

**Title: An exploration of the psychological factors which underpin
women's fear of crime in South Africa.**

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I hereby declare that the Research Report submitted for the Honours in Psychology degree to The Independent Institute of Education is my own work and has not previously been submitted to another University or Higher Education Institution for degree purposes.

Abstract

The fear of crime is widely recognised as a complex social phenomenon. Previous research has found that the fear of crime exists independently to the actual probability of becoming a victim to crime (Moller, 2005). This is due to the fact that the anxiety and perceived risk associated with fear of crime seems to remain the same or in some cases, even increase, during times when crime statistics have declined (Moller, 2005). This research study explains the reasons why this is so, by focusing on the psychological factors which underpin women's fear of crime, namely: vulnerability and one's perception of the social and physical environment. Data which was collected from an online, qualitative questionnaire has been interpreted in order to provide an in-depth understanding of women's subjective fear of crime within a South African context, and this also provides an understanding of how this fear of crime leads to consequent fear-related behaviours. The findings from this research may be of value to the many women of South Africa who experience fear of crime on a daily basis, partly due to the impacts of gender-based violence, and partly as a result of other factors which have been explored and discussed.

Key Words: Fear, vulnerability, environmental perception, social perception, fear-related behaviour.

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Contextualisation

The fear of crime is often described as an emotional response of fear and anxiety to anticipated crime or to symbols which a person may associate with crime (Ferraro, 1996). The fear of crime is a subjective phenomenon because it is not experienced in the same way by everyone, and each person has their individual reasons why they experience the fear of crime (Ferraro, 1996). These reasons have been explored through interpreting the psychological factors which play a role in generating fear of crime in individuals: feelings of vulnerability and environmental and social perception (Jackson, 2009). This research study provides a deeper understanding of these psychological factors as applied to women in Cape Town, South Africa.

The experience of the fear of crime is considered to be a significant issue because it can cause constant anxiety and worry about future victimisation, and this often leads to the development of fear-related behaviours, which have negative psychological consequences for individuals in terms of their general well-being (Jackson, 2009). Considering that gender-based violence is a prevalent issue in South Africa today, it can be understood that women are especially subject to experience fear of crime on an everyday basis (SSA Crime Against Women, 2018).

Within this research study, the problems, purpose and objectives relating to this topic have been discussed as part of the introduction section. Following this, previous research on the topic of fear of crime is provided, and this literature is discussed in line with the research questions and objectives of this study. The literature review provides a theoretical foundation for this study in which two theories are discussed: imagined victimisation and psychology of risk (Skogan and Maxfield, 1981) and Ferraro's generic model of fear of crime (Ferraro, 1996). Next, the methodology section explains the appropriateness of interpretivism as a paradigm for this research study, as well as the selection of an exploratory, cross-sectional survey research design. The next section includes the research plan, which involves an explanation of how data was collected and analysed. Finally, the findings of the research are discussed in relation to prior literature and interpreted in accordance with the broader context of the research problem.

Rationale

According to the Interim Steering Committee on Gender-Based Violence and Femicide (2019), South Africa has declared a national state of emergency regarding gender-based violence. Therefore, this research study is significant because it is relevant to the lives of women in South Africa. The majority of women in South Africa experience a fear of crime in many aspects of life (Interim Steering Committee on Gender-Based Violence and Femicide, 2019). This could be due to environmental influences such as gender-based violence and the type of neighbourhood they live in, however, other influences such as perceived feelings of vulnerability as a woman, also contribute to fear of crime (Farrall, Gray, & Jackson, 2007). It is important to explore the psychological factors which contribute toward this fear of crime amongst women, because the consequences of fear are often debilitating. Therefore, the aim for this research was to add to the existing body of knowledge regarding women's fear of crime in South Africa and for women themselves to gain an understanding of how their fear of crime is generated. This research study can also contribute new insights and a deeper subjective understanding of fear of crime toward the existing body of knowledge on the topic.

Problem Statement

The high levels of gender-based violence against women in South Africa have resulted in women developing a fear of crime in which they feel vulnerable and victimised as a group (Statistics South Africa, 2018). This fear, along with other contributing psychological factors, has a negative psychological impact on women because it often results in the development of fear-related behaviours which puts constraints on their ability to move and act freely within their environment (Statistics South Africa, 2018).

Purpose Statement

The purpose of the study was to gain an in-depth understanding of how psychological factors, such as vulnerability and environmental and social perception,

contribute towards the development of women's fear of crime in Cape Town, South Africa.

Research Questions

The primary research question posed by the research is: How do the psychological factors of vulnerability, environmental perception and social perception contribute toward the development of fear of crime experienced by women aged 18-25 in Cape Town, South Africa?

The secondary research question posed by the research is: What types of fear-related behaviours result from the fear of crime experienced by women aged 18-25 in Cape Town, South Africa?

Research Objectives

Research objective 1: To explore how the psychological factors of vulnerability, environmental perception and social perception contribute toward the development of fear of crime experienced by women aged 18-25 in Cape Town, South Africa.

Research objective 2: To explore the types of fear-related behaviours resulting from the fear of crime experienced by women aged 18-25 in Cape Town, South Africa.

Literature Review

Conceptualisation

The fear of crime refers to the fear of falling victim to a crime, and is associated with emotions such as dread, anxiety and worry about potential future victimisation (Jackson, 2009). The fear of crime was assessed by asking participants to rate their perceived level of safety in their neighbourhoods on a scale from “extremely unsafe” to “extremely safe.” Participants were also asked to rate their perceived-likelihood of experiencing any form of victimisation within the next 12 months, as this was a way of understanding participant’s level of worry regarding potential future victimisation (Killias & Clerici, 2000).

Perceived risk refers to an individual’s subjective evaluation of the possibility of falling victim to a crime based off of their judgements and perceptions in their environment (Ferraro, 1996). This key concept was studied through exploring the factors in the participants’ social and physical environments which contribute towards their risk perception. For example, participants were asked to explain whether or not they associated risk with various factors such as crime prevalence in their neighbourhood, neighbourhood characteristics such as litter and graffiti, and types of people in the neighbourhood, and to expand on the reasons why these factors may be associated with perceived risk (Farrall, Gray & Jackson, 2007).

Vulnerability refers to three dimensions of threats which are applicable to women experiencing the fear of crime. These dimensions are: exposure to risk, the anticipation of serious consequences and loss of control (Killias & Clerici, 2000). Vulnerability was assessed by presenting participants with a scenario in which they are hypothetically approached by an unarmed man in an empty street.

Fear-related behaviours refers to the types of behaviour which result from the response of fear of crime (Yuan & McNeeley, 2016). These include defensive, participatory, constrained and restricted behaviours (Yuan & McNeeley, 2016). Fear-related behaviours were explored through asking participants whether or not they have practiced any types of fear-related behaviours as a response to fear of crime, and if so, to give examples of what these behaviours consist of (Yuan & McNeeley, 2016).

Theoretical Foundation

The theory of imagined victimisation and psychology of risk proposed by Skogan and Maxfield (1981) explains that people worry when they can imagine themselves falling victim to a crime. Hearing about others who have been victimised or knowing about crime-related events influence a person's perception of risk and ultimately leads to an increase in fear of crime (Skogan & Maxfield, 1981). A number of researchers have backed this theory, stating that indirect exposure to accounts of crime instil a sense of apprehension of future victimisation in individuals (as opposed to direct exposure) and therefore plays an influential role in creating the anxieties which contribute to fear of crime (Engelbrecht, 2009; Ferraro, 1996; Jackson, 2009; Killias & Clerici, 2000; Moller, 2000).

