

## **Child abuse and sexual harassment's in Pakistani society**

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### **Abstract**

Child sexual abuse (CSA) is an unrevealed but an alarming issue in every civilized society. This paper examines the reported incidents of child sexual abuse in Pakistan. Its primary goal is to assess the currently available data on incidents of CSA in Pakistan from 2010 to 2016, while the specific objective is to understand the magnitude, as well as nature and context of the problem. Data on CSA from 2010 to 2016 were collected from the "annual cruel numbers" of the organization, which revealed that incidents of CSA have increased in Pakistan since 2019. The data show that 5,252 incidents of CSA (Boys 1306 and Girls 3046) occurred in 2010 and a larger number, 6,139 incidents (Boys 2129 and Girls 3,412), occurred in 2016. Most abusers were acquaintances of their victims (3,964 in 2010 and 1,829 in 2016). The majority of incest cases were observed in 2012 (144 cases). The victim's home was a place of abuse in most incidents (306 incidents in 2010 and 594 in 2016). Government, as well as non-governmental organizations, should raise awareness of CSA. Furthermore, religious leaders must play their role to curb occurrence of CSA by preaching about its religious implications.

**Keywords:** Children, Incest, Occasions, Society, Sexual Abuse, Psychological Abuse, Emotional Abuse

### **Article History:**

Received: 12<sup>th</sup> May, 2023

Accepted: 25<sup>th</sup> Jun, 2023

Published: 27<sup>th</sup> June, 2023

## **1. Introduction**

One of the world's riskiest countries for children to live is Pakistan. Numerous children are murdered or seriously injured by their parents or other carers each year. Many more are physically assaulted, subjected to sexual abuse, or made to perform risky tasks. Laws to protect children from abuse have been passed by the authorities, however they are not always upheld. Police and social service organisations frequently lack the funding necessary to react to allegations of child abuse. Furthermore, even when they undertake an investigation, families frequently defy the law or recant claims when compelled to do so by local officials. More than 2 million children under the age of five pass away each year in poor nations, according to UNICEF. Additionally, a large number of non-fatal abuse incidents go unreported. Children are vulnerable to emotional and sexual abuse in along with physical abuse. A survey determined that ten to twenty percent of Pakistani youngsters suffer from sexual assault. Due to embarrassment, fear, or threats from the abuser, the majority of these occurrences are not reported (Hillis, Mercy, Amobi, & Kress, 2016).

Because individuals are hesitant to unleash a Pandora's Box of issues, child sexual abuse is probably a less recognised and investigated kind of abuse in Pakistan. Nevertheless, Pakistan has experienced child

sexual abuse ever since it gained national independence in 1947. Both society and the victims are left with long-lasting impacts from these occurrences. Despite the fact that child sexual abuse occurs in Pakistani society, it remains a taboo issue. In Pakistan, discussing sex is simple, but discussing sexuality is frowned upon. A total of 21,760 instances of CSA were documented between January 2010 and December 2016, and the number of survivors is rising daily. The first half of 2023 has witnessed an increase in the number of cases of CSA in boys in relation to the "Cruel Numbers" report from previous year. This year, there were 16 additional instances of boys being sexually abused. 2,211 instances of CSA were recorded in 2022, 1,004 of which involved males and 1,207 of which involved girls.

A concept known as "child protection" tries to protect children from being used for economic gain, physical and sexual abuse, war's impacts, neglect, abandonment, mistreatment, and discrimination. It also entails giving vulnerable children appropriate care and/or rehabilitation. "Protecting every right of every child" is the goal of child protection (Plummer & Findley, 2012).

