
Total budget of research	NRs 10,000.00		
Ethical review processing fee	NRs 1,000.00		

[Signature]

Tel: +977 1 5354220, 5327460, Ramshah Path, PO Box: 7626, Kathmandu, Nepal
 Website: <http://www.nhrc.org.np>, E-mail: nhrc@nhrc.org.np

Approval Letter of Amendment

	Government of Nepal Nepal Health Research Council (NHRC) Estd. 1991
Ref. No.: 1273	1 February 2026
Ms. Jyoti Kumari Jha Principal Investigator Tribhuvan University, Kathmandu	
Subject: Approval of the requested amendment for the study titled Psychosocial influences of Male Sexual Offender in committing crime (Reg. No. 664_2024, Approved on 6 FEB 2025).	
Dear Ms. Jha, The meeting of the Ethical Review Board of the Nepal Health Research Council (NHRC) received the amendment request on 28 JAN 2026 for a non-cost extension till July 2026 of the above-mentioned study. The request has been discussed and approved through the expedited review process on 1 February 2026.	
The following documents were received and approved: ▪ Amendment submission form ▪ Progress report ▪ Revised work plan	
The study is valid till July 2026. If you have any questions, please feel free to contact the Ethical Review M& E Section of the NHRC. Thanking You!	
 Dr. Pramod Joshi Member-Secretary (Executive Chief)	
Tel: +977 1 5354220, 5327460, Ramshah Path, PO Box: 7626, Kathmandu, Nepal Website: http://www.nhrc.gov.np, E-mail: nhrc@nhrc.gov.np	

Informed Consent Form

सहमतिपत्र

विवरण:

नमस्ते, म परामर्श मनोविज्ञानमा मास्टर्स डिग्री अध्ययन गर्दै एक विद्यार्थी हुँ। मेरो शैक्षिक अनुसन्धानको हिस्सा स्वरूप, म तपाईंसँग एक संवाद गर्न चाहन्छु। म तपाईंको नाम सोध्ने छैन, केवल मानसिक र सामाजिक पक्षसँग सम्बन्धित प्रश्नहरू मात्र सोध्नेछु।

उद्देश्य र विधि:

सङ्कलित जानकारी केवल अनुसन्धानको उद्देश्यका लागि मात्र प्रयोग गरिनेछ र अन्य कुनैपनि तरिकामा दुरुपयोग हुनेछैन। म कुनै standardized tool and tests प्रयोग गर्ने छैन। अनुसन्धान गहिरो अन्तर्वातामा आधारित हुनेछ।

अपेक्षित अवधि:

प्रत्येक सहभागीको लागि एकदेखि दुई घण्टासम्म र डेटा सङ्कलनको अवधि कारागारको नियम अनुसार हुनेछ।

लाभ:

तपाईंले दिएको जानकारी विद्यालयका विद्यार्थी, शिक्षकहरू, र अभिभावकहरूका लागि उपयोगी मार्गदर्शन प्रदान गर्नेछ, जसले तिनीहरूलाई मूल्यवान सल्लाह प्राप्त गर्न मद्दत पुर्याउनेछ।

भुक्तानी:

यो विद्यार्थीको थेसिस अनुसन्धान हो, त्यसैले तपाईंलाई अनुसन्धानकर्ताबाट कुनै भुक्तानी प्राप्त हुँदैन।

स्वेच्छिक सहभागिता/पुनः सहभागिता पूर्ण रूपमा स्वेच्छिक हो, र तपाईंलाई कुनै दबाव बिना कुनै पनि समयमा सहभागिता रोक्न वा उत्तर दिन अस्वीकृत गर्न स्वतन्त्रता छ। तपाईं कुनै पनि समयमा आफ्नो सहभागिता रोक्न सक्नुहुन्छ।

यदि तपाईंलाई कुनै समस्या वा कठिनाईको सामना गर्नु परेको खण्डमा, तल दिइएको नम्बरमा सम्पर्क गर्न सक्नुहुन्छ।

Nepal Health Research Council , ERB सम्पर्क नम्बर: ०१५३५४२२०

Master's Program in Counseling Psychology, Tribhuvan University Contact No: ०१४३३२३३०

धन्यवाद।

Name of Principal Investigator:

Signature:

Name of participant

Signature/thumb print.....

Questionnaire

Checklist

- 1.तपाईंलाई आफु कस्तो स्वभावको व्यक्तित्व (खुलेर बोल्ने ,कम बोल्ने)भएको व्यक्ति भन्न चाहनु हुन्छ ?
- 2.तपाईंलाई आफु कस्तो स्वभावको हुनुहुन्थ्यो र अहिले हुनुहुन्छ जस्तो लाग्छ?
- 3.अरुलाई गाह्रो हुँदा वा दुखी हुँदा तपाईंलाई कस्तो लाग्छ ?
- 4.तपाईंलाई आफ्नो बाल्यकाल बेला को केहि रमाइला र नरमाइला कुराहरु याद छ ?
- 5.तपाईंलाई आफ्नो बाल्यकालमा आमा बुवा सँग कसरी बसेको या वहाँहरु सँग बिताएका पलहरु कस्तो लाग्दथ्यो?
- 6.तपाईंलाई आफ्नो स्कूल समयको र साथी हरूसँग बिताएका कुराहरु भन्न चाहनुहुन्छ?
- 7.तपाईंको साथी हरूसँग कस्तो व्यवहार थियो जस्तो लाग्छ?
- 8.बिभिन्न उमेर समुहका पुरुष र महिलाको परिभाषा दिदा कसरी दिन चाहनु हुन्छ?
- 9.तपाईंको आफ्नो वैवाहिक र पारिवारिक जिवन लाई कसरी हेर्नु हुन्छ ?
- 10.तपाईंले अहिले सम्म वा यहाँ आउनु भन्दा पहिले कुनै लागु औषध प्रयोग गर्नु हुन्थ्यो?
- 11.त्यस्तो कुनै घटना जस्तै तपाईंको जीवनमा एक्कासी परिवर्तन ल्याएको बारे भनिदिनुस?
- 12.तपाईंको विचारमा यहाँ सम्म नआउन दिन हाम्रो समाजमा के भइदिए हुन्थ्यो जस्तो लाग्छ?

Model of Key Informant Interview questions (checklist)

“Psychosocial influences of Male Sexual Offender in
committing crime”

Key Informant Interview

Objective of KII(KII को उद्देश्य) :

- हाम्रो समाजमा घटेको घटना Rape किन हुने गर्दछ?
- के यस्ताई रोक्न सकिन्छ?

अध्ययन ले ति अपराधीहरूको childhood देखि कारागारमा आउनु भन्दा आगाडी सम्मको समयमा कस्ता psychosocial aspects थियो त्यो qualitative data collection गरेको छ।

psychosocial influence ले गर्दा यस्ता अपराध हुन सक्छ भन्ने कुरालाई अनुसन्धान गर्न खोजेको हो

- के psychosocial influence लाई समयमै सच्याउन सके यस्ता अपराध रोक्न सकिन्छ?

Expectation of KII :

- मैले प्राप्त गरेको जानकारीहरूमा हजुरको expert opinion के छ ?
 Anger
 childhood trauma
 Desires
 negative attitude towards female,
 incomplete information about the consequences
 wrong choice of friends
 Alcohol
 economic status ,
 uncontrolled thoughts,
 Parenting
- के यस्ताई prevention को रुपमा work गर्न सकिन्छ या सकिदैन?

Some Pictures of diaries records

