

**Parental violence and family's psychological support needs****Yaalaoui Khalida\*****dr.yaalaoui@gmail.com****Ali Lounici-Blida2 University (Algeria)****Receipt date: 28/12/2018; Acceptance date: 05/04/2020; Publishing Date: 20/06/2020**

**Abstract.** The present study aimed to highlight parental abuse and the family's need for psychological support, in which parental abuse has serious consequences on child psychological and emotional development. Often, the child is exposed to parental abuse, which leads to behavioral disorders. Therefore, one of the strategies adopted to help the child overcome this crisis is family support which seems to be the most appropriate, insofar as it helps the child to overcome this traumatic stage through to his/her needs and desires. Then, family psychological support is a therapeutic way to put an end to the mistreatment practiced on the child by informing parents of the possibility of adopting better educational attitudes, instilling in them better development knowledge and thereby improving their relationship with their child. Thus, family support is an efficient therapeutic tool to face family difficulties.

The purpose of this article is to draw attention to the importance of family support as a supportive strategy in the care of the child victim of parental abuse.

**Keywords:** Child; Abuse; Parenthood; psychological support.

**Résumé.** La présente étude vise à mettre en lumière la violence parentale et le besoin de la famille au soutien psychologique, ou la violence parentale a de graves conséquences sur le développement psychologique et émotionnel de l'enfant. Souvent, l'enfant est exposé à la violence parentale, ce qui induit chez lui des troubles du comportement. Par conséquent, l'une des stratégies adoptées pour aider l'enfant à surmonter cette crise est le soutien familial qui semble être le plus approprié, dans la mesure où il aide l'enfant à surmonter cette étape traumatisante à travers une écoute de ses besoins et désirs. Le soutien familial est un moyen thérapeutique qui permet de mettre fin aux préjudices subi par l'enfant en éclairant les parents sur la possibilité d'adopter de meilleures attitudes éducationnelles, en leur inculquant de meilleures connaissances du développement et améliorant ainsi leurs relations avec leur enfant. Ainsi, le soutien familial est un outil thérapeutique favorable permettant de remédier aux difficultés familiales. Le but de cet article est d'attirer l'attention sur l'importance du soutien familial en tant que stratégie de soutien dans la prise en charge de l'enfant victime de violence parentale.

**Mots-clés.** enfant; violence; Parentalité; soutien psychologique.

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## 1 . Introduction

The family is a human entity composed of father, mother, and children. It is the core of society and the foundation of a nation. According to Michael (2014) when we say “family” we say “family education”, is anchored in minds. This practice allows to structure and of the personalities and values of family members, sons, and daughters.

Zaidan (without date, P.238) adds that “it is a small community and a dynamic unit with a function that aims to develop the child socially. This goal is achieved through family interaction, which plays an important role in structuring the child’s personality and guides his/her behavior”.

AlSayed, (1998, p.67) points out that “It plays an important role in helping children and providing opportunities to achieve their physical, mental, emotional and social development needs”.

The social and psychological environment of the child's family also contributes to meet his/her growth requirements. The emotional attachment between the child and his/her family, his/her feelings of love, affection and self-esteem, without excess, are essential for his/her psychological well-being, and likewise, mental and social development (Shafiq Radwan, 1996, p.203).

The nature of the relationship between the family members, especially between the child and his/her parents, affects his/her future life either positively or negatively (in accordance with the relationship). If the parental treatment is filled with love, acceptance, and trust, that will help the child grow, love, accept others and trust them. But if the treatment the child is bad and is inadequate conditions such as excessive protection, neglect, and domination, this attitude will affect negatively the child's development, well as his/her mental and social health.well-being, and likewise, mental and social development (Shafiq Radwan, 1996, p.203).

Abu Zeid (2001, P.59) points out that

“The dynamic relationship between parents and children in parental treatment is an important role in the child's psychological balance. A failure in this relationship, especially when the parents are not able to give love, tenderness, acceptance, or in case of a lack of harmony in parental treatment, such as compliments, guilt, reward and punishment, this situation leads to poor compatibility, which makes the child feel insecure and unstable, causing him a lot of stress and mental illness”.

Other studies have also shown according to Abu Zeid Nabila (2001, p.59) that “children who reject themselves are the ones who have been abused by their parents, which leads to behavioral disorders. Therefore, we note that parental violence affects negatively the psychological compatibility of the child”. As a result, the child and the family must receive psychological support to overcome. On the other hand, the family needs an accompaniment to deal with children who reject themselves.

