

# Impact of Child Violence on Children's Mental Health

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## Abstract

*Violence against children is still rampant in Indonesia. Physical violence and psychological violence. That way there is an after effect. Children's mental health is a mental condition of children who do not experience mental disorders, and have the ability to think clearly, control emotions, and socialize with children their age. Poor mental health in childhood can lead to more serious behavioral disorders due to mental and emotional imbalances, as well as a child's poor social life. The data analysis technique used is using qualitative methods with data collection through the library. The results of this study are that the presence of child abuse makes children easily depressed and will cause children to become easy to lie and get angry easily.*

Keywords: impact; child abuse; mental health.

## Introduction

Childhood is an important period for personality formation. Especially at the age of the first 6 years as an important factor that determines a person's personality (Dollard Miller in Supratiknya, 1993). Seeing the importance of childhood on the development and formation of the child's personality, children should get good treatment, their needs and rights are fulfilled. As mandated by Law Number 35 of 2014 concerning Amendments to the Child Protection Act Number 23 of 2002 in article 9, it is stated that every child has the right to get

protection in the education unit from sexual crimes and violence committed by educators, education staff, fellow participants, students, and/or other parties.

Based on data from the Indonesian Child Protection Commission (KPAI) stated that violence against children always increases every year. Deputy Chairperson of KPAI, Maria Advianti said that children could be victims or perpetrators of violence with 3 locations of cases of violence against children, namely in the family environment, in the school environment and in the community. The results of the 2012 KPAI

monitoring and evaluation in 9 provinces showed that 91 percent of children became victims of violence in the family environment, 87.6 percent in the school environment and 17.9 percent in the community. Daily Published, Sunday (14/6/2015). Based on the data from KPAI above, the number of child victims of violence in the community is including low, namely 17.9 percent. This means that children are vulnerable to being victims of violence in the environment family and school. The environment that knows the children is quite close. Most of the perpetrators of violence against children come from those who are close to children.

Of the two places where the most violence occurred in the home, as revealed by Miller and Perrin (2007) in Sulistyaningsih (2016) that *“Although it is true that most typically the family is a safe place of substance and care, it is equally true that most child maltreatment occurs within families”* (Although it is true that the family is a safe place for parenting, it is also true that child abuse also occurs in the home a lot). The problem is that families have privacy rights, so many families cover up the violence in front of others (Azevedo & Viviane, 2008: 22). In this case the child experiences neglect and abuse by parents or caregivers who are supposed to protect and give love or attention, but commit violence, then the child has experienced maltreatment (wrong treatment).

### **Literature review**

Child abuse in Indonesia is increasing every year. In 2007 it was reported that 1,510 children experienced violence, in 2008 there were 1826, in 2009 there were as many as 1998, and in 2010 the number of cases of violence against children increased to 2044 in Indonesia

(<http://metro.vivanews.com>). In 2011, it was reported that from January to April, the number of victims of child abuse had reached 435 people. This data is obtained from the Indonesian National Commission for Child Protection. Violence is a deliberate act that results in physical injury or mental stress (Carpenito, 2009). Campbell and Humphrey define child abuse as “any act that harms/can harm the health and well-being of a child by a person who should be responsible for the health and well-being of the child” (Yani, SA 2008). Terry E. Lawson, a child psychiatrist divides child abuse into 4 (four) types, namely emotional abuse, verbal abuse, physical abuse and sexual abuse. Verbal abuse, occurs when the mother, knowing her child is asking for attention, tells the child to "shut up" or "don't cry". The child starts talking and the mother continues to use verbal violence such as, "you are stupid", "you are fussy", "you are rude", and so on (Solihin, 2004).

### **Method**

This study uses a qualitative approach. The reason this research uses qualitative methods is because qualitative methods are easier and able to approach clearer problems

regarding the impact of violence against children on the mental health of the child. While in data collection, this research uses library data. The library data are in the form of journals, books and papers. The data analysis technique used is an interactive mules and huberman model. This model has several stages, namely the first stage is the data collection stage, the second stage is the data reduction stage, the third stage is the data display stage, and the fourth stage is the conclusion or verification stage.

