



Influence and Consequence of Childhood Abuse

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Abstract. In this review, we gathered a variety of literature reviews and data reports, carried out an in-depth study on the issue of child abuse, and listed the potential mental health disorders that are caused by child abuse as well as the subsequent effective treatment measures. This was done to make it easier for people to find and solve problems in a more timely and accurate manner. The issue of child abuse continues to be a difficulty for society as a whole. A better understanding of child abuse can assist in the prevention of child abuse and the early intervention necessary to lessen the amount of abuse suffered by children and adolescents.

Keywords: Child abuse · consequences · suicide · cyberbully · Types of abuse

1 Introduction

Child abuse is defined as inappropriate treatment of children. It is often identified by actively hurtful and aggressive language. The public has separated child abuse into three main categories: physical abuse, emotional abuse, and sexual abuse. Children that experienced the previous mentioned types of abuses are prone to damage to their health, self-esteem, and well-being [1]. Physical abuse is characterized as injuries made by slapping, punching, burning, kicking, etc., and it often causes dislocations of body structures, such as limb bones, and vomiting or inhaling and exhaling difficulties. For emotional abuse, it is usually accompanied by frequent verbal insults, including harsh requirements, criticism, and threats. Most parents exert this kind of abuse to their children while they do not consider that as abusing them, but loving them instead, because of the former education they have embraced and conceptualization on television, TikTok videos and other parents' advices. For them, children are not children themselves but the property they have produced and owned, and they can do whatever they want to make children better. Though many parents believe their educational methods are beneficial to their children, they frequently mistreat them to a greater extent due to inadvertently abusing the children, causing irreversible damage. Another unique type is sexual abuse, which includes rape, forced intercourse, photographing with children who have unwillingly exposed their sexual organs, and forced or induced showing of the sexual organs. This kind of abuse could also lead to severe damage and serious consequences, which include self-destructive harming and low self-esteem. It would also cause children to form inappropriate sexual concepts and might be the potential cause of further sexual

crime without any guidance. Child abuse is extremely common nowadays, with research revealing that more than one-seventh of the total child population has experienced child abuse in various forms, and approximately 1770 children died in the United States in 2018 as a result of abuse and neglect [2]. Child abuse has become a serious problem for society, and thousands of children around the globe are affected. Measures to counter and prevent child abuse are proposed. For parents, they would need to teach their children when to say no, offer them love and support, and control their temper when parents get angry due to kids' misbehaviors. For children, they should establish a safety parameter, watch out for strangers, and never take what they have offered. Cognitive behavioral therapy and other psychological treatments are examples of medical treatments. This review aims to conclude the overall categorization and details of child abuse and its consequences for different aspects.

2 Types of Abuse

2.1 Public Cognition

At present, the public has considered child abuse as mainly divided into active abuse and passive abuse.

2.1.1 Active Abuse

Active abuse refers to active physical or psychological harm to the victim, such as mental manipulation, verbal aggression, or coercive behavior.

2.1.2 Passive Abuse

Passive abuse refers to the psychological or physical damage caused by the abuser's unconscious or unsatisfied feelings or needs.

2.2 Definition in Psychology

In psychology, there is no single definition of abuse, and most materials do not have a comprehensive explanation of abuse. Most psychological literature divides abuse into four categories:

Physical Abuse. Death, physical damage, or loss of a child caused by a guardian or other person, or in a situation that may occur. Data from most hospitals and access to people with mild or moderate depression show that adolescents or adults who have been physically abused require significantly more nefazodone and psychotherapy than those with other types of maltreatment (as many as 45% of those with total depression).

Emotional Abuse. Psychological and behavioral deformity caused by abusive, threatening, or discriminatory treatment of children. It can be verbal, such as using hurtful names or nicknames, or verbally abusing or denigrating children in a bad, rude manner. Using a lengthy questionnaire and a review and analysis of other data to examine the relationship between physical abuse, emotional abuse, and neglect and adolescents' physical or mental health, the study found that adolescents who experienced emotional

abuse were twice as likely to have a mental health disorder. Other mental health disorders associated with physical, emotional abuse, or neglect of children include anxiety disorders, depression, substance abuse, and suicidal behavior.

A New Branch of Emotional Abuse—Cyberbullying. Cyberbullying is a new form of violence expressed through electronic media. Cyber victims and Cyberbullies have more emotional and psychosomatic problems and social difficulties. Cyberbullying has been linked to mild to severe depression symptoms, drug use, suicidal thoughts and attempts, and other negative outcomes. Studies show that 20–40% of adolescents will experience cyberbullying at least once during their adolescence. Cyberbullying is more common than general abuse because it can occur at any given the time of day, so the persistence of cyberbullying behavior may lead to stronger negative outcomes than abuse.

Sexual Abuse. Any contact with an older victim as the object of sexual stimulation.

It can be sexual penetration or sexual innuendo, including the enticement or coercion of a child to engage in any sexual activity, the use of a child for prostitution, or the use of a child for pornography. Data collection revealed that individuals who were not sexually abused as children were also more likely to have sexually transmitted diseases and/or risky sexual behavior than individuals who were not abused.

