

**RAPE AND ITS EFFECT ON WOMEN SELF ESTEEM IN
LIMURU DIVISION, KIAMBU COUNTY**

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ABSTRACT

The study set out to find and explore Rape and its effects on women's self esteem, in Limuru division, Kiambu County. The study was guided by four objectives which were; to analyze the major causes of rape in Limuru division, Kiambu County, to investigate health challenge faced by the rape victims and to find out measures that can be put in place to eliminate this crime. The study used descriptive Research design and data was collected through the use of closed- ended and a few open-ended questionnaires so as to allow respondents to express their views. The sampling method used was random sampling method. The sample of the study was 23,000 which were later narrowed down to 30 respondents of between 15 years to 30 years. This method was preferred since it was able to capture relevant characteristics of population the study was interested in. The study findings indicated that there was high rates of rape committed at home settings, gender related issues were the major causes of rape, drugs and alcohol were the major attribute to rape, family break-ups were an aftermath of rape, rape crime in this community went unreported mostly due to poor structures of justice, 60% of the 100% respondents, responded that the government had failed in ending the rape crime and the 60 % suggested measures that the government should consider which included; increasing security country wide in places such as bus stops, clubs and at church events that are overnight, government make the justice system more fair and accessible to all, and increase the penalty for the crime which would go a long way in discouraging the act. The recommendations of this study are that; the government should work on eliminating gender inequality and discrimination, promotion of security in cities and town's settings, collective social responsibility and community policing, and need for further study on this topic.