Every year, half of all youngsters worldwide are exposed to violence. The public is frequently shielded from witnessing the perpetrator's brutality, the pain of the survivors, and its effects. In every civilised community, child sexual abuse (CSA) is a hidden but troubling problem. Due of the alleged brutality and horrible torture, this age seems unlikely. The fact that some dads have been proven to have abused their own children, that some professors have harassed their pupils, that some mothers have abused boys, and that some employers have attempted to hire ignorant, untrained young children under the legal age of majority may seem preposterous. There are several reasons why certain sorts of child abuse have not been reported, including familial pressure, poverty, parental neglect, societal obstacles, and political influence of offenders. The poorest region in the world, South Asia is home to 23% of the world's population. Child labour, child trafficking, child prostitution, and child sexual abuse are widespread issues in several South Asian nations, including Pakistan, India, Bhutan, Nepal, and Bangladesh. Abuse against children can take many different forms, including psychological, sexual, emotional, and physical abuse. Violent abuse is one instance of adult violent rage directed at a youngster. A kind of child abuse known as child sexual abuse (CSA) occurs when an adult or older adolescent sexually stimulates a kid. Child sexual abuse can take many different forms, including coercing a child into sexual activity, exposing a child to pornographic material, engaging in or attempting to engage in sexual activity with a child, viewing a child's sexual organs regardless of touching them, and using a child for prostitutes or explicit purposes (Brozowski & Hall, 2010).

Pakistan is dedicated to upholding the freedoms of its children on a national and international level. The most thorough instrument enshrining the fundamental rights of children, the United Nations Declaration on the Fundamental Rights of the Child, was ratified by it in 1990. Many liberties for children are outlined in the Pakistani Constitution. "How to Put People First, Growth of Human and Social Capital" is the first objective of the National Vision 2025. This could be best accomplished by making sure systems for human resource growth and autonomy are in place from the moment of birth and continue through infancy and adolescence. Through law, policy development, and institutional change, the State is mainly liable for fostering an environment that is preventative and protective for children (Walters, 1975).

In Pakistan, CSA is influenced by a number of undesirable taboos around sexual health as well as poverty, illiteracy, and other social factors. All children should get the fundamental necessities for health and education from the government. Additionally, it is the government's primary responsibility to educate law enforcement organisations on how to assist CSA victims. Sahil compiles CSA data from 84 national and local media, which could not accurately reflect the severity of the situation. As a result, the government must gather information on CSA survivors at the national level for policymakers and social scientists, as NGOs cannot perform this function as successfully as government organisations. The government should also create a national action plan to combat child sexual exploitation and abuse (Leverich et al., 2002).

The definitions of child abuse, neglect, and violence are up for debate. Its meaning is rather ambiguous, and the three terms are frequently used in place of one another. While some people only consider physical force to be a type of violence, others also classify emotional and verbal harassment as a kind of violence. There is debate about whether aggressive behaviours like bullying, mugging, mobbing, or very debilitating deprivation are all forms of abuse or violence, or if they are simply various hues of the same spectrum. Ten of the 50 police employees who were determined to have committed CSA in Pakistan in 2011 did so while living in their official quarters. Similarly, 13 occurrences of CSA were perpetrated in police stations in 2012, involving 155 officers, and five instances of child sexual abuse in police holding facilities in 2013. The prevalence of depression, unemployment, physical and mental disease, poor socialisation or difficulty

integrating into society, and child sexual abuse is examined in this article in Pakistan. Its main purpose is to evaluate the information that is currently accessible on CSA instances that occurred in Pakistan between 2010 and 2016, with the precise objective being to comprehend the scope, nature, and context of the issue. The reading uses an exploratory methodology (Harrison, Fulkerson, & Beebe, 1997).

The objective of this research is to help the targeted kid recover from the trauma of abuse by focusing on how to deal with its aftereffects. Abuse of children is increasingly a common occurrence in our culture. Such instances are often reported in both TV news programmes and daily publications. Adults have harmed children sexually, emotionally, and physically. Physical abuse of children has occurred both at home by parents or other adults and at educational facilities by instructors. Most often, children suffer this maltreatment in silence. To escape this suffering, some kids also flee from their families and schools. The child also has a strong sense of self-worth. Adults are emotionally abused and are damaged. Of kid that the end. This research is important because it helps instructors evaluate the current child protection strategies, policies, practises, and procedures in order to create an all-encompassing child protection plan with practical solutions for their schools. This study focuses on the creation of a training module for instructors to reduce or regulate child abuse because this issue is not addressed in institutions. Teachers who lack the right training and knowledge of child abuse cannot assist the kid in recovering from this trauma (Stein et al., 1996).

