



## **INCEST: A THREAT TO FAMILY SECURITY**

Lateef Omotosho Adegboyega, Samuel Kolawole Ajiboye and Shakiru Abdulkareem

### ***Abstract***

Throughout history, societies have classified certain forms of sexual intimacy as unlawful in the family setting. These are punishable under religious rules and government status. Incest is sexual intercourse between close relatives. It is a social taboo and can be illegal or in some cases legal depending on the jurisdiction. Genetic Sexual Attraction (GSA) is one of the causes of incestuous behaviour especially between adults. It can also be caused accidentally, where the two partners will not be aware of their biological relationship. Incest effect is an increase in sexualized behaviour and also Post Traumatic Stress Disorder (PTSD). A prevention of incest is separate sleeping arrangements (i.e., bed separation) of the children between the ages of 5-7 years and above, and teaching children about different kinds of touching which could lead to incestuous behaviours early in life. By implication, sufficient information should be provided for children to prevent incest and counsellors should provide adequate guidance to victims to reduce its threat to family security.

Keywords: behaviour, incest, family, security

**Lateef Omotosho Adegboyega** PhD, a Lecturer in the Department of Counsellor Education, University of Ilorin, Nigeria obtained his Doctor of Philosophy (PhD) (2017) in Educational Guidance and Counselling from the University of Ilorin, Nigeria. Dr. Adegboyega is a registered teacher with the Teachers' Registration Council of Nigeria (TRCN). He is a member of Counselling Association of Nigeria; Member, Association of Professional Counsellors in Nigeria; Member, Nigerian Society for Educational Psychologists (NISEP); and Member, American Psychological Association. Research interests include: marriage/family life counselling, school/career counselling, and rehabilitation counselling. Recent publications include: (1) Adegboyega, L. O., Okafor, I. P. & Salihu, H. A. (2021). Factors responsible for workplace stress among female teachers in Oyo metropolis, Oyo State. *Journal of Nusantara Studies*, 6 (2), 185-201. Published by Universiti Sultan Zainal Abidin, Malaysia. Available online at <https://journal.unisza.edu.my/jonus/index.php/jonus/issue/view/13> (Scopus Indexed: Q3). (2) Adegboyega, L. O. (2021). Psycho-social problems of adolescents with sickle-cell anaemia in Ekiti State, Nigeria. *African Health Sciences*. 21 (2), 775-781. Published by Makerere University, Uganda. Available online at <https://www.ajol.info/index.php/ahs/issue/view/19895> (Scopus Indexed: Q2). Email: [adegboyega.lo@unilorin.edu.ng](mailto:adegboyega.lo@unilorin.edu.ng)

**Dr. Samuel Kolawole Ajiboye** is a Senior Lecturer in the Department of Counsellor Education, University of Ilorin, Nigeria. He is a registered teacher with the Teachers' Registration Council of Nigeria (TRCN); and Member of Counselling Association of Nigeria; Member, Association of Professional Counsellors in Nigeria. Recent publications include: (1) Ajiboye, S. K., Adebayo, D. O. & Abubakar, S. (2020). Teachers' assessment of inattentive classroom behavior among primary school students in Ilorin city, Kwara state, Nigeria. *Elementary School Forum (Mimbar Sekolah Dasar)*, 7(2), 172-183. (2) Ajiboye, S. K. (2020). Trigger stimuli of anxiety among higher education lecturers in Kwara state, Nigeria. *ATBU Journal of Science, Technology and Education*, 8(1), 226-234.

Email: [ajiboye.sk@unilorin.edu.ng](mailto:ajiboye.sk@unilorin.edu.ng)

**Mr. Shakiru Abdulkareem** is a postgraduate student of the Department of Counsellor Education, Faculty of Education, University of Ilorin, Ilorin, Nigeria. He is a member of the Counselling Association of Nigeria and is a registered member of Teachers' Registration Council of Nigeria (TRCN). His research interests include guidance and counselling.