### 1.1. Parental abuse.

Bon Denis (2004, P.81) points out that “mistreatment refers to all forms of abuse against a child, whether it inside the family life or outside, which is regarded as a freedom deprivation and child abuse”. Piazza (2007, P.30) defines mistreatment as “an act that leads to

physical, sexual or psychological injury risk. This can be a threat, neglect, exploitation, or deliberate freedom deprivation, either in public or private life.

Abbas (1997, P.34) defines parental violence as “the treatment applied by parents on the child, characterized by rigor and severity. Rigor means the method applied by educators (father and mother) in their relationship and behavior with their child”. This method is characterized by a lack of stability and constancy; for example, their abilities and potentials, or use reprimands and insults, severe punishment and restrictions.

In short, parental violence refers to all forms of abuse on children, such as insults, beatings, and neglect that are harmful to the child, whether at the time of the abuse or in the future.

## **1.2. Types of parental violence**

Piazza (2007, P.34) points out that there are many types of parental violence that vary according to the nature of child abuse. Physical violence is the first method that can be encountered when dealing with a child. We can talk about the physical injury when a child is physically abused or in case of savage behavior which included: poisoning, burning, biting, kown, strangling, and another form of violence. According to Alfataoui (2005,P.309),“physical punishment consists of hitting and wounding the child by slapping him in the face, hand or head, or hitting him with a kick in the back, leg or whole body, or even throwing it away”.

Besides physical abuse, we find psychological abuse. Piazza (2007, P.11) points out that “this type of treatment includes affection deprivation, verbal abuse, threats, or insults”.

Alfataoui (2005, P.310) explained that

“Psychological abuse makes the child feel guilty and deprived due to a lack of positive supports as humiliation in presence of his/her colleagues; or threatening him with isolation, exclusion or punishment. This causes him to live in anxiety, fear, and stress while waiting for the fulfillment of these threats”.

Abuse can come from humiliation, as noted by Hashmi (2004, P.32) “the abuser criticizes the child and insults him in front of others for the purpose to denigrate and make him ridiculous. This method affects the child's personality by making him feel inferior to others”.

Adas (1998, P.44) point out that “Abuse can appear through intimidation and pressure, because parents give strict instructions, a form of education that is based on threat language, that is a source of vexation and confusion in a relationship based on orders and prohibition”.

According to Hashmi (2004, P.29) besides exclusion and neglect, other signs that could be considered as proof of children's rejection by parents, is the increasing cruelty and excessive violence. In this case, the child is frequently punished for any reason, and constantly criticized and his/her defects revealed in the presence of others, in addition to the charges against him.

The source of child rejection and abandoned by his/her parents may be due to the spouses' incompatibility and the fact that this bad relationship has repercussions on the child. The author adds (2004, P.27) that “the affective deprivation is one of the abuse methods. Indeed, in psychiatric clinics, we of with hard life experiences in their childhood, especially in relationships with parents due to emotional deprivation by his/her parents”.

### 1.3. Causes of parental violence

Child mistreatment has many causes and is never the source of a single factor consisting of anxiety or danger. Lips (2011, P.15) points out that “the combination of several factors leads to an inability to face the situation, which is explained by a control loss and inability to identify or meet child needs”.

In the book titled "Assessing Maltreatment", it was found that family status, demographics physiological factors, cognitive and emotional characteristics, alcohol abuse of alcohol or psychosocial behavior are factors leading to child abuse. Another reason mentioned in the book, which concerns the mother in particular, is depression. We can also find among expatriates a sense of isolation. Moreover, living in social and economic bad conditions can lead parents to violence against their children.

We may be surprised that although some parents look quiet, they behave unsuitably. They are intolerant and they are short of material means or have a small home, the child becomes a heavy burden to them besides the pressures they face because of their situation. Then parents with pathological behavior, frustration, aggressiveness and depress make the communication process critical. As a result, the factors of parental violence are multiple and cannot just two reasons (Rouyer; Drouet, 1986, P.123). As a result, the factors leading to parental abuse are multiple and cannot be limited to only two reasons.

