

## Violence Against Children Effects Physical and Psychological Health in Malaysia: Mediating Role of Disciplined Mechanism and Corporal Punishment

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### Abstract

Physical punishment and violence against children are intimately linked to both physical and mental health. The growth of the child is also greatly influenced by the family. Nonetheless, there is a connection between good parenting and a healthy parent-child dynamic that supports the psychosocial growth of the child. Both male and female children suffer from negative outcomes such as animosity, trauma, long-term stress, and emotional instability as a result of harsh punishment techniques and inadequate parenting skills. Physical punishment is a straightforward and effective method of child discipline, as is well known. The research examined the effects of coercion and corporal punishment on children's physical and mental health from the viewpoint of the parents. The study's universe was Terranganue State, Malaysia. With a sample size of 387, the study was quantitative. A questionnaire was used to gather data, and descriptive and inferential statistics were used for analysis. The results of the study demonstrated the negative consequences of both explicit and implicit harsh punishment methods on children's physical and mental well-being. Parents used forceful conduct and corporal punishment to discipline their children, which not only made them hostile but also caused physical and mental health issues. Policies and programs that educate parents about the negative impacts of coercion and corporal punishment on their children's physical and mental health are suggested. Additionally, parents should be educated on proactive, healthy disciplinary methods rather than using physical force.

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### Introduction & Background

The role of role violence against children in the field of sociology has been increasing steadily over the past ten years. In contrast, this issue has been resolved to some extent in the developed world; however, the problem has not been explored in developed countries such as Malaysia. According to the surveys conducted by Shafiq et al. (2021), violence against children is increasing, and the relationship between corporal punishment and parents is present in the Islamic Republic of Pakistan. On the other hand, Barrech and Din (2019) clarified that child abuse is one of the big problems. Some effective attempts have been made to solve the problem of violence against children. For instance, Hyder and Malik (2007) examined violence against children as a problem in the developing world. Following a thorough analysis of the literature and studies published on violence against children, the scope of the problem and its policy implications were determined. According to the study, a favorable atmosphere for violence against children is created when several macro risk factors, including poverty, inadequate legal safeguards, illiteracy, big family sizes, and unemployment, come together. The conclusion urges targeted viable solutions and

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policies for children. Similarly, the analysis by Zakar (2016) found that violence against children is a prevalent problem, and it needs a promising approach to control. This particular study aims to explore violence against children in a family setting from the perspective of discipline mechanisms and corporal punishment policy.

Parents across the globe use various methods to discipline, correct, and discourage the ill behavior of their children, whether it be slapping, shouting, yelling, harming, or inflicting pain, to reinforce fear in children for their discipline purpose in South Asia. There are several laws, legal acts, and constitutions that have been developed for the violence against children (Shahidullah, 2017). Although corporal punishment does not ensure that children will no longer misbehave, it is a practical and viable method to discipline children. The current research aims to explore and explain different techniques that are used in a family setting to discipline children, which influence the physical and psychological health of the children in the family setting. The family is known as a disciplining unit in social institutions, in which children learn formal or informal rules and regulations to maintain discipline in society. Violence against children is a subject of research interest for concerned non-government and government organizations on the national and international level. Modern sociologists have worked on violence against children from the perspective of social justice and children's human rights. Many studies have been carried out on violence against children at school, society, and workplaces level (Anwar et al., 2020; McFarlane et al., 2017). Furthermore, there is a lack of concern about violence against children and sustained discipline among children, which is a dire need of Baluchistan. This study aims to explore and explain violence against children in the family setting. Parents consider these violent punishments as a prerequisite to teach social norms, values, and skills to their children, but they do not know the alternative effects on mental and physical health.

### **Research Objectives**

1. This study will be carried out with the following objectives, as given below:
2. To measure parents' uses of coercion and violence in disciplining their children.
3. To know the predictive relationship of corporal punishment and children's physical and psychological health.
4. To delineate the relationship between coercion against children and their physical and psychological health.