Training for teachers is crucial since they interact with pupils more directly than anybody else. Additionally, children spend longer in the classroom with instructors than with relatives. Their chance to support and preserve through intervention, they greatly improve the well-being and safety of their kids. Teachers have a greater chance to spot misuse. However, there are many barriers that prevent teachers from reporting child abuse due to a lack of training. Children are unable to play their job well. One of the key causes is a lack of appropriate training and expertise in identifying abuse's tell-tale signs and symptoms. This study intends to develop teachers' professional knowledge and abilities about child abuse in order to safeguard kids from dangerous and abusive situations within and outside of the school. Teachers' training is a crucial component of establishing an effective child protection programme. It teaches instructors how to deal with pupils who may be undergoing abuse or who confess it in a positive and supportive manner. If a supportive environment is not present, strain and stress from society and family can lead to the development of rigid and distorted perspectives of self. If a student is rejected, ignored, and spanked, this behaviour will demolish the characteristics of good behaviour specified by Rogers. It will hinder the progression of development and productivity. For this reason, we should stop maltreatment's in the absence of Psychological abuse (Levitan et al., 1998).

An area of focused group discussion that highlighted the numerous facets of child abuse was devised in the context of existing material. A focused group conversation that looked into and helped explore many aspects of child abuse. The investigators were able to determine the necessity for the study and the elements leading to child abuse in the cultural setting of Pakistan thanks to an in-depth discussion with educational managers. With relation to numerous aspects of child abuse, the researchers created a series of questions. A semi-structured interview technique was also designed to gather the views of parents on their awareness of child abuse in order to acquire a clearer and brighter image of child abuse in public schools. The semi-structured interview identified a number of child abuse causes, variables, and indicators at Childhood education. To investigate the observations of families on child abuse, a set of inquiries was developed (Levitan et al., 1998).

Every civilised culture struggles with the disturbing yet underreported issue of child abuse. The effects of child work are typically hidden from the public perspective, despite the fact that half of all children worldwide are confronted with violence and the trauma of survivors. The most defenceless members of society children need to be educated and given the authority to protect themselves from abuse by strangers, their teachers, and their relatives especially in this period of globalisation. Numerous studies over the years have demonstrated how adverse childhood experiences, such as abuse or neglect, can negatively affect an individual's long-term physical and mental health (Hyder & Malik, 2007). It has been connected to accelerated ageing, chronic illnesses, and even early demise. Pakistan has a history of responding to issues after the fact. A child abuser is pervasive but seldom ever acknowledged as a societal issue in Pakistan. ISPCAN, an organisation dedicated to the prevention of child abuse, reports that 41.69% of respondents worldwide have experienced sexual abuse of some kind recently. Boy reports of child maltreatment are more common than girl reports. (Avais, Narijo, & Parker, 2020). According to the Sahil study, there were 2,960 documented incidences of child abuse nationwide in 2020, up from 2486 cases in 2019, a 4% rise. According to statistics provided by Sahil on child sexual abuse incidents publicised in major newspapers, more than 8

children in Pakistan were assaulted per day on average in 2020. Media outlets.

Furthermore, an up-to-date retroactive study on the prevalence of child abuse in Pakistan by Abbas and Jabeen (2020) found that 41% (44% of male respondents and 39% of female those polled) of those questioned reported experiencing at least a single kind of sexual abuse as a child. The most important of the numerous contributing causes to the current state of affairs is the strained parent-child bond. Fear and social taboos make it challenging to find examples of abuse in our culture. Another impediment is parents' resistance to having their kids go through the medico legal procedure. The victim becomes isolated due to a lack of assistance from his family, friends, neighbours, or the community, which makes him reluctant to talk about his ordeal. His mistress. Economic and social stress, unemployment, poor self-confidence and feelings of ineptitude, loneliness, and emotional unrest are other elements that contribute to child maltreatment (Mehnaz, 2018).

