

**To assess the cases of Child Sexual Abuse (CSA) and its trauma among survivors in
Selected Universities, Jammu: A Descriptive Study**

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ABSTRACT

This paper tries to make an analysis of the cases of Child Sexual Abuse (CSA) and its trauma among the survivors in selected Universities of Jammu. Child abuse is a problem that affects not only the quality of life but also reduces the living aspiration of countless survivors. Abuse has a tendency to be transferred from one peer group to the next peer group, and the individual utmost responsible for the abuse often includes parents or other adult members of the household. It exhibits in different forms, counting physical and psychological violence, rape, masturbation, pornography and can ensue in the home, neighbourhoods, at school, at work and in authorized places as well.

Key words – *child sexual abuse (CSA), health hazards, trauma*

1. INTRODUCTION

This paper emphasizes upon Child Sexual Abuse in India with references from various definitions of CSA, statistics of the CSA, the consequences of CSA on the psyche of the survivor. On a daily basis there are headlines in the newspaper that fetches the dark reality of our society covering the abuse of the child. It is the most horrific reality of today's world which breaks the myth of basic family norms that the children are safe in their home. This myth shatters when it is found that the most of the abusers belong to the same blood, a father, step-father, grandfather, cousin, uncle, or any other known person.

The paper explains the CSA in India by taking the reference from Pinki Virani's *Bitter Chocolate* and many secondary sources.

2. RESEARCH METHODOLOGY

The mixed method or multimethodology is used for this study. Quantitative research collects the numerical data i.e. survey. Qualitative research pursues the case study of the abuse along with behaviour of the people. The term multi methodology was used by "John Brewer and Albert Hunter" in '*Multimethod Research: A Synthesis of Styles*' (1989) and was popularised by "John W. Creswell and Vicki L. Plano Clark". This mixed-method shows that the qualitative analyses of the guardian report involves three refrains: (1) Sexual behaviour (2) Sexuality-related worries and nervousness (3) Sexual statements. On the other hand, child interviews are also divided into three refrains– behaviour, emotive, and spoken replies.¹

Finkelhor's Precondition Theory (1984) given by David Finkelhor in his work, '*Child Sexual Abuse: New Theory and Research*' reveals that four basic factors are used in order to illuminate light on the fact why and how the abuse takes place, these includes: 1) Emotional Congruence 2) Sexual Provocation 3) Blockage 4) Disinhibition.² According to Finkelhor, the chief three aspects explain the reason why the perpetrator gets attracted towards the child. There are sometimes possibility that the child is unable to recognise the things being done with him or her or does not have enough courage to stand against it.

3. RESULT

The survey of the Child Sexual Abuse is conducted among 100 selected graduate and postgraduate students of universities of Jammu. The age of the victim at the time of the abuse vary between 0-10 year (43.6%) and 10-18 year (56.4%). It has been observed that 72.3% students have experienced touching of their reserved organs and 27.7% became the victim of sexual assault. The relationship of the abuser with the abused child also reflects the type of the abuse, it has been detected that around 27.7% of the offenders belong to the same family from where the abuser comes, 43.6% perpetrators are known to the abused child and nearly 28.7% offenders are strangers. From survey, we assessed that 36.2% are suffering from some physical pain and remaining 70.2% students complain of mental trauma. Among all only 40% quarries are able to reveal this secret in front of their trusted peers.

4. LITERATURE REVIEW

"Child Sexual Abuse in India: Socio-legal issues" (2016) by Isha Kansal.³ She states that Child Sexual Abuse of girls has reached its highest point and is the hottest topic debated now-a-days throughout the country. She illustrates Aamir Khan's popular show, *Satyamev Jayate*. He conducted a workshop for children to teach them about the difference between the types of touch i.e. good or bad with the help of various diagrams and provides a number for the abused child for help by SMSing Y to 5782711. This paper mainly deals with the laws related with CSA.

Myriam S. Denov in the paper entitled "The Myth of Innocence: Sexual Scripts and the Recognition of Child Sexual Abuse by Female Perpetrators"⁴ explicates that the female

perpetrator of Child Sexual Abuse are less recognized in both medical and experimental writings. Denov scanned the magnitude of female sex offending by two ways: available case-report and self-report cases. Only the abusers which have a criminal record came into notice rest of the female offenders remain unreported. On the other side, the data collected in the field study discloses the dark reality of the society that the females can also sexually abuse a child. Rendering to the Sexual Offences Bill, the crime of the CSA was only conducted by the male perpetrators against the boy or girl child.

