

Incest: Through the perpetrators' lenses

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ABSTRACT

Incest is defined as the occurrence of sexual relations between close blood relatives. It is considered as not a rare event. Still, the conspiracy of silence, which is an integral part of the phenomenon, makes it difficult to estimate its scope, especially here in the Philippines. This research aims to provide enlightenment about the phenomenon, especially through the perpetrators' lenses; thus, the perpetrators' challenges and realizations before, during, and after the said act. A case study was conducted in four incest cases, which happen in the province of Davao del Sur. A structured focused case comparison was used in this study to present the differences and similarities of each case regarding the relationship between the victim and the perpetrator, the triggering factors, and the challenges of the perpetrators before, during, and after the incestuous act. Descriptive phenomenological method was also been utilized for the interpretation of the significant themes and meanings. The results showed that organic substance such as alcohol, close physical proximity, and illicit emotions were the prevailing factors that led the perpetrators to commit incest. In addition, the results also showed that temptation due to close physical proximity was the common challenges that the perpetrators encountered. Moreover, after the incestuous act, the perpetrators showed different feelings towards the incident, such as remorse and regret. However, each case varied when it comes to their relationship with the victims and emotional attachment.

Keywords: *incest, taboo, physical proximity, illicit emotions, structured focused case comparison, descriptive phenomenology.*

INTRODUCTION

While renewed attention is being paid to the responsivity of health, welfare, religious and educational institutions to their responsibilities to protect children, systemic insensitivities to the prevalence and harms of incest have evaded publicity - incest is in many ways, relating to present - time public inquiries into child abuse (Salter, 2016).

Globally, as stated by World Health Organization, incest these days is not uncommon. It is a universal taboo in human society in the past as well as in the present; its prevalence is difficult to determine because of the confidentiality involved in this problem (Sharaby, 2019; Ambrosio, 2018; Herman, & Hirschman, 2012) but it has reported that 10–15% of the general population has at least one such sexual contact (Suyanto, Hidayat, Sugihartati, Ariadi, & Wadipalapa, 2019). Few cases were taken to trial and convicted (Gomes, Jardim, Taveira, Dinis-Oliveira, & Magalhães, 2014). As reported to the police on sexual abuse in 2012 in Canada, 38% which

was classified committed as being perpetrated by a relative (Pullman, 2018; Cotter, & Beaupré, 2014). Although this type of abuse is not a new phenomenon (Contreras & Cano, 2014) but this problem is classified by the World Health Organization as a silent health emergency (Yildirim, Ozer, Bozkurt, Ozsoy, Enginyurt, Evcuman, & Kuyucu, 2014) and unfortunately, a child's outcry of incest has been given little credibility (Mirghassemi, Lundberg-Love, Sanders, & Gallien, 2017).

Subsequently, it has been understood that incest and its prohibition were universal and has been existence since humans organized themselves into something resembling families. In this period; indeed, it was inescapable and everyone is worrying about incestuous state of the nation (Connolly, 2014).

In a recent statistic in the Philippines, a person is raped every hour and 33% of sexual abuse is incest rape. What is even more disturbing is that, authorities and the Department of Social Welfare and Development (DSWD) have said that their data is inaccurate, as a lot of cases go unreported. From the year 2011-2016, the Department of Social Welfare and Development (DSWD) represented a total of 2,770 incest victims out of a total of 7,418 victims of sexual abuse, with an average of 400 to 500 cases fluctuating annually. DSWD data suggested that majority of incest victims are girls aged between 14 and 17, but cases under the age of 5 are also reported. But even the Department of Social Welfare and Development (DSWD) is well aware that their data are far from reliable. Not only is data poorly separated, there is also deficiency in coordination between government agencies on the data, and incest rape, specifically, is still widely under-reported. Authorities believe incest rape takes place in all sections of society, around the world (Morales, 2017).

Moreover, incest is a problem that can be seen in all the social classes- both in developed and undeveloped societies. Measuring the prevalence of incest in research is difficult due to differences in the concept of incest and sexual abuse, the ethical quandaries of asking participants about traumatic events, and the potential for false negatives due to the embarrassment or memory disturbance associated with familial sexual abuse (Salter, 2016). Literature has been overwhelmed by the studies of physically abused and/or maltreated children.

