

The effects of domestic violence leading to Physical and Mental Impairment among children

Khushi Mukherjee

Clinical Psychology, Christ college

Abstract— Background- Child development refers to the sequence of physical, language, thought and emotional changes that occur in a child from birth to the beginning of adulthood. During this process a child progresses from dependency on their parents/guardians to increasing independence. Child development is strongly influenced by genetic factors (genes passed on from their parents) and events during prenatal life. It is also influenced by environmental facts and the child's learning capacity.

Objective- This research is conducted to find out that how domestic violence at home can make a child physically and mentally impaired as well as its effects on child's development.

Methods- 1 participant was chosen from classes 1-10th which had children of all age group starting of 5yrs to 15yrs of age, they were all gathered in their activity room. The discussion started after forming a rapport with them. After taking the consent of each child to continue with the survey, their Name initials, Age, Gender were noted. The confidentiality clause were explained to them as well as strictly followed. Once they all got comfortable the interview process started. The same process was done with parents of 5 children who were of age 2-4yrs.

Results- The above survey clearly shows that how domestic violence can effect a child mentally as well as physically, which is enough to bring impairment in both of them, eventually it can lead to Intellectual disability, or bodily dysfunction or even suicide

Discussion- This research proves the vulnerability of a child said above, therefore it is important to keep in mind to have good relation with them, and some ways to help them are:-Arranging school age children to receive counseling from professionals at their school, often school counselors. Experimenting with various types of counseling: play therapy, peer support groups, anger management classes, and safety programs to teach kids how to extract themselves from dangerous situations

Child development refers to the sequence of physical, language, thought and emotional changes that occur in a child from birth to the beginning of adulthood. During this process a child progresses from dependency on their parents/guardians to increasing independence. Child development is strongly influenced by genetic factors (genes passed on from their parents) and events during prenatal life. It is also influenced by environmental facts and the child's learning capacity.

Child development covers the full scope of skills that a child masters over their life span including development in:

- Cognition – the ability to learn and problem solve
- Social interaction and emotional regulation – interacting with others and mastering self-control
- Speech and Language – understanding and using language, reading and communicating
- Physical skills – fine motor (finger) skills and gross motor (whole body) skills
- Sensory awareness – the registration of sensory information for use

Children are very sensitive, just like an air filled balloon, those are vulnerable, easy to burst and get damaged. When children are young they often relate every other thing happening in our surrounding with themselves, like if the parents are fighting amongst themselves it is because of him/her, which might upset them within themselves and in turn they start thinking at a point that they should no longer live and commit suicide. But the children who are very sensitive starts to have stress and tensions inside their minds, constantly which in turn reduces their concentration and eventually can lead to intellectual disability or cognitive impairment. The following things can happen as short term effects of domestic violence on children:-

INTRODUCTION

Children in homes where one parent is abused may feel fearful and anxious. They may always be on guard, wondering when the next violent event will happen. This can cause them to react in different ways, depending on their age:

Children in preschool.

Young children who witness intimate partner violence may start doing things they used to do when they were younger, such as bed-wetting, thumb-sucking, increased crying, and whining. They may also develop difficulty falling or staying asleep; show signs of terror, such as stuttering or hiding; and show signs of severe separation anxiety.

Teens. Teens who witness abuse may act out in negative ways, such as fighting with family members or skipping school. They may also engage in risky behaviors, such as having unprotected sex and using alcohol or drugs. They may have low self-esteem and have trouble making friends. They may start fights or bully others and are more likely to get in trouble with the law. This type of behavior is more common in teen boys who are abused in childhood than in teen girls. Girls are more likely than boys to be withdrawn and to experience depression.

This is the long term effect of domestic violence among children:-

More than 15 million children in the United States live in homes in which domestic violence has happened at least once. These children are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves.

Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include mental health conditions, such as depression and anxiety. They may also include diabetes, obesity, heart disease, poor self-esteem, and other problems.

