



Parental Prevention Practice Toward Child Sexual Abuse

KEYWORDS

Child sex abuse, Consensual underage sex, Child marriage, self protection training , parenting skills, self defense, Touches.

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ABSTRACT

Child sexual abuse is not a new phenomenon. Schechter and Roberge(1976) defined "sexual abuse as the involvement of dependent, developmentally immature children and adolescents in sexual activities they do not truly comprehend to which they are unable to give informed consent, or that violate the social taboos of family roles." The most comprehensive definition is given by the Standing committee on sexually abused Children, 1984 which states that, "Any child below the age of consent may be deemed to have been sexually abused when a sexually matured person has engaged or permitted the engagement of the child in any activity of a sexual nature which is intended to lead to sexual gratification of the sexually mature person."

The aim of the present is to find out the role of parents in identifying the child sexual abuse. There are different forms of child sexual abuse include asking or pressuring a child to engage in sexual activities, indecent exposure of the genitals, female nipples, physical sexual contact with the child, or using child to produce child pornography. The effects of child sexual abuse can include depression, post traumatic stress disorder, anxiety, physical injury to the child, sexual abuse by a family member is a form of incest and can result in more serious and long term psychological problems.

The modern concept of family relationships has changed and that has brought lot of changes. The concept of parent children relationship is getting worse in urban areas. Spending time with children has become a rare concept. To identify the parents attitudes and how much they are aware of the child sexual abuse evils, these can be known elaborately by conducting a study.

INTRODUCTION

"Its important to talk about it. You raise awareness. But you can also prevent it (child Abuse) by not letting it be a secret." - CHRIS WITTY

Historically, child sexual abuse (CSA) has been a hidden problem in India, largely ignored in public discourse and by the criminal justice system. Until recently, CSA was not acknowledged as a criminal offence; rape was the main, if not the only, specific sexual offence against children recognised by law in India. In the absence of specific legislation, a range of offensive behaviours such as child sexual assault (not amounting to rape), harassment, and exploitation for pornography were never legally sanctioned. In the past few years activists, Non-Governmental Organisations (NGOs) and the central government's Ministry of Women and Child Development have actively engaged in helping break 'the conspiracy of silence' and have generated substantial political and popular momentum to address the issue. The movement, spearheaded by the Ministry of Women and Child Development, led to the enactment of new legislation called the Protection of Children from Sexual Offences (POCSO) 2012.

PREVALENCE OF CHILD SEXUAL ABUSE IN INDIA.

Nineteen percent of the world's children live in India. Growing concerns about female infanticide, Child marriage , child rapes and institutional abuse of children, caste system, discrimination against girl child, child labour and Devadasi tradition impact negatively on children and increase their vulnerability to abuse and neglect. Lack of adequate nutrition, poor access to medical and educational facilities, migration from rural to urban areas leading to raise in urban poverty. Children on the streets and child beggars are the result of broken families. These increases the vulnerability of children and exposes them to situations of abuse and exploitation.

The first large scale government sponsored research study to assess the extent and nature of child abuse in India (Kacker et al. 2007). The study, based on a well-designed methodology, covered 13 states (two states from each of the six geographic zones in the country) including states with the highest through to the lowest crime rates of offences against children. The sample was purposive and included 12,447 children, 2324 young adults and 2449 stakeholders representing five different evidence groups: children in the family, at the workplace, in schools, on the streets and in institutions. The study reported widespread emotional, physical, and sexual abuse prevalent in all the states surveyed.

THE CATEGORIES OF CHILD SEXUAL ABUSE ARE :

- Incest- sexual activity between family members
- Pedophilia – the preference of an adult for young children as sex objects
- Exhibitionism- the exposure of genitals by an adult male
- Molestation- behaviours such as touching, fondling, kissing and masturbation
- Sexual intercourse- including oral –genital, anal genital, penile-genital contact
- Rape- sexual or attempted intercourse without consent of the victim.
- Sexual Sadism- the infliction of bodily injury as a means of obtaining sexual excitement
- Child Pornography- the production and distribution of material involving minors in sex acts
- Child Prostitution- the involvement of children in sex acts for profit.

HOW PARENTS CAN IDENTIFY SEXUALLY ABUSED CHILDREN

Sexual abuse is a very difficult subject to discuss with but

very important that every parent should be alert on. In most cases, the person who sexually abuses a child is an adult or older child known to the victim, often a authority that the child knows, trusts or loves. The offender usually uses coercion and manipulation, not physical force, to engage the child, what parents should know about sexual abuse

- Most offenders are known to the child
- Those children are weak, obedient, timid in nature
- They may be children from broken homes, unhappy children, need more affection and attention,
- They may be withdrawn from family or friends, poor performance in schools, experience depression, anxiety or self destructive behavior or behave abnormally or physically challenged
- The history shows abuse could be a not a single incident but may be happened months together.