Killias and Clerici (2000) explain that personal risk perception is complex and multi-faceted and can be understood in terms of each person's subjective schema of vulnerability. A person's schema of vulnerability is created according to three dimensions, namely: exposure to risk, the anticipation of serious consequences, and the loss of control (Killias & Clerici, 2000). Further research conducted by Jackson (2009), found that these dimensions of vulnerability interact with physical, social and situational aspects of vulnerability. Jackson (2009) also explored how the dimensions of vulnerability explain different levels of fear of crime between males and females. The findings revealed that women experience higher levels of fear of crime because they believe that they are more likely than men to be exposed to a crime-related event, they anticipated more serious consequences and they believe that they are unable to control the possibility of becoming a victim to a crime (Jackson, 2009).

Ferraro's (1996) generic model of fear of crime gives an integrative view on fear of crime as a whole through explaining the relationship between people, their environments and their fear response. This model shows how social and environmental interpretation shape a person's sense of perceived risk, and how this perceived risk is then translated into fear and fear-related behaviours (Farrall, Gray & Jackson, 2007). This theory states that people form judgements on their physical and social environment based off of their existing attitudes, beliefs and prejudices. Symbolic interactionism - the way in which humans create symbolic meanings from

the social environment - is therefore a key aspect of this theory, as stated by Ferraro (1996, p.20): "Perceived risk and fear of crime are thus located within the actor's definition of the situation – their subjective experience placed in its social context." For example, areas which have a reputation for crime or which are poverty-stricken are treated as signals for potential danger. The sense of perceived risk resulting from these signals are what cause a fear response, and this fear response is likely to result in behavioural adaptations, in which a person avoids such areas associated with potential danger (Farrall, Gray & Jackson, 2007).

Review of Previous Literature

Fear of Crime

In its most simple terms, the fear of crime refers to the fear of being a victim of crime. Ferraro (1996) describes fear of crime as an emotional response of dread or anxiety to crime or symbols which a person associates with crime. This emotional response elicits thoughts, feelings and behaviours which often have damaging effects on an individual's psychological well-being (Ferraro, 1996). In his studies conducted on the psychological perspective of fear of crime, Jackson (2009) emphasises that fear of crime is largely characterized by the worry which stems from the emotion of anxiety. Worry is expressed through an individual's evaluation of an immediate situation which signifies as a threat, and can also be expressed as an anticipatory state in which an individual is concerned about future potential danger (Jackson, 2009). The rumination of future danger is what tends to produce repetitive and anxiety-provoking thoughts, thereby contributing even more to the experience of fear (Jackson, 2009). In a similar way, the behaviours resulting from fear of crime often involve constrained and defensive behaviours, and while these behaviours are practiced in attempts to lower fear of crime, research done by Yuan and McNeeley (2016) has shown that such behaviours actually increase a sense of fear.

Women's Fear of Crime in South Africa

The fear of crime is a subjective phenomenon. Previous studies have shown that women, as a group, experience higher levels of fear of crime compared to that

of men (Engelbrecht, 2009; Ferraro, 1996; Jackson, 2009; Killias & Clerici, 2000; Koskela, 1999; Moller, 2000). More current research on this gender comparison has found that the relationship between likelihood of victimization and frequency of worry differs between men and women, and is dependent on the type of crime in question (Chataway & Hart, 2018). Furthermore, Ferraro (1996) explains that men are statistically more likely than women to be victims of all types of crime except one: sexual assault.

In 2019, South Africa declared gender-based violence a national crisis (Amnesty International South Africa, 2019). According to the latest report on crime against women provided by the South African Police Service (SAPS), there were 41 583 recorded offences of sexual assault against women for the 2017/2018 year. The section of the report which addresses women's fear of crime indicates that the above recorded offences have a direct impact on the lives of women in South Africa as well as their ability to achieve their potential in social and productive aspects of life (SSA Crime Against Women, 2018). For example, the report states that women were more likely than men to refrain from ordinary daily activities due to their awareness of the high levels of gender-based violence, irrespective of whether or not they had been previously victimised (SSA Crime Against Women, 2018). Therefore, based off this information, it can be insinuated that women who refrain from daily activities do so because they fear they are at risk of falling victim to a crime – this is in line with the theory of imagined victimisation and psychology of risk (Skogan & Maxfield, 1981). In this regard, women's likelihood of victimisation is higher than that of a man's, thereby contributing to a higher frequency of worry surrounding sexual assault (Chataway & Hart, 2018). Here, the dimensions of vulnerability can be applied to women in South Africa, since vulnerability is a significant contributing factor to one's fear of crime (Killias & Clerici, 2000).

Dimensions of Vulnerability

Koskela (1999) gives insight into how the first dimension of vulnerability, exposure to risk, influences women's sense of vulnerability. Based off of the findings from her research, Koskela (1999) states that women's fear is socially constructed. This construction happens in daily life through parental warnings, discussions

amongst friends, and the transmission of ideologies about women. Security education, crime-prevention advice and other warnings also play a role in socializing women into thinking they are vulnerable to being attacked (Koskela, 1999). For example, crime-prevention programmes will warn women not to walk alone in a deserted area at night, and parents, friends and the media emphasize and re-enforce this fear, leading women to believe they are likely victims. The harassment of women also plays a significant role in women's sense of vulnerability (Moller, 2005). In most cases, women feel offended, upset and frightened by daily forms of harassment, and these forms of harassment serve as a reminder of women's lower power status (and consequent perceived vulnerability) in a male-dominated, patriarchal society (Moller, 2005).

The second dimension of vulnerability is the anticipation of serious consequences (Jackson, 2009). Sexual assault is deemed by women as the most serious and horrifying form of victimisation, and because of this, Ferraro (1996) classified sexual assault to be a "master offense" among women. In addition to this, Ferraro (1996) states that sexual assault acts as a "shadow" over other types of victimisation among women, meaning that women tend to associate all types of crime with the possibility of sexual assault. Findings from a recent study by Cook and Fox (2012) shows support for Ferraro's (1996) theory of sexual assault as a shadow over other crimes, however, Cook and Fox (2012) rather emphasise the fear of physical harm as a shadow, rather than sexual assault in particular. In their study, respondents were asked whether they feared having their home broken into, and whether they were afraid of having the invader attack them or others, sexually assault them, or have property and sentimental value stolen (Cook & Fox, 2012). The findings showed that women were more afraid of burglary than men, since their fear of being physically harmed was significantly higher than that of the men's reported fear (Cook & Fox, 2012). In essence, women tend to have higher fear reactions in comparison to men for any type of offence, due to the associations they make between crime and chances of physical harm/ sexual assault (Cook & Fox, 2012; Ferraro, 1996). This is especially relevant in a South African context, in which gender-based violence is prevalent (Amnesty International South Africa, 2019).

The third dimension of vulnerability is a lack of control, meaning that women may feel as though they are unable to control the possibility of becoming a victim or

are unable to defend themselves in such a situation (Jackson, 2009). This dimension interacts with physical aspects of vulnerability, for example, women may believe they are physically vulnerable because they anticipate themselves to be smaller and weaker than the average attacker (Moller, 2005).

Social and Environmental Perception

According to Ferraro's (1996) generic model of fear of crime, the judgements people make about their social and environmental situations have an impact on their sense of perceived risk and fear of crime. This theory has been backed by multiple researchers (Farrall, Gray & Jackson, 2007; Jackson, 2009; Killias & Clerici, 2000; Koskela, 1999; Moller, 2005).