### 1.4. Effect of parental violence on the mental health

Abuse in all its forms has a permanent effect on child health and growth. It is not only a question of acute suffering during abuse but also represents persistent problems in child development. However, not all children respond to abuse in the same way and also they do not also have the same problems. This, of course, is related to the child's age, the violence frequency against him, the assistance provided to him and his/her ability to resist. Those are factors that could be at the origin of these differences. In the case of physical violence, the child may be a victim of a direct injury. For example, a slap on the face may result in a hole in the eardrum on visual trauma; blows the buttocks can result in serious injury, especially if the blows are directed towards the genital parts. The child may also have behavior problems that result in hyperactivity or aggressiveness. In addition to emotional effects such as anxiety and depression, the child suffers from low self-esteem and isolation. Piazza (2007, P.214) has pointed out that “the child’s emotional more on self-negation and despair than on affection and optimism”. The author (2007, P.215) points out that

“The effects of abuse will not end at this stage, but will extend to cognitive, psychosocial development, and overall child development. The child may be affected by language disorders, a lack of movement coordination, a delay in hygiene and a psychological imbalance. It should be noted that some of these effects may extend into adolescence and adulthood”.

Maslow’s hierarchy of needs theory indicates that the individual in the context of his/her growth and his/her interactions with others, requires many psychological needs, such as the need for love and safety, social appreciation and other psychological needs, represented as a scale of needs that start by physiological needs, and end with self-realization need at the

pyramid top. These needs must be met until the individual feels psychosocial harmony. However, when a child is deprived of psychological needs, especially safety and security ones, and suffers from an inferiority complex and inefficiency, he/she is therefore involved in socially undesirable and aggressive behavior, safety deprivation may be due to inappropriate parental treatment, and children neglected. According to Taha Hussein (2007,P.260)

“The children who feel unsafe and anxious in their families or at school have a low school level. They may also be insulted by their friends and then exposed to violence. In general, anything that may disturb the child's unsafe feelings towards his/her parents, his/her family or at school will be a source of violence and trouble. In this case, he/she becomes aggressive and tends to get revenge from those who rejected or abused him”

These effects were supported by Hazmy (2003,P.74) when he/she emphasizes that the consequences of mistreatment on children's personalities in the future were a loss of self-esteem, frustration, aggressiveness, anxiety, and other behavioral problems. Parent's attitudes towards children can lead to aggressive behavior that is influenced by the way parents treat their child, as a result of family education. The family applying punishment method causes aggressive behavior. This means that aggressive behavior is influenced by the way parents treat their child, which is the result of the usual family education pattern. This is proved by the Dodge study in 1990.

## **2. Family and child accompaniment**

According to Petit Robert (2009, P.126),” the accompaniment is to follow someone wherever he/she goes. In this case, the practitioner must be present regularly with the parents, so that he/she is with them in the same place and at the same time”. For this reason, the practitioner and the parents have a different role. The practitioner must help parents to face difficulties, especially when a new child is born. The concept of accompaniment is relatively new the social work field and generally in various activities related to the relationship with others, as well as in health, education, and marketing field this term is used in cases that frequently do not find answers: for example in the case of school failure we use special support. However, the patient for which the treatment does not solve the problem or for a person at the end of life, these cases need an accompaniment.

When the couple becomes parents, they find it difficult to fulfill their responsibilities as such. When their child cries, the father is worried and, in this case, he/she may become violent towards his/her son. In cases he/she is addicted to alcohol; he/she also tends to be aggressive and can no longer control himself, so the child perceives this attitude as a threat. Then, parent anxiety affects negatively the child and gives rise to a form of abuse. Their psychological abilities have been, in the past, under pressure, which does not allow to have normal relationships with their son.

Single or divorced mothers, housewives, parent's weakness and lack of development (depression, lack of self-esteem, mental immaturity or child abuse) social isolation and domestic violence also lead to violence.

In addition, other factors may lead to abuse, such as the birth of a disabled child, which is the cause of depression. In this case, the process of accepting the child is very difficult because it

is far from parental perception before and during pregnancy. Baubet and al (2006, P.75) emphasizes the fact dependence and the need to place the child in the psychological and pedagogical position, as well as the difficulty to communicate with him, increase sexual risk. Al-Kashif (2001, P.99) has also indicated that the birth of the disabled child goes against the perfect idea drawn by the family. Parents are very disappointed when the child is born with a form or motor disability, whether it occurs immediately after birth or later.

When a motor performance lack is identified, parents exchange charges accusations about the disability causes and may be forced to look for specific answers to their questions based on their personal experiences. They may suppose that this child is the result of a divine sentence for their sins or may assume that genetic factors of one of the family have led to the birth of such a child.