### **Literature Review**

#### **Violence Against Children and Disciplining Mechanism**

WHO (2022) revealed that children's appropriate parenting style and behavioral management are crucial for their psychological and social well-being. On the contrary, parents being harsh and not supportive can lead to highly stressful conditions for children, making them incapable of facing trauma in their life. Violence against children creates behavioral issues and falls with a stressful situation, and these circumstances developed due to corporal punishment among children. Globally, most studies concluded that corporal punishment is mandatory for regulating children's good behavior.

Interparental aggression severely impacts children's psyche, which includes verbal and psychological abuse, physical aggression, and sexual violence between parents (Davies et al., 2021). Likewise, Rea and Rossman (2005) discovered various parenting styles and their correlation with the social adjustment of their children. For instance, the children of authoritative parents showed better schooling and were more self-controlled. Similarly, a permissive parental style increases children's external problems and schooling issues.

However, Lam et al. (2018) conducted a study on the violence against children in their schools and considered it one chronic social, physical, health and psychological issue in the global world. The study also takes the initiative regarding the effectiveness of the “Be Safe Program”. The program was for primary school level children, which deals with the personal safety of children between the five to nine age group. The parents also believed this program was helpful for their children, especially their female daughters.

According to research conducted by the WHO in 2022, a good parenting style and effective control of children's behaviors are essential for the psychological and social well-being of children. On the other hand, their parents who are uncaring and unsupportive may create a very stressful environment for their children, leaving them unable to cope with any future adversity they may face. Children subjected to physical punishment are more likely to display problematic behaviors and be put in stressful situations. Violence against children is a contributing factor in the development of these conditions. The majority of research carried out worldwide concluded that children's conduct must be regulated via the use of physical punishment.

Swailam et al. (2022) elucidated that aggression emanates from a secure environment and from parents whom children mostly trust. Consequently, aggressive disciplinary methods used toward children are periodically shown to be inconsistent. Hillis et al. (2016) report that over 1 billion children globally, aged 4 to 17, experience abuse from those they see as guardians and providers of love. The study evaluates co-occurrence and goes beyond the analysis of dyadic and reciprocal assault in familial contexts (Pearson et al., 2022).

Ma et al. (2022) indicated that physical punishment has transcended its association with adolescent aggression. The research identified a correlation between corporal punishment, including spanking and slapping, in children and the prevalence of mental disorders in adulthood (McGuier et al., 2022). Nakanishi et al. (2022) discovered that individuals across childhood, adolescence, and adulthood who experience physical punishment are at an increased risk of developing various mental health disorders, including depression, negative emotions, anxiety, feelings of powerlessness, substance abuse, and general psychological maladjustment. These linkages may be facilitated by alterations in parent-child attachment resulting from caregiver-induced pain (Mammadov, 2022), higher cortisol levels, or biochemical modifications in the brain's stress-regulatory network (Chung et al., 2022). Researchers are finding that physical punishment adversely affects academic achievement and correlates with a diminished pace of cognitive development (Linn et al., 2022). Moreover, harsh treatment may influence the dopaminergic regions associated with an individual's vulnerability to substance dependency, including drugs and alcohol (Larzelere et al., 2022).

Ward et al. (2022) found out that any punishment in which physical force has been used and designed to provoke some degree of physiological discomfort, notwithstanding brighten, is the definition of physical or corporal punishment. Anderson and Goodnight (2022) said that physical punishment and abuse continue to be seen as opposing, particularly when it comes to Spanking, which is frequently viewed as sub-abusive. Breger et al. (2022) argued that unhealthy coping mechanisms lead to problematic behaviors and poor mental and physical health. Heekes et al. (2022) claimed that relationships were to be examined while controlling for socioeconomic status variables, adverse childhood experiences, and trauma (Shah et al., 2022).

### **Theoretical Framework (Social Learning and Intergenerational Transmission Theory)**

In the current study, we applied two theoretical perspectives: social learning theory and intergenerational transmission theory. Similarly, social learning theory was proposed by Albert Bandura in 1977; it is the integration of behavioral and cognitive theories of learning to present a

holistic model of learning experiences in the social world. Bandura and Walters' (1977) social learning theory is a system of thought based on imitation or modeling. emphasizes that individuals learn by observing others' behavior, whether positive or negative. This theory can be linked and conceptualized with the assumption of intergenerational transmission theory, which was proposed by (Cavalli-Sforza & Feldman (1973). Furthermore, Cavalli-Sforza and Feldman (1973) pointed out the basic assumption of the cultural transmission with the help of parents (family setting), which influence a child's behavior and attitude.