One aspect of environmental perception involves the evaluation of neighbourhood characteristics (Farrall, Gray & Jackson, 2007). Certain types of neighbourhood characteristics can be perceived as signs of neighbourhood breakdown and deterioration, and this influences a person's perception of crime. A few examples include: poor lighting, poor states of buildings stray dogs, graffiti, vandalism, litter, discarded needles and empty and abandoned streets (Farrall, Gray & Jackson, 2007). These signs of disorder represent a lack of control in the area, and also serve as an indication of the values and intentions of others who share that space (Farrall, Gray & Jackson, 2007).

Moller (2005) conducted a survey on a sample of participants from the Eastern Cape which measured levels of risk perception in relation to areas in the participants' neighbourhood. The results show that participants felt most unsafe in the streets, in parks and open fields, in the vicinity of shops and at taxi ranks (Moller, 2005). It is evident that the participants' existing beliefs and attitudes influenced which areas were deemed most unsafe. Some participants explained their fear of such areas as a "gut feeling" of unsafety, but others attributed these feelings of unsafety to beliefs and attitudes which were formed through hearing about other's who were victimised in the same or similar areas (Moller, 2005). According to Moller (2005), social cues identified in these areas also contribute to how these areas are interpreted. For example, cues such as disreputable behaviour, noise pollution or the

presence of homeless people in the streets are likely signs which can be associated with danger.

Koskela (1999) discusses how women in particular perceive certain environmental and social cues to be associated with chances of victimisation. Interview sessions were conducted in which women were asked to describe what types of situations they found frightening, as well as how they interpret these situations and people to be potentially dangerous and how they think these images are formed (Koskela, 1999). For example, one woman explained that she perceived darkness in public spaces to be a signal of potential danger, and that she would cut her runs short when it started to get dark in late afternoons. The woman also discussed how dark spaces tend to make her more cautious of the happenings and behaviours of those around her, and she believed that the darkness made it easier for culprits to attack (Koskela, 1999).

Fear-related Behaviours

Ferraro's generic model of fear of crime (1996) states that the fear response created through risk perception can be translated into fear-related behaviours. People tend to adopt fear-related behaviours in an attempt to manage or cope with their fear of crime, however, their level of fear actually increases through implementing such behaviours, creating a cycle in which fear is constantly reinforced (Farrall, Gray & Jackson, 2007). Multiple researchers have studied deeper into this process and identified and explained the different types of behaviours resulting from risk perception and fear of crime: constrained behaviour, avoidant behaviour, defensive behaviour and participatory behaviour (Koskela, 1999; Moller, 2005; Ross & Rasool, 2019; Yuan & McNeeley, 2015).

Yuan and McNeeley (2016) assert that perceived risk within a person's neighbourhood is associated with the use of defensive and participatory behaviours. Defensive behaviours are defined as individualistic target-hardening strategies, which includes actions such as adding locks on doors, installing alarm systems, and owning a weapon (Yuan & McNeeley, 2016). Participatory behaviours involve any behaviours or actions which are done in attempts to reduce crime and its effects within a neighbourhood. This would include actions such as participating in crime

prevention programmes, watching over a neighbour's property and looking out for the presence of outsiders or suspicious behaviour in the neighbourhood (Yuan & McNeeley, 2016). Yuan and McNeeley (2016) state that while a large amount of research has been conducted on the causal relationship between perceived risk and the above-mentioned behaviours, not much is known about the impact emotional aspects of fear of crime (worry, dread, anxiety) have on such behaviours. Therefore, this is a gap in research which should be addressed and explored (Yuan & McNeeley, 2016).

Research conducted by Koskela (1999) explain how risk perception among women in particular leads to constrained and restricted behaviours, in which women limit and adjust their movements within public spaces on a daily basis. An example of this includes identifying the safest route to take so that danger can be avoided. Koskela (1999) states that in most cases, women tend to avoid empty deserted areas in which there is no social support, as well as closed off areas such as dead-end streets in which there are limited or no points of escape. Due to these behaviours, women with a heightened sense of perceived risk tend to be hypervigilant and suspicious of everyone (especially men) within a public space (Koskela, 1999).

Conclusion

The fear of crime is a complex and subjective phenomenon which is especially relevant to women in South Africa as a result of high levels crime statistics against women in South Africa. However, these statistics are not the only factor which play a role in generating perceived risk of victimisation. Previous research has stated that a perceived sense of vulnerability, which is formed according to dimensions of threat, play a key role in generating a fear of crime. Social and environmental perception also influence a person's risk perception through the process of symbolic interactionism. Lastly, the response of fear can be translated into fear-related behaviours which are adopted in attempts to manage a fear response, however, the actions associated with these behaviours actually tend to increase levels of fear of crime.

Research Design and Methodology

Research Paradigm

This research study follows the research paradigm of interpretivism. This paradigm states that humans are constantly changing over time through the influence of the environments they find themselves in. Therefore, humans should be studied subjectively and according to their meaningful social action (du Plooy-Cilliers, Davis & Bezuidenhout, 2014). The aim of interpretivist research is to gain an in-depth understanding of human behaviour through the use of intellectual traditions of hermeneutics, phenomenology and social interactionism (du Plooy-Cilliers et al., 2014).

Therefore, interpretivism is the paradigm most applicable to this research study as the study provides a subjective understanding of women's fear of crime in Cape Town, South Africa. Subjective psychological factors, such as the participants' sense of perceived risk, sense of vulnerability, and environmental and social perceptions have been explored in order to gain an in-depth understanding of how these factors create their fear of crime. The way women are influenced by their environments has also been taken into account. This included the influence of knowledge of statistics of crime against women in South Africa, the influence of neighbourhood characteristics and the influence of other cues within the participant's environments which may be associated with fear of crime. Therefore, the concept of symbolic interactionism has been used to understand the relationship women have with their environments, and how these relationships can result in a fear of crime.

According to Pham (2018), the interpretivist paradigm uses a relativist ontology in which a single phenomenon may have multiple interpretations rather than one absolute truth defined through means of measurement. Pham (2018) states that interpretivists use qualitative methods to understand humans according to their social contexts. They aim to discover how humans make sense of the world through their thoughts, beliefs and values, and they also aim to discover the meaning behind human's interactions with others in society. Interpretivists therefore look for causal relationships, but also take interest in understanding the context from which the relationship occurs (Pham, 2018). Therefore, within this research study, participants were studied within their social contexts (their neighbourhood in Cape Town),

because the increasing knowledge of the participant's social realities leads to a deeper understanding of how fear of crime is created and expressed on an everyday basis.

The epistemological position of interpretivism states that knowledge emerges from the voice of "insiders" or participants within their social context (Maree, 2020). What participant's do, feel and say and the way in which they make meaning of phenomena is taken into account (Maree, 2020). Within this research study, the fear of crime was understood through asking participants to discuss their emotions, behaviours and interpretations associated with fear of crime. Themes and patterns therefore emerged from the "insiders" point of view (Maree, 2020). Another point to be made within an epistemological position is that findings from research are not generalisable because every cultural or historical situation is unique, as there are various social, political, economic and cultural experiences which impact research (Maree, 2020). This research study took place within a South African context, more specifically within the city of Cape Town, in which social issues such as gender-based violence and high levels of crime are prevalent, therefore the findings are not able to be generalised on a universal level since social contexts differ around the world.

Research Approach and Design

A qualitative research method was used in this research study in which exploratory research took place. The aim was to gain new insights into the contributing psychological factors of social perception, environmental perception and vulnerability towards women's fear of crime. A qualitative approach was used as there was already existing quantitative research on the topic as seen in the report of crime against women in South Africa (Statistics South Africa, 2018). Therefore, a more subjective and meaningful understanding of fear of crime was needed.