Aimard and Morgon (1985, P.70) point out that “the presence of a disabled child in the family is one of the obstacles to the family process that requires adaptation. This adaptation is an interactive process that changes the family system as a whole”. Parents receive dramatic news that changes their habits, desires, and projects. This situation requires a speedy rebuilding of their behaviors.

Negative family reactions towards the child are neglect, by indifference, even beatings, abuse insults and all other kinds of mistreatment, so that the family needs support and advice more than other times. The purpose of this advice is: to understand the parent’s situation; to meet that psychological

needs; to help them accept the situation and to services. This requires some information on parents and family situations by discussing family problems and proposing solutions such as providing psychological support.

In view of this, parental support is an important factor in resolving family difficulties. Therefore, support must be organized, prepared and personalized because each family is different from the point of view of education, culture, and values. Lack of time to care for the child, loneliness, emotional burden and lack of a contextual method to be fulfilled constitute challenges for family and that could be felt by the psychologist. Depending on the degree of abuse, the family can, therefore, benefit from the support which may improve the way of life by reducing risk factors due to abuse. The knowledge of these factors can help parents who are violent towards their children by offering them alternatives before they reach the stage of depression. The alternatives can be educational if parents have difficulties with the child with behavioral problems or disabilities. The same method can be adopted depending on family status, such as divorce or parental conflict.

Family support is also very important in case of abuse, as it helps families to stop Hurting children and keep them informed of other educational methods and behaviors that could be adopted.

Therefore, the nature of psychological therapy depends on family nature. According to Parret (2006, P.55)

“Some families may have difficulties to ask for help when they abuse their child. It is difficult for them to talk about this method of treatment with people outside the family and they are cautious that this type of treatment is forbidden. The relationships are therefore confusing, which makes people

interested in the family hostile. Even if there is a desire to get out of this situation, as far as children are concerned, we notice that some of them spontaneously declare the aggression exerted on them but need to feel confident and in a safe environment”.

Thierry and al (2006, P.76) point out that the book titled "Babies and traumas" which emphasizes that at two and a half years, the child can talk about the abuse, without giving details, but he/she only remembers the main act. One of the strategies adopted by institutions is to listen to the child when he/she talks about what happened to him. Gosset and al (1996, P.77) emphasizes the fact the presence of the child in a secure environment allows him to build a trust relationship which allows him to talk about his/her difficulties. That makes it easier for the child to express his difficulties. Everything the child says must be taken into account. Only questions that can help the psychological to understand the situation must be asked. In such a case, the child needs psychological help in order to understand the reasons for aggressive behavior by his/her parents, and she has the right to know the reasons. The psychologist must take into account the child's needs and explain to him, by saying, for example: “you are not the only child to be abused. There are other children like you, and that does not mean that your parents will be punished for their actions. We will take care of your parents to change their behaviors and the situation will get better”. In such cases, despite the parental abuse, the child does not want to be separated from them, so he/she must feel confident and secured with the specialist. In some cases, children have the capacity to resist, in the sense that they are abused but live and grow up in this atmosphere of violence.

Baudet and al (2006, P.48) defines resistance as a continuous and harmonious development despite difficult conditions. A number of factors play a role in resistance, including high intelligence, good self-esteem, independence, adaptability, school support, a good relationship with parents and a trust relationship with a family member other than parents.

In general, the accompaniment is based on the following axes:

- Lecture: providing information on abuse; its causes and effects, and the role of the family in attenuating these effects and how to prevent them; the concept of irrational ideas to rebuild the knowledge of family members and create a family environment that contributes to child psychological development.
- Dialogue: Using a discussion group method that stimulates self- thinking by family members, including their thoughts and attitudes towards their child.
- Re-drafting: reshaping the difficulties encountered by the family and the ways of solving them, by reformulating irrational ideas about child behavior and adopt a new idea about him.
- Family awareness: Working to increase the knowledge of family members, especially parents, the way they communicate with the child, the perception they have of him and how they must deal with him.
- Communication: improve communication between family members.

### 3. Conclusion

Addressing the issue of parental abuse is one of the topics that inspired the attention of researchers and those interested in childhood issues in the face of the escalation of bad

practices towards children at the present time. Therefore, in order to protect this child from the risk of delinquency or escape from home, the family needs psychological support. They differ according to the nature of the family itself in terms of its request for the type of assistance and according to the nature of abuse directed at the child. Hence, listening to the suffering of the family violence to their homes and trying to support them and support and accompany them in order to reach them to the best way in dealing with their children and thus preserve them and their future.

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