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## **Psychological Impact of Parental Physical Violence on Children (Case Study of Child Abuse Victims)**

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### ***Abstract***

*Violence is a deliberate behavior by an individual towards another individual and can cause physical and psychological harm, violence is an act of intimidation carried out by a stronger party against a weaker party. Violence can take various forms, namely physical, mental and sexual violence. The method used by the researcher is qualitative research with a case study approach model. Case study is a model that focuses on the exploration of a "bounded system" on one particular case or on some cases in detail by exploring data in depth. The results of the interview showed that the researcher saw that several children were just keeping quiet without any responses to the violence that had happened to their children.*

**Keywords:** *Physical Violence, Parents, Children Victims Of Violence.*

## Introduction

Family is a component that consists of a mother, father, and children. The mother and father, or parents, play an important role in shaping the personality and education of the children. In a family, children are closer to their mother than to their father; therefore, a mother should be skilled in educating her children. The quality of a mother's parenting towards her child will greatly influence the child's development and character in the future.<sup>1</sup>

Parents are the ones who have given birth to us, namely Mother and Father. Since parents are the center of a child's spiritual life, every emotional reaction and thought of the child later on is the result of their parents' dedication. Thus, parents hold an important role and a mandate from Allah SWT regarding the education of their children.<sup>2</sup> Parents are those who have a mandate from Allah to educate their children with full responsibility and love. Parents (families) are primarily responsible for the development and progress of their children..<sup>3</sup>

Parents are required to first adhere to the values they will instill in their children, so that their guidance is fully grasped by the child, making it easier for them to understand and follow. For example, before asking the child to pray, they have already performed or immediately established their own prayers. This example becomes the foundation for the emergence of trust or authority of parents in the children.<sup>4</sup>

Parents play an important and highly influential role in their children's education. Since a child is born, it is the mother who is always by their side. A child will imitate their mother's behavior, and usually, a child loves their mother more if

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<sup>1</sup>Akbar dan Zainuri, (2017), is stres levels and coping mechanism becomes factor that affected challenging of mother that have children with mental retardation. *International journal of nursing and midwifery science (ijnms)*, 1(1), 39-45.

<sup>2</sup>Abdul Wahid. (2015). Improvement in management and development of the garment business at Novi Konfeksi in relation to human resources. Yudharta University Pasuruan

<sup>3</sup> Mansur 2005: Early Childhood Education in Islam, Jogjakarta: Pustaka Pelajar

<sup>4</sup>Shochib, muh. (2014). Parenting Patterns. Jakarta: Rineka Cipta. .

she performs her duties well and with affection. The mother is the first person a child knows, who becomes their friend and the first one they trust.

All the good or bad behaviors of parents will be imitated by the child. Parents need to apply good attitudes and behaviors for the formation of a child's good personality. A good parenting pattern for the formation of a child's good personality is one where parents prioritize the child's interests, but also control the child. Since children also live in society and interact with their environment, they inevitably receive external influences that might harm their personality. These can be managed by parents through the application of good attitudes within the family and by setting examples or being role models. Parents being considered friends by their children will create a warm family life. Thus, there is openness and mutual giving between parents and children..<sup>5</sup>

Based on the above understanding, parents are components of a family consisting of a father and mother, and are the result of a legitimate marital bond that can form a family. Therefore, parents have the responsibility to educate, nurture, and guide their children by providing good examples in daily life. Additionally, parents have also introduced their children to community life. Therefore, parental upbringing also plays a crucial role in a child's life, to prevent them from falling into undesirable paths, by fostering good and warm communication between parents and children. Upbringing is a democratic attitude of parents that creates dialogic communication between children and parents, and the warmth that makes teenagers feel accepted by their parents, thus fostering an emotional bond. Teenagers who feel accepted by their parents are able to understand, accept, and internalize the "messages" of moral values that are intended to be appreciated based on their conscience.<sup>6</sup>

A good parenting style for the formation of a child's good personality is one that prioritizes the child's interests, but parents also need to guide the child. Thus, children also live in society, interact with their environment, and inevitably receive

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<sup>5</sup>Kartini Kartono. (2011). *Leaders and Leadership*, Jakarta: PT. Rajawali Grapindo Persada

<sup>6</sup> Nur Hidayah (Shochib, 2014:6)

external influences that may harm their personality. These can be controlled by parents by instilling good attitudes within the family and setting examples or role models for the children.<sup>7</sup>

The psychological impact on children due to violence (physical and psychological). Violence against children can permanently affect their well-being and cause emotional damage. These damages manifest in problems such as recurring nightmares, anxiety, fear, and high levels of aggression, feelings of shame and guilt, sudden phobias, psychosomatic complaints, symptoms of depression, prolonged feelings of difficulty, and withdrawal.<sup>8</sup>