Neglect. Inattention to children's needs leads to physical and mental injury. Child neglect is the most common form of abuse, most of which is physical and does not meet the lowest level of physical need. Life without supervision, medical care, and education is terrible for children. In such an environment, children's health and self-identity will decline significantly, and the rate of violence and drug abuse will increase significantly. By analyzing the prevalence of physical and emotional neglect and the prevalence of drug abuse, the prevalence of physical neglect is as high as 18.3%, and those who are self-aware neglect victims account for 16.3% [3].

Another type of neglect is emotional neglect, which refers to a failure to meet a child's basic emotional needs or responsibilities for parenting. Children who are victims of neglect may have a harder time forming and maintaining relationships later in life because they lack attachment or care during infancy. Additionally, children who may have been neglected during the survey may not have provided the investigators with the same information, or the investigators may only be aware of a portion of the truth, which could cause reporting to be uncertain and increase the likelihood of errors or other risks when determining the psychological status of the children.

3 Consequences, Risks and Subsequent Treatment Due to Child Abuse

Other mental health disorders associated with physical, emotional abuse or neglect of children include anxiety disorders, depression, substance abuse, and suicidal behavior [4]. Abused children are at increased risk for chronic diseases and lifestyle issues such as smoking, substance abuse and so on.

3.1 Depressive Disorder

Child abuse frequently results in depression, which manifests earlier and progresses more slowly in abused children than other mental health conditions do. Both men and women

who experience abuse are at an increased risk of depression. However, some studies have found that women who experience physical abuse are more likely than males to have depression. These kids displayed more extreme and unpredictable emotions, more overt psychotic symptoms, and more frequent self-harm and suicide attempts [5]. The highest correlations between depression and emotional abuse and neglect were seen, but the correlations between depression and sexual and physical abuse and neglect were less. Unlike physical abuse and neglect, emotional abuse and neglect are more likely to lead to self-doubt and negative perceptions, which may increase the risk of depression. Cognitive-behavioral and interpersonal therapy is more effective in patients who have experienced emotional neglect and abuse, and the addition of medication and psychotherapy does not provide a significant increase and appears to provide only a modest increase in efficacy. Patients with physical abuse need more medication than patients with other types of depression, such as nefazodone, serotonin, alprazolam and tricyclic antidepressants. In addition, the onset age of maltreated children (5–10 years of age) is much higher than that of non-maltreated adolescents, which greatly complicates the treatment of depression [4, 6]. Since children are far less resistant to antidepressants than adolescents, medication may have more negative effects on children's health.

3.2 Anxiety Disorder

Although anxiety is not as common in abused children as depression, it is still one of the most common mental illnesses among children. Children aged 3 to 17 were diagnosed with anxiety disorders in about 7.1% of cases [7].

As anxiety worsens, other psychiatric comorbidities may occur, and insomnia, mental breakdown, and post-traumatic stress disorder can further blight the lives of those affected. The severity of anxiety was associated with emotional abuse, emotional neglect, and sexual abuse, and they had more difficulty fitting into relationships, higher symptom severity, and a worse quality of life [5]. Studies have shown that physical abuse is only associated with PTSD and specific phobias, and that psychotherapy with desensitization can have a significant effect on patients [4]. Direct medication therapy and psychological counseling, however, might be harmful to individuals who have been abused as children. The advantages of biofeedback therapy in this situation outweigh those of psychological and pharmacological therapy by a wide margin. Users of biofeedback therapy primarily learn how to manage their own emotions and de-stress in order to prevent anxiety attacks. In order to take action in the first place, doctors can better and faster grasp patients' real-time conditions with the help of biofeedback therapy equipment. Recent research has also demonstrated that biofeedback therapy and the right kinds of therapies can significantly shorten the length of treatment for kids with anxiety problems.

3.3 Biofeedback and Virtual Reality Technology Intervention

The development of virtual reality technology has implications for psychiatric treatment as well. Virtual reality enables patients to more easily and fearlessly imitate their real lives while also assisting them in resolving the fundamental psychological issues that underlie the majority of encounters, including anxiety, depression. Virtual reality has been demonstrated to be beneficial in treating phobias and has previously been proven

to treat patients with post-traumatic stress disorder, according to a number of studies. Games and virtual reality are unquestionably highly kid-friendly options for kids with anxiety issues who have endured abuse.

3.4 Substance Abuse and Suicide

The study discovered that the issue of younger age-related suicide is quite significant to the integration of diverse data. The 2011 International Suicide Report states that the suicide rate among teenagers has alarmingly risen to 7 per 100,000 and that 43% of those suicides include youngsters between the ages of 5 and 11 [8–10]. Younger individuals were more likely to have experienced abuse and to have a history of depression in research of 5- to 11-year-olds and 12- to 18-year-olds with a history of suicidal conduct. Drug abuse associated with early childhood abuse is fully specified among various types of literature. Substance abuse disorders or a history of abuse of illegal drugs tend to have more psychological distress, excessive drug use can cause secondary damage to patients, and treatment often has a high resistance to drugs. They are at greater risk of incarceration and attempted suicide than people with other mental health disorders [2, 3].

4 Conclusion

Abuse of children may be broken down into three categories: physical abuse, emotional abuse, and sexual abuse. All three types of abuse do great harm to children on both a physical and mental level, and the repercussions should not be ignored. There are a number of repercussions that have been identified as having a high potential to lead to youngsters taking their own lives. These include depress disorder, low self-esteem, phobias, as well as the usage of drugs. According to a number of studies, biofeedback and desensitization can have significant effects on some children who have been specifically abused.

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