## ***Introduction***

Incest is as old as time itself. The “Holy Bible” in Genesis 19:30-38 records incest between Lot and his daughter. Lot’s two daughters conspired to inebriate and seduce their father due to the lack of available partners. In ancient times, tribal nations preferred endogamous marriage, that is, marriage with the relatives, and it was often forbidden for an oldest daughter to even marry outside the family. Marriage to a half-sister, for example, is considered incest by most nations today, but was common behaviour for Egyptian Pharaohs. The book of Genesis portrays Sarah as marrying Abraham, her half-brother without criticizing the close genetic relationships between them.

It should be noted that incest is different from childhood sexual abuse. A child can be sexually abused by a stranger which does not qualify to be incest (Osundeke, 2002; Adegboyega, 2019). However, when a child is sexually abused by a member of the same family, it is referred to as incest. Incest is more broad and wider in scope than child assault. Incest is sexual contact between closely related people. In spite of various efforts (i.e., religious rules and government law), incest in the world is on the increase as people continue to commit this socially reprehensible act. One may pause to ponder on the following questions: (1) Are human beings animals? (2) Why do people engage in this act? (3) Why are people so wicked? (4) What can be done to reduce this act? Incest is a general problem that has destroyed many families and relations in the past, and as such, there is need to tackle this appalling behaviour to reduce the threat it poses to family security.

## ***Definition***

Incest (from the Latin word “impure” or soiled) refers to sexual activities between a person and a close relative such as a parent, a brother or sister, a grandparent, an uncle or aunt (Adegboyega et al., 2015; Masters, Johnson & Kolodny, 1988). Although brother-sister incest is probably most common, it is on record that most cases of incest reported to the authorities involves an adult-child interaction. The definition, including the nature, the relationship between people and the types of sexual activity vary by country and even by individual status or state within a country. The laws can also extend to marriages between said individuals.

Research on incest has discovered father-daughter incest as the most common frequent pattern, however, in reality, father-daughter incest seems to be less common than brother-sister incest. This is due to the fact that sexual activity between siblings, in most cases, are reported or the siblings are brought into treatment. Hunt (1975), for example, found that about four percent of men and women had ever had sexual contact with a sibling, but only 0.5 percent of women had sexual contact with their fathers and an even smaller percent of the men described participation in parent-child sex. Researchers studying sex therapy clinics, found that brother-sisters incest was far more common than parent-child sexual relations (Masters, Johnson & Kolodny, 1980).

Several myths about incest continue to be widely believed (e.g., incest occurs primarily in poor, uneducated families, incest is usually committed by a father who is a sexual degenerate or that claims of incest by a child are usually made up.) The fact is, a child does not make up stories about incest nor does incest occur only among poor or uneducated families. Rather, incest can occur in any segment of society and by anybody regardless of their status. Recent evidence shows that incest is particularly common in reconstituted families, these are families in which remarriage has occurred, due to divorce or the death of a spouse (Sage et al, 1983, Renshaw, 1983). Statistics gathered by researcher Russell (1983) also supports this point of view.

### ***Types of Incest***

#### *Adult-child Incest*

Father–daughter and stepfather–step daughter incest is the most commonly reported form of adult-child incest. In these cases, the children are forced to have sex with them. The father may be drunk or may have argument with his wife and decided to use sex to punish his daughter. The child is likely to fight back and may be physically injured. When a man engages in sexual activity with his underage daughter, he is engaging in incest as well as “interfamilial child sexual abuse.” Diana Russell’s research found that one in forty women were sexually abuse by their biological fathers, while one in six reared in reconstituted families had been sexually abused by a step-father. In fact, it appears that in at least some instances, men have married divorced women primarily so that they could gain sexual access to their children (Schwartz, 1983).

