

What is the Impact of Sexual Harassment on the Wellbeing Tertiary Institution Students?

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ISSN: 2690-9707



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Submission:  March 15, 2023

Published:  April 06, 2023

Volume 2 - Issue 4

How to cite this article: Matsayi Lucy Aji*. What is the Impact of Sexual Harassment on the Wellbeing Tertiary Institution Students?. *Associative J Health Sci.* 2(4). AJHS. 000541. 2023. DOI: [10.31031/AJHS.2023.02.000541](https://doi.org/10.31031/AJHS.2023.02.000541)

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Abstract

Sexual harassment can have a significant negative impact on the wellbeing of tertiary institution students. Some of the potential consequences among others are mental health. Sexual harassment can lead to a decline in mental health, causing anxiety, depression, and post-traumatic stress disorder (PTSD). Physical health, sexual harassment can also affect physical health, leading to physical symptoms such as headaches, stomach pain, and muscle tension. Sexual harassment can also affect academic performance, causing students to miss classes, fall behind in coursework, and even drop out of school altogether. Sexual harassment can cause students to isolate themselves from their friends and family, leading to strained relationships. Sexual harassment can also impact a student's future career prospects. It can lead to decreased confidence, decreased job satisfaction, and fewer job opportunities. It can also impact their ability to form professional relationships and networks. Overall, sexual harassment can have significant negative impacts on the wellbeing of tertiary institution students. It is important for institutions to have policies in place to prevent sexual harassment and provide support for those who have experienced it. It is also important to take sexual harassment seriously and to seek support if you or someone you know has experienced it. There are resources available, such as mental health professionals like counselors, psychologist and organizations that provide support for survivors of sexual harassment. It is essential to prioritize mental health and seek help if necessary.

Keyword: Impact of Sexual Harassment; Wellbeing; Tertiary Institution students

Introduction

I believe that universities and other tertiary institutions are, by conception, knowledge dissemination centers where knowledge is both brought in and taken out by lecturers as well as students. It further inculcates moral values that will influence positive behaviour changes in the students in the course of the training (Elder, George, & Shanahan, as cited in Taiwo, Omole & Omole 2014). These experiences are the attributes that qualify students for the award of certificates which at graduation ceremonies are found worthy both in character and learning. Equally, not only positive knowledge but also negative knowledge and experiences are consciously or subconsciously disseminated in all directions which are manifested by immoral behaviours, including sexual harassment. Sexual harassment is defined as unwanted sexual advances, requests for sexual favours, physical, verbal, or nonverbal conduct that requires or rejects submission or rejection of such conduct, either explicitly or implicitly, such as threats, intimidation, taunting, unwanted touching, unwanted kissing, and so on.

According to several studies [1-4], sexual harassment can have a significant negative impact on the wellbeing of tertiary institution students. Sexual harassment can have serious negative impacts on mental health. Being subjected to sexual harassment can lead to a decline in mental health, causing anxiety, depression, and post-traumatic stress disorder (PTSD). Sexual harassment can increase the risk of mental health issues, including suicidal ideation, substance abuse, and self-harm. Yes, sexual harassment can indeed have negative effects on

physical health. When someone experiences sexual harassment, it can cause them to feel stressed, anxious, and scared, which can lead to physical symptoms such as headaches, stomach pain, and muscle tension.

Sexual harassment can have significant negative impacts on a student's academic performance. It can create an environment of fear and discomfort that makes it difficult to focus on their studies. Students who experience sexual harassment may find it challenging to attend classes, participate in discussions, or even complete their assignments. Also, sexual harassment can cause emotional distress, anxiety, and depression, which can further undermine a student's academic performance. The stress of dealing with harassment can be overwhelming, and it can affect a student's ability to learn and retain information. Moreover, sexual harassment can lead to a loss of confidence and self-esteem, making it difficult for students to engage with their peers and instructors. It can also affect their ability to form relationships, which can be an essential aspect of academic success.

Furthermore, sexual harassment can have a significant impact on a student's social relationships. When a student experiences sexual harassment, they may feel embarrassed, ashamed, and fearful of what others may think of them. As a result, they may withdraw from social situations, avoid interactions with friends and family, and isolate themselves from others. Also, sexual harassment can impact a student's ability to form new relationships, as they may struggle with trust issues and feel hesitant to open up to others. This can lead to feelings of loneliness and isolation, which can further exacerbate the negative impact of sexual harassment on the student's mental health.

As I understand it, sexual harassment can have a lasting impact on a student's professional development and career prospects. Here are some ways in which sexual harassment can affect a student's future career. Sexual harassment can undermine a student's confidence and self-esteem, making them less likely to speak up or assert themselves in the workplace. This can make it harder for them to take on new challenges or seek out opportunities for professional growth.

Conclusion

Overall, sexual harassment can have significant negative impacts on the wellbeing of tertiary institution students. It is important for institutions to have policies in place to prevent sexual harassment and provide support for those who have experienced it. It is important to take sexual harassment seriously and to seek support if you or someone you know has experienced it. There are resources available, such as mental health professionals and organizations that provide support for survivors of sexual harassment. It is essential to prioritize mental health and seek help if necessary. It is important for anyone who experiences sexual harassment to seek medical attention and to take measures to protect their physical health, such as using protection during sexual activity and getting tested regularly for STIs. Additionally, seeking support from a mental health professional or a counselor can help address the emotional and psychological effects of sexual harassment, which can also have a significant impact on physical health. It is essential to provide support and resources to students who experience sexual harassment to help them navigate the impact it may have on their social relationships. Counseling, therapy, and support groups can be beneficial in helping students heal and rebuild their relationships with friends and family.

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