

ABUSE DUE TO NEGLIGENCE OF ADOLESCENT

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Abstract

Adolescence is a time of especially high risk for abuse and neglect, compared to earlier in childhood or subsequently in adulthood. Adolescents who are currently exposed to abuse or neglect or have been earlier in childhood are at risk of developing psychosocial problems that include, but extend well beyond, posttraumatic stress disorder, and that encompass a wide range of psychiatric disorders and behavioral, cognitive, relational, legal, educational, and medical problems. Abuse and neglect require adolescents to adapt biologically and psychosocially in survival-focused ways that fundamentally undermine their ability to achieve the essential capacities for self-regulation in adolescence that are the foundation for health across the lifespan. A developmental trauma disorder framework offers a potential unifying conceptual and clinical approach to understanding the adverse impact of abuse and neglect on adolescents.

Keywords: *Abuse, Adolescent, Intergenerational Transmission Negligence, Self-Regulation.*

I. INTRODUCTION

Although abuse and forget can arise at any point inside the lifespan, childhood is a time of specifically high chance for maltreatment. A countrywide household survey of youngsters and kids inside the united states in 2011 said that bodily abuse and emotional abuse within the past year have been more standard among 14- to 17-year-old adolescents than in any younger age group (i.e., 6.4% and eleven.7%, respectively, vs. 2.4–4. nine% for kids aged 2–thirteen years; young people and preadolescents (elderly 10–thirteen years) have been additionally much more likely than younger kids to have skilled neglect in the beyond yr (i.e., 6. eight–7.6% vs. 2.0–three. Five%)[1]. Sexual abuse turned into assessed only on a life-time basis, and become comparably standard among college-elderly youngsters and teenagers (i.e., approximately 1% vs. 0. three% for two- to 5-yr-vintage youngsters)[2].

Bodily and sexual abuse were most usually suggested to were perpetrated with the aid of fathers, male family, or mentors, at the same time as cases of emotional abuse and forget were especially equally divided among mom/girl perpetrators and father/male perpetrators. some

other epidemiological survey of kids in the. pronounced that 2% had skilled bodily abuse by a caregiver, 2. five–3. eight% had skilled both rape or sexual attack (even though the culprit may be a person or peer outside the circle of relatives as opposed to a caregiver or adult family member), and 7.5% have been at risk of abuse as a result of family violence[3].

The physical and sexual abuse traumas in that examine were drastically much more likely to bring about posttraumatic stress disorder (PTSD) than some other form of trauma, with 31–41% of these youths growing PTSD as compared to at most 9% of the youths who had skilled other kinds of trauma. Populace surveys in different westernized international locations monitor a comparable image of youth as an excessive-threat developmental epoch for abuse and forget. In the United Kingdom, 6% of teens aged 11–17 years suggested experiencing one or greater forms of (bodily, sexual, or emotional) abuse or forget through a figure or number one caregiver inside the past year. These occurrence estimates had been 7 to 17 times better than legitimate rates of substantiated infant maltreatment in the lifetime occurrence estimates of sexual abuse or attack through an adult or peer were better than the ones determined[4].

A survey of 42,000 college students aged eleven, thirteen, and sixteen years in nine eastern nations, with a 67% response fee, observed that forty-two–48% of preadolescents and teens stated experiencing physical violence inside the past year, five–13% reported sexual violence, 60–70% reported psychological violence, and 17–37. five% said forget about. Strikingly, at the same time as the beyond yr and lifetime costs of psychological and physical violence publicity were comparable for women and boys, in all however one use the quotes of sexual violence said were higher for boys than for ladies[5]. Even as these estimates did now not differentiate abuse by means of adults from violence by using friends, they're steady with findings that abuse and forget about are rather frequent among teens in settings and populations which can be challenged by means of poverty, economic and social turmoil, and racial/ethnic or identification-based discrimination these findings additionally suggest that adolescent boys may be greater liable to sexual victimization than has been said, specifically in environments wherein adversity is normally accepted.

II. DISCUSSION

Types of abuse and neglect

Child abuse and neglect refers to any behaviour by parents, caregivers, other adults or older adolescents that is outside the norms of conduct and entails a substantial risk of causing physical or emotional harm to a child or young person. Such behaviours may be intentional or unintentional and can include acts of omission[6].

Factors affecting the consequences of abuse and neglect

The consequences of experiencing child abuse and neglect will vary considerably. For some adults, the effects of child abuse and neglect are chronic and debilitating, other adults have less adverse outcomes, despite their histories. Critical factors that may influence the way child

abuse and neglect affects adults include the frequency and duration of maltreatment and if more than one type of maltreatment has occurred[7].

