

## **Incidence of Offline and Online Sexual Violence Victimization in Japan**

**OBJECTIVE:** Despite ongoing global concerns about sexual violence victimization (WHO, 2014), the advent of technology has introduced a new dimension with reports of online incidents (Powell & Henry, 2019). Social networking services, especially with image-based harassment, are contributing to the prevalence of this issue. This study focuses on reporting the incidence of both traditional offline and online sexual violence victimization in Japan.

**METHODS:** A total of 438 participants (mean age 36.09 years, SD = 8.67) were recruited through an Internet research firm. The Sexual Experiences Survey Short Form Victimization (SES-SFV; Koss et al., 2007) and Technology Facilitated Sexual Violence Victimization (TFSV-V; Powell & Henry, 2016) scales were utilized. The TFSV-V was expanded with 15 new items to capture evolving technology and societal changes. **RESULTS:** Of the 438 respondents, 23.06% (77 females: mean age 35.70, SD = 8.09; 24 males: mean age 32.75, SD = 8.79) had experienced either offline or online sexual violence victimization. 3.42% (13 females: mean age 36.23, SD = 9.64; 2 males: mean age 28.00, SD = 4.24) experienced only the offline type, 12.58% (39 females: mean age 36.41, SD = 7.99; 16 males: mean age 35.44, SD = 9.41). 7.08% (25 females: mean age 34.32, SD = 7.53; 6 males: mean age 27.17, SD = 4.07) had experienced both.

**CONCLUSIONS:** The results of this study showed that the number of those who had experienced online-type sexual violence victimization exceeded the number of those who had experienced offline-type sexual violence victimization. With technology's continuous development, the number of victims is anticipated to rise. Future efforts should differentiate trauma symptoms stemming from online and offline sexual violence victimization to guide appropriate treatment strategies.

# Incidence of Offline and Online Sexual Violence Victimization in Japan

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## Introduction

- ◆ Sexual violence is still a global problem that needs to be solved.
- ◆ With the development of technology, online sexual violence victimization experiences have also been reported.
- ◆ However, there are few studies on online sexual violence victimization experiences.
- ◆ This study focuses on reports of traditional offline and online sexual violence victimization in Japan.



## Methods

### Participants

Forty-three hundred and thirty-eight participants (mean age 36.09 years, SD = 8.67).

### Measures

- The Sexual Experiences Survey Short Form Victimization (SES-SFV; Koss et al., 2007)
- Technology Facilitated Sexual Violence Victimization (TFSV-V; Powell & Henry, 2016) scales were utilized. The TFSV-V was expanded with 15 new items to capture evolving technology and societal changes.

### Procedure

- An online survey was conducted in Japan
- This study was conducted with the approval of the Ethical Review Committee

### Data Analysis

- The participants were divided by type of sexual violence victimization, and the breakdown of the number of participants was calculated.



## Results

- ✓ Offline and Online :  
7.08% (25 women: mean age = 34.32 years, SD = 7.53; 6 men: mean age = 27.17 years, SD = 4.07)
- ✓ Offline or online :  
23.06% (77 women: mean age = 35.70 years, SD = 8.09; 24 men: mean age = 32.75 years, SD = 8.79)
- ✓ Only Offline :  
3.42% (13 women: mean age = 36.23 years, SD = 9.64; 2 men: mean age = 28.00 years, SD = 4.24)
- ✓ Only Online  
12.58% (39 women: mean age = 36.41 years, SD = 7.99; 16 men: mean age = 35.44 years, SD = 9.41)

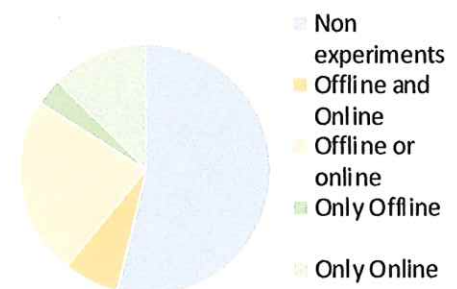


Fig. Breakdown of participants' experiences of sexual violence



## Conclusions



- ✓ the number of individuals who experienced online sexual violence exceeded those who experienced offline sexual violence.
- ✓ With the continuous evolution of technology, it is anticipated that the number of victims will increase.
- ✓ Future efforts should focus on distinguishing trauma symptoms stemming from online and offline sexual violence incidents and developing appropriate therapeutic strategies.