HOW PARENTS CAN IDENTIFY A SEXUALLY ABUSED CHILD

- Teach the child the body parts and what are the private parts where it should be private
- Talk to them about bad touch and good touch.
- Talk to them about sexual touch which is bad too it could be better the child should be shown all the different touches and make them aware of it.

PSYCHOLOGICAL PROBLEMS WHICH FOUND IN ABUSED CHILDREN

- Depression, fears, panic attacks, sleeping problems, irritability, anger, poor self esteem,
- Poor self confidence, addictions, self destructive behaviours,
- Hurting others, poorly dressed, anxiety, self Harm,
- Underachieve at school
- Think bad of themselves,
- Night mares, bedwetting and thumb sucking habits suddenly started
- Be frightened of physical contact
- Play, write or draw or dream of sexual or frightening images
- Runaway, develop an eating disorder, such as anorexia or bulimia

PREVENTION STRATEGIES

The prevention strategy to balance between the parents and children by empowering the children in the following ways

- Information is power. Teach the children about abuses and touches
- Self esteem building, approves them that they are the best and innate confidence in them
- Self defense skills, teach them what are physical and mental self defence skills, and teach them assertiveness techniques such as saying no and getting help from trusted adults and running away if identified threat from the strangers.
- The child should have a list of trusted adults their phone numbers, emails and addresses of them so that they could be reached at the time of help required.
- Life skill training
- Socialization skills
- Self protection training
- Counselling and Psychotherapy services for the immediate approach

STUDY ON CHILD ABUSE : INDIA 2007(FACTS)

Every fifth child in the world lives in India

Every third malnourished child in the world lives in India
Every second Indian child is underweight
Three out of four children in India are anemic
Every second new born has reduced learning capacity due to iodine deficiency
Decline in female/male ratio is maximum in 0-6 yrs: 927 females per 1000males
Birth registration is just 62%
Retention rate at primary level is 71.01%(elementary education in India Progress UEE

THE OBJECTIVES OF THE RESEARCH

1. To study the extend of awareness about child sexual abuse among parents belong to various strata of society in Chennai
2. To understand the level of bonding between child and the adult.
3. To analyze whether the adult are in the position to handle the situation of abuse in case of its occurrence.
4. To know the prevalence of child sexual abuse
5. To know the effects of child sexual abuse
6. To bring about various methods to stop child abuse, rehabilitation for victims and intervention methods.

METHODOLOGY

Every study has its specific method to find out the problems in the selected study area. The methodology includes objectives of the study, significant of the study, choice of study area, sampling size and tools used for data collection will help to explain the method of research.

CHOICE OF STUDY AREA

The study is conducted in Chennai. The study is selected through purposive sampling method. The researcher had selected Chennai for her study due to increasing of working parents, loneliness of children, and high child abuse cases in Chennai. So Chennai and school children, parents would be more appropriate one for the study.

SAMPLE SIZE AND TOOL S

The study is done in a government school in Chennai. The sample consists of 65 parents were selected and they are the parents of the age group between 5years to 18 years students and done by purposive sampling method. Interview schedule is the prime tool used for collecting data. Beside the interview schedule method, the researcher used child abuse survey to know the realistic status of the respondents. The questionnaire consists of 12 items regarding the meaning of child sexual abuse, prevalence of child sexual abuse, social class, age of the abused children, general statements, effects of child sexual abuse. The respondents were asked to fill a questionnaire. The father and mother were asked to fill in the questionnaire separately without discussing. Percentage analysis was done for the data obtained and discussed.

DISCUSSION

Table 1 shows percentage on the awareness of child Sexual abuse

S.No.	Awareness of child sexual abuse	No.of respondents	Percentage
1.	Unaware	0	0
2.	Through the word of mouth	9	13
3.	Through Media	16	26
4.	Both	40	61
	Total	65	100

From the above table, it is clear that nobody is unaware

of the issue, about 13% said that of them felt that through the word of mouth they came to know and 26% felt that they are aware through Media, 61% of them felt that they came to know about CSA through media and mouth sources. This clearly indicates that child sexual abuse is common and its awareness is predominant in all the members.

Table II shows the percentage of the Prevalence of Child Sexual Abuse

Sl.No.	Prevalence of Child Sexual abuse	No. of Respondents	Percentage
1.	Very common	29	45
2.	Common	25	39
3.	Not common	6	9
4.	Very rare	5	7

Table II shows that, of the 65 respondents, 7% said that child sexual abuse is very rare, 9% felt it was not common and 39% of them felt it is a common issue and 45% felt that it is a very common in our society.