Research suggests that maltreatment types are interrelated, that is, a large proportion of adults who experience childhood abuse or neglect are exposed to more than one type of abuse (known as multi-type maltreatment). Further to this, other forms of victimization (known as poly-victimization) such as bullying or assault by a peer have often been found to co-occur with child maltreatment. Research indicates that those who experience multi-type maltreatment and/or poly-victimization are more likely to experience high levels of trauma symptoms and worse outcomes as adults than those who are exposed to no maltreatment or only one type[8]. In attempting to explain some of the adverse outcomes associated with chronic and multi-type maltreatment a concept that is often employed is complex trauma. Complex trauma reflects the multiple and interacting symptoms, disorders and multiple adverse experiences and the broad range of cognitive, affective and behavioral outcomes associated with prolonged trauma, particularly if occurring early in life and involving an interpersonal element[9].

Other factors that may affect the consequences of child abuse and neglect on adult survivors include:

- The age and developmental stage at which maltreatment occurred: some evidence suggests that the younger the child was at the time of the onset of the maltreatment, the more likely they are to experience problems later in life;
- The severity of maltreatment: the greater the severity of abuse or neglect, the higher the likelihood of negative outcomes;
- The type/s of abuse and/or neglect: different subtypes of maltreatment may be related to different negative outcomes;
- The victim/survivor's perceptions of the abuse: worse outcomes are likely if there is the victim/survivor experiences feelings of self-blame, shame or stigmatization;
- The relationship the victim/survivor had (or has) with the perpetrator: for example, in child sexual abuse increased negative affects tend to be associated with the perpetrator being a father, father-figure or someone with whom the child has an intense, emotional relationship[10];

Long-term consequences of child abuse and neglect

The remainder of this paper explores the major negative physical, cognitive, psychological, behavioral and social consequences of child abuse and neglect that extend into adulthood. The research reviewed included high quality literature reviews/meta-analyses and primary research in English speaking countries. The negative consequences associated with past histories of abuse and neglect are often interrelated, as one adverse outcome may lead to another (e.g.,

substance abuse problems or engaging in risky sexual behaviour may lead to physical health problems). Adverse consequences are broadly linked to all abuse types, however, where appropriate, associations are made between specific types of abuse and neglect and specific negative outcomes.

Intergenerational transmission of abuse and neglect

Although most survivors of child maltreatment do not go on to maltreat their own children, some evidence suggests that adults who were abused or neglected as children are at increased risk of intergenerational abuse or neglect compared to those who were not maltreated as children. Although this is a significant number, it is also important to note that Oliver's estimations indicate that a majority of maltreated children do not go on to maltreat their own children. Determined that growing up in abusive family environments can teach children that the use of violence and aggression is a viable means for dealing with interpersonal conflict, which can increase the likelihood that the cycle of violence will continue when they reach adulthood.

Physical health problems

Adults with a history of child abuse and neglect are more likely than the general population to experience physical health problems including diabetes, gastrointestinal problems, arthritis, headaches, gynecological problems, stroke, hepatitis and heart disease found that a majority of studies showed that adult survivors of childhood abuse had more medical problems than non-abused counterparts. Further to this, a US meta-analysis of 78 total effect sizes from 24 studies found that child maltreatment was related to an increased risk of neurological, musculoskeletal, respiratory, cardiovascular and gastrointestinal problems but contrary to some other studies, not gynecological problems. Finally, in a study of the adult health and relationship outcomes of child abuse and witnessing intimate partner violence that utilized a large random sample of women, researchers reported that those who had experienced child abuse only, intimate partner violence only, and the group exposed to both forms of maltreatment were all more likely to report a range of negative physical and mental health outcomes as well as a higher utilization of health care services in adulthood than those who were not exposed to either type of abuse.

Mental health problems

Persisting mental health problems are a common consequence of child abuse and neglect in adults. Mental health problems associated with past histories of child abuse and neglect include personality disorders, post-traumatic stress disorder, dissociative disorders, depression, anxiety disorders and psychosis. In an American representative study based on the National Co-Morbidity Survey, adults who had experienced child abuse were two and a half times more

likely to have major depression and six times more likely to have post-traumatic stress disorder compared to adults who had not experienced abuse. The likelihood of such consequences increased substantially if adults had experienced child abuse along with parental divorce. Disorders included (in descending order of strength of association) attention-deficit hyperactivity disorder, post-traumatic stress disorder, bipolar disorder, panic disorder, drug abuse, nicotine dependence, generalized anxiety disorder, and major depressive disorder. The same study reported that many adults reporting child physical abuse also reported child sexual abuse and neglect and, importantly, the study found a dose-response relationship with those experiencing a higher frequency of abuse at higher risk of psychiatric disorder than those reporting lower frequency of abuse.