The importance and application of social learning theory apply to numerous human behavior theories. When applied to the family institution, it states that violence is learned through role models (parents, relatives, siblings). During childhood, children learn how parents and significant others behave, which provides an initial learning behavioral code for them. If the family has origins of stress, aggression, and frustration with anger, then it is likely that the child exhibits the same behavior as an adult. Gelles (1998) proposes that family not only exposes individuals to violence, but family teaches approval for the use of violence. It is an acceptable, approved method for problem-solving or changing the behavior of others.

The basic assumption of these theories is learning behavior, and we study the regulating behavior of human beings to control children. Still, sometimes, this regulating behavior becomes more hazardous for human beings. If we apply social learning theory only, then it is not enough to understand the cycle of the intergenerational transmission process. As a result, this study involved both theoretical assumptions about violence against children with the perspective of discipline mechanism in the family setting as well as influence on physical and psychological health. Likewise, the basic assumption of the social learning theory is also applied to the learning behavior process. At the same time, the intergenerational transmission assumption refers to the transfer of the conflict from one generation to the next. The above theoretical literature justified that combining both theories is possible to resolve the issue of violence against children and discipline mechanisms.

**Hypothetical and Conceptual Framework**

A conceptual framework is the level of conceptualization and the relationship between variables. There are sure arrows used in the conceptual framework diagram showing the constructs' direction. The researcher will follow these conceptual guidelines to measure the data and develop the hypothetical relationship to conclude the research, and the below Figure 1 depicts the actual association.

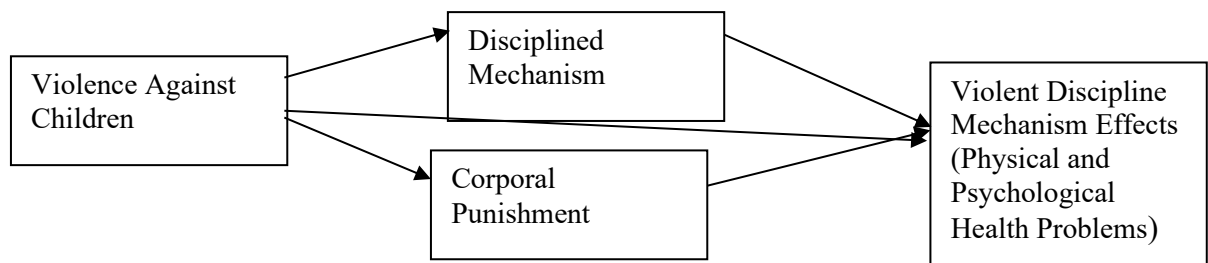


Figure 1: Conceptual Framework

**Quantitative Design and Its Rationale**

The fundamental reason for using the quantitative method is to know the relationship between study variables and test the theories (Tashakkori & Creswell, 2007). Similarly, quantitative research deals with objective reality (Joe F Hair et al., 2014). The underlying factor for adopting a quantitative

research design is to understand the parental justification and use of coercion in an objective manner that is measured against the standards of knowledge, attitude, and practice.

### **Study Universe**

The universe of the study was Terengganu State, Malaysia. Therefore, the data collected from the area had diversity in terms of interviewing respondents from diverse ethnic and social backgrounds. The unit of analysis was parents, both male and female. A purposive sampling technique was used, and it is a non-probability sampling type. G\*Power software was used, and the total sample size was N=387 respondents, and their houses and homestays were visited for coercion against children.