Emotional violence or verbal violence, for example, is carried out in the form of scolding, nagging, reprimanding, and cursing the child excessively and degrading the child's dignity, including using words that are inappropriate for the child to hear. Physical violence can include hitting with blunt or hard objects, kicking, slapping, pinching, pressing a hot iron against the body, and banging the child's head against the wall. Sexual violence can be carried out in the form of rape. Sexual coercion, sexual harassment, and incest.<sup>9</sup>

## **Research Method**

The method used by the researcher is qualitative research with a case study approach. A case study is a model that focuses on the exploration of a "bounded system" on a specific case or on a few cases in detail with in-depth data excavation. Qualitative is a research model that seeks to reveal phenomena holistically by describing them through non-numeric language within natural contexts and paradigms. Qualitative research methods are often referred to as naturalistic research

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<sup>7</sup>Syamsu Yusuf, (2005), *Mental Hygiene*, Bandung: PT Remaja Rosdakarya.

<sup>8</sup>Fajar Rositoh, et al., (2017), coping strategies for stress among married female students in writing their final thesis, *Happiness Journal*, 1(2), p. 65..

<sup>9</sup>Abu Hurairah, 2006, *violence against children*, Bandung: Nuansa.

methods because the research is conducted in natural settings and is called qualitative methods because the data collected and the analysis are more qualitative in nature.<sup>10</sup>

The subjects of this research are children and parents in a small part of the Dasan Lekong area, targeting 3 (three) children and 3 (three) parents. The subjects in this study were determined using the purposive sampling method. The data collection techniques used were observation, interviews, and documentation. The qualitative data analysis is inductive in nature, meaning it is an analysis based on the data obtained. The data analysis technique used in this research is triangulation, which includes Data Reduction, Data Presentation, and Conclusion Drawing/Verification.

## **Results and Discussion**

The purpose of this research is to understand the psychological impact of parental physical violence on children and the factors that cause physical violence to occur against children. From the interview results, the researcher can determine the psychological impact on children who experience physical violence by their parents, and the factors causing this physical violence. Based on the interview results conducted by the researcher in the field, the researcher found the psychological impact of parental physical violence on children. children who experience physical violence within the family have several significant psychological impacts, including.

Behaving aggressively, where the aggressive child will exhibit similar behavior. In fact, this aggressive behavior can develop into adulthood. In addition to being aggressive, another psychological impact that often occurs in children who are victims of physical violence by their parents is a depressive nature, where children who experience verbal violence will feel more inferior, have a lack of self-confidence, and mental pressure because they will always remember what their parents said. In addition, another psychological impact is that the child will adopt a permissive

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<sup>10</sup>Samsu, S.Ag., M.Pd.I., Ph.D., (2017) RESEARCH METHODS: (Theory and Application of Qualitative, Quantitative, Mixed Methods, and Research & Development, Jambi: PUSAKA, p. 63).

attitude, where the child who experiences domestic violence may feel useless, unable to socialize, and have significant problems. Furthermore, another psychological impact is that the child will exhibit destructive behavior, where the child who experiences family violence may develop eating disorders such as bulimia nervosa or anorexia, which arise as a result of the psychological violence experienced by the child.

Based on the interview results that the researcher conducted in the field, the researcher found several factors that cause the physical violence that occurs, as well as efforts to prevent physical violence against children. However, the initial step the researcher will take is to present the factors that cause the physical violence experienced by the children, based on the observations and interviews obtained.

During the interview process, there were several children whom the researcher observed to be silent without any response. This was caused by the violence that had already occurred to those children. From the interviews with several victims, one of them named Irfan stated:

"I often experience physical violence inflicted by my parents on me. This is caused by my parents' economic factors. This makes me feel scared and then I don't dare to resist when my parents inflict physical violence on me."<sup>11</sup>

From the above opinion, it can be concluded that one of the factors causing physical violence is economic factors, because we all know that the economy is one of the most important things for sustaining daily life. Besides economic factors, there are other factors that cause physical violence to occur frequently in every household.

The researcher also received a response from another child named Nurul Miftahul Jannah, who stated:

"I often experience physical violence inflicted by my parents, caused by the fact that my parents are divorced (broken home). I then live with my mother, who works every day to earn a living on her own. I do not receive

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<sup>11</sup>Interview with a child victim of physical violence

full affection from both of my parents, which is why I misbehave and never listen to what my mother says. This is what causes my mother to often hit me.”<sup>12</sup>

From the above statement, it can be concluded that one of the factors causing physical violence is the fact that the child's parents are divorced. The child then becomes disobedient and does not listen to her mother's advice. In addition to being tired from raising the child, the mother is also tired from earning a living for her child. This is the reason for the physical violence against the child.

Then the researcher received a response from the next child named Audia Apriana, who stated:

"I often experience physical violence inflicted by my parents, not because of economic factors or other factors, but because I do not obey my parents' wishes, as I believe their expectations are too high for me to meet."<sup>13</sup>

From the above opinion, it can be concluded that the factor of physical violence occurring in children is not only due to economic factors or divorce but also due to the parents' high expectations, which the child is unable to meet. Because as we know, many parents out there force their children to become what the parents want, forgetting that each child has their own desires and abilities to become what they want..

### **The psychological impact of parental physical abuse on children**

1. Aggressive behavior, where the aggressive child will exhibit similar behavior. In fact, this aggressive behavior can develop into adulthood.

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<sup>12</sup>Interview with a child victim of physical violence

<sup>13</sup>Interview with a child victim of physical violence

2. Depressive in nature, where children who experience verbal abuse will feel more inferior, lack self-confidence, and suffer from mental pressure because they will always remember what their parents said.
3. Permissive in nature, where children who experience domestic violence may feel useless, unable to socialize, and have significant problems.
4. Destructive in nature, where children who experience family violence may develop eating disorders such as bulimia nervosa or anorexia, which arise from the psychological violence they endure.<sup>14</sup>

### **Factors that cause physical violence against children**

Violence is one of the negative actions that parents can take against their children. The impacts of violence inflicted by parents on their children include the child's personality becoming negative, physical harm to the child, and the child's behavior becoming harsh, shy, and lacking confidence to socialize with friends and the surrounding community.

The occurrence of violence against children is caused by various factors that influence it. The factors of physical violence are numerous, as explained by several experts previously. Violence against children is generally caused by internal factors originating from the child themselves or external factors stemming from family and societal conditions, such as;

- a. The child experiencing physical disabilities, mental impairments, behavioral disorders, autism, being too naive, having a weak temperament, ignorance of their rights, or being overly dependent on adults.
- b. Family poverty, unemployed parents, insufficient income, many children.

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<sup>14</sup>Interview with a child victim of physical violence



- c. Single-parent families or broken homes, such as divorce, long-term absence of a mother, or families without a father and mother unable to meet the child's economic needs.
- d. Families that are not yet psychologically mature, lack of knowledge in educating children, unrealistic parental expectations, unwanted children, children born out of wedlock.
- e. Severe illness or mental disorders in one or both parents, for example, being unable to care for and nurture the child due to emotional disturbances and depression.
- f. History of child neglect. Parents who experienced mistreatment in their childhood tend to mistreat their own children.
- g. The condition of the social environment, slum settlements, the loss of children's play areas, indifference towards exploitation, a low perception of children's value, the rise of wage economy ideology, weak legal frameworks, and the absence of stable social control mechanisms.

The forms of violence in this case include physical and psychological violence. According to Widodo, physical violence in English is referred to as physical abuse, which is a behavior that causes physical pain<sup>15</sup>. Psychological violence is an act that results in fear, loss of self-confidence, loss of ability to act, helplessness, and/or severe psychological suffering in children<sup>16</sup>.

Factors that trigger the tendency of parents to commit acts of violence, as stated by Richard J. Gelles, who explained that child abuse occurs as a result of a

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<sup>15</sup> Widodo, W. (2016). The Impact of Violence on the Emotional Spiritual Quotient (ESQ) of Students. *KABILAH: Journal of Social Community*, 1(2), 275-305

<sup>16</sup> MARYANA, D. (2023). The Impact Of Parental Violence On The Development Of Emotional Intelligence In Early Childhood In Lubuk Lagan Village, Seluma Regency (Doctoral dissertation, UIN Fatmawati Sukarno Bengkulu).

combination of various factors, including social stress, where stress caused by various social conditions, such as low economic status, is an example<sup>17</sup>.

## **Conclusion**

Based on the description of the research results on the psychological impact of parental physical violence on children, it can be concluded that: The occurrence of violence against children is caused by various influencing factors, such as: a. The child experiencing physical disabilities, mental retardation, behavioral disorders, autism, being too naive, having a weak temperament, the child's ignorance of their rights, and the child being overly dependent on adults. b. Family poverty, unemployed parents, insufficient income, many children. c. Single-parent families or broken homes, such as divorce, long-term absence of a mother, or families without a father and mother who cannot meet the child's economic needs. d. Families that are not yet psychologically mature, lack of knowledge in child-rearing, unrealistic parental expectations, unwanted children, children born out of wedlock. e. Severe illness or mental disorders in one or both parents, such as being unable to care for and nurture the child due to emotional disturbances and depression. f. History of child neglect. Parents who experienced mistreatment in their childhood tend to mistreat their own children. g. Poor social environment conditions, slum settlements, the displacement of children's play areas, indifference towards exploitation actions, a low view of children's value, the promotion of a wage economy mindset, weak legal instruments, and the absence of a stable social control mechanism. h. The causes or risks of violence and neglect towards children are divided into three factors, namely: parental/family factors, social/community environmental factors, and the child's own factors.

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<sup>17</sup> Suradi, S. (2013). Problems and strategic solutions to violence against children. *Sosio Informa: Study of Social Problems and Social Welfare Efforts*, 18(3).

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