Suicidal behaviour

Consistent evidence shows associations between child abuse and neglect and risks of attempted suicide in young people and adults. In the Adverse Childhood Experiences (ACE) study in the United States, indicated that adults exposed to four or more adverse experiences in childhood were 12 times more likely to have attempted suicide than those who had no adverse experiences in childhood. In a meta-analysis by Gilbert et al. (2009), retrospective studies (which record participant's recollections of past traumatic events) showed a strong association between child abuse and neglect and attempted suicide in adults. Prospective studies (which trace participant's experiences of traumatic events over several years) indicated a more moderate relationship (Gilbert et al., 2009). The higher rates of suicidal behaviour in adult survivors of child abuse and neglect has been attributed to the greater likelihood of adult survivors suffering from mental health problems.

Eating disorders and obesity

Eating disorders and obesity are common among adult survivors of child abuse and neglect. Prospective research studies have consistently shown links between child abuse and neglect and obesity in adulthood. Using a large population-based survey, In a community based adolescents and young adults with a history of child sexual abuse or neglect were five times more likely to have an eating disorder compared to individuals who did not have a history of abuse. Stress and mental health problems such as depression may increase the likelihood of adults with a history of abuse and neglect becoming obese or having an eating disorder.

Alcohol and substance abuse

Associations have often been made between childhood abuse and neglect and later substance abuse in adulthood. Less of an association was found among men, although men with child sexual abuse histories were found to be at greater risk of substance abuse problems. The authors suggested that it is possible that men are less likely to disclose childhood abuse due to social values and expectations. In the Adverse Childhood Experiences Study in the United States, adults with four or more adverse experiences in childhood were seven times more likely to

consider themselves an alcoholic, five times more likely to have used illicit drugs and ten times more likely to have injected drugs compared to adults with no adverse experiences. The higher rates of substance abuse problems among adult survivors of child abuse and neglect may, in part, be due to victims using substances to self-medicate from trauma symptoms such as anxiety, depression and intrusive memories caused by an abusive history.

Aggression, violence and criminal behaviour

Violence and criminal behaviour is another frequently identified long-term consequence of child abuse and neglect for adult survivors, particularly for those who have experienced physical abuse or witnessed domestic violence compared a sample of adults with a history of substantiated cases of child abuse and neglect in the United States with a sample of matched comparisons and found that adults with a history of abuse and neglect had a higher likelihood of arrests, adult criminality, and violent criminal behaviour. Witnessing domestic violence (but not physical abuse) as a child had a unique association with psychological spouse abuse and trauma symptomatology.

High-risk sexual behaviour

Adults who have experienced childhood abuse and neglect, particularly child sexual abuse, are more likely to engage in high-risk sexual behaviour. Using a random population sample in found that a history of child sexual abuse was associated with a greater frequency of unintended pregnancy, younger age at first diagnosis of a sexually transmitted disease, greater likelihood of participation in group sex and a greater likelihood of engaging in prostitution. In a large retrospective study in the United States, the prevalence of sexually transmitted diseases was three and a half times higher for men and women who were exposed to three to five adverse childhood experiences compared to adults who had no adverse childhood experiences determined that factors that may increase the likelihood of engaging in risky sexual behaviours include: the inability to be assertive and prevent unwanted sexual advances, feeling unworthy, and having competing needs for affection and acceptance. These are all feelings that may occur as a consequence of child abuse and neglect.

Homelessness

Strong associations have been made between histories of child abuse and neglect and experiences of homelessness in adulthood. Adults who experienced a combination of a lack of care and either child physical or sexual abuse were 26 times more likely to have been homeless than those with no experiences of abuse. In a study examining whether adverse childhood events were related to negative adult behaviours among homeless adults in the United States, 72% of the sample had experienced one or more adverse childhood events. Higher rates of

homelessness among adult survivors of abuse and neglect could be due to difficulties securing employment or experiences of domestic violence. Although evidence associating past histories of child abuse and neglect and unemployment is limited, a small body of research suggests that children and adolescents affected by abuse and neglect risk poor academic achievement at school, which may lead to difficulties finding employment in adulthood. The relationship between homelessness and adult survivors of abuse and neglect may also be connected to other adverse outcomes linked to child abuse and neglect such as substance abuse problems, mental health problems and aggressive and violent behaviour. These consequences may make it difficult to achieve stable housing.

III. CONCLUSION

Abuse and neglect earlier in childhood or recently/concurrently in adolescence occur in the lives of an estimated 6% to over 40% of youths worldwide, adversely affecting their biopsychosocial development and functioning in often severe and chronic ways. Viewing the sequelae of abuse and neglect in adolescence through a developmental trauma lens provides a potential framework for understanding abuse and neglect of youth, and for helping them to overcome these experiences.

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