Fathers sexually abusing their children are common. For example, one case that occurred between a father and daughter was reported on Wednesday, June 27<sup>th</sup>, 2012. A 45-year-old woman accused her husband of having sex with their only daughter who was 15 years old. The man, 51 years of age, resided with his wife and their daughter at Ayobo, Ipaja, Lagos, South-West, Nigeria. A reliable source, Hazeed Balogun, revealed that the girl’s mother, who was a trader at Oshodi, on the fateful day, went to Festac Town but had to return home because she was not feeling well. According to the source, the woman, on getting home, saw her husband taking part in inappropriate behaviour with their daughter. The woman was said to have raised an alarm which attracted neighbours and passersby.

Mother-son incest is rare. In one sample of 203 cases of incest in nuclear families, only two cases of mother-son sexual activity were described (Weinberg, 1955). In cases of mother-son initiated incest, the mother was usually psychologically disturbed. Mother-son incest typically involves genital fondling without intercourse if the child is young, but with boys over age ten, coitus is the most typical activity. In Japan, it is not uncommon for mothers to sexually stimulate their children to soothe them so they will sleep. According to Hideo Tokioka, when Americans think of incest, they think of fathers and daughters; in Japan one thinks of mothers and sons” due to the extensive media coverage of mother-son incest there (Niehaus, 2010).

*Mother–daughter* incest seems to be the rare form of incest in a nuclear family set, however it does occur from time to time. For instance, an undergraduate student approached a counselor in 2011 and claimed that she was a lesbian that she was introduced to it by her mother when she is around age twelve. She said that her father lived and worked in the Northern part of Nigeria while she, her mother and the other children in the family lived in the western part of the country. She added that her mother watched pornography very late at night when they were fast asleep. However, many times, she used to wake up, and as the eldest child, she would stay in the sitting room with her mother and watch the television. On one fateful night, her mother got aroused while watching pornography. Without realizing her daughter was watching her, she touched herself to the extent of stripping off her clothes. She was out of control when she took note of her daughter watching her. She approached her and laid and gyrated on top of her (with no physical force). After that occurrence, she mentioned that she joined a boarding house school in SSI where she met other lesbian students and together they initiated others. According to this undergraduate student, she believed that her sexual activities all began with her own biological mother (Niehaus, 2010).

#### *Co- sibling Incest*

Children sibling-sibling incest is considered to be widespread, but rarely reported as it is believed to be the most common form of interfamilial abuse. Sibling-sibling incest becomes child sexual abuse when it occurs without consent, without equality, or as a result of coercion. There is relatively little systematic or comprehensive research or information available on brother-sister incest. For those cases that are reported, they usually involve an older brother and considerably younger sister (Gehard et al; 1965) with the brother being the dominant partner (Meiselman, 1978). According to Finkelhor (1980), other cases do exist where siblings are closer in age while in other situations sibling-sibling incest seems to have been based on mutual consent (Master, Johnson & Kolodny, 1988). There are also other situations where one individual will overpower or blackmail the other into providing sexual gratification. Such was a case as reported to Master, Johnson and Kolodny (1988) by a twenty-six-year-old woman. She narrated her experience as follows: “When I was 14 my elder brother (who was 16) found out that I was doing drugs. Apparently, he snuck around for a while and got a whole set of ‘evidence’ together and then he confronted me with it one night when our folks were at a movie. He told me I had two choices: either give him a blow-job or he’d tell my parents what I was doing” (Masters, Johnson & Kolodny; 1988, p. 12).

#### *Consenting Adults–Incest*

Sexual activity between adults and other close relatives may arise from Genetics Sexual Attractions (G.S.A). This form of incest has not been widely reported in the past, but recent evi-

dence has indicated that this behaviour does take place, possible more often than people realize. Proponents of incest between consenting adults draws clear boundaries between the behaviour of consenting adults, molestation, and abusive incest. According to one participant who was interviewed for an article in the ‘Guardian’:

You can’t help who you fall in love with, it just happens. I fell in love with my sisters. I’m not ashamed..... I only feel sorry for my mom and dad; I wish they could be happy for us. We love each other. It’s nothing like some old man who tries to fuck his three-year old; that’s evil disgusting...Of course, we are consenting. That’s the most important thing, we’re not fucking perverts. What we have is the most beautiful thing in the world (The Guardian, 16<sup>th</sup> May 2003).