OBJECTIVE

This research is conducted to find out that how domestic violence at home can make a child physically and mentally impaired as well as its effects on child’s development.

METHODS

Total Number of participants:-

15 people participated in this research, among them 5 were parents and 10 were children

Type of Interview

This survey was a questionnaire form of interview. I used a survey type interview method for noting a brief description about the participant’s home condition and the child facing the type of problem.

Population Type and survey

There were 5 parents informing about their child’s condition and the violence faced at home, rest were 10 children who cooperated by saying the problems they have been facing with themselves and in their home.

The participants were interviewed face to face from a school, and the parents were interviewed on call by getting their numbers from school directory.

The Interview Technique

1 participant was chosen from classes 1-10th which had children of all age group starting of 5yrs to 15yrs of age, they were all gathered in their activity room

The discussion started after forming a rapport with them. After taking the consent of each child to continue with the survey, their Name initials, Age, Gender were noted.

The confidentiality clause were explained to them as well as strictly followed. Once they all got comfortable the interview process started. The same process was done with parents of 5 children who were of age 2-4yrs. But this interview was conducted on call by me.

RESULTS

Interview	Age	Domestic Violence Yes/No	Problems Faced
SM(M)	5YRS	Yes	Bed wetting, difficulty in concentrating on studies, hate to play outside
TK(F)	6yrs	Yes	Fear of father, less eye contact, writes shabbily, shyness
RB(F)	7yrs	Yes	Doesn’t mingle with children, doesn’t like to follow teachers orders, less eye contact, always biting her hair

TP(M)	8yrs	Yes	Likes to stay aloof, doesn't concentrate on anything, one eye always blinking, always speaks angrily
SK(F)	9yrs	Yes	Does not like to participate in school activities, excessive stomach issues, lack of sleep and remains alert always, suicidal feeling
RS(M)	10yrs	Yes	Distrust of adults, insomnia, less eye-contact, can't sit at one place
GH(F)	11yrs	Yes	Gynac issues, hostility towards father, insomnia, aggressive
PT(M)	12yrs	Yes	Remaining aloof, smoking, excessive pimples, obesity, scratching his head constantly till blood comes out, suicidal feeling
SM(F)	13yrs	Yes	Being in toxic relationship, constant stomach aches, difficulty in concentrating
HW(F)	14yrs	Yes	Menstrual issues, constant headaches, hates to be in public, writes shabbily
SM(M)	15yrs	Yes	Nail biting, short tempered, Breaking his limbs during fights, panic attacks
Parent1	child-6months	Yes	Loose motions, scratching, crying all the time, not sleeping
Parent2	child-1yr	Yes	Low weight, doesn't walk, inconsolable, irritable all the time
Parent3	child-2yr	Yes	Doesn't speak, bites all the time, no eye contact, hostility towards adults
Parent4	Child-3yr	Yes	Excessive SAD, remains aloof, insomnia, bed wetting, irritable always,
Parent5	Child- 4yr	Yes	Delayed development, bites himself, can't study, fear of mother

RESULTS

The above survey clearly shows that how domestic violence can effect a child mentally as well as physically, which is enough to bring impairment in both of them, eventually it can lead to Intellectual disability, or bodily dysfunction or even suicide. Their potentially adverse consequences on the psychological sphere are manifold: increased risk of depression, anxiety, posttraumatic stress symptoms, aggression, dissociation, substance use, risky sexual behaviors, as well as borderline, antisocial, schizotypal, avoidant, and schizoid personality disorders

DISCUSSION

This research proves the vulnerability of a child said above, therefore it is important to keep in mind to have good relation with them, some ways to help them are:-

- Arranging school age children to receive counseling from professionals at their school, often school counselors.
- Experimenting with various types of counseling: play therapy, peer support groups, anger management classes, and safety programs to teach kids how to extract themselves from dangerous situations.
- Finding a loving and supportive adult to introduce to the child and encourage the child to spend as much time regularly with the adult. This may include a trusted family member or community advocate.

REFERENCE

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