On the other hand, the literature lacks research that concentrate on children who are sexually abused. But sexual abuse, in particular; incest cases have caused serious and very long-lasting problems in the lives of children (Young & Widom, 2014). In reality, no one may argue that the safest place for children is their home, and the most trusted people in children's lives are their parents and siblings, but media and government reports indicate that this is no longer true now (Prakash, 2015).

These reasons prompted the researchers to conduct a case study to explore about incest through the perpetrators' lenses in the province of Davao del Sur, Philippines. This covers prevailing factors of an incestuous act as well as the perpetrators' challenges before, during, and after the incestuous act committed. This study provided helpful information as to what were the realizations of the perpetrator after the incestuous act happened.

Incest was such an act that was forbidden in most societies. It encompasses several issues in several societies and social teams. At present, there were numerous problems relating to incest that must be addressed. The utmost purpose of this research was to explore and analyze the phenomenon of incest through the perpetrators' lenses. Furthermore, this research aimed to

deepen the understanding and exploration of the reasons why and what could lead a person to do such act. It was also the researchers' greatest intent to provide enlightenment to the present-day perception about the act itself and showcase the perpetrators' side of the story.

METHOD

In this study, the researchers used a qualitative research design wherein a case study method was employed to be able to gather more data and insight straight from the participants. The researchers conducted an in-depth interview with the participants who answered series of open-ended questions that helped provide vital information about the phenomenon. This qualitative research was also focused on the participants' challenges before, during, and after the incident to be able to identify their feelings, thoughts, and behaviors. Qualitative research is more focused on describing, analyzing, and interpreting of the collected data of a given phenomenon (Creswell, 2013; Tavallaei & Talib, 2010).

On the other hand, a case study is an investigation of a present-day event or phenomenon within its real-life context to understand the issue (Dul & Hak, 2008). Moreover, personal interviews were essential because they involve personal and direct contact between interviewers and interviewees, but interviewers should have the artistry and necessary skills to successfully carry an interview (Fisher, 2005; Wilson, 2003). Furthermore, unstructured interviews were flexible in terms of the flow of the interview which could generate more data and other information that were not initially meant to be derived regarding a research subject. However, there is the risk that the interview may stray from the pre-specified research aims and objectives (Gill & Johnson, 2002).

Furthermore, the researchers utilized the purposive sampling method for the selection of the participants. There were four (4) participants in this research who were alleged perpetrators of incest and currently serving or waiting for their sentences at the Bureau of Jail Management and Penology (BJMP) located at Tiguman, Digos City. The following four (4) male participants, of legal age, were selected since they can best answer the researchers' query about the phenomenon. In this case study, the sample size is rarely large enough for random sampling, so a purposive sample is selected. Purposive sampling is an intentional selection of informants based on their ability to explain a specific theme, concept, or phenomenon (Robinson 2014). Moreover, Creswell (2007) further recommends and supports three (3) to five (5) interviewees per case study for qualitative research.

In this qualitative research using a case study method, the data was gathered through a close and in-depth interview with the participants. Prior to the interview, the researchers provided necessary documents or letters and secured permissions from respective agencies involved and in-charge in this study about incest.

Interviews were useful to explore experiences, views, opinions, or beliefs on specific matters. Accounts can be explored and compared to others, to develop an understanding of the underlying structures of beliefs (Green & Thorogood, 2010). Moreover, the interpretation of the data disclosed by the participants to the researchers was analyzed right after the information was provided by the participants. Analyzing data from a qualitative research can be very difficult and confusing due to its unstructured nature, however, it is a vital part of the research.

This qualitative research used descriptive analysis between the cases of the four (4) alleged perpetrators of the incestuous act to be able to collect quality information and use this data for comparison and then contrast them to generate new knowledge regarding incest.

In analyzing each case, the researchers used the structured focused case comparisons of George (2019). To present the differences and similarities of each case according to the prevailing incestuous act, the perpetrators' challenges before, during and after the incestuous act committed and the realizations of

the participants after the incestuous act happened. Moreover, data from this research was collected and analyzed using steps from Colaizzi's (1978) descriptive phenomenological method. Significant themes and meanings were interpreted through meticulous analysis of data to formulate the synthesized findings for this research study.