At this juncture, we should note that father-daughter incest and mother-son incest could also be consensual. A recent case in May 2012 detailed the story of a woman named Penny Lawrence from Dublin who claimed to be in love with her dad and she was proud of it. The pair were pictured smiling and hugging each other under the headline. “I’m pregnant with my dad’s baby and we are so in love.” Penny is twenty-eight years old and her father Garry is forty-six and they live as a couple. She was also quoted saying, “I’m in love with Garry and desperately want his baby. But we have agreed that if my three-month old son shows a birth defect, we will terminate the pregnancy (Jones, 2013). Another case was a Zimbabwean widow named and decided to marry after they noticed that Betty was pregnant. She said she had decided to marry her son because she did not want to marry her late husband’s young brothers, whom she says are coveting her. Feran also said he was more than prepared to marry his mother and would pay off the ILOBOLA (bride price) balance his father had left unpaid to his grandparents (Ram, 2013).

### *Adult Sibling Incest*

Incest between adult siblings is sometimes consensual. A recent and public case of adult sibling incest is the case of a brother and sister, Patrick Stuebing and Susan Karolewski, who lived in Germany. Patrick was taken at the age of three by foster parents, who later adopted him. After twenty years, when he was twenty-three years old, he learned about his biological parents, contacted his mother and met her and his then sixteen-year-old sister for the first time. Shortly thereafter, he moved in with them. Their mother died six months later. The couple became intimately close and had their first child, Eric, together in 2001. By 2004, they had four children - Eric, Sarah, Nancy and Sofia. Patrick was imprisoned for two years when he was found guilty of incestuous behaviour. An article about them in “Der Spiegel” states that the couple were happy together, however, according to court records, the first three children had mental and

physical disabilities and had been placed in foster care. Susan, herself, was mentally slow, which may explain her children's disabilities but there is still debate on whether or not their disabilities are because of their incestuous relationship or her genetics. The couple still lives together in Germany with their last child, Sofia. In April 2012, at the European Court of Human Rights, Patrick Stuebing lost his case that the conviction violated his right to a private family life (Huselbee, 2022).

### ***Causes of Incest***

The causes of incestuous behaviour can be categorized into three types: family causes, social causes and personal causes. The typical family in which incest occurs most regularly is within the dysfunctional family, the reconstituted family, and the superficially "normal" family. *The dysfunctional family* is characterized by problems spanning generations, relatively low socio-economic status, marginal functioning of individual family members, and a family history of drug abuse. Children in dysfunctional families are basically left to raise themselves and without adult supervision; they are vulnerable to all forms of abuse inside and outside of the family. While some become caretakers, other becomes rebels. *The reconstituted family* is a family that has experienced divorce, separation or the death of a parent. The children in this family are put under the supervision of uncles, aunts, grandparents, step-fathers or step-mothers or a single parent, and they are liable to be abused by any of those relatives. Sibling-sibling incest is common in this type of family. *The superficially normal family* appears to be solid and well-functioning but internally they suffer from emotional instability, and an emotional incapacity to nurture one another, much less their children. Parents in this family become more estranged from one another not only emotionally but sexually. The mother turns to her mother for help in running the household and the father turns to his daughter for emotional and sexual assistance. Even in this family, when incest is discovered by a mother (in more than two-thirds of cases), she does not try to help or protect her child (Stoenner, 1972; Herman & Hirschman, 1977). Other family problems that constitute a breeding ground for incest are when one of the parents of the family has experienced as abusive upbringing or they were a victim of incest themselves.