4. DISCUSSION

Confronting Reality of Child Sexual Abuse in India

Based on a study, "Qualitative aspects on Child Sexual Abuse in India"⁵ by Krishna Shetty and Mohini Gupte, sexual manhandle are of diverse types such as- Assault; touching or stroking a kid; Exhibitionism. Virani explains CSA by giving Driver and Droisen's definition as "Any Sexual behaviour directed at a person less than sixteen years of age without that person's informed consent"⁶(*Bitter Chocolate* 6). It is also defined as the abuse in families, society and private institutions, in the classrooms, in pornographic advertisements and films. According to World Health Organization (WHO), 1999, CSA is

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.⁷

Syedda Hameed, member of the National Commission for Women says in her inaugural address at "Recognising Violence against Children in the Private Sphere" that, "it can be a myth that home is the safest place for children." In the same seminar super-cop Kiran Bedi says that "56% of sexual violence cases against children take place within the home of the victim."⁶

Statics of Child Sexual Abuse in India

It is predictable that one out of every three children is the victims of rape. Every year more than 7,200 children, suffers from molestation including infants. In India, "the government of Ministry of Women and Child Development" issued the first assessment on the subject of Child Sexual Abuse under title "*Study on Child Abuse: India 2007*".⁸

It is no more secret that places in India like Goa are being used for sex tourism. Most of the children doing this have run away from their homes to escape themselves from their abuser. These children have been subjected to various degree of sensual exploitation i.e. from oral sex to caressing, putting objects inside the private parts and penile penetration. Before 2012, putting of the sexual parts inside with body of the child is only considered as a type of rape while putting of other materialistic objects like candles, bottles, pencils and bananas are not considered as rape. Most CSA cases in Indian families remain disclosed just to maintain

the family's honour, *izzat* (respect), *haya* (modesty), *sharam* (shame/embarrassment) and with the thought keeping in mind that who will marry the child in the future.

The National Crime Record Bureau (NCRB) recorded a data, dealing with CSA in India and delivers us an account of 109 children being abused every single day i.e. a jump of around 22% in Child Sexual Abuse cases from the preceding year. According to the NCRB, it has been observed that the criminality of CSA has jumped by 6 times from 2008-2018 i.e. 22,500 in 2008 and 1,41,764 in 2018. From the last year i.e. 2019 collected data of the six months between January 1, 2019, and June 30, 2019, around 24,212 new reports are recorded in India dealing with CSA i.e. nearly 4000 per month, 130 per day and 1 in each five minutes. This data was provided by High Courts to the Supreme Court. The out coming numbers reveal the awful situation of our country India, where it doesn't matter for the sexual perpetrator whether their prey is a 6-month juvenile or a 60-year adult.⁹

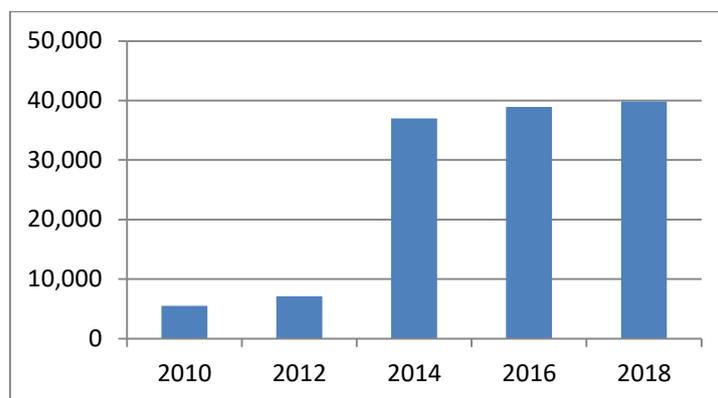


Figure 1-Bar Graph Showing the Data Recorded by National Crime Records Bureau from the year 2010 to 2018

5. FINDINGS

This section deals with the findings of the survey. It is based on a survey of 100 students of graduate and postgraduate courses who were victim of Child Sexual Abuse during childhood or adolescence. The sample characteristics are described under the headings of age at the time of abuse, type of abuse, relationship with the perpetrator, adverse effects of CSA and finally a question whether they have disclosed the abuse in front of their trusted person.

The survey of the Child Sexual Abuse among the 100 students from different universities of Jammu, J&K conducted in the first quarter of 2020 revealed that, of all the students 59 students (59.6%) are pursuing a graduate degree and 41 students (40.4%) are the enrolled in different master courses. The age of the victim at the time of the abuse vary between 0-10 year (43.6%) and 10-18 year (56.4%). Abuse has many different forms ranging from touching of the private parts of the abuser to sexual assault. It has been observed that out of 100 students, 71 students (72.3%) have experienced touching of their reserved organs and 29 students (27.7%) became the victim of sexual assault. The relationship of the abuser with the abused child also reflects the type of the abuse, it has been detected that around 27.7% of the offenders belong to the same family from where the abuser comes, 43.6% perpetrators are known to the abused child and nearly 28.7% offenders are strangers. Every illegal activity has an adverse effect; CSA affects the physical and mental stature of the victim. From survey, we assessed that 36.2 % are suffering from some physical pain and remaining 70.2% students

complain of mental trauma. Among all only 40% quarries are able to reveal this secret in front of their trusted peers.