RESULTS AND DISCUSSION

All the way through this paper, the researchers had looked into the different cases of incest offenders and the potential psychological factors that can contribute to the incident. Using the four (4) separate case studies discussed, the objective was to examine each of them, compare them, and incorporate the mechanism that linked them into the incident.

The researchers used Structured Focused Case Comparisons of George (2019) in evaluating each case. In order to address the distinctions and similarities in each case according to the prevailing factors of incestuous act, the perpetrators challenges before, during and after the incestuous act committed and their realizations after the incestuous act happened.

The prevailing factors of an incestuous act

Despite the presence of the incest taboo, violations of that taboo are not as uncommon as they once assumed. Incest can take many different forms and involve several different relationship presentations and is associated with many troubling aftereffects (Carter, 2019). Further, intrafamilial sex offenders have been confirmed to have violated their cousins, nieces, and nephews (Perez, 2017). In addition, Kluft (2010) stated that men were typically the perpetrators and young women the victims and the perpetrators included parents and relatives.

Table 1 below shows the prevailing factors of incestuous act. The table displays the distinctive features of each case in terms of the accused incest offenders' prior interactions that may lead to the incident.

Table 1. *The Prevailing Factors of an incestuous act*

	Jazz	Anghelito	Uno	Chris
Alcohol influence	Jazz was drunk during the incident.	–	Uno was drunk during the incident.	–
Shared illicit emotions	–	Anghelito and the victim had an elicited relationship.	–	Chris and the victim had illicit relationship.
Physical proximity	Jazz lives in one roof together with the victim.	Anghelito lives in one roof together with the victim.	–	Chris lives in one roof together with the victim.

The influence of alcohol to the perpetrators, the relationship of the victim and the perpetrators, and the physical proximity between the perpetrators and the victims as well as the educational attainment of the perpetrator's might contribute to the incident. Information from the review showed that Jazz and Uno was drunk during the incident happened. Both of the latter claimed respectively during the interview:

“Naka-inum ko atong higayona. Daghan man gud akong na-inum” (I was drunk that time. It was due to excessive alcohol intake) [Jazz, Line#32].

“Hubog man kayo ko. Tungod ra gyud to sa kalango sa ilimnun” (I was really drunk. The reason of that is due to alcohol intake) [Uno, Line#30].

It was supported by the investigation found out by Firestone, et al. (2005) that younger victim incest offender had a greater history of more current alcohol issues. In connection with this, an article by AL-Ibraheem (2018), stipulated that most numbers of the perpetrators of this incestuous act are more likely under the influence of alcohol.

On the contrary, it was evidently not because of the influence of alcohol in the case of Anghelito and Chris but rather because of the emotional connection between them and the victims. Anghelito stated during the interview:

“Mga isa ka semana gikan sa pag-abot niya sa balay nanguyab ko niya” (I courted her after a week after she came to our house) [Anghelito, Line#60].

“Pagpanguyab nako, gisugot ko niya isa ka adlaw” (She said “yes” the same day I courted her) [Anghelito, Line#62].

“Duha ka bulan man to nagpundo akong ig-agaw amo-ang balay” (My cousin stayed in our house for about two months) [Anghelito, Line#42].

Chris, during the interview reported as well:

“Murag unom siguro to ka-bulan, pareha ra mi ug balay” (We live in the same roof for about I thin six months) [Chris, Line#92].

“Uyab mi Ma’am. Ang akong kwarto naa sa taas, usahay mobalhin mana siya didto” (We have a relationship Ma’am. My room is upstairs and sometimes she goes there) [Chris, Line#102].