This research study used a cross-sectional email survey design to create an overall picture of women's fear of crime in Cape Town, South Africa at a current point in time. Deductive theorising was used in order to explore broad aspects of fear of crime before applying them to more specific assumptions mentioned in the literature review.

Population

The unit of analysis for this research study was women. The population parameters for this research study included: females aged 18-25 years; living in Cape Town, South Africa. This target population was decided upon because women of this age are likely to experience fear of crime in their daily lives, especially since they live in the city of Cape Town, where crime statistics and levels of gender-based violence are high (Statistics South Africa, 2018).

Sampling Method

Non-probability sampling methods were used to draw a sample which is in line with the population parameters of this research study. Non-probability sampling suited this research study as the research conducted was exploratory in nature, and because the findings were not intended to be generalisable since research took place within a South African context (Maree, 2020). More specifically, convenience sampling was used for this study because a sample of participants that fits the population characteristics was already known by the researcher. It was originally intended that the sample consist of five participants, as a small sample size allows for in-depth responses from all participants, and also allows for time efficiency when analysing data (Maree, 2020). However, during the data collection process, it was decided to increase the sample size to eight participants, as it was a concern that five participants may not have been able to provide enough valuable data for analysis. Therefore, snowball sampling was then used in order to find three additional participants, by asking the original five participants whether they knew of others who fit into the population parameters and who would be willing to participate in the research study.

Data Collection Method and Application

A qualitative, semi-structured questionnaire was used to collect data. The questionnaire was created using Google Forms and consisted of 16 questions, and included a combination of closed-ended, open-ended, and multiple-choice questions. A qualitative, emailed questionnaire was suited to this study because it put less

pressure on participants to provide an immediate response, and they were able to think deeply about the questions before answering (du Plooy-Cilliers et al., 2014). Another advantage of using a qualitative, emailed questionnaire was that it was developed in a way that made it anonymous, therefore participants may have felt more confident in expressing their responses knowing that they could not be traced back to them (du Plooy-Cilliers et al., 2014). The qualitative questionnaire was also simple to administer and relatively easy to analyse (du Plooy-Cilliers et al., 2014).

With regards to the types of questions asked, the use of open-ended questions allowed for participants to answer the questions in their own words and in any way they wished, and this also encouraged participants to provide detailed responses from a subjective perspective (du Plooy-Cilliers et al., 2014).

The participants were first emailed an informed consent form which explained what would be expected of them if they were to choose to participate in the study, as well as how their identities would be protected and how the data would be used. The participants were instructed to fill out and sign the consent form and email it back to the researcher. Once the consent forms were received, the questionnaires were then emailed to the participants, along with information which stated that the questionnaire should take approximately 20 minutes of their time to complete, and that the completed questionnaire should be submitted on Google Forms by a given date. All participants managed to submit before the given date. All of the submitted responses for each question were automatically collated by Google Forms, which then led to the next step of data analysis.

Data Analysis Method and Application

Thematic analysis was used to analyse the data through the creation of a conceptual framework. Conceptual frameworks carry a number of assumptions about the nature of the data to be analysed, as well as about what the data represents (Braun & Clarke, 2006). In this type of data analysis, the theme headings within the conceptual framework were determined by using key concepts which had already been identified in the literature review, and these theme headings were representative of a patterned response within the data, and related back to the main research question and objectives (Maree, 2020). Furthermore, themes and

subsequent subthemes which are identified at a semantic level allow for the researcher to identify surface meanings within the data (Braun & Clarke, 2006).

Thereafter, the analytic process started off with description, in which data was organised to show patterns in semantic content, and which involved constant back and forward movement from the entire data set, the coded extracts and the analysis of data (Braun & Clarke, 2006). The analytical process then progressed to interpretation, in which the significance of patterns and their broader meanings and implications were theorised (Braun & Clarke, 2006). Braun and Clarke (2006) explain that interpretation involves a close engagement with previous literature, and this enhances analysis because the researcher becomes more sensitised to subtle features in the data. However, the data was also able to be analysed according to the researcher's own interpretation and understanding of meanings embedded in the text, and this was then able to be applied to the broader context of the research study (Maree, 2020).

As stated by Braun and Clarke (2006), deductive theorising which is to be used in thematic analysis, tends to be analyst-driven, in which a more detailed analysis of some aspect of data is provided rather than a description of the overall data. Therefore, in this research study, the focal aspect was to analyse the psychological factors which impact fear of crime, instead of the description of fear of crime as a whole. In addition, this type of thematic analysis uses an essentialist method, as it reports on experiences, meanings and realities of the participants surrounding fear of crime (Braun & Clarke, 2006). For this reason, the use of thematic analysis was suited to this study, because the identification and analysis of themes within the data allowed the researcher to achieve the research goal, which was to gain an in-depth understanding of how psychological factors such as vulnerability, environmental perception and social perception contribute toward the development of women's fear of crime in Cape Town, South Africa.

In this research study, the first step of data analysis began with becoming extremely familiar with the data collected from the questionnaire responses (Maree, 2020). This was achieved by repeatedly reading through the responses and by reading the responses in an active way so that meanings and patterns could be identified. The next step involved the manual coding of the data (Maree, 2020).

Based on the existing conceptual framework, letters were used as codes to relate back to theme headings. For example, the theme “vulnerability” was assigned the letter “V” as a code, and this letter was then written next to any text within the data which was representative of vulnerability.

Once the allocation of codes was complete, all coded data was grouped together accordingly, in which pieces of information were able to be refined, combined, separated or discarded (Maree, 2020). For example, information which pertained to women’s perceived likelihood of victimisation and information which pertained to women’s perception of being an easy target for victimisation were grouped under the theme “vulnerability,” in which they were further refined to form part of the subgroup “exposure to risk.” The entire conceptual framework was then reviewed to make sure it was an accurate representation of the meanings evident in the data, and to ensure that the analysis written under each theme was able to be understood in relation to the analysis written under other themes (Maree, 2020). For example, women’s perception of being an easy target, which is included under the subtheme “exposure to risk,” is able to be understood in relation to women’s fear of sexual assault, which is included under the subtheme of “serious consequences.”

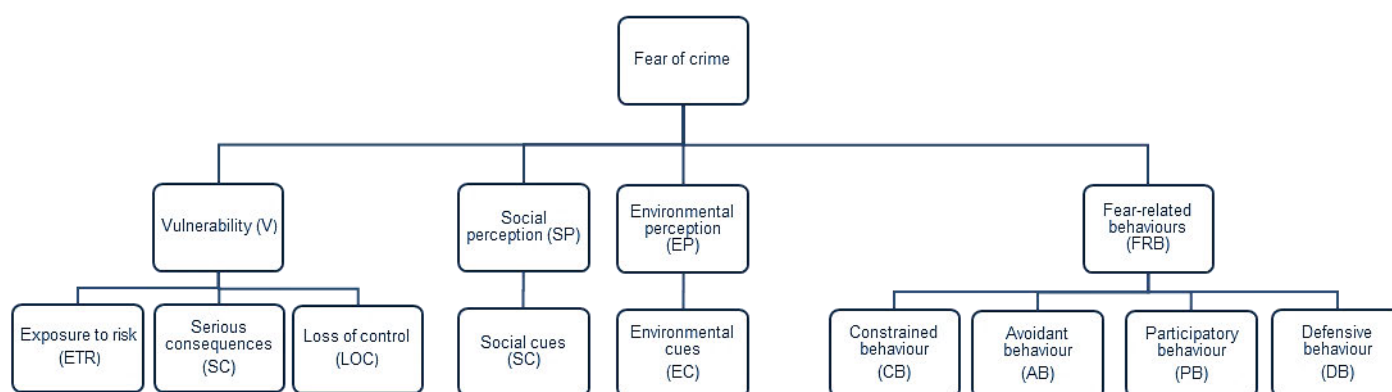
The final step of thematic analysis, in which conclusions are drawn from the coded data and findings are reported, has been completed as part of following section of this research study (Maree, 2020).