Child sexual abuse was a common occurrence but was seldom reported even before the Zainab case. The Zainab case highlighted the need to eradicate the threat of child abuse. Following Pakistan's constitution's 18th amendment (1973) and the culmination of the devolution process in 2011, the provinces are now in charge of enacting laws and formulating policies that pertain to the protection of children. For a while, the Pakistani government took praiseworthy actions to prevent child abuse, but ultimately such efforts were in vain. In order to alert the public and law enforcement authorities to retrieve a kid who went missing through One Window operations, the Zainab Alert Response and Recovery Agency (ZARRA) was to be set up on the model of the Amber Alert. 'Pukkar 15 calls' is a recent app that the Punjab Police released at the Authorities and service centres are excellent ways to reduce child sexual abuse. Although the steps mentioned above are significant milestones on the right direction, more is still required. For the complete elimination of abuse of children, some specific measures with a narrow focus are crucial. Finding the source of child abuse is one of the most crucial steps in ending it. It is vital to ask children to open up and convey since they often suffer in quiet. Giving the youngster a way to communicate with what they are feeling without fear is vital. Children need to be taught the difference between a good touch and a poor touch. In order to raise consciousness and sensitise the public, the media must play a vital part. Folks about this terrible. While updating the system, national and provincial governments must review the current legislation pertaining to child safety. At order to raise awareness among kids and parents, the government should provide seminars and workshops at educational facilities. To detect, prevent, and report child abuse issues, the Ministry of Human Rights should take responsibility for updating the national protection for children centre (Maul et al., 2019).

## **2. Early Symptoms of Child Abuse**

The earliest indications of child abuse might be hard to spot since they frequently appear like typical developmental behaviours. However, there are a few widespread symptoms that might be problematic. The warning indicators of child abuse ought to be understood by parents so they can see them in their own children. Unaccounted-for wounds like bruises, welts, cuts, or burns are among the most typical indications of child abuse.

Injury sites that are uncommon, such the lips or the face, are especially suspicious and can lead to aggressive behaviour. Having difficulty in school, being obnoxious and fighting, exhibiting afraid or nervous behaviour, particularly around adults, and showing symptoms of neglect, such as poor cleanliness, inadequate nourishment, and a lack of basic medical treatment, can all be examples of this. Children who have experienced abuse may also display reticence, melancholy, or hostility at home or in public. They could be reluctant to discuss their home lives or terrified to go there. They can have difficulties falling asleep, often urinate in bed, and act out in class (Malik, 2010).

## **3. Pakistani Legislation and Punishment for Domestic Violence against Children**

(Zia & Hassan, 2023) Children are crucial to the upholding of traditions and principles in any civilization. They are those in charge of tomorrow who will take over and carry on the customs of their forebears. Children are the engine that drives society's advancement. Without kids, civilization would finally disappear. They provide the energy that keeps things droning along. For a culture to exist and flourish, having

offspring is necessary. Children represent the future's hope even if they may not be able to accomplish much on their own. They stand for everything noble and righteous in a community. Children are the key to the survival and advancement of civilization.

Child sexual abuse can have long-lasting repercussions. There may be significant bodily and psychological harm. The youngster can feel ashamed, unworthy, and unclean. They could struggle with food disorders, sleeping problems, anxiety, or depression. They could also have trouble building connections and trusting others. To deal with the trauma, people may occasionally turn to substance misuse or self-harm. While recovering from the impacts of child sexual abuse might be challenging, it is achievable with the support of loved ones and expert assistance (Bhatti, Jamali, Phulpoto, Mehmood, & Shaikh, 2011).

The majority of people believe that child abuse only refers to physical harm to a kid, however there are other types of abuse that can be just as harmful. For instance, emotional abuse can leave long-lasting wounds that could be even more challenging to heal than physical ones. Anything from verbal abuse and denigration to threatening or terrorising a youngster is included. Abuse of a child's emotions can have a long-lasting impact on their mental and emotional well-being and possibly result in issues later in life(Zia & Hassan, 2023).

In our culture, child abuse is a big issue. The individuals who are meant to care for children the most harm thousands of kids every year. Do not wait to seek assistance if you believe a kid is being mistreated. Keep in mind that when it comes to a child's safety, it's always preferable to err on the side of safety (Khan, 1996).

**The following are the terminologies that are generally accepted for:**

***Child Abuse***

Actual Harassment is not empty that we see people and make them mentally sick, it has many forms in our society which many children in our society are suffering from this thing today. Child abuse is defined as "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 setting of an attachment or duties, trust, or power" by the WHO consultation on child abuse safeguarding in 1999. The phrase "maltreatment of children" refers to both deeds and omissions. The former refers to the use of abusive language or behaviour that endangers the youngster directly or indirectly. Acts of omission, on the other hand, are a type of neglect in which a child's caretakers fall short (Fikree, Razzak, & Durocher, 2005).