In these cases, Brontë and Eyre (2016) suggested that amongst the many complicated family relationships, cousin relationships occupy a curious space in which the incestuous nature of the bond is at once diminished. In the case of Jazz, physical proximity was also one of the prevailing factors that was seen that contributed prior to the incident. Jazz, as he stipulated during the interview:

“Lagyo ang mga balay. Ang balay naay kwarto, usa lang kabuok. Kwarto sa akong magulang ug iyang asawa. Gamay lang gud. Naa ko sa sala matulog uban ang mga anak sa akong magulang. Kung matulog tapad mi (pag-umangkon) usahay” (Our house is isolated. The neighbors live faraway. We have one bedroom, that’s occupied by my brother and his wife; it’s just a small room. I sleep in the living together with my brother’s children. Sometimes we (niece) slept close to each other) [Jazz, Line#26,28,30].

In the same vein, Salam, et al. (2004) exemplified that sharing bed rooms in crowded accommodation that increased physical proximity, therefore, reported much more frequently with incestuous behaviour among low socioeconomic status families than among other families. Nevertheless, incest is more easily hidden by wealthy families than by the poor.

The result was also incoherent with Carter (2019) in which he addressed that incestuous families are sometimes characterized as socially isolated families in which personal independence and autonomy are minimized. In the case of Jazz he was exposed to the victim as the lived together with the family’s victim; who happened to be his older brother. He (Jazz) often shared the same bed with the victim and sometimes even sleeps next to each other.

The challenges of the perpetrators before, during, and after the incestuous act committed

In an article written by Klufft (2011), activities of humans are sometimes influenced by their emotions and drives and such an act gives rise to stronger, more intense and more divisive reactions than incest; the occurrence of sexual behaviours between closely related individuals.

Exploring the challenges faced by the respondents before, during, and after the incident was essential for this study to explore the impact of these challenges throughout the incident. The following table below illustrates the perpetrators challenges before, during and after the incestuous act.

In table 2, the data for each case relating to the perpetrators' challenges before the incident was presented. At some point, in these cases, the geographical area varies. Jazz, Anghelito and Chris, during the interview claimed that:

Table 2. The Challenges of the perpetrators before, during and after the incestuous act committed

	Jazz	Anghelito	Uno	Chris	Formulated Meaning
Before the incestuous act	Jazz lives together with his brother in one roof together with his brothers children, including her niece [the victim] in a secluded area.	Angelito and the victim [cousin] had an illicit relationship.	Uno and the victim live in the same barangay in a secluded area.	Angelito and the victim [cousin] had an illicit relationship.	Temptation due to close physical proximity and shared illicit emotion
During the incestuous act	Jazz's niece [the victim] showed no signs of resistance during the said activity	Angelito and the victim [his cousin] both agreed to do the said activity.	Uno did not elaborate further information on this matter.	Chris and the victim [his niece] both agreed to do the said activity.	With consent
During the incestuous act	Jazz felt ashamed of what happened.	Anghelito remained his close relationship with the victim [her niece]; however, he regretted what happened.	Uno was afraid of what happened.	Chris remained his close relationship with the victim [her niece]. However, he was afraid of what happened.	Fear of what happened

“Naa ko sa sala matulog uban ang mga anak sa akong magulang” (I slept in the in the living room together with my nieces and nephews) [Jazz, Line#28].

“Wala mi mga silingan. Lagyo ang mga balay” (We do not have neighbours around) [Jazz, line#26].

“Kung matulog, tapad mi usahay” (The houses are far. Sometimes, she sleeps beside me) [Jazz, Line#30].

“Sige man siya ug tan-aw sa akoo. Mukaon mi, tapad mi sa isa ka lamesa. Sigeg duol sa akoo, sa isa ka bangko sigeg duol sa akoo. Sige ug tabis sa ako, sige siya ug tapad sa ako-a” (She always stares at me. When eating our meals, we always seat together in one table. Always comes next to me, when I am seating, she always comes near me. She always stares at me, always seats beside me [Anghelito, Line#138].

“Kagustohan lang jud to namo” (It was a mutual decision) [Chris, Line#128].

“Nidulog ra man to siya ug kalit sa akoo” (She suddenly slept beside me) [Chris, Line#136].

It was pointed out by Jamisetty (2012) that child molesters assumed that children provoke sexual interaction with them through their actions, such as sitting in the lap of the offender, hugging or kissing the offender. Such convictions allow sex offenders to validate their coerced sexual contact with children and also to justify their continued crimes against their victims.