Findings and Interpretation of Findings

Conceptual Framework

The conceptual framework seen in Image 1 illustrates the themes and subthemes which form part of the broader context of fear of crime. This conceptual framework was used as a guide when coding data. The findings of this research are discussed and linked to the themes and subthemes illustrated below.

Image 1



Interpretation of Findings

Theme 1: Vulnerability

Subtheme: Exposure to Risk

The most frequently mentioned reason for women's perceived exposure to risk was the prevalence of gender-based violence in Cape Town. Gender-based violence was reported to incite participants' sense of fear because of their awareness of how often it happens. Many participants made reference to a particular incident in September 2019 in which a young woman by the name of Uyinene was raped and murdered when she went to pick up a parcel from the local post office. The participants stated that the incidence of this event, which ignited a movement against gender-based violence, impacted their lives greatly – for example,

participants stated that they fear walking around in public during the day and at night, and that they always remain hypervigilant and are conscious of making careful choices on a daily basis. One woman explained that, while being part of the gender-based violence movement during the time of the murder of Uyinene, she was exposed to multiple stories of crimes against women. Upon hearing these stories, the woman explained that she became highly anxious and fearful of living as a woman in South Africa. This is in line with the theory of imagined victimisation and psychology of risk (Skogan & Maxfield, 1981), in which hearing about other's victimisation influences one's own perception of risk and ultimately leads to an increase in fear of crime.

Participants also frequently reported that they felt exposed to the risk of victimisation because of their experiences with forms of sexual harassment. One participant shared a story of a man who pulled up beside her on the road, rolled down his car window and whistled at her, and she stated that this experience made her feel vulnerable and afraid. Furthermore, another participant stated that she had noticed the topic of sexual harassment coming up more and more often within her social group, in which each person had at least one or more of her own encounters to share. It is for this reason that women tend to experience higher levels of fear of crime in comparison to men (Jackson, 2009), as the risk of sexual harassment and assault is a more common fear amongst women, leading women to believe they are more likely targets. In this study, all women believed they had higher chances of falling victim to a crime over the next 12 months in comparison to a man.

Advice and warnings from friends and family about the dangers of crime and how to keep safe also seem to have contributed to the participants' fear of crime. This falls in line with Koskela's (1999) theory that women's perception of risk is socially constructed, and that these warnings serve as reminders of women's perceived vulnerability. For example, one participant explained that she was taught from a young age to hold her mother's hand in public, to never speak to strangers and to always cover up after her dancing classes where she would be wearing a leotard and stockings – and that these warnings have stuck with her throughout her life. Another participant explained that when walking on the street alone, she was taught to walk upright and appear assertive in order to avoid any forms of harassment or victimisation, and she further explained that these behaviours are

rooted in her feelings of paranoia. According to the theory of imagined victimisation and psychology of risk (Skogan & Maxfield, 1981), an individual's perceived risk, which in this case is influenced by aspects such as parental warnings, leads to anxieties about future victimisation – and these anxieties can be seen in this study through the participants' description of repeated fear-related behaviours, which are also characterised by feelings of paranoia.

Some participants explained that living alone or living with other females contributed to their feelings of vulnerability and their exposure to risk. One participant reported feeling extremely unsafe living alone as she believes she has no means to protect herself. Another participant stated that she lives with other women in her house and that they all have different schedules, meaning that she is sometimes the only woman alone in the house during the day and at night, thus making her an easy target.

Subtheme: Serious Consequences

When asked what type of criminal acts participants feared the most, the most frequently mentioned was sexual abuse and abduction. One participant explained that rape scares her the most due to the long-lasting trauma which results from it, as well as the risk of contracting viruses such as HIV or falling pregnant. This reinforces Ferraro's (1996) description of sexual assault as a "master offence" amongst women, because while participants mentioned other crimes such as petty theft or muggings, they were not deemed to be as frightening as sexual assault and the implications which result from it. Other common explanations surrounded the aspect of violence. One participant explained that she fears men who believe they are entitled to her body, as there is a possibility that they will react violently if she were to reject them. She further stated that her fear is so pervasive that she has woken up in the middle of the night from nightmares of having been assaulted.

Subtheme: Loss of Control

The participants were presented with a scenario in which they are approached by an unarmed man in an empty street, and they were then asked whether or not

they believe they would be able to defend themselves against whatever form of victimisation they feared in this situation. Nearly all participants stated that they believed they would not be able to defend themselves, with the general consensus being that they would initially be able to defend themselves to a certain extent, but thereafter, would be likely to succumb. Some participants believed that screaming for help would not help them due to the bystander effect. Other participants stated that, although they were aware of self-defence techniques, these would not help them as they have not practiced them or are not confident in their abilities to use them, or that they would not be able to remember them in a state of shock. Participants also made reference to their physical stature and strength, stating that they are not strong enough to defend themselves against a man, making it easy for the man to steal, knock them unconscious, sexually abuse them or abduct them. This indicates that the dimension of loss of control does indeed interact with physical aspects, as stated by Moller (2005), since all participants stated that as a woman, they believe they are smaller and weaker than the average male predator, making it difficult or impossible to defend themselves.

Theme 2: Social Perception

Subtheme: Social Cues

With regards to the role social perception has in the development of fear of crime, many participants made reference to the presence of homeless people in Cape Town. Participants suspected homeless people and those who are from lower socio-economic groups to be more likely to commit crimes as a result of their desperation. Groups of men, such as workers at a construction site, were also said to contribute to participants' fear of crime, as participants stated that groups of men are likely to catcall and start unwanted conversations – social cues which are associated with fear of crime. One participant stated “these men only want one thing from you,” indicating a general assumption she holds about groups of men and their intentions to sexually abuse a woman. According to Moller (2005), perceptions, assumptions and beliefs are what influence an individual's fear of crime in a social situation, and this can be understood within the context of this study through the participants' perception of homeless people as desperate, and through the

assumption that groups of men intend to sexually assault a woman. Therefore, women's subjective definition of a social situation is what contributes to their fear response, as stated by Ferraro in his generic model of fear of crime (Ferraro, 1996).

Theme 3: Environmental Perception

Subtheme: Environmental Cues

Many participants stated that the streets are where they experience the most fear of crime, as they are unable to control who is there, and because they are likely to come into contact with predators. In particular, participants mentioned Main Road in the Southern Suburbs of Cape Town to be associated with fear, as well as roads which come directly off Main Road. One participant, who lives off Main Road, explains that there is a lot of foot traffic and no street lights in her street, so at night she feels afraid to walk on her own in fear of being attacked.

Visual characteristics, such as litter on the streets, was said to be associated with fear of crime, as participants believed that where there is litter, there is likely to be homeless people nearby, who are also likely to be criminals. Graffiti was another visual characteristic frequently mentioned to be associated with fear of crime, as one participant explains that she has heard that graffiti is a form of communication between gangs. Participants also mentioned their fear of abandoned properties, as they believe this is where vagrants may be squatting, as well as dark alleyways, where they believe criminals loiter around, since it is obscured from public view. Furthermore, areas which are not well maintained by the municipality were stated to arouse fear, since this is an indication of a lack of security in the area. Therefore, these visual characteristics can be said to be associated with the presence of perceived dangerous people within the area - an association which has previously been found and researched by Farrall and colleagues (2007) in their studies.