## **Relationship between Self-Objectification and Sexual Trauma including online**

**INTRODUCTION :** The trauma symptoms in victims of sexual violence have long been treated by therapies that seek to reduce the fear response to the feared object. However, the damage to dignity and autonomy may have an impact on trauma-related symptoms, especially in victims of sexual violence (Moor et al., 2013). Therefore, the present study examined whether self-objectification and injury to dignity at the time of sexual violence victimization are related to trauma-related symptoms.

**METHODS:** The subjects were 438 individuals recruited by an Internet research firm. Among them, 101 victims of sexual violence (77 women and 24 men, mean age 35 years, SD = 8.31) were included in the analysis. Those who responded to the sexual experiences survey short form victimization (SES-SFV; Koss et al., 2007) and technology facilitated sexual violence victimization (TFSV-V; Powell & Henry, 2016) that they had experienced at least once were included in the analysis. The scales used were the SES-SFV, TFSV-V, Japanese version of the PTSD Checklist-5 (PCL-5, Weathers et al., 2013; Ito et al., 2019), Japanese version of the trauma-related guilt inventory global guilt and hindsight-bias (TRGI; Chou et al., 2023), self-objectification scale (SOS; Talmon & Ginzburg, 2016), peritraumatic dehumanization, objectification, and humiliation scale (Moor et al., 2013). In this study, 15 new items were added to the TFSV-V to reflect the rapidly changing technology and society, and the scale was used.

**RESULTS:** Results of the correlation analysis showed that the degree of loss of dignity and autonomy at the time of victimization, PTSD symptoms, guilt, and self-objectification were each significantly correlated in sexual assault victims. Thus, the sense of being objectified and self-objectification may affect PTSD symptoms and guilt. Future work will need to examine the extent to which the degree of objectified sensation and self-objectification influences PTSD symptoms, including other trauma-related factors.



# Relationship between Self-Objectification and Sexual Trauma including online

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## Introduction

- ◆ In the treatment of PTSD thus far, the reduction of fear responses has been a primary focus.
- ◆ However, there is a possibility that the erosion of dignity and internalized self-objectification resulting from traumatic experiences may also influence PTSD-related symptoms.
- ◆ Therefore, this study aims to investigate the relationship between trauma symptoms, self-objectification, and erosion of dignity.



## Methods

### Participants

Forty-three hundred and thirty-eight participants (mean age 36.09 years, SD = 8.67).

Among them, 101 victims of sexual violence (77 women and 24 men, mean age 35 years, SD = 8.31) were included in the analysis.

### Measures

- The Sexual Experiences Survey Short Form Victimization (SES-SFV; Koss et al., 2007)
- Technology Facilitated Sexual Violence Victimization (TFSV-V; Powell & Henry, 2016) scales were utilized. The TFSV-V was expanded with 15 new items to capture evolving technology and societal changes.
- PTSD checklist-5 (PCL-5, Weathers et al., 2013)
- Trauma-related guilt inventory - global guilt and hindsight-bias (TRGI; Chou et al., 2023)
- Self-objectification scale (SOS; Talmon & Ginzburg, 2016)
- Peritraumatic dehumanization, objectification, and humiliation scale (Moor et al., 2013)

### Procedure

- An online survey was conducted in Japan
- This study was conducted with the approval of the Ethical Review Committee

### Data Analysis

- Correlation analysis was conducted, and correlation coefficients between each variable were calculated.