***Violence***

is an illegal exercise, while the World Health Organization defines it as the intentional use of physical force or power against another person or a group or community resulting in injury, death, psychological harm, maldevelopment or deprivation (Fikree et al., 2005).

***Types of Violence***

There are four types of violence, each of them has its own types, and there is a physical method, a sexual method, an emotional method. Also there are many ways in which we can say it can be classified

**Self-Directed Violence**

A self-directed violence that occurs in the act of either committing suicide or self-harm or suicide is involved because both the victim and the perpetrator may be the same person.

**Collective Violence**

It is violence perpetrated by large groups of individuals and we can divide it into socio-political and economic violence.

### Interpersonal Violence

Interpersonal violence refers to family and party violence, including child abuse, partner violence, elder abuse, gang violence, and sexual violence as it includes youth violence, assault by strangers, and violence. See, there are many things in our society that lead to violence, we ignore why it is happening and why it is happening. They say yes, violence is happening, it shouldn't be happening, why is it happening, why is it happening, so far no one tries to go into any depth about it (Fikree et al., 2005).

### Bullying

There is debate about if violent behaviours like harassment, mugging, robbery, or very debilitating scarcity are all forms of abuse or assault, or if they are simply various hues of the detailed same continuum. Bullying varies in severity and features depending on the environment and society. For instance, bullying or verbal abuse may be regarded undesirable in one community or nation but acceptable or even normal human behaviour in another. All of us should be concerned about this. The Law Enforcing Agencies (LEA) in Pakistan are not well-respected by parents, and those who gather the bravery to contact LEA and wish to file a First Information Report (FIR) are either discouraged by the police or become mired in the red tape of filing the FIR. Thus, valuable time is wasted. The police surgeon declines to examine the unlucky abuse victim in the absence of a FIR. When it comes to kids, no Only the biological record (semen assessment, for example) is lost, bodily healing proceeds quickly, and any physical violence symptoms, if there, start to vanish quickly, making it hard for the examining physician to make a proper diagnosis. University Bullying is recognised in the school setting when it involves assaulting, punching, pushing or shoving the child, or threatening him or her, or propagating lies or disinformation about them. On occasion, kids may make uncomfortable or mean noises in an effort to provoke other students to hurt the victim. In addition to the more prevalent forms of both physical and sexual bullying, bullying also encompasses cyber and racial assault (Naveed & Butt, 2020).

## 4. Child Abuse

Caretakers' neglect or omission to ensure the child's growth in all areas—health, education, nutrition, emotional well-being, shelter, and safe conditions—in the context of the resources available to the family and carers. "Child neglect occurs when a child's basic needs are not actually met," is a succinct description. Parental neglect is at blame in over 80% of cases.

### Child Misuse

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### **Types Of Child Abuse And Neglect Child Abuse Can Take Many Forms:**

#### *Psychological Neglect*

Any act that causes bodily injury to the kid is considered child physical abuse, according to the World Health Organisation (WHO). To protect the kid from real or possible danger, this might take the shape of the person in charge of caring for the child actually interacting with the child or not. A kid or teenager may suffer serious beatings, shaking, burns, fractures, attempts at suffocation or strangling, or abusive drug usage (Zarar, 2018).

#### *Child Sexual Abuse*

CSA refers to the engagement of kids in sexual behaviour that they can't completely understand since they're still developing and aren't ready for it. There are no ethical or legal repercussions to the child's

permission. In CSA, children are exposed to sexual activity at an age and stage of their psychological development that is inappropriate. Whether there is touching or not, sexual misconduct can happen (Zarar, 2018).

### ***Without Physical Contact***

Including passing sexual remarks or oral assault sexually, exhibiting, exposing oneself, pornographic material, and voyeurism. With Touch this includes molestation (attempted rape or sodomy), fondling, sex through the mouth, anal or vaginal penetration, kissing, hugs, or caressing in a sexual way. There is a high frequency of assault, abuse of kids, and neglect (CAN) worldwide. Violence affects people of all socioeconomic strata and is a worldwide problem that is still underreported. It is not influenced by geography, race, nationality, religion, or gender. 500 million to 1.5 million children worldwide experience violence every year, and 73 million to 150 million females are abused (Ali & Gavino, 2008).