### **Technique of Data Collection and Tools**

A survey method was used to access the respondents at their household in which the researcher provides the questionnaires to the respondents in a face-to-face interaction. The researcher was assisting the respondents in comprehending and filling out the questionnaire during the whole process of data collection. As the study was measuring the cause-and-effect relationship between study variables, questionnaires were used to collect data from the respondents. The nature of the questionnaire was close-ended or structured questions whose reliability and validity were checked on SPSS and SEM (AMOS). The scale of the questionnaire was a 5-point Likert scale, which is commonly used in management and social sciences for quantitative measurement research design. The actual benefit of the 5-point Likert scale is to measure and analyze behaviors and perceptions of the respondents. Through this way, our respondents knew the very basic nature of the question and taken answers to the proposed questions from them. Furthermore, the data collection and constructs were analyzed through quasi-experimental survey-based analysis.

### **Data Analysis**

The descriptive and inferential numeric analysis test was used to check the implicit and explicit effects on the physical and psychological health problems. After that, we further measured the independent variable and mediation and dependent variables relationship. Furthermore, mediation analysis was used to check which one variable is more affecting the children's physical and psychological health problems. Furthermore, in our research question, the word "impact" is used, which motivates us to apply the test of regression analysis and multiple linear regression for testing the exact impact of the independent variable to the outcome variable. For these, an all-process SPSS version 21 was used to analyze the collected data.

We measured the prediction of corporal punishment, implicit and explicit method, with its relationship with physical and psychological health problems. Such as, Lai (2018) proposed that the quantitative technique also adapts statistical or scientific tools that are better to compare and review the previous results. The integrated conditions were intended to balance software, designs, and analysis applications. Moreover, management sciences and social sciences trends measured the humane perspectives related to the phenomenon and then used the basic technique of the analysis (Babbie, 2020; Miles & Huberman, 1994). This research needs to analyze the general requirement of corporal punishment, implicit and explicit method with its relationship with physical and psychological health problems according to the direst need.

### **Findings and Results**

#### **Structural Equation Modeling**

Two models were evaluated in this empirical study to project explicit and implicit violent practice regarding perception and justification for psychological and physical health problems

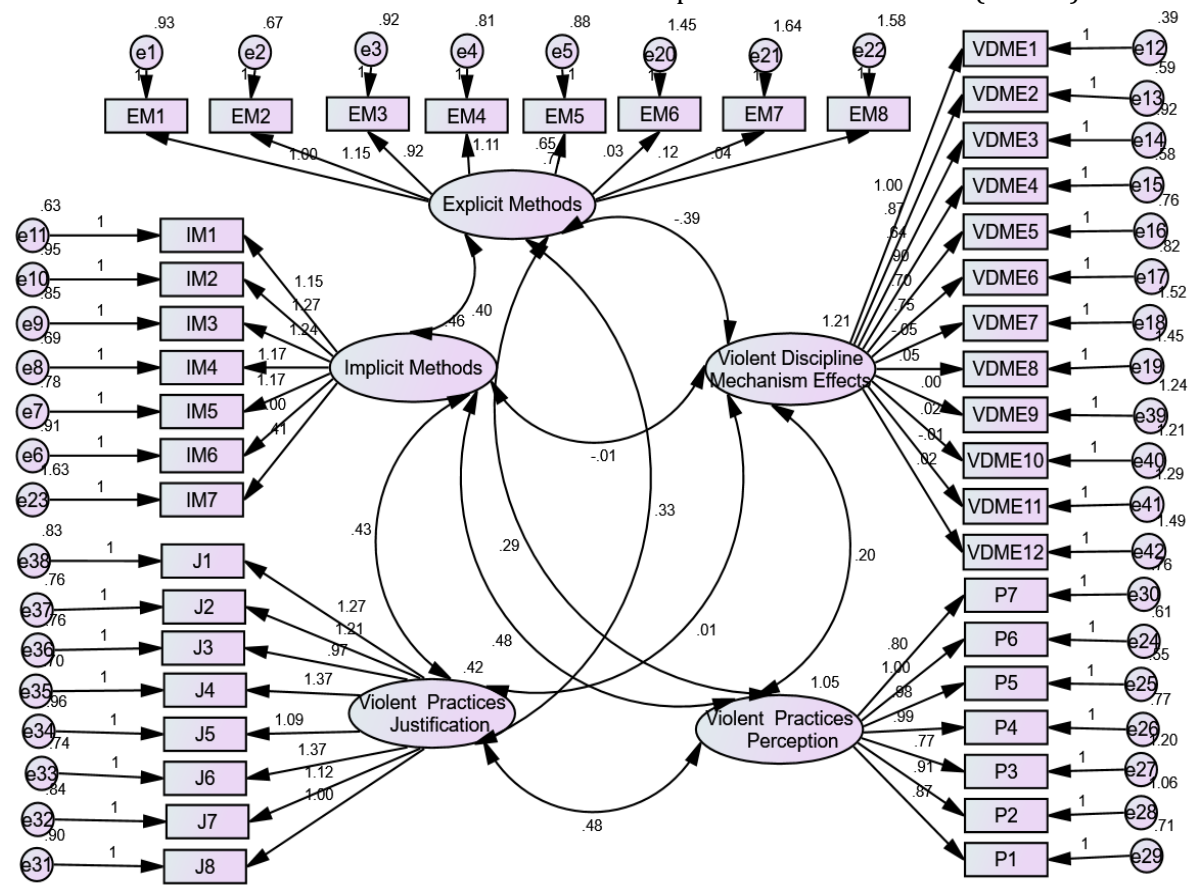
among violence against children. For instance, the initial model has five (5) indicators, and their values of RMSEA and SRMR were higher than cutoff points such as .501 and .125 which is considered not significant in the path modeling, whereas the GFI, CFI, NNFI values were .829, .724, and .777 were lower than the cutoff point which indicated that there is not ideal fitness present. On the other hand,  $\chi^2/df$  and  $\chi^2/df$  values were 9.578 and 7.859, which is also higher than the cutoff point. As a result, indicators for the causal and effect theoretical relationship and to know the predictive inferential measure of the explicit and implicit violent practice regarding psychological and physical health problems.