Nevertheless, Jamisetty (2012) claimed that assumptions determine how perpetrators perceive their interaction with their victims and assumed that perpetrators reinterpret, refute or recreate a sexual offence against a child.

However, Pollack and Kleinman (2018) firmly claimed although children after puberty display an interest in sexual activity, but there is no excuse for adults to fail to understand that young children clearly cannot consent to a sexual relationship. Though in the case of Anghelito and Chris were not the same as Jazz, however, both of the latter were exposed with the victims through living together under one roof with the family of their perpetrators.

Further, Jaz, Anghelito and Chris asserted that there were no signs of resistance on the part of the victim during the incestuous activity and that both Anghelito and Chris were provoked by the victims as to why the incident began. Anghelito mentioned these during the interview:

“Siya ang ni-una sa ako-a. Natulog ko, ege ko niya ug tawagan, “anghel, kumusta naka dha?” (She was the one who approached first. I was sleeping; she kept on calling me and said, “Anghel how are you there?”) [Anghelito, Line#84].

“Gabie. Mga alas sais sa gabie. Gisulod ko niya sa akong kwarto. Gi-lock man nako akong kwarto, sus nanuktok man siya sa akong kwarto. Gi-ingun nako sa iyaha “ayaw ug sulod sa akong kwarto, dili mani imohang kwarto” ana siya, “sige lang pasagdi lang gud ko ug musulod ko” (It was at night, most probably six in the evening. She came inside my room. I locked my room but she still knocks at the door. I told her, “Do not come inside my room, this is not your room” then she replied, “Please let me in”) [Anghelito, Line#88].

“Balik kog tulog unya pukawon man gyud ko niya” (I went back to sleep but she still trying to wakes me up) [Anghelito, Line#94].

“Bira-birahon niya akong sinina. Naa man siya sa akong atubangan. Gahigda pod siya tapad nako. Dako man ang kwarto nako. Pagkahuman, gilabod ko niya. Ga-storyahay mi, ga-atubangay mi, “mao man ni imo gusto, gusto nimo nga, kana man diay gusto nimo, sige, muatubang ko sa imoha”. Pero akong hunahuna nakulbaan ko, nakulbaan ko kay wa pakoy gusto sa babae kay dise syete pa akong edad” (She tried to grab my shirt. She was in front of me. Lie down beside me. My room is big. Afterwards, she hugged me. We talked, facing each other. I told her, “Since this is what you want, okay, I will face you”. But in my mind I was nervous, I

was nervous because I do not like girls yet because I was only seventeen years old”) [Anghelito, Line#96].

Chris, during the interview also claimed that:

“*Nagkasinabot mi ato unya nagtan-aw pod siya ug mga scandal gani*’ (We both agreed that time, she even watched scandal videos) [Chris, Line#54].

“*Wala man to ingon nga rape gyud Ma’am kay nagkasinabot man mi atong duha* (There was no rape incident happened because it was a mutual decision) [Chris, Line#114].

“*Sa panimalay sa akong magulang, sa Matan-ao duha ra mi sa balay*” (It was only me and her in my brother’s house in Matan-ao) [Chris, Line#18].

“*Tinood nga ako siyang gi-gunitan. Ako siyang gihikap-hikap. Tibuok niyang lawas. O, nay nahitabo*” (Yes, it is true that I held her. I touched her, her whole body as well. Then that thing happened) [Chris, Line#12-16].

“*Nisugot ra man pod siya*” (She also agreed) [Chris, Line#146].

In these cases, Pollack and Kleinman (2018) pointed out that this is still an abuse and it causes trauma, therefore, should not be written off as pure childhood irresponsibility only because violence is perpetrated by a young family member. However, when a teenager abuses and coerces a younger child within his family, such as cousins engaging in any form of sexual activity – even what they may call experimentation – that conduct is sexual abuse. Such abuse by those perceived to be a relative is traumatic whether or not it is legally considered “incest.” Jazz, on the other hand, during the incident, stated that:

“*Hapon to*” (It was late afternoon) [Jazz, Line#24].