More than 3 million CAN cases have been recorded in the USA. In the USA, where 1 in 4 girls and 1 in 7 boys are sexually abused as children, CAN causes more than 2,000 deaths and 18,000 permanent impairments each year. There are much more children under the age of five who pass away from CAN than from accidents. Physical Neglect (64.1%), Physical Abuse (16%), Sexual Abuse (8.8%), and Emotional Neglect (6.6%) are common forms of CAN. More than 80% of abusers were family. The scenario in our neighbouring nations is just as bleak. Child abuse occurs at a rate of over 83% in New Delhi. There were more than 72% boys and 65% females. Most of the crimes about 89% were committed by family members. In India, a neighbouring nation with a comparable sociocultural background, it was revealed that 52% of children admitted to sexual assault, and 2/3 of children suffer physical abuse at home or school each year (Patil, 2022).

At one point, there were almost 40,000 child prostitutes in Sri Lanka. Most of the time, European paedophile sex vacationers used youngsters. 549,000 foreign tourists came to Sri Lanka in 2006 alone; over a million are anticipated there in 2010. The authorities were worried that the paedophilic sex market would grow more with the phenomenal rise in international tourists. Regarding several types of CAN, Pakistan has no official statistics. Unofficial reports state that Pakistan has a 15–25% sex abuse rate for youngsters. In Lahore, Karachi, Faisalabad and Rawalpindi/Islamabad, 20% of 400 children reported sexual abuse (one in five boys and one in seven girls), and 88.7% of students in Karachi reported physical abuse. In both cases, the victims/survivors were under the age of 11 in 72% of both cases. The CRC cannot be directly used in court since, in 80% of cases, the abuser is a kid acting on behalf of the CRC or an enabling statute. Legislation pertinent to child protection, such as the 2009 Child Protection (Criminal Laws Amendment) Bill the Juvenile Justice System Ordinance of 2000, the Child Marriages Restraint (Amendment) Bill, and other laws are in different phases of development (Patil, 2022).

The Sindh Children's Protection Authority Act, 2011, the Child Marriage Act, the Child Corporal Punishment Act [20–23], and other pieces of legislation have been adopted. Due consideration must thus be given to the legislation pertaining to child safety and its enforcement. Since child abuse is multifaceted in nature, a multi-dimensional approach is required for its eradication. Identification of high risk situations and families, outreach programme development, identification and empowerment of affected families, establishment of help lines and home visiting programmes, improvement of service providers' competencies, inclusion in education programme and curriculum are some measures required in addition to strict enforcement of laws. Involving those responsible for crimes involving youngsters (Shahidullah, 2017).

### **Do those who harm children receive assistance?**

Before they become 18, one in ten youngsters may reportedly experience sexual abuse. The great majority of perpetrators of abuse are adults the kids know and like. Treatment for those who abuse children is essential. These people are likely to carry on their abusive behaviour if they are not given the necessary care. However, there is hope for improvement with therapy.

Abusers of children can be challenging to treat. These people may not want to ask for help and frequently deny having difficulties. The refusal of child abusers to seek assistance has numerous causes. They might not be aware of the wrongness of what they're doing. They could believe the kids are having fun or that it's just regular behaviour. They could fear being found out or going to jail. They can be concerned about what others would think of them if they learn. But there are solutions out there that work. Education is one of the

most crucial components of treatment. Child abusers must learn how to regulate their rage and the repercussions of their behaviour. They must also pick up new techniques for dealing with kids. A psychotherapist or counsellor may be able to assist certain child abusers. It is crucial to remember that not all perpetrators of child abuse will be able or ready to seek treatment. To prevent children from danger, law police or child protective agencies may need to intervene in specific situations. Abusers of children can learn to control their behaviour and transform their life with the right care (Chatha & Ahmad, 2020).