**Path Analysis**

The model is used to evaluate structural equations in the future, as shown in Figures 2 and 3. Furthermore, the original model (first model) and model fit (second model) were evaluated for accurate perception and justification of the disciplinary practices as well as effects on physical and psychological health. The study changed the proposed model by adding three control variables (gender, age, education, income, and occupation), with covariate paths and error terms (e1 and e2) as covariance to reach the intended results. These additional parameters determine whether the model is statistically significant or not (see Figures 3 and 4).

Figure 3

Combined Measurement Model of the Violent Discipline Mechanism Effect (N=387)



It is the fundamental goal of statistical path analysis to determine whether or not there are any causal connections between the study's variables. SEM is a cutting-edge technique for deciding whether or not a set of variables is connected in a cause-and-effect relationship (Joseph F Hair et al., 2014). The research thesis identified a statistic R<sup>2</sup> relationship between the model's initial and fit. Causal path analysis uses a conceptualization with arrows and variables to demonstrate the actual causal flow or the absolute path of cause-and-effect for future prediction. If researchers are looking

for a way to measure relationship between direct and indirect causal effects, path analysis is an excellent option to measure such type of relationship with advance prediction.

One of the most essential aspects of path analysis, according to Agresti and Finlay (1997), is to establish causal links between the results and predictors that are collected in the study. Scientific knowledge is enriched through indirect consequences. Whenever a variable influences an endogenous indicator indirectly, it is because of its impact on other variables or indicators. Intervening indicators or indirect effects in the experiential model are known (see Table 1).

**Table 1**

Fit Indices for Violent Discipline Mechanism Effect (N=387)

Model	$\chi^2/df$	$\chi^2/df$	GFI	CFI	NNFI	RMSEA	SRMR
Initial Model	9.578	7.859	.829	.724	.777	.501	.125
Model Fit	3.600	2.311	.896	.822	.841	.061	.083
$\Delta\chi^2$	5.978						

Note: N= 424, All the changes in chi square values are computed relative to model,  $\chi^2$ . = Goodness of fit index, CFI = comparative fit index, NNFI (TLI) = Non-normed fit index, RMSEA = root mean square error of approximation, SRMR = Standardized root mean square, square change".