Social causes include watching pornographic films, reading erotic magazines and looking at nude pictures which arouses the predator who approaches or forces their prey into taking part in this social taboo. Alcohol or drug abuse are also causes of incest because the predators, when they are on drugs, tend to lose their senses and thus become capable of doing any act that they may not have engaged in if they were in a proper state of mind.

Personality causes are due to a lack of self-control, a lack of self-respect, a lack of respect for others, a lack of decency and a lack of internal control while others are emotionally unstable or experience attraction (e.g., Genetic Sexual Attraction (GSA) which is a psychological disease). Incest can also be caused accidentally which is called 'accidental incest'. This incest is committed by two partners who do not know they are biologically related. It can occur when two

people who are unaware of their biological relationship become sexually intimate, or it could occur between siblings who share a room and partake in sexual exploration. Accidental incest can also occur during artificial insemination with donated sperm (in cases where the recipient or medical professionals do not realize that there is a biological connection between the woman and the donated sperm). Other causes for incestual relationships may include situations where family members are separated at birth, where a child has been abandoned, or when alcohol has been involved. A case of accidental incest occurred in 2008 where a British brother and sister who were twins separated at birth married without knowing of their relationship. According to the relationship, this problem was discovered soon after their wedding and the marriage was annulled. Concerns have been raised however about whether the story is in fact true (Barton, 2008).

### ***Law Regarding Incest***

The definition of incest, including the nature of the relationship between people and the types of sexual activity involved, varies by country and even by individual states or provinces in a country. These laws can also be extended to marriage between said individuals. In some countries it is illegal only when it involves minors. In other cases, some countries legalize it while in others it is prohibited. Punishments also vary by country and by individual states. Consensus incest is legal in China, France, Israel, the Ivory Coast, the Netherlands, Russia, Spain and Turkey, according to 2007 report from the Max Planck Institute in Germany (Yong-jun, 2012; Penal Code, 2022; Israeli Penal Law, 2022). Incest is punishable in Switzerland, Germany and Canada with up to fourteen years imprisonment. Poland, Denmark, England, Scotland, Australia, New Zealand, United State and Vietnam also punish incest criminals with imprisonment between three months to twenty years. Argentina, Finland, Brazil, and India punish incest criminals only when it involves those of minor age or if they victim was forced. In South Africa incest is illegal but applied only to virginal intercourse, while in Sweden full sibling incest is prohibited but half siblings can marry by government approval. Countries like Israel, France, Belgium and Turkey have legalized incest while in Portugal incest is not specifically prohibited under Portuguese law. However, in Nigeria, the offence of incest has no clear definition but does falls under the offences against morality in the Criminal Code Act cap 77, laws of the Federation of Nigeria (1990). Section 214 of the Criminal Code defines offences against morality as: a) any person who has carnal knowledge of any person against the order of nature, b) has canal knowledge of an animal; or c) permits a male person to have carnal knowledge of him or her against the order of nature. In this case, the individual is guilty of a felony and is liable to imprisonment for fourteen years. (The term “against order of nature” refers to either a father having sex with his daughter, a mother having sex with her son, a sister with her brother etc. provided this is done to the extent of incongruity of the order of nature.)



### ***Effect of Incest on Victims***

In the United States, former child actress Mackenzie Philips claimed that she had engaged on a decade long consensual relationship with her father, the late rock star John Philips. She described in her book “High Arrival”, how incest fuelled her drug use and mental health problems. She said “No matter what kind of incest, it is an abuse of power, a betrayal of trust” (Goldman, Murphy & Goldwert, 2009). With these and many other stories about victims, researchers have discovered that incest is not only about those who are forced into the act, but it also affects consensual incest.