“*Ang ako lang mahinumdoman nga hubog ko unya ako siyang gihikap-hikap unya mao to nay nahitabo namo. Wala siya nisukol, nilugnot o nisinggit*” (I only remember that I was drunk then I touched her then we made it together. She did not resist od shouted) [Jazz, Line#50-52].

As alluded by Pollack and Kleinman (2018), it draws the line between consensual sex and abuse of a protective relationship that gives rise to an abuser and a victim who, if it involves cousins, giving them the benefit of the doubt may actually be giving them a license to abuse. So many children are being abused by a guardian and do not report it because they care about the abuser for or even love them and may feel guilty.

In addition, Middleton, et al. (2017) added that although victims themselves still feel too powerless and too shamed by their weakness, and too contaminated with the evil done to them but very often, they do feel deeply connected to their abusers.

The result was not coherent with the statement from an article by Al-Ibraheem (2018) which stipulated that the perpetrators of the incest are characterized by their own motives and misunderstandings; they have misinterpretations of the other person’s behavioral stimuli as they have sexual intentions towards victim and ability of self-organization. It is called cognitive distortions which refers to as thinking errors used by aggressors to justify the unacceptable sexual behaviors towards the victim, as these cognitive distortions work to decrease the symptoms and problems and increase their sense of comfort when they sexually harass the victim and increase their self-awareness positively, and minimize the likelihood of guilt as a result of their inappropriate sexual behaviour. In the cases of Jazz, Anghelito, and Chris, one

may conceive of circumstances that cast doubt on the validity of consent if sexual abuse is carried on that which began during one person's childhood (Hörnle, 2014).

To elaborate more, the challenges of the perpetrators after the incestuous act committed were gathered in this study. After incestuous act committed, Anghelito and Chris stated, during the interview:

“Ok man mi sa akong pamilya” (My relationship with my family is okay) [Anghelito, Line#126].

“Ok man mi sa akong ig-agaw, katong naa ko sa Caburan, nihilak siya. Ana siya - maghulat ko sa imoha kung makagawas ka. Di ko mangita ug lain, ikaw ra. Kung makagawas ka tawaga ko sa Dabaw” (Me and my cousin were also both okay, I recall when I was in Caburan, she cried. And she said that she will wait for me until I will be released in prison. She also added that she will not find another one, just only me. And if ever I will be released here, I will call her in Davao) [Anghelito, Line#130].

“Naa nako diri, kada gabie diri dili ko katulog usahay hilak ko kay mingaw na ko sa akong mga pamilya. Akong mga igsoon. Pila ka tuig nako diri, isa ka tuig duha ka-bulan wa ko nila nadu-aw, wa ko nila gina-dalaw dri. Akong mga igsoon, mga uyuan, mga auntie nako di mudalaw sa akoo. Di ko ginadalaw diri. Sige lang agwantahon nako ni” (When I came here, every night I cannot sleep, sometime I even cry because I miss my family, my siblings. I am here for a year and two months, they were not able to visit me since then. My siblings, my aunt's, my uncle's won't visit me here. It's okay, I will be able to surpass this) [Anghelito, Line#122].

“Close lang gihapon mi (pag-umangkon)” (We are still close (niece) [Chris, Line#164].

“Nagkita mi, pero wala lang gud Ma'am, katawa lang siya” (We saw each other, she just smiled) [Chris, Line#192].

“Wala na ko nagpakita sa akong mama ug papa. Mahadlok ko basin mapatyan ko nila. Wala man pod sila (mama ug mama) nasuko. Wala nasuko iyang mama sa akoo. Iyang papa nasuko” (I was not able to show up with my mother and father. I was afraid they would be able to kill me. But they were not angry with me. Her mother was not angry with me, but her father was) [Chris, Line#166-168].

In contrary, if differed with statements of Jazz and Uno as they stated during the interview:

“Human sa nahitabo wala na ko mahibalo kay naulaw naman ko unya naa nako diri sa presohan” (After the incident, I did not know what happened next because I was really ashamed and I was already locked up here in prison) [Jazz, Line#8].

“Nahadlok ko. Mao ra, mahadlok lang ko” (I am afraid. That's all, I am just afraid) [Uno, Line#36].

“Ambot wala ko kabalo, dili nako musulti” (I do not know, I don't want to give a word anymore) [Uno, Line#62].