## **5. Conclusion and Recommendations**

The individuals who took part expressed profound worries about the prevalence of child abuse and neglect between elementary school pupils. They related a number of incidents in which grandparents, other people, or older teenagers involved in numerous non-accidental behaviours that fell outside the bounds of acceptable behaviour and carried a high risk of physically or psychologically harming kids. Child abuse continues to be a problem in our culture. It is hard to acquire accurate statistics about the number of children who are molested every day, as one participant noted. Many kids are afraid to reveal things because they worry that people won't believe them when they do. "Some families do not see the child as an individual; they remain busy to meet their own needs and do never view that child as a person," said somebody else. With a vindictive approach to parenting that may involve screaming and coercion as opposed to their children's needs. Everyone involved reported several instances of child maltreatment in their academic in nature, social, personal, and professional lives. "We take physical abuse as normal behaviour at home and in the classroom; for example, ravaging, slapping, or prodding with an object is not a serious concern," said another participant. Children are targeted for abuse by those who commit it in schools or places of worship.

Representatives talked discussed a variety of factors that might result in child abuse. A child's neglect or abuse is often the consequence of a number of distinct factors; there is no one single reason that causes it. One of the participants brought out how our society supports the severe physical discipline of kids. According to him, "Children are treated as our possessions and child abuse has its roots in our culture." Most assault of children is done with the intention of punishing them. One of the attendees brought up a case where a teacher had assaulted a youngster and caused him to lose both of his arms. The strategy for parenting is also quite unhealthy. Parents have high standards for children they have for their children that are obviously above what a kid is capable of, yet these erroneous result in frustration, which leads to child abuse. Children get annoyed as a result, too. One of the audience members brought up the fact that my cousin killed himself because she didn't get good grades in matriculation. The people who took part also made note of the connection between poverty and abuse of kids. The prevalence of child maltreatment has been correlated with unemployment and financial hardship. Family structure and the work level of the parents also essential as one participant noted. The level of welfare benefits is declining while child abuse rises in our nation. In addition, when poverty is mixed with additional danger signals like depression and social isolation, it can increase likelihood of child maltreatment, according to one female investigator.

Following a thorough debate, the participants emphasised certain causes of child maltreatment among elementary school kids. The interviewees were broadly in agreement that excessively big families, unwanted pregnancies, and parents with poor levels of education are also to blame for child maltreatment. There is a higher chance of physical assault during pregnancy, which also affects the quality of the relationship between mother and child and the mental health of the pregnant woman. "Child in an extended family has more obligation at an early age," one of those involved remarked. A youngster who neglects his responsibilities will suffer both physical and mental maltreatment. "Most uninterested in pupils undertaking studying typically come from wealthy and underprivileged loved ones," an observer remarked and conclusion. Panellists talked about how inadequate training for educators have been undertaken to lower risk factors that contribute to child maltreatment. In this respect, specialised training should be undertaken. Trainings in the principles of ethics and morality ought to be included in the curriculum. The instruction on developing strong personality traits needs to be given in schools. The parents should receive training on how to interact with the kids as well. At all costs, children ought to never be neglected.

### **Existing Child Abuse Level**

The main goal of the conversation was to learn how participants felt about the extent of child abuse, maltreatment, and neglect that is currently occurring in primary schools. The discussion's goal was to learn



about parents' perceptions and observations of the problem of child abuse and child neglect at the primary school level. Parents who were interviewed about their experiences and observations of child maltreatment or abuse shared a variety of information. The conversation was broken down into four subcategories: (1) Physically Abuse, (2) Psychological Abuse, (3) Mental Abuse, and (4) Sexual Abuse.

### **Existing physical abuse**

Respondents voiced serious worries about physical abuse happening at school and at home, where children were the primary sufferers. They believed that "Children experience non-accidental injury that results from hitting, slapping, whipping, or kicking on anything that is painful for a child's body." "Parents and teachers occasionally displayed their dissatisfaction by hitting or slapping the children," they claimed. A respondent cited an incidence in which a youngster was killed after being viciously hit by his instructor. "Some youngsters showed the signs of physical abuse such as bruise marks in the shape of an object like a stick or hand or burn marks from cigarette on vulnerable areas," those who participated said with sadness.