## Results

- ✓ In sexual assault survivors, self-objectification was significantly correlated with loss of autonomy, dignity during the assault, PTSD symptoms, and feelings of guilt.



## Conclusions



- ✓ Previous research suggests that sexual violence can lead to self-objectification (Fredrickson & Roberts, 1997).
- ✓ Moving forward, it is necessary to investigate the mechanisms through which self-objectification and erosion of dignity are associated with PTSD symptoms.



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Table 1 Correlation analysis

	PDOHS	SOS
PDOHS	—	.30 **
PCL-5	.30 **	.25 *
Guilty	.22 *	.34 ***

\*  $p < .05$ , \*\*  $p < .01$ , \*\*\*  $p < .001$

## 発表成果報告書

\* ご自身の研究発表の概要だけでなく、学会での国際交流体験などにつきましても必ずご記載ください。

2024年7月21日～26日にかけてチェコ共和国の首都プラハで開催された、33rd International Congress of Psychology に参加し、ポスター発表を行った。本大会は対面開催であった。私が筆頭として発表を行ったのは2件であった。それぞれのタイトルは「Incidence of Offline and Online Sexual Violence Victimization in Japan」（7月22日発表）「Relationship between Self-Objectification and Sexual Trauma including online」（7月23日発表）であった。それ以外にも、自分の研究テーマに関連するポスター・口頭発表や、その他の興味のある研究発表を見ることができた。

### 【発表内容の概要】

まず、発表題目“Incidence of Offline and Online Sexual Violence Victimization in Japan”でポスター発表を行った。この研究は、韓国の Sungkyunkwan University に所属する研究チームとの共同研究の成果であった。概要として、オフライン型、オンライン型の性暴力の日本における発生率の報告を行った。調査参加者438名のうち、23.06%（女性77名：平均年齢35.70歳、SD=8.09、男性24名：平均年齢32.75歳、SD=8.79）がオフラインまたはオンラインでの性暴力被害を経験していた。3.42%（女性13名：平均年齢36.23歳、SD=9.64、男性2名：平均年齢28.00歳、SD=4.24）がオフライン型のみを経験し、12.58%（女性39名：平均年齢36.41歳、SD=7.99、男性16名：平均年齢35.44歳、SD=9.41）がオンライン型のみを経験した。両方を経験したのは7.08%（女性25名：平均年齢34.32歳、SD=7.53、男性6名：平均年齢27.17歳、SD=4.07）であった。本研究の結果、オンライン型性暴力被害経験者数がオフライン型性暴力被害経験者数を上回ったことが確認された。

次に、発表題目“Relationship between Self-Objectification and Sexual Trauma including online”でのポスター発表を行った。この研究も、韓国の Sungkyunkwan University に所属する研究チームとの共同研究の成果であった。概要として、本研究では、性暴力被害時の自己客体化（自分をモノとして評価すること）と尊厳の傷つきがトラウマ関連症状に関連しているのかどうかを検討した。相関分析の結果、性暴力被害者では、被害時に尊厳を傷つけられた感覚、自己客体化、PTSD症状、トラウマに関する罪悪感において、それぞれの間で有意な相関関係が認められた。

### 【学会参加・学会発表で得られた成果】

2つの研究発表において、日本から参加されている研究者の方から海外の研究者の方まで、多くの方が足を止めて発表に関心を持っていただいた。そして、自分の研究について多角的な視点に基づくコメントをいただき、研究のブラッシュアップにつながったと感じている。

また、海外の研究者の方の発表では、心理学研究というのは文化差に大きく影響を受けることも実感した。例えば、摂食障害について日本では痩身が問題とされているのに対し、アフリカでは豊満な体が美であるとされているため、肥満が問題とされているようであった。今後、海外でも活躍する研究者を目指すにあたって、文化差や社会の影響について、自国だけでなく幅広く知識を持つておく必要があると実感した。

（日本語 1200字以内）

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