Jazz's and Uno's assertion would describe Ballantine's (2012) point of view that undisclosed, untreated, unresolved issues and consequent shame and guilt can lead to life-long emotional problems that are difficult to repair. It was, however, corollary with the pronouncements of Unlu and Cakaloz (2016) that incestuous activities were known to have long-term negative consequences. Furthermore, Pollack and Kleinman (2018) emphasized that incest is both wrong and hurtful, where one is in a trusting relationship it is even more devastating.

The realizations of the perpetrators after the incestuous act

Imprisonment of the incestuous offender may strengthen the guilt feelings or may not. Falling apart occurs first when offenders are discovered and can be life-threatening. But it encompasses all pertinent aspects of the family system and the roles of all the family members within it, and intact boundaries must be created.

Sexual abuse when it occurs in the family, especially in the form of incest or incestuous abuse, represents the whole complexity of family dynamics, and it is a problem of all its members (Rakovec-Felser & Vidovic, 2016). These offenders suffer a great deal of stigma, given the fact that they completed their sentences and were released back into society (Klein, et. al., 2014). The table below shows the realizations after the incestuous act committed.

The table 3 represents the perpetrators' feelings and current thoughts after the said incident.

Table 3. *Realizations of the perpetrators after the incestuous act*

	Jazz	Anghelito	Uno	Chris
Feeling of regret	Jazz did not have any regrets about what happened.	Anghelito had regrets of what happened.	Uno had regrets of what happened.	Chris had regrets of what happened and considered it painful.
A certain changes in their lives	Jazz is worried because of his health condition inside the jail.	Anghelito wanted to change that bad deed.	Uno is thinking if when he will be released in jail.	Chris considers a big change in his life inside the jail that is willed by God.

Although there was scarcity in literature regarding the realizations of the perpetrators of incestuous act due to few long-term study on incest, but one data on the reported literature reported that imprisonment of the offender may strengthen these guilt feelings (Mnookin & Weisberg, 2014; Coleman, 1985). Anghelito, Uno, and Chris, stated during the interview.

“Naa ko’y pagmahay” (I have regrets) [Anghelito, Line#118].

“Pagmahay nako nga nahitabo nuon na sa akong ig-agaw. Bawal man sa Muslim nga magbuhat ug dautan” (I regret it happened with my cousin. It is prohibited to us Muslims to do bad deeds) [Anghelito, Line#120].

“Ug makagawas ko diri di nako muusab. Magbag-o nako. Ug makagawas ko diri, musaad ko nga di nako mubalik sauna, di nako mubalik sa akong nahimong sala sa akong ig-agaw” (If I will be released here, I will not do it again. I will change for the better. If I will be released here, I promise that I will not go back to the offense that I have done to my cousin) [Anghelito, Line#142].

“Naay pagmahay ug nganong nabuhat ko to ug nganong na-ingun ato to. Naa pod pagmahay kay wala man naka-ayo sa ako-a ug sa bata ang nahitabo” (There was regrets why I have done those and why it was like that. There were also regrets because what happened did not do good to me and to her) [Uno, Line#50].

“Nagmahay ko kay pag-umangkon ra man unta to nako pero nganong nabuhat nako to. Sakit sa akong buot” (I regret because why I did it to my niece. It is painful in my part) [Chris, Line#214].

“Nihilak gud ko ato kay nganong nahitabo to. Nganong na-ingun ani ko. Sakit sa akong dughan. Sakit jud sa akong kaugalingon nganong nabuhat nako to” (I cried because of what happened. Why I was like this. It is painful in my heart. It was really painful for me why I did it) [Chris, Line#204].

Meanwhile, Jazz, during the interview stated that:

“Wala man ko nagmahay, naulaw lang ko sa mga nahitabo. Wala jud koy pagmahay” (I don't have regrets; I was just ashamed of what happened. I really don't have any regrets) [Jazz].

To add, in the case of Anghelito and Chris wherein they started the said activity when they were minors, the combination of emotional support and parental guidance can empower the parents to be a supportive, thereby helping to prevent their reoffending to sexually offensive behavior (Bustnay, 2019).

