



# Quiet Abuse Affects the Development of Children's Emotions

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## ABSTRACT

Abuse often become an issue that most fretted by parents. Practically, every certain day the news of innocent little children being victims of child abuse. However, many parent an unconscious that they often abuse their children. Abusing definitely suspected using force hit or bellowed at children. This reading is carried out in order to determine how an unconscious many parents had committed quiet abuse on their children. This study emphasizes the quiet abuse can kill emotional intelligence and self-esteem of children.

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## Introduction

According to Alavi *et al.* (2012), child abuse and neglect are defined as social behaviors that do not comply with the norms of society or deviance behavior. Abuse issues are often a hot issue at Malaysia nowadays. This is because, little children are often associated with torture issues in care centers. This is evidenced by Amar Singh, Head of Ipoh Hospital Pediatric Department said more than 10 percent of the population of the country in the country is expected to continue to suffer from sexual harassment and abuse (Utusan Malaysia, October 11, 2003).

Humans need to have positive qualities to instill psychological knowledge to shape the personality of children or individuals (Baharom Mohamad, Ahmad Esa and Husin Junoh, 2008). The Government of Malaysia is deeply concerned with the development of children's minds, especially in the field of an education and the vision for religion, race and nation. Unfortunately, in enriching the environment conducive to the growth of children, there has been an increase in cases of child abuse and neglect from year to year. Following that, a child Nur Zuliana Zaara Zulkifli (5 years) was abused by her stepmother, causing the kid to experience a broken spine injury, ribs, thighs, and even scars that were affected (Utusan Malaysia, June 29, 2015).

According Mohammad Reza Iravani (2011), abuse has a profound effect on children by destroyed physical and emotional developments of children. However, many parents unrealized that their own behaviors are abuse unnoticed. Abuse can occur in many forms and ways. Therefore, quiet abuse is more dangerous because it can diminish the emotional intelligence and self-esteem of children.

## Methodology

This research uses the method of studying the previous research to be used as references to complete the research. The research was needed in order to support a given idea. A scientific idea is not a valid idea if the inference is not well supported with the resources. Therefore, Saunders *et al.* (2012) concluded that, the secondary data sources mainly

covered and used in this research are book referred, journal of library, articles and related web sites.

Information is obtained from online databases such as Google Scholar, Emerald, Elixir International Journal, Canadian Centre of Science and Education (CCSE) Journals Online and etc. The referred from the books, the researcher get the information from UTHM library and lecturers also provided important information for this research. Thus, the data can be proved by the time and effort in finishing the research.

## Quiet Abuse

According to Ahmad and Mohd Zaid (2010), human capital development is derived from an education which is an injected asset that is from the point of spiritual value, intellect and enriches the cultural capital of each individual. Besides that, existences of human capital need to be applied so that children are exposed to a harmonious environment rather than through a torture environment.

In addition, emotion and self esteem are two very important elements and take a very long time to form but very easy to kill. This is because, there are a handful of parental attitudes that are actually in the form of abuse despite not using such a way of raising a voice or hitting (Alexander Butchart *et al.*, 2012). The abuse is called quiet abuse. Quiet abuse affects the mental and emotional development of children such as physical abuse or real abuse.

There are five (5) quiet abuses done by parents, which are disappearing act: being ignored, deadly quiet: stonewalling, switch and bait: gaslighting, hypercriticality and utter silence: the absence of praise, support and love (Delva, 2017).

## Disappearing Act: Being Ignored

Two-way communication skills are essential in a family relationship. The parents' needs gave an attention to child to courage and be confidence to explore the world. But the parent's behavior who ignores their children affects learning process and rational thinking (Streep P., 2017).

### **Deadly Quiet: Stonewalling**

According to a child's perspective, being stonewalled may seem like being ignored but it has different emotional consequences, especially when he or she matures; intense anger and frustration (Delva, 2017). It is absolutely devastating to a child who does not have any way of defending him or herself.

Moreover, every parent needs to take care of the child's development because it is a long-term effect of childhood emotional abuse (Delva, 2017). They concluded that the damage done to individuals' self-esteem had much to do with the inability to protect and defend them and to internalizing the thought that they were not good enough to warrant their parents' attention when parents were uncaring or harshly controlling (Streep P., 2017).

### **Switch and Bait: Gaslighting**

Gaslighting is a special type of manipulation. Gaslighting is literally deceiving a child systematically. When a parent is unreliable, argumentative, self-absorbed or neglectful, gaslighting is generally affects the child's (Delva, 2017). Thus, the relationship between children and parents is a powerful dynamic to get the strong and quality family relationship.

### **For your own good: Hypercriticality**

The rationalized by the need to correct perceived flaws in the child's character or behavior is to reprove every child's mistakes. Hypercriticality was defined as justified or explained by having to make sure the child does not let his successes go to his head. The barrage of criticism makes a child believe unworthy of attention and support because she's worthless (Rosana E. *et al.*, 2012). Therefore, parents need to ensure that every child offense is reprimanded to ensure that errors and mistakes are not repeated.

### **Utter silence: The absence of praise, support and love**

Children need all the things that the praise, support and love from the parent. All the words from parents can develop the self-esteem of the child. In truth, words that articulate why a child is worthy of love and attention are as essential as food, water, clothing and shelter to improve the emotional intelligence (Delva, 2017).

### **The Impact of Quiet Abuse**

Quiet abuse is already stigmatized as being over-dramatized. Many believe that quiet abuse is not nearly as damaging as physical abuse (Delva, 2017). But, silence is sometimes stronger than words. For some, being ignored is worse than being yelled at. Therefore, the effects of "quiet" verbal abuse can greatly affect a child into adulthood. This abuse carries on into life choices and may contribute to increasing the risk of addiction.

Besides that, quiet abuse affected to emotional abuse (Alexander Butchart *et al.*, 2012). It can be difficult to measure, as there are often no outward physical signs. There may be a developmental delay due to a failure to thrive and grow. Even so, children who appear well-cared for may nevertheless be emotionally abused by being taunted, put down or belittled (Rosana E. *et al.*, 2012). They may receive little or no love, affection or attention from their parents. Therefore, emotional abuse can also take the form of children not being allowed to mix or play with other children.

It can happen to anyone at any time in their lives. Emotional abuse can have devastating consequences on relationships and all those involved.

### **Conclusion**

In conclusion, children need a fully care and protection because they are immature physically and spiritually. Besides that, children need perfect protection and care, including the protection of the law as they are immature in the eyes and inwardly need to be protected by their basic rights. They should be brought up in healthy, tranquil and parents as well as teachers to provide full protection. In directly, emotional intelligence and self-esteem can be improved.

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