The effects of incest are far ranging and includes Obsessive Compulsive Disorder (OCD), perfectionism, Delinquency Anxiety, Regressive Behaviour, nightmares, drug abuse, prostitution, resentment, and residual feelings of guilt. Others effects include cruelty and self-injury, withdrawal from normal activity, internalizing and externalizing, poor or slow self-esteem, Post-traumatic Stress Disorder (PTSD), general behaviour problems, addictions, panic attacks, eating disorders, depression, perversions, promiscuity phobias, isolation and even suicide.

A review of forty-five studies indicated two common patterns relating to psychological responses to incest (Williams & Finkehar, 1993). The first are those associated with post-traumatic stress symptomatology. The second is an increase in sexualized behaviour, including sexualized play with dolls, putting objects into anuses or vaginas, excessive or public masturbation, seductive behaviour and age-inappropriate sexual knowledge and behaviour. A victim once said “The real damage comes not from the sex but it comes from the aspect of rape, involuntary acts, pain, shame and guilt (Goldman, Murphy & Goldwert, 2009).”

### ***Prevention of Incest***

“Prevention is better than the cure”, they say. The best approach to a health concern is prevention, that is, not allowing the occurrence of the abuse. The problem of incest is not an exception. All children should be taught that they have the right to say ‘no’ to adults who ask them to do something they do not want to do. They should also know that any form of genital contact with adults is strictly off limits (Masters, Johnson & Kolodny, 1988). Neddermeyer (2006) also added that children should be taught: 1) good body image; 2) respecting the child’s sacred body boundaries; 3) setting appropriate boundaries; 4) fostering their self-esteem; and 5) not keeping secrets for others. This can prevent abuse or prevent the same person from repeating the abuse. Children should be taught that everybody has the right to decide who touches them and how they want to be touched. Awareness should be created in children about what incest is, why it is a serious family problem and who to tell or how to handle it, when it occurs. They should learn how predators use “special promises” and threats. They should also be informed that anybody can be a predator including their parents, siblings, and other family relations.

When children are growing, their sleeping arrangements should be separated according to their sex to distance the intimacy among them. Parents should also watch out (especially mothers) for their children; they should check them from time to time in the night to know if they are still in their appropriate positions and what they are doing. Parent should monitor the person in charge of their children and what they do in their absence. Another important step to prevent incest is the level of intimacy between parent and children. Parents should spend more time listening to their children and not dispute whatever they say. This will enable them to speak freely about whatever happens in their absence and what anybody is doing to them. Parents should also know the kind of movie their children watch, the channels they are tuned into. If they find that their children are interested in pornographic movies and erotic magazines, they should keep it out of the reach of the children, and they should not read nor watch them in their presence. Fathers should keep away from watching their daughter while bathing, dressing up, when they are naked or refrain from touching them in an incestuous way. Lastly, adults should know that they may have certain rights over their children but they should understand the pain, sorrow, sadness, hatred and the effect in general, these children will pass through when they realize what has been done to them when they were innocent children.

### ***Counselling Implication***

Some people feel completely comfortable with a “forgive and forget” attitude and have no desire to talk about this issue with anyone. Others feel that the acts were consensual, non-exploitive incest relationships and may not even see a need to forgive and forget, since they view the entire experience as positive one (Masters, Johnson & Kolodny, 1988). On the other hand, there are those who have problems in carrying the incest burden, especially those who cannot seek professional help or those who feel the activity was not consensual. Masters et al. (1988) identified two approaches that such individuals could follow:

1. Incest victims will feel tremendous relief in confronting the person who initiated the incest behaviour years later in adulthood to explain how they felt and to obtain an apology. This approach can help them to feel more control and less a victim.
2. It can also be helpful to confide in someone else-a spouse, sibling, parent, lover, best friend or member of the clergy, so that victims are not forced to bottle up their feelings and carry around the burden or this “secret” for the rest of their life.