Another seen characteristic of the participants that they were similar in regards to educational attainment. Though it might not be a predictor, but lack of education might be a contributory factor of the incident. Aside from educational attainment, socio economic status as well in these cases varied. Jazz, Anghelito, Uno, and Chris came from low-income generating families in a secluded area. Moreover, this was further supported by Suyanto, et al. (2019) that incest cases are normally experienced by poor and low educated families that underlines the need for close attention to the incestuous relationship cases which might involve and affect many young women and underage girls as the victims. Societal connotations and reactions emotively influence our understanding of incest. Society views sexual abuse as more heinous than most other crimes, including incest.

Furthermore, Herda (2009) stated that incest taboos exist to prevent birth defects but also because incest aggravates the family unit. The aggravation refers to severe issues including victim symptoms (i.e., sexual dysfunction and post-traumatic stress disorder) and family disruptions (i.e., expulsion of the perpetrator from home). Between the social connotations of incest as horrible and clinicians' possible history of having been influenced by incest, it is understandable that clinical work with incest issues would be an unpleasant experience.

Certainly, the study and treatment of incest has been under a cloud of doubt for over a decade and a half which has impeded the advancement of awareness about this devastating form of violence. Scholars have backed away from even using the word, to the point that it has become difficult to research unless one searches under more bland and harmless terms. Between the overall power of the incest taboo and the desire of scholars to avoid provoking harsh reactions to their work, the term "incest" has been gone from the literature. Even now, researchers rush to deny the frequency of incestuous abuse and to minimize its reality and the damage it can cause (Kluft, 2010).

CONCLUDING STATEMENTS

This research, as far as checking on essential theoretical viewpoint in understanding the etiology of inbreeding or commonly known as incest, were able to find out at least three theoretical points of view that should be considered. These are alcoholism, shared illicit emotions and physical proximity.

The data gathered in this study shows that the role of organic factor such as alcohol, as mentioned above, acts as a triggering factor that led the perpetrators to sexually assault their own family members, as displayed by the participants on these particular cases.

Another finding shows that sexual act could happen between relatives or family members because of shared illicit emotions. The incident happened with consent from both parties as what manifested on this study.

Furthermore, the data gathered also manifest that relatives or family members who shared the same room in a remote location could likely be tempted to engaged more in sexual act with members of their own family. It only indicates that physical proximity is a great factor that led the perpetrators to commit such act. There is also a manifestation in the data that all participants lack education.

This simply exhibit that further research is essential to fully understand the phenomenon and hope that it will be able to provide proper interventions in the future. The data in this study may be used to aid the psychology department, government agencies, and the family as well, to cope with the situation better.

Departments concerning psychology and mental health in the Philippines can also gain or benefit from the data gathered in this research. Considering that incest is not only a legal concern, psychologist can be of help also in the prevention of the crime to occur. Using the data from this study, psychologists who render their services in government agencies will be able to provide better and appropriate intervention and programs for the families as well as the perpetrators. And finally, the family could also benefit from the data gathered in this study that they can used to guide them on their daily lives.

Through this study, the researchers were hoping that families would give importance of education in the lives of their children as well as the importance of providing their children their own bedroom as much as possible. Due to the qualitative and exploratory nature of this study, respondents were limited and not enough to represent the incest population cases in the Philippines. Subsequently, further research ought to expand the quantity of respondents having a wide scope of diversities from various provinces.

Future researchers should also start gathering their data as early as possible to be able to provide all necessary information needed for this phenomenon and to be able to look deeply in every angle of the incident. It would also be better if the respondents in this kind of study were already a convicted perpetrator of the crime; hence, they will be able to provide freely and without hesitation all the data and other information needed for this kind of research. It is also recommended, if possible, to administer battery of psychological tests to the perpetrator to be able to understand them better and to understand their emotional and psychological state. In addition, it is also advised that future researchers should include triangulation method to gather additional information from the significant others of the perpetrators and to be able to quantify and validate the statement provided by the participants. Implementation of the aforementioned variables for the next researcher could help provide comprehensive and reasonable data that may expand the understanding of the incest cases to be able to provide enlightenment and trainings to the future responders with regards to these cases.

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