### **Results and Discussion**

Violence is a deliberate act that results in physical injury or mental stress (Carpenito, 2009: 22-29). Campbell and Humphrey define child violence as “any act that is harmful or could harm the health and well-being of a child by a person who should be responsible for the health and well-being of the child.” (Yani, SA 2008: 22-29). M. Marwan and Jimmy (2009) state that violence is something that is violent in nature or characterized by causing injury or death to other people, physical damage, or goods or coercion. There are several forms of violence commonly experienced by children, but in this case it can be categorized into 2 forms, namely violence, namely physical violence and psychological violence. Physical violence is all forms of action that can cause pain, both physically and psychologically or psychologically. Huraerah

(2012) physical violence is torture, beating and ill-treatment of children with or without the use of certain other objects that cause physical injury or death to children. In this case, parents are often unable to control their emotions when they are under pressure and feel that their child is difficult to manage. If this is the case, they can get out of control and use their child as an outlet for anger to the point of slapping or hitting their own child. This of course not only causes physical pain but also definitely hurts the child's heart. The pain will have an adversimpacton personality development and will affect the mental health of children in the future.

Then for psychological violence is violence that is often not realized which has a bad impact on children's development. According to Nadia (1991: 83), violence psychological factors are difficult to identify or diagnose because they do not leave tangible marks such as physical torture. Type This violence leaves a hidden mark that manifested in several forms, such as lack of self-confidence, difficulty building friendships, destructive behavior, withdrawal from the environment, drug and alcohol abuse, or suicidal tendencies. This violence can be in the form of dirty words, yells, insults and threats. This sometimes does not look like violence because the wound is not visible, but actually it has a bad impact on the development of the child's personality, especially the child's mental development.

Because the words they hear will enter the memory of their hearts and minds which will forever leave scars that will not be lost even if they leave scars. In this case, the violence experienced by children is manifested in various actions, which are not only physical punishment in the form of slaps, pinches, punches and the like, but also in the form of harsh words, insults, threats, yells and the like that can injure the soul and psychologically. a child. With the violence experienced by children, it cannot be denied that it will have its own negative impact on children. Violence in any form will leave wounds and pain in children. When a child experiences violence, be it physical violence or psychological violence, the child will lose learning and understanding the meaning of honesty and awareness to behave commendably, in fact the feeling of fear of harsh treatment they experience is greater and more dominantly affects his soul. Indirectly this has affected the mental development of the child. The child's mentality in this case is already embedded in fear and will limit his freedom in expressing something and will have an impact on the child's behavior towards the surrounding environment where the child will treat others as he experienced.

Children in their development should get enough love from their parents. According to the Biopsychology website, the definition of affection is often defined as a feeling that is given and received by someone in the context of their relationship with love. When they start getting to know people

outside the family environment and get a lot of influence from their association, parents should pay more attention and provide proper direction for their children. If they are even treated harshly, it is not surprising that they end up rebelling. Parents should not use physical blows that are hard and will hurt the child's personality and make him show a negative reaction, which is reflected in his deceit and tendency to antagonize the family and engage in unwelcome negative behaviors, simply to start a conflict with both parents and challenge their authority. The violence received by a child from their parents makes them show a negative reaction. Where violence inflicted by parents as punishment for children will only change their behavior temporarily. The compulsion will make his soul feel cramped and difficult to get space which will later make the child become depressed and will interfere with the child's mental health and the worst thing is that it will result in making the child a pedophile and likes to do bullying. Not only that, the spirit of creativity will disappear, tend to be lazy, and encourage him to like to lie because of the notion that it is better to lie than to be hit or angry. The strict education that was applied to him taught him to do deception and fraud so that over time it would become a habit that children feared would give birth to the seeds of corruption from an early age. In the end, the human values that should be upheld by him will be damaged. Based on the explanation above, it is clear that violence will only damage the child's personality and will disturb the child's mental

health. They will lose the human values that should be upheld. And children's respect for their parents is decreasing and the worst thing is that children become pedophiles and corrupt souls.

### **Conclusion**

Based on the research conducted, it can be concluded that the existence of violence against children, both physically and psychologically, has a negative impact on the development of children's mental health. The pressure that is received by the child results in making the child a person who is easily depressed and the worst thing can cause the child to become a pedophile and grow into the souls of corruption which can later damage the nation and state.

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