Participants also made reference to the fear surrounding having to park outside or on the streets, as this poses the risk of having their car broken into, and they also fear having to walk on the street before getting to their destination. One participant said she feared parking outside her university, as she has heard of past incidents in which cars have been broken into and stolen from this area. As stated by

Moller (2005), pre-existing beliefs about an area are what elicit a fear response, and in this case, the participant fears the parking lot outside her university because that area has a reputation for car-related theft. The participant further explained that broken glass is associated with her subjective fear of crime, as it is indicative of car windows being smashed.

Theme 4: Fear Related Behaviours

Subthemes: Constrained and Avoidant Behaviours

When in public spaces, many participants stated that they always try to be where it is busier and where there are more people. For example, one participant explained that when taking the train, she usually buys a first-class ticket, but if she sees that first class is empty, she will rather go sit in third class. Participants also reported that they fear going places in public on their own, especially if it is an unfamiliar place or if it is dark. Because of this, participants stated that they tend to research an area beforehand in order to identify the safest travelling route to take, so that they can avoid areas which are empty or which are known for their high crime rate. This is in line with findings from Koskela (1999), who explains that women avoid areas where they believe there is no social support. In addition to this, when driving at night, participants state that they try to take routes which have no traffic lights, or that they will drive through red traffic lights to avoid stopping – as they believe stopping their car would make them vulnerable to mugging or carjacking.

Many participants explained constricting and avoidant behaviours surrounding everyday activities, such as buying groceries. For example, one participant explained that she visits shopping malls instead of single shops on a street so that she is able to get everything she needs in one place without much travelling between shops, and another participant mentioned that she buys groceries in bulk so that she does not have to travel to the shops every day. Therefore, these everyday activities put limits on women's ability to act and move freely within their environment (SSA Crime Against Women, 2018). Since these behaviours are characterised by fear and are practiced as an everyday norm, they tend to have damaging effects on women's psychological well-being (Ferraro, 1996).

Subtheme: Participatory and Defensive Behaviours

Many participants stated that their schools had provided self-defence classes in which they were mainly taught about how to escape a dangerous situation and how to fight back. In addition to this, participants stated that they have received practical tips from friends, family and neighbours on how to remain safe, such as, never wearing headphones when walking or running in public. Many participants also reported having to ask a trusted male friend or boyfriend to accompany them when going to places which they perceive to be unsafe. Another interesting finding was that of participants' use of their cell-phones as a way of attempting to manage their fear of crime. For example, cell-phones were stated to be used to share participants' live location with their family when they are out or when travelling in an Uber, and participants also mentioned the use of crime-prevention and crime-emergency applications such as MobiClaw, which can be used as a means to contact the police when faced with any form of crime.

Almost all women shared that they owned a self-defence weapon, such as pepper spray and tasers. One participant stated that she holds her keys between her fingers as a weapon when walking in the streets. Apart from owning a weapon, participants could not mention any other defensive behaviours, however, they explain that they remain constantly hypervigilant and on guard in anticipation of crime as a form of defence.

Despite the implementation of these above-mentioned behaviours, all participants reported that they believed it was likely they would fall victim to crime in the next 12 months, and majority of participants stated that they worried often about their safety in their neighbourhood. Therefore, the participants' perceived likelihood of victimisation, as well as their reported constant worry for their safety, indicates that these behaviours have not lowered their fear of crime, but have rather reinforced their fear, or possibly even heightened it - a phenomenon which has been previously researched and backed up by Farrall, Gray and Jackson (2007).

Conclusion to Findings

To conclude, it was found that the effects of gender-based violence, experiences with sexual harassment, advice and warnings from friends and family, and the belief of being unable to defend oneself were all significant factors contributing toward the participants sense of vulnerability. In terms of social perception, participants made reference most frequently to social cues such as homeless people who beg and groups of men who catcall to be associated with perceived risk and fear of crime. When considering environmental perception, environmental cues such as areas which lack security, are poorly maintained or deserted were frequently mentioned to be contributing factors to participants' fear of crime. Lastly, the types of fear-related behaviours participants most frequently reported participating in included: the avoidance of public spaces when alone, travelling in spaces where there are plenty of people, the avoidance of travelling routes which are perceived to be dangerous, notifying friends and family of their whereabouts when in public, remaining hypervigilant when in public and carrying a self-defence weapon.

Trustworthiness of Findings

The trustworthiness of this study has been enhanced as the researcher adhered strictly to what was stipulated in the research plan. This ensured that the process of integration which took place between data collection and data analysis was trustworthy and dependable (du Plooy Cilliers et al., 2014).

Trustworthiness was also created through having the researcher be aware of her own biases and stereotypes (du Plooy Cilliers et al., 2014). The researcher committed that her own biases and stereotypes would not influence the findings of this research through any form of editing or emphasizing of some points over others.

The credibility of this research has been ensured since the research methods used are well-established, and there was a theoretical underpinning aligned to the research question (du Plooy Cilliers et al., 2014). In addition to this, the researcher engaged in debriefing sessions with her supervisor during the research process, who was able to check for any errors of fact.

The transferability of this research has also been ensured since the participants of this research are typical to the context studied (du Plooy Cilliers, et al., 2014). In a general sense, the participants represent all women across South Africa. A full and purposeful description of the context of fear of crime has been provided, allowing for readers to make the connection between elements of the research and their own experience (du Plooy Cilliers et al., 2014).

Conclusion

Addressing Research Questions and Problem

The findings from this research have expanded upon the psychological factors which contribute toward the development of fear of crime of women living in South Africa. Therefore, the primary research question has been addressed, as the findings discussed cover aspects of vulnerability, such as the women's worry about becoming a victim to gender-based violence and sexual harassment, and their perception of themselves as being defenceless to various forms of victimisation. Aspects relating to the contributing factor of social perception have also been explored, which included participants' perceptions and beliefs about the presence and actions of people in their neighbourhood, such as homeless people who are desperate and likely to steal, and groups of men who catcall and are perceived to be likely to engage in sexual harassment and/or abuse. With regards to environmental perception, fear of crime was mainly reported to be associated with the streets and other public spaces which are empty or poorly maintained, as this tends to serve as an indication that dangerous people are nearby.

The secondary research question regarding the types of fear-related behaviours which result as a response to women's fear of crime has also been addressed in the findings. Participants frequently mentioned avoidant and constrained behaviours such as avoiding being in public on their own, identifying the safest travelling route, and adjusting their movements surrounding everyday activities such as grocery shopping. Defensive and participatory behaviours such as carrying a self-defence weapon, sharing their location with friends and family when in public, asking a male friend to accompany them when in public, and constantly remaining hypervigilant were reported by participants.

Aspects surrounding the research problem have also been discussed and unpacked in this research. The findings relate to the problem of the negative psychological impacts fear of crime has on women, for example, it has been discussed how women fear walking around in public and on the streets, and that they constantly adjust their movements or remain hypervigilant due to feelings of paranoia surrounding chances of victimisation. These negative psychological impacts on women's well-being is not something which can be easily solved, as

stated in the findings, since majority of participants stated that they worried often about the safety of their neighbourhood, and the factor of an unsafe neighbourhood serves to maintain participants' fear of crime. Additionally, all participants believed they were likely to fall victim to any form of crime within the next 12 months, indicating that their negative psychological well-being predicts future negative outcomes, despite their attempts to reduce their fear through fear-related behaviours.