It should be noted that these two approaches can backfire if the person the victim confronts denies the accusations or insists that the victim is the one who initiated the sexual contact. A problem can also arise if the person they are confiding in exposes their confidences or provides a negative response. Thus, many researchers and victims have ascertained that the best approach in dealing with incest issues is to seek professional help. Consulting a psychologist, psychiatrist, social worker or sex therapist can help victims determine whether counseling can help. In fact, in these circumstances many people discover that the opportunity to bring the incest experience and their long-range reactions to it out in the open is a key step in gaining more control over their lives.

In general, early treatment should be designed to protect society from the offender and the offender from a recurrence of the abuse during the beginning of treatment (Conte, 1990). Treatment should include careful assessment and well-informed treatment plans that provide directives that are cautious, comprehensive. They should also be fully measurable and attainable goals and objectives (Gill, 1996). No treatment is superior to others. Gill (1996) notes that clinical interventions focused on the offender were unsuccessful because they did not take into account the interactions between parents and children. She states that treatment carries with it the responsibility to alter harmful behaviours while making an effort to preserve the family without compromising the child's safety. Treatment often includes individual, family, couple, or group therapy for the offender, the victim, the non-offending parent and other family members. Finally, the perpetrator and their family members need to be evaluated for co-existing problems such as substance abuse, domestic violence, and psychiatric disorders. This is in accordance that an incestuous act in a family will not only affect the prey but the predator and other family members. Thus, incest is a threat to family security.

### ***Conclusion and Suggestions***

It must be admitted that incest exists and is a threat to family security. The experiences affect the victims till adulthood with their feelings being revisited again and again until finally the individual withdraws from normal activities. Parent should make sure to have a close relationship with their children so that the children feel free to say and discuss anything with them. They should also never ignore what their children have to say. They should also be able to decode what their children say, as many children do not have a vocabulary to describe what happened to them (Masters, et al, 1988).

Today's adolescent is living in an ICT world surrounded by all benefits and problems of the e-era (Oniye, 2012). We are in the era of e-mail, e-transact, e-friendship, net surfing, cyber-crime digital technology and cultural infiltration (Oniye, 2012). All these have a negative effect on children as they are able to obtain inappropriate sexual knowledge which influences their behaviour. Parents should be aware and control the level their children's level of exposure. Governments should also enforce and make sure that proper punishment is given to offenders without considering their status. This will discourage others from engaging in the act. Counsellors should also strive hard in helping victims in overcoming the effects and challenges.

In conclusion, look around you! That child you see on the street every day, the withdraw child from Sunday school class or Arabic school, or that seemingly promiscuous girl in your area, may have been or is a victim of incest. That 'nice' father in your neighborhood or that responsible woman in your office may be a perpetrator. By becoming more aware of one's environment and asking questions, neighbors, nurses, teachers and everyday folks may help rescue victims of incest from an unbearable situation. By providing education on sex, treatment for victims and focusing on preventive measures, incest may be minimized and its threat reduced in the family.