The statistical equation for the SEM had been proposed in the context of perceptions of implicit and explicit methods, corporal punishment, coercion, and the equation given in the formula of the covariance-based model. For the SEM, a statistical equation was planned that determined the CMIN values in the formula of a covariance-based model, as is shown in the formula of the SEM.

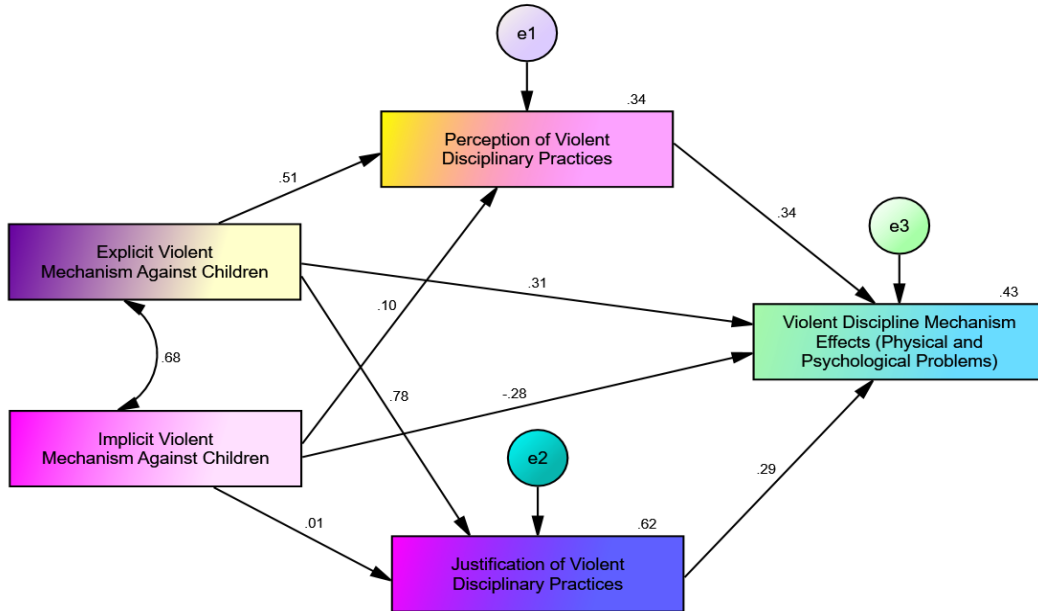
Likewise, the model modification procedure for perception and justification violent mechanism practice and physical, psychological effect began as advised by the statistical modification indices. Thus, the study findings found that unique differences between proposed and saturated models partially existed. Now, this saturated model was the perfect model for the projection of the implicit and explicit methods and physical and psychological health problems when added mediation paths of perception and justification of violent disciplinary practice. Consequently, the research determined that the saturated models were adequate, and no more modifications were identified for model fitness (see Figure 3).

The beta value is crucial for determining the direction of increases and decreases. Meanwhile, independent variables are implicit and explicit methods of violent mechanism, which is further linked with the mediation model of perception and justification of violent disciplinary practice. The model paths, such as perception and justification of violent disciplinary practice, have predictive associations between implicit and explicit methods with beta values, which are shown in Figure 3. The inferential data concluded that perception and justification of violent disciplinary practice factors were a strong coefficient for violent disciplinary effect when applied to the model of violence against children. Similarly, the  $R^2$  variance was  $100 \times .090 = 9\%$ . It means 9 percent variance or change would be occurred due to perception and justification of violent disciplinary practice into the children physical and psychological health. Likewise,  $R^2$  was measured for implicit and explicit methods, perception, and justification of violent disciplinary practice with variance or change of  $100 \times .131 = 13\%$ . The  $R^2$  predicted a 13 percent change in the violent disciplinary effect if we applied the perception and justification of violent disciplinary practice. The proposed hypotheses were statistically justified that perception and justification of violent disciplinary practice combinedly intervening the relationship between implicit, explicit methods

and children physical and psychological health effect (see Figure 3).