Implications of Findings for Future Practices

This research study provided a deeper and more subjective understanding of women's experiences, thoughts, feelings, attitudes and behaviours relating to fear of crime. All research which took place was conducted in accordance to the research plan, therefore, the process of data collection and analysis ran smoothly. Furthermore, this research has been successful in demonstrating how fear of crime in women is constructed, as participants provided theoretically rich information which had clear links to the theory of imagined victimisation and the psychology of risk (Skogan & Maxfield, 1981) as well as Ferraro's (1996) generic model of fear of crime.

The findings from this research may be of value to women in South Africa who are wanting to understand how the fear of crime is created, as well as how it leads to behaviours which restrict and put constraints on their everyday life. This information may also be valuable to other South Africans who are interested in learning about the psychological implications resulting from high levels of crime and gender-based violence in South Africa, and it would be especially beneficial to those who are in positions of power, such as political leaders or leaders of movements against crime, as these findings could be shared with the wider public to create greater awareness of such negative psychological impacts (Statistics South Africa, 2018).

The findings from this research study may also be significant in academic fields which involve the psychology of fear of crime, as well as the criminology field. Possible further research on this topic could involve insights into the fear of crime from men's perspective, so that more accurate gender comparisons can be made. Further research could also be conducted on fear surrounding specific contexts or situations, as this research study analysed fear in a broader context, involving all

types of crime within one's neighbourhood, non-specific to any type of activity or location within Cape Town.

Ethical Considerations and Implications

There are various ethical concerns in all research, and regarding this research study, therefore, ethical practices have been implemented to mitigate this (du Plooy-Cilliers et al., 2014). It was a concern that participants may not have felt comfortable with disclosing certain types of information in the questionnaire, since fear of crime can be a sensitive topic which could potentially trigger traumatic memories of personal victimisation experiences. Therefore, participants were informed in the introductory blurb of the questionnaire that their participation was completely voluntary and that they would be able to withdraw from the study at any given moment. Participants were also ensured that they did not need to refer to any personal experiences with victimisation, as this study only focused on the "fear" aspect of crime. Participants were also informed that therapy sessions would be offered if they were to be emotionally triggered by the contents of the questionnaire in any way.

All participants were emailed a consent form, provided in Annexure A, which explained that their anonymity would be ensured and that the data received from the study would be confidential. These forms were signed by participants and then stored by the researcher in a password-protected folder.

Limitations

There are also a number of potential limitations to this research study. Face-to-face interviews were unable to be conducted as initially planned due to the Coronavirus pandemic. Therefore, non-verbal cues and language were unable to be evaluated when collecting data. When answering the questions in the questionnaire, it is possible that the participants may have responded in a way which they believed the researcher wanted the question to be answered based off of the information provided in the introductory blurb, resulting in data which is not necessarily accurate in terms of their subjective experience or relevant to their own point of view. Another

limitation is that questions were unable to be clarified if participants had a misunderstanding. In addition, due to the small sample size of eight participants, findings are unable to be generalised to a wider context. With regards to the analysis of findings, the researcher did not have an independent coder to analyse data as a way of reducing researcher bias, therefore, the researcher remained as objective as possible when interpreting data as a means to mitigate this limitation.

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Annexure A

Consent Form



Explanatory information sheet and consent form for participants To whom it may concern, My name is Amy Lailvaux and I am a student at the IIE's Varsity College, Cape Town. I am currently conducting my Honours research under the supervision of Sam Pretorius (registered Counselling Psychologist) about the psychological factors which contribute toward women's fear of crime. I hope that this research will enhance our understanding of the various causes of fear of crime in women as well as the consequent fear-related behaviours resulting from this fear of crime. I would like to invite you to participate in this research because you fit into my target population as a woman aged between 18 and 25 years, living in Cape Town, South Africa. You can decide whether or not to participate in this research. If you decide to participate, you have the option to withdraw at any time, or you can decide not to answer particular questions in the questionnaire. If you decide to participate, I would like to email you a link to an online questionnaire for you to fill out. In order to explain to you what your participation in my study will involve, I have formulated questions that I will try to fully answer so that you can make an informed decision about whether or not to participate. If you have any additional questions that you feel are not addressed or explained in this information sheet, please do not hesitate to ask me for more information. Once you have read and understood all the information contained in this sheet and are willing to participate, please complete and sign the consent form below.
What will I be doing if I participate in your study? If you choose to participate in this study, you will be emailed a link to an online form, which consists of 16 questions (multiple choice, closed-ended and open-ended questions) and should take about 20 minutes of your time to complete.
Are there any risks/ or discomforts involved in participating in this study? Whether or not you decide to participate in this research, there will be no negative impact on you. If you find at any stage that you are not comfortable with the line of questioning, you may withdraw or refrain from participating. This topic may be emotionally triggering to think about, therefore, if you find yourself emotionally triggered by any questions asked, counselling referrals will be provided to aid this. Additionally, it must be noted that you do not need to refer to any personal experiences of crime you may have faced, as this study only requires participants to discuss the aspect of fear associated with crime.
Do I have to participate in the study? • Your inclusion in this study is completely voluntary; • If you do not wish to participate in this study, you have every right not to do so; • Even if you agree to participate in this study, you may withdraw at any time without having to provide an explanation for your decision.

Will my identity be protected?

I commit to protect your identity. I will not use your name in any research summaries to come out of this research and I will also make sure that any other details are disguised so that nobody will be able to identify you. Nobody, including anybody at the IIE's Varsity College, will have access to your information provided in the questionnaire. I would like to use quotes when I discuss the findings of the research, but I will not use any recognisable information in these quotes that can be linked to you.

What will happen to the information that participants provide?

Once I have received all the completed online questionnaires, I will write summaries to be included in my research report, which is a requirement to complete my Honours in Psychology. You may ask me to send you a summary of the research if you are interested in the final outcome of the study.

What happens if I have more questions about the study?

Please feel free to contact me or my supervisor should you have any questions or concerns about this research, or if there is anything you need to know before you decide whether or not to participate.

You should not agree to participate unless you are completely comfortable with the procedures followed.

My contact details are as follows:

Amy Lailvaux

The contact details of my supervisor are as follows:

Sam Pretorius (registered Counselling Psychologist)

Consent form for participants					
I, _____, agree to participate in the research conducted by Amy Lailvaux about the psychological factors which contribute toward women's fear of crime. This research has been explained to me and I understand what participation in this research will involve. I understand that: • I am required to fill out an online questionnaire for this research. • My confidentiality will be ensured. My name and personal details will be kept private. • My participation in this research is voluntary and I have the right to withdraw from the research at any time. There will be no repercussions should I choose to withdraw from the research. • I may choose not to answer any of the questions that are asked in the online questionnaire. • I may be quoted directly when the research is published, but my identity will be protected.					
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Annexure B

Questionnaire

An exploration of the psychological factors which underpin women's fear of crime in Cape Town.

This survey will be used for research purposes in order to gain a deeper understanding of the psychological factors which contribute toward women's fear of crime in Cape Town, South Africa. Please note that in this survey, "crime" is used as an umbrella term and refers to all types of low-level and high-level crimes.

Please answer the survey questions honestly and to the best of your ability. All of the data collected from this survey is confidential and will be stored in a password-protected folder. A pseudonym will be used in place of your name to ensure your anonymity.

This survey should take about 20 minutes of your time. Thank you for your participation.