## References

- Adegboyega, L. O., Alwajud-Adewusi, M. B., Abdulkareem, S., Fasasi, L. & Uhor, A. (2015). Sexual deviant behaviour: Implications for counselling. *Journal of Education in Developing Areas*, 23(1), 10-17.
- Adegboyega, L. O. (2019). Prevalence of premarital cohabitation among teenagers as perceived by undergraduates in Kwara State, Nigeria. *Covenant International Journal of Psychology*, 4(2), 36-48.
- Balogun, Hazeer. Retrieved from: <https://medium.com/@hazeerbalogun>
- Barton, F. (2008). *Shock for the married couple who discovered they are twins separated at birth*.<https://www.dailymail.co.uk/news/article-507588/Shock-married-couple-discovered-twins-separated-birth.html>
- Conte, J. R. (1990). The incest offender: Overview and introduction. In A. L. Horton, B. L. Johnson, L. M. Roundy, & D. Williams (Eds.), *The incest perpetrator* (pp. 19–28). Thousand Oaks: Sage.
- Finkelhor, D. (1979b). What's wrong with sex between adults and children? Ethics and the problem of sexual abuse. *American Journal of Orthopsychiatry*, 49(4), 692–697.
- Govindshenoy, M., & Spencer, N. (2007). Abuse of the disabled child: A systematic review of population-based studies. *Child: Care, Health and Development*, 33(5), 552–558.
- Grabell, A. S., & Knight, R. A. (2009). Examining childhood abuse patterns and sensitive periods in juvenile sexual offenders. *Sexual Abuse*, 21(2), 208–222.
- Greenbaum, V. J., Yun, K., & Todres, J. (2018). Child trafficking: Issues for policy and practice. *The Journal of Law, Medicine & Ethics*, 46(1), 159–163.
- Goldman, R. Murphy, E & GOLDWERT, L (2009). *Mackenzie Phillips Confess to 10 year Consensual Relationship with Father*. <https://abcnews.go.com/Entertainment/mackenzie-phillips-sexual-affair-dad/story?id=8647172>
- Herman, J. L. (1992). *Trauma and recovery*. New York: Basic Books.
- Hunt, M. (1975) *Sexual behaviour in the 1970s*. New York: Basic Books.
- Jones, H. (2013). *I'm Pregnant with my Dad's Baby and we are so in Love*. <http://www.strongmindbraveheart.com/pregnant-with-dads-baby-gsa/>

- Kinsey, A. C. (1953). *Sexual behaviour in the woman, female*. Philadelphia:Saunders.
- Masters, W.H., Johnson, V.E., & Kolodny, R.C. (1988). *Human sexuality*. Boston: London.
- Meiselman, K.C. (1978). *Incest*. San Francisco Publisher.
- Neddermeyer, D.M. (2005). *Protect your child from sexual abuse*. Boston: London.
- Niehaus, I. (2010). Maternal incest as moral panic: envisioning futures without fathers in the South African Lowveld. *Journal of Southern African Studies*, 36(4), 833-849.
- Oniye, A. O. (2012). *Challenges of educating adolescent in the 21<sup>st</sup> Century: Role of Parent*. Unpublished Lecture Presented at Federal Government Girls' College, Omu –Aran.
- Osundeko, T.A. (2008). *Uncovering incest: Sexual violence against family members*. USA: Nigeria World
- Ram, S. (2013). *40-Year-Old Mother is Pregnant With 23-Year-Old Son's Child*  
<https://says.com/my/news/40-years-old-mother-set-to-marry-own-son-in-zimbabwe>
- Renshaw, D. (1983). *Incest: Understanding and treatment*. Boston: London.
- Roberts, A. L., Rosario, M., Corliss, H. L., Koenen, K. C., & Austin, S. B. (2012). Childhood gender nonconformity: A risk indicator for childhood abuse and posttraumatic stress in youth. *Pediatrics*, 129(3), 410–417.
- Russell, D.E.H. (1983). *Rape in marriage*. Macmillan: New York.
- Schwartz, M. F. (1983). *Incest: its many facets*. Presentation at the Special Symposium on incest of the Masters Johnson Institute, St Louis.
- Saunders, B. E., Villepontoux, L. A., Lipovsky, J. A., Kilpatrick, D. G., & Veronen, L. J. (1992). Child sexual assault as a risk factor for mental disorders among women: A community survey. *Journal of Interpersonal Violence*, 7(2), 189–204.
- The Guardian (2003). *Genetic Sexual attraction*. Retrieved on 14<sup>th</sup> June 2013 at  
<https://www.google.com/amp/s/amp.theguardian.com/theguardian/2003/may/17/weekend7.weekend2>
- Weinberg, S. K. (1955). *Incest behaviour*. Citadel: New York: Basic Books.

Yong-jun, Li (2012). "Why Is "Relatives Sex" Crime? - Reflection on the Re-Adoption of Incest in China's Criminal Law". *Social Sciences. Journal of Lanzhou University*. Changchun: Lanzhou University.