**Figure 3**

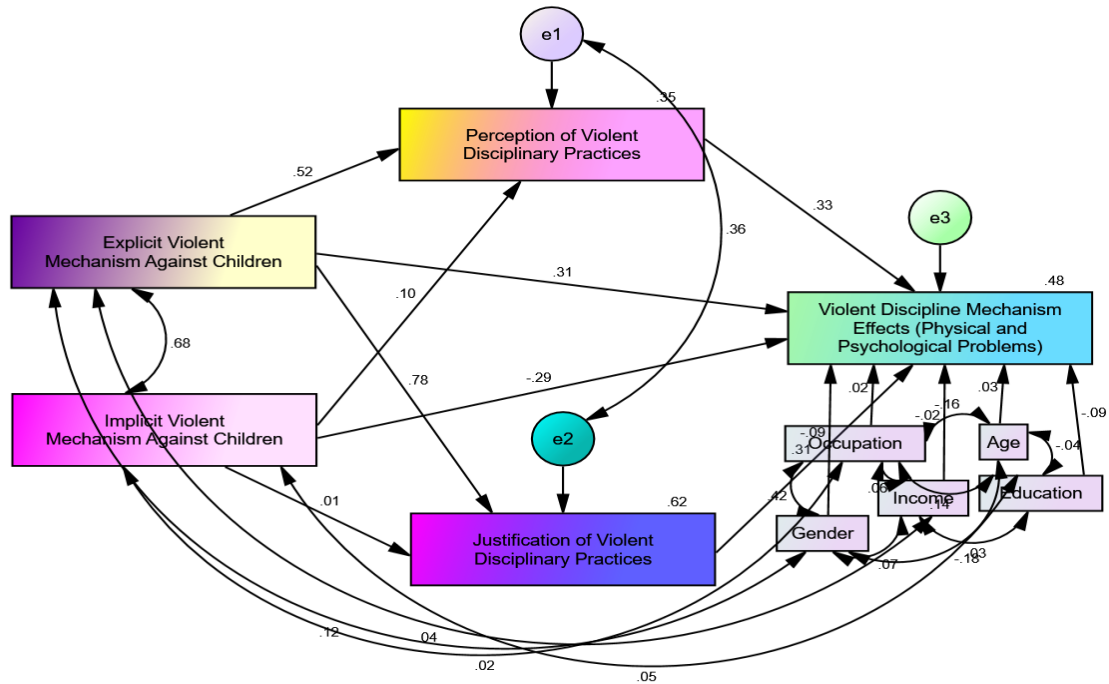
Experimental Findings from Complex Multivariate Initial Model Description Standardized Regression Coefficient (N=387)



Note: "A complex multivariate model of four endogenous constructs and one exogenous indicator. Completely standardized maximum likelihood parameter estimate for children physical and psychological health".

**Figure 4**

Scientific Findings from a Complex Multivariate Model: Standardization Regression Parameter for the Impact of Violent Discipline Mechanism (N=387)



Note: “A complex multivariate model of four endogenous constructs and one exogenous factor along with five control factors (gender, age, education, income, occupation). Completely standardized maximum likelihood parameter estimate for children physical and psychological health”.

The research used the bootstrapping approach to evaluate the direct and indirect impacts on study factors, enhancing the sample size used for model fit and estimates. Implicit and explicit methods directly and indirectly affect children's physical and psychological health. In a similar context, Valeri and VanderWeele (2013) indicated that this criterion necessitates a 5000-bootstrapped sample that is both trustworthy and valid for SEM-based linear multidimensional association variables.

Table 2  
Standardized Estimates of Direct Effects for the Paths of Violent Discipline Mechanism Effect (N=387)

Variables	Justification		Perception		Physical and Psychological Health Problems	
	$\beta$	S.E	$\beta$	S.E	$\beta$	S.E
Implicit Methods	.788***	.044	.618***	.067	.252***	.056
Explicit Methods	.535***	.049	.146***	.081	-.279***	.049
R <sup>2</sup>	0.09					

Note: \*p<.05, \*\*p<.01, \*\*\*p<.001

This research thesis hypothesized that implicit and explicit methods have influenced the physical and psychological effects with the mediating role of justification and perception. Likewise, the results of direct effects revealed that implicit methods have highly significant and positive predictors for perception and justification as well as good significant predictors for physical and psychological effects among children. At the same time, explicit methods significantly negatively influence physical and psychological effects as they mediate perception and justification. The

results showed that it might significantly decrease physical and psychological effects among children. Besides, implicit and explicit methods were found to be a cause for physical and psychological health effects while also directly impacted. The statistical data concluded that implicit and explicit methods, perception, and justification could positively and negatively influence children's physical and psychological health (See Table 2).