1. Which suburb of Cape Town do you live in?
2. How would you rate the general safety of your neighbourhood?
 - ☐ Extremely unsafe
 - ☐ Very unsafe
 - ☐ Slightly unsafe
 - ☐ Safe
 - ☐ Very safe
 - ☐ Extremely safe
3. How often do you worry about becoming a victim of crime in your neighbourhood?
 - ☐ Never
 - ☐ Rarely
 - ☐ Sometimes
 - ☐ Often

- ☐ Very often
- ☐ Constantly

4. What do you believe to be the likelihood of you falling victim to any form of crime over the next 12 months?

- ☐ Highly unlikely
- ☐ Very unlikely
- ☐ Unlikely
- ☐ Likely
- ☐ Very likely
- ☐ Highly likely

5. What do you believe to be the reason/s why you worry about becoming a victim of crime in Cape Town, South Africa? Please explain in as much detail possible.

6. As a woman living in Cape Town, South Africa, do you believe you have a higher chance of falling victim to crime in comparison to a man?

- ☐ Yes
- ☐ No

6.1. Can you explain the reason/s for your answer in the above question?

7. In 2019, the South African government declared gender-based violence a national crisis. Has the prevalence of gender-based violence in South Africa impacted your fear of crime? Please expand on your answer.

8. "Women's fear of crime is socially constructed in daily life through parental warnings, discussions amongst friends, and constant forms of harassment which serve as reminders that women are socially and physically vulnerable to victimisation." Does this statement have any relevance in your life? Can you elaborate?

9. Are there any particular areas in your neighbourhood where you feel unsafe? (on the streets, shopping mall parking lots etc.) If yes, please explain where and the reasons why.
10. In your neighbourhood, are there any visual characteristics which you associate with risk and danger? (Broken glass, graffiti, litter, etc.). Please list these characteristics (if any) and expand on the reasons why you associate them with risk and danger.
11. In your neighbourhood, are there any social characteristics which you associate with risk and danger? (Presence of homeless people, lack of security, etc.). Please list these characteristics (if any) and expand on the reasons why you associate them with risk and danger.
- 12.1. Imagine a scenario in which you are approached by an unarmed man in an empty street. You consider this man to be a criminal. What type of crime would you fear most in this situation? Can you elaborate?
- 12.2. Based on the same scenario mentioned in question 12.1., would you consider yourself an easy target? Can you elaborate?
- 12.3. Based on the same scenario mentioned in question 12.1., do you believe you would be able to defend yourself or do you believe you would succumb to whatever form of crime is expected? Can you elaborate?
13. Do you own a self-defence weapon? (taser, pepper spray etc.) If yes, please name this self-defence weapon.
14. Have you ever participated in any type of self-defence course/crime-prevention programme? If yes, please briefly explain what this course/programme entailed.
15. Do you tend to limit or adjust your movements in public spaces due to fear of crime? (avoiding empty streets, choosing the safest driving routes, etc). Can you elaborate?

16. Are there any safety precautions you take on a daily basis to avoid falling victim to crime? (travelling in groups, checking the back seat before getting into a car, etc.) If yes, please list these safety precautions.

Annexure C

Ethical Clearance Letter



30 June 2020

Student name: Amy Lailvaux
Student number: 17002459
Campus: Varsity College Cape Town

Re: Approval of Honours in Psychology Proposal and Ethics Clearance

HONOURS ETHICAL CLEARANCE LETTER

Your research proposal and the ethical implications of your proposed research topic were reviewed by your supervisor and the campus research panel, a subcommittee of The Independent Institute of Education's Research and Postgraduate Studies Committee.

Your research proposal posed no significant ethical concerns and your supporting documents and instruments are in order to proceed. We hereby provide you with permission to proceed with your research.

In the event of you deciding to change your research methodology in any way, kindly consult your supervisor to ensure all ethical considerations are adhered to and pose no risk to any participant or party involved. A revised ethical clearance letter will be issued.

We wish you all the best with your research!

Research Purpose	Primary Research Question	Research Rationale	Seminal Authors/ Sources	Lit Review- Conceptual Framework	Paradigm	Approach	Data Collection Method	Ethics	Findings	References
To gain an in-depth understanding of the psychological factors which underpin fear of crime in women. To add to the existing body of knowledge about fear of crime.	How do the psychological factors of vulnerability, environmental perception and social perception contribute toward the development of fear of crime experienced by women aged 18-25 in Cape Town, South Africa?	This study is important because South Africa is currently in a state of emergency regarding gender-based violence. This study gives an insight into the psychological processes of women who experience a fear of crime as a result of this.	Engelbrecht, S. (2009). Farrall, S., Gray, E., Jackson, J. (2007). Ferraro, K (1996). Killias, M., Clerici, C. (2000). Koskela, H. (1999). Moller, V. (2005). Statistics South Africa (2018).	Theme 1: Vulnerability. Theme 2: Social Perception. Theme 3: Environmental Perception. Theme 4: Fear-related Behaviours.	Interpretivism Epistemology: knowledge used is to be understood subjectively. Ontology: Reality is fluid and created by human interaction. Axiology: Uniqueness and subjectivity is valued in research.	Qualitative	Online qualitative questionnaire was used on Google Forms and distributed via email.	Participants may not have been willing to share sensitive information. Participants needed to complete a consent form before participating. Referrals to therapy offered if necessary.	Aspects of vulnerability included effects of gender-based violence, sexual harassment, advice and warnings from friends and family, and defencelessness. Aspects of social perception included presence of homeless people and groups of men, and for environmental perception – empty streets, litter, graffiti, lack of security. Fear-related	Amnesty International South Africa (2019). Braun, V. & Clarke, V. (2006). Chataway, M. & Hart, T. (2018). Cook, C. & Fox, K. A. (2012). du Plooy-Cilliers et al. (2014). Engelbrecht, S (2009). Farrall, S., Gray, E., Jackson, J. (2007). Ferraro, K (1996). Interim Steering Committee on Gender-Based Violence and
						Population				
						Females aged 18-25. Living in Cape Town, South Africa.				

Annexure D
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									behaviours involved avoiding public spaces, identifying safe routes, carrying a weapon and remaining hypervigilant.	Femicide. (2019). Jackson, J. (2009). Killias, M., Clerici, C. (2000). Koskela, H. (1999). Maree, K. (2020). Moller, V. (2005).
Research Problem	Secondary Questions	Key Concepts	Key Theories			Sampling	Data Analysis Method	Limitations	Contribution	
The high levels of crime against women in South African has instilled a sense of vulnerability and victimisation in women. This negatively impacts their psychological well-being.	What types of fear-related behaviours result from fear of crime experienced by women aged 18-25 in Cape Town, South Africa?	Fear, vulnerability, environmental perception, social perception, fear-related behaviour.	Ferrero's (1996) generic model of fear of crime. Imagined Victimization and Psychology of Risk (Skogan & Maxfield, 1981).			Non-probability sampling. Convenience sampling. Sample size: 8 people.	Thematic coding.	Due to small sample size, findings cannot be generalised to the wider population. Face-to-face interviews unable to be conducted. Misunderstandings unable to be clarified.	New insights from a qualitative perspective on fear of crime to be added to existing body of knowledge. Valuable findings to be used by South Africans who are interested in the topic or aim to use the findings to generate awareness about psychological impacts of fear	Pham, L. (2018). Ross, E., Rasool, S. (2019). Skogan, W. G., & Maxfield, M. G. (1981). Statistics South Africa (2018). Yuan, Y., & McNeeley, S. (2016).