Table III shows the percentage of type of social class being sexually abused

Sl.No.	SOCIAL CLASS	NO. OF RESPONDENTS	PERCENTAGE
1.	High Class	12	19
2.	Middle Class	12	19
3.	Street and slum dwellers	16	24
4.	Occurs equally among all the above	25	38
	Total	65	100

Table III shows that of the 65 respondents 19% said that child sexual abuse occurs among high class and middle class equally, 24% of the respondents felt that child sexual abuse occurs among the street and slum dwellers, and lastly 38% felt that child sexual abuse occurs among all the societies.

Table IV shows the percentage of the age of the children being sexually abused

Sl.No.	AGE OF THE ABUSED	NO. OF RESPONDENTS	PERCENTAGE
1	Below 5 years	3	5
2	6-10years	37	57
3	11-14 years	17	26
4	15-18 years	8	12
5	Total	65	100

Table IV shows that of the 65 respondents 5% of the respondents said that below 5 years girl children are abused most. About 57% said that the targeted are in between 6 to 10 years. About 26% of them said that the targeted most were 11-14 years and 12% of the respondents were sure that 15- to 18 years were the children who are most sexually abused.

Table V shows Opinion on girls being victimized

Sl.No.	Only Girls are the victims	No. of Respondents	Percentage
1	Agree	37	57
2	Disagree	24	37
3	I don't know	4	6
4	Total	65	100

Table V shows that of the 65 respondents, 57% agreed that only girls are abused. 37% disagrees that only girls are abused and 6% did not know the situation clearly.

Table VI shows the Effects of Child sexual abuse

Sl.No.	Effects of CSA	No. of Respondents	Percentage
1.	Physical injuries	2	3
2.	Emotional disorders	3	5
3.	Both	60	92
	Total	65	100

Table VI indicates that of the 65 respondents 3% said that the effects of child sexual abuse are physical injuries, 5% of them said that emotional disorders and 92% of them selected both physical injuries and emotional disorders.

Table VII shows that at what age can prevention on child sexual abuse should start,

Sl.No.	What age can prevention starts	No. of Respondents	Percentage
1.	3 to 5 Years	16	24.6
2.	6 years to 10 years	10	15.3
3.	11 years onwards	9	13.8
4.	No age limits	30	46
	Total		100

Table VII indicates that out of 65 respondents 24.6% said that prevention on child sexual abuse should start from Birth to 5 years. 15.3% felt that it is crucial age is between 5 to 10 years prevention should be started. 13.8% of them told that above 11 years and puberty age prevention should start. But 46% of them have told that there is no age limit and to start prevention in child sexual abuse.

MAJOR FINDINGS

- 100% of the respondents are aware of child sexual abuse.
- Most of the respondents have considered child sexual abuse is common in India and occurred equally among all the societies
- 24% felt that only street children and slum children are abused more.
- 54% felt that girls are most abused
- 57% of them felt 6-10 years is the age category which is chosen the majority of the children are sexually abused.
- 5% of the respondents felt that even below 5 years children are abused sexually.
- 92% of the respondents considered physical injuries and emotional disorders as effects of child sexual abuse and so the child sexual abuse can be given the psychological guidance/ counselling that would make them face the world in an effective manner.

CONCLUSION

Child sexual abuse exploits and degrades children, and can lead to feelings of hopelessness, depression and anti social behaviours. There are things a parent can do to help that any child visiting or living in your home experiences a structured, safe, and nurturing environment. Some sexually abused children may have a heightened sensitivity to certain situations. Advise the child to be cautious about touches, their comfort level, encourages children to respect the comfort and privacy. They should also be told about sexual texts received through media, limit access to grownup magazines, monitor children when they are on the internet use.

Vulnerable kids are targets. The poor parent child relationship also paves way to depression in adolescent age, for the young men it is alcohol and early sexual activity. For young women establish intimate relationships outside the family, and also links in experiencing sexual abuse and later lead to teenage pregnancy. The health care profession-

als, the social workers need to increase awareness on child sexual abuse among parents and teachers also. Parents and guardians need to be encouraged to develop strong attachment with their children to express warmth and positive regard. Finally, families have to be encouraged to form relationship with support systems available to them. The parents prime duty is to protect the children from sexual predators and also teach them about personal safety. They also feel prevention education is necessary to their kids to keep them away from Potential harm.

POCSO Act 2012 has provided a new guide lines to protect the child after abuse to legal issues.

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