Qualification	Graduate	59.6%
	Postgraduate	40.4%
Age at the time of abuse	0-10 year	43.6%
	10-18 year	56.4%
Type of abuse	Touching	72.3%
	Sexual assault	27.7%
Relation with the perpetrator	Member of the family	27.7%
	Known person	43.6%
	Stranger	28.7%
Adverse effects of CSA	Physical	36.2%
	Mental	70.2%
Disclosed in front of trusted elder	Yes	40%
	No	60%

Figure 2-Data recorded from the Survey of CSA among the Graduates and Postgraduates of J&K

6. CONCLUSION

The act of violence is not self-contained rather it disturbs the very framework of society. The active corporation of family, friends and colleagues helps the victim in overcoming trauma and pain. Ironically in the case of CSA the victim maintain silence for their family honor and due to fear of societal rejection and boycott. The society and the legal system should work together to protect innocent children from being sexually abused and their perpetrators should be punished. Child Sexual Abuse is “an obscure truth that consistently wrecks our day-to-day breathes but in a majority of cases it goes unnoticed and unreported on account of innocence of the victim.

The end result of the abuse is very treacherous. It shatters the psyche of the child relating both mental and physical. Numerous prototypes are present in the world which enlightens the undesirable effect of CSA. The principal of the psychosomatic harm perpetrated by abuse can be studied under Four-Factor Traumagenics. Under this model, a child’s intellectual and emotive sense gets affected. It highlights the matters of faith and closeness that exists between the abuser and the abused child. This model involves traumatic sexualisation (where the sexuality of the molested child is misjudged), betrayal (reflects the failure of the trust), powerlessness (here the victim senses danger in the hands of the abuser and fails to stop it) and stigmatization (here the victim blames himself for the abuse. e.g. -badness, shame, and guilt).¹⁰ At a greater level of abuse, the victim may experience Posttraumatic stress disorder (PTSD) which is a psychiatric disorder and its symptoms include disturbing recollections, hallucinations, night sweating, rage eruption, hostile behaviour, hopelessness, nervousness, loneliness, avoiding certain adults, inability to eat certain fruits that resemble the male sexual organ or semen and committing suicide.¹¹

It has been observed that the physical health of the abused child is worse than that of the normal children. These physical changes are long term and may even pass from one generation to the other. The abused children are at higher risk of health problems such as:

Diabetes, Lung disease, Malnutrition, Vision problems, Functional limitations, Heart attack, Arthritis, Back problems, High blood pressure, Brain damage, Migraine, Pulmonary disease, Cancer, Irritable bowel syndrome, Chronic fatigue syndrome.¹²

The preventive measures against these ill-factors lie primarily with adults. It is always believed that Prevention is better than cure and when it approaches to Child Sexual Abuse, its prevention lies within the hands of each and every parent, the father, and the mother. "G.Caplan's conceptual model of prevention in mental health", which he presented in 1964 as '*Principles of Preventive Psychiatry*', has been widely employed the world over in relation with Child Sexual Abuse:

Primary prevention- preventing the CSA by increasing awareness among parents, teachers and other caretakers of the child; by recognising that boys are as much at risk as girls

Secondary prevention- preventing the CSA by creating a friendly atmosphere in schools and families through various means

Tertiary prevention- proper treatment for the abused child must be there. Children need the support of police, courts, and mental health professions.¹³

Thus, parents are the best source of treatment for their child to get over the physical and mental pain. Parents must always believe in their child that whatever they are saying is the real truth. There are many cases described in both of my primary sources where the parents refused to take any action against the abuser as he or she may be a part of the family. This type of situation creates a feeling in the child that everybody is supporting the wrong person and it creates mental distortion in the child's mind.

From the statistics discussed above, it becomes clear that the Child Sexual Abuse befalls more inside the barrier of the household than the outside and is performed much by the members of the family than the strangers. In India around 90% abusers are known to the child including family members, neighbours, co-workers and close relatives and the remaining 10% are unknown to the child.¹⁴ In India before 2012, there was no specific law that dealt solely with CSA. The POCSO law is formulated for the child safety so that children can be saved from lifelong trauma.

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