Table 3  
Standardized Estimates of Indirect Effects of the Paths for Violent Discipline Mechanism Effect (N=387)

Variables	Physical and Psychological Health Problems		
	$\beta$	S.E	CR
Implicit Methods	-	-	-
Explicit Methods	-	-	-
Justification	0.246***	0.051	4.858
Perception	0.219***	0.033	6.699
R <sup>2</sup>	.131		

Note: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

The data presented in Table 3 illustrates the indirect impacts of perception and justification of violent disciplinary practices within the framework of violent discipline mechanism effects. Justification was identified as a positive mediator for the whole model and showed efficacy in the impacts of the violent disciplinary mechanism on "physical and psychological health problems." The statistical model of perception was significant and served as a positive mediator for the impacts of aggressive disciplinary techniques. The findings indicated that the comprehensive mediation model might induce a 13 percent alteration in the effects of aggressive disciplinary methods.

Table 4  
Hypothetical Paths and Significant Level of Approval for Violent Discipline Mechanism Effect (N=387)

Hypotheses	Paths	Variables	Estimate	S.E.	C.R.	P	Label
Justification	<---	Explicit Methods	0.535	0.049	0.288	***	Sig
Justification	<---	Implicit Methods	0.788	0.044	18.091	***	Sig
Perception	<---	Implicit Methods	0.618	0.067	9.165	***	Sig
Perception	<---	Explicit Methods	0.146	0.081	1.802	0.042	Sig
VDME	<---	Implicit Methods	0.252	0.056	4.509	***	Sig
VDME	<---	Explicit Methods	-0.279	0.049	-5.649	***	Sig
VDME	<---	Justification	0.246	0.051	4.858	***	Sig
VDME	<---	Perception	0.219	0.033	6.699	***	Sig

Note: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ , VDME = Violence Discipline Mechanism Effects

The model fit prediction indicated that all assumptions have been accepted, including both theoretical and practical propositions were proved, such as the theoretical model justification excellently projecting physical and psychological health problems among children. Similarly, the prediction of the hidden and observed hypotheses model predicts physical and psychological health

problems among children. Finally, the paths' results concluded that seven were significantly projected for the current results (Table 4). Moreover, the study measured mediation analysis to determine the perception and justification practices regarding physical and psychological health problems among children, which proved to be a significant coefficient.

### **Relating Findings with Previous Studies**

This study found that violence against children can cause physical and psychological health problems whenever parents use corporal punishment and coercion against them. A previous study found that the family environment is the fundamental social institution unit. It is critical to the socialization and development of children's personalities (Tolibov, 2022). However, the importance of socialization for the newborn child depends on society's culture and behaviour. Different cultures and organizations use various methods of controlling to regulate children's behaviour for the betterment of society, such as discipline methods to discourage their children's bad behaviour, whether it be slapping, shouting, yelling, harming, inflicting pain, or instilling fear in children to control them, which is considered violence against children (Shahidullah, 2017).

Furthermore, Rittossa (2022) classified violence into two types: intimate partner violence directed at women and violence against children in the family system. According to Mannell et al. (2022), both kinds of violence are strongly related and occur concurrently. Much study has been done on the co-occurrence of violence against children and intimate partner violence. The study aimed to learn more about child abuse and its physical and mental health effects. For example, (Cordoni et al., 2022) said that violence against children has long-term implications that influence their social lives and psychological and physical health. In a similar line, Pointet Perizzolo et al. (2022) stated that when children witness familial violence, they are more likely to develop psychopathology. It has been argued that a severe parenting style causes physical and emotional damage in children aged 3-