### **Availability of Emotional Abuse**

Those polled said that it was hardest to recognise emotional abuse. The respondents noted that "Emotional abuse is frequently used by every instructor in every school. Students who are generally sluggish learners are always the targets of this emotional abuse. The respondents all agreed that instructors' demoralising attitudes caused slow learners to drop out of school. "Parents and teachers do not take child as their full self, Student's humiliation in front of whole class is an everyday occurrence in our society," said one responder. "Teacher makes a lot of sarcastic comments," a participant said. It undermines a student's confidence and sense of self-worth. Shouting or behaving aggressively are two methods used in emotional abuse to make kids feel According to a responder, "Parents and teachers occasionally treat kids unfairly at home and in the school. Children are not cared for in accordance with their needs a child might experience sexual abuse both at home and at school. It is quite concerning that the number of incidences of child sexual abuse is rising. Additionally, children are never safe. One of the attendees reluctantly related an incidence in which a young elementary school girl was victimised by a school peon. However, given that they pay little attention to students who miss class, such events expose the carelessness of the professors.

Mosques are also places where children are victimised, which is a very disgusting and sinister element of our culture. A caller related a story of a senior student in Madrassah abusing a minor sexually. "Ratio of sexual abuse is rising in society because we are reluctant to talk about such issues publicly," said one responder. "Sexual abuse shows the psychological sickness of our society," one participant said. Those who were interviewed usually believed that sexual abuse was also caused by mental and emotional assault. When a youngster feels unlovable and unloved, he is drawn to anyone who shows him too much attention.

The respondents to the research expressed great worry about intentional actions taken by parents, teachers, carers, and other adults to harm children either emotionally, physically, or mentally. Because individuals are reluctant to disclose such occurrences that go unrecognised and unregistered, it may be challenging to determine the real numbers of victims. In addition, and this is extremely immoral, parents and instructors utilise violence to raise their children. A growing proportion of kids are often the victims of such abuse.

Everyone agreed that a variety of circumstances contribute to child maltreatment. They found it alarming that society promotes violence in order to raise children. Children who experience violence may have physical impairments that are obvious. Another element that promotes violence is when kids fail to live up to their unreasonably high expectations of their instructors and parents. There have been several documented cases of kids committing suicide because they fell short of a mark that their parents and instructors had set for them. Poverty and its link to heightened feelings of resentment and sadness are another issue. It is common for children living in poverty to experience maltreatment. Other aspects are also evident, such as big families with unexpected pregnancies, and untrained parents are prone to respond. Severely towards their kids. Child abuse affects a growing number of kids on frequently. Typically, instructors may use child maltreatment as a means of punishment or to maintain classroom order, which may sometimes result in children developing physically obvious problems. According on how harshly parents behave, incidences of humiliation may also occur at home. It was recognised that self-loathing and humiliation can result in emotional and psychological abuse, which frequently causes anxiety, panic attacks, and melancholy. The review also acknowledged that children were sexually abused at home, at schools, in Madrassah, and even

by other members of society.

In Pakistan, sexual abuse of children occurs everywhere, including markets, schools, clinics, madrasas, law enforcement agencies, and even in the children's own homes. The analysis of the data showed that the overall amount of CSA cases in Pakistan was continuously rising year after year. Even though several NGOs are trying to educate people about CSA, it is still difficult to talk about CSA in Pakistan. Why do we have child abuse waves in our society till now no one has thought about it nor know but people try to hide this thing we should not hide this thing we should make this thing clear and people who If we punish one half, I think people will think about this thing not once but 10 times that we should do this or not. People don't think about it.

**It is recommended that:**

1. All forms of child maltreatment should be forbidden in elementary schools, and government agencies should prosecute offenders harshly.
2. The authorities in Punjab should adopt and swiftly execute a child safety law.
3. To prevent child abuse, educational workshops for instructors and administrators of schools should be held.
4. CSA should be acknowledged as a serious danger to the social fabric that cannot be tolerated at any cost by government officials, civil society organisations, and religious leaders. As a result, the government should deal with this matter as a national crime towards society.
5. CSA incidents violate children's fundamental rights. Special courts should be established by the government to handle allegations of child sexual abuse at the district level. Furthermore, rapid and harsh punishment will be useful in establishing a societal deterrent regarding CSA.
6. Authorities, nonprofit organisations, and health agencies should offer training sessions for those who are personally associated with CSA, ranging from treatment plans to CSA victims investigations.
7. To make families understand the increasing incidence of CSA, government entities, non-governmental organisations, and civil society should start awareness programmes.

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