

CHILD ABUSE –A REVIEW

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ABSTRACT

Abuse can be physical, sexual, emotional or verbal; it is intimidation or manipulation of another person or an intrusion into another's psyche; the purpose is to control another person. It is generally a long-term pattern of behaviour although specific short-term interactions can be labelled abusive. Recently the following categories have been included in definitions of abusive behaviour: social, economic, intellectual and spiritual. With child abuse neglect is also an important component. Abuse cuts across all social categories and classes. It occurs in well-educated high-income areas and in low-income working-class areas; it happens in all races and religions. It can occur in families, extended families, in neighbour hoods, schools, churches, and community groups. Both men and women can be abusive and it can occur in virtually all age groups. The old can abuse the young and the young the old. While standards are different in various cultures, it occurs in virtually all countries as well. Because it is often learned at an early age, it can be passed from generation to generation like a family disease. This is called the intergenerational cycle of abuse.

KEYWORDS: Child abuse, Sexual abuse, Neglect; Battered Child Syndrome, Child maltreatment.



INTRODUCTION

The term child abuse has come to mean any intentional act of physical, emotional, or sexual abuse, including acts of negligence, committed by a person responsible for the care of the child. While the definition of abuse is simple, the meaning of abuse isn't so clear. Yes, abuse is when one person purposefully hurts another, but that is a common occurrence in life and most of us are guilty of engaging in that from time to time. But what abuse really means is control. When a truly abusive situation exists, it's because one party is seeking to control the other through abuse. And while this might be an explanation of abuse, it's certainly no excuse. One person has no right to exercise control over another through abuse. Victims of abuse must know that the abuse is wrong and that the abuse is never their fault. Every person has the right to live an abuse-free life.

What is CHILD ABUSE?

Child abuse constitutes all forms of physical and / or emotional ill treatment, sexual abuse, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development or dignity in the context of a relationship of responsibility, trust or power.



(WHO, 1999).

Child abuse or child maltreatment is physical, sexual, and/or psychological maltreatment or neglect of a child or children, especially by a parent or a caregiver. Child abuse may include any act or failure to act by a parent or a caregiver that results in actual or potential harm to a child, and can occur in a child's home, or in the organizations, schools or communities the child interacts with.



Causes of Abuse

1. Financial difficulties
2. Marital problems
3. Stress due to illness
4. Frustration
5. Loosing control over anger
6. Parent child conflict

Types of abuse

1. Physical abuse

of a child is when a parent or caregiver causes any non-accidental physical injury to a child. There are many signs of physical abuse. If you see any of the following signs, please get help right away. 28.3% of adults report being physically abused as a child.

Physical abuse includes striking, kicking, burning, biting, hair pulling, choking, throwing, shoving, whipping or any other action that injures a child. Even if the caregiver didn't mean to cause injury, when the child is injured it is abuse. Physical discipline from a parent that does not injure or impair a child is not considered abuse; however non-violent alternatives are always available.

2. Sexual abuse

occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement. 20.7% of adults report being sexually abused as a child. Sexual abuse of children includes:

- ✓ Non-contact abuse
- ✓ Making a child view a sex act
- ✓ Making a child view or show sex organs
- ✓ Inappropriate sexual talk
- ✓ Contact abuse
- ✓ Fondling and oral sex
- ✓ Penetration
- ✓ Making children perform a sex act
- ✓ Exploitation
- ✓ Child prostitution and child pornography

3. Emotional abuse

When a parent or caregiver harms a child's mental and social development, or causes severe emotional harm, it is considered emotional abuse. While a single incident may be abuse, most often emotional abuse is a pattern of behavior that causes damage over time. 10.6% of adults report being emotionally abused as a child. Emotional abuse can include:

Rejecting or ignoring: telling a child he or she is unwanted or unloved, showing little interest in child, not initiating or returning affection, not listening to the child, not validating the child's feelings, breaking promises, cutting child off in conversation.

Shaming or humiliating: calling a child names, criticizing, belittling, demeaning, berating, mocking, using language or taking action that takes aim at child's feelings of self-worth.

Terrorizing: accusing, blaming, insulting, punishing with or threatening abandonment, harm or death, setting a child up for failure, manipulating, taking advantage of a child's weakness or reliance on adults, slandering, screaming, yelling.

Isolating: keeping child from peers and positive activities, confining child to small area, forbidding play or other stimulating experiences.

Corrupting: engaging child in criminal acts, telling lies to justify actions or ideas, encouraging misbehavior.

4. Child neglect

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a

child's health, safety and well-being. Child neglect includes:

- ✓ Physical neglect and inadequate supervision
- ✓ Emotional neglect
- ✓ Medical neglect
- ✓ Educational neglect



Management of child abuse

1. Parent education.
2. School guidance.
3. Counseling.
4. Financial assistance.
5. Foster home care.
6. Assertiveness training.
7. Protective services for children: Emergency shelter, day care centre, telephone hot lines etc.



Role of community health nurse in child abuse

1. Community health nurse should advise the parents never leave child unattended especially outside home.
 2. Community health nurse should advise the parents to teach child the difference between good touches and bad touches.
 3. Community health nurse should advise the parents to participate in child's activities and know about child's friends.
 4. Community health nurse can meet the family therapeutic needs in variety of ways.
 5. Community health nurse often teach mothers children-care skills such as proper-feeding, effective discipline and constructive communication.
 6. Community health nurse demonstrate good communication skills and discipline by teaching both parents and children in calm, respectful and informative manner.
 7. Community health nurse can show how to physically and psychologically care for relative during home visits.
8. Community health nurse should have to advise the teachers in school to give them sex- education.
 9. Community health nurse should have to advise mother to be-franks with her girl children to know their feeling so that she does not feel alone.
 10. Community health nurse should have to advise the mother to take proper care of their children like bathing, brushing, etc.
 11. Community health nurse advice the family members not to abuse the child in case of wrong work instead of abusing and scolding, teach them in a right way to do the household work.
 12. Community health nurse should advise parents not to neglect or ignore their children.
 13. Community health nurse should have to advise parents to fulfill all the basic needs of their children.
 14. Community health nurse should have to advice teachers to treat the students with love in school, and provide health care programmes.
 15. Community health nurse should advise the parent that they should not send their children alone.
 16. Community health nurse should have to advise parents that they should not send their girl children with strange person. Send them in auto and never send them alone. If they send them with any other person then that person should be known to them.
 17. In school health programmes, Community health nurse should have to advice the teacher that they should have to give education about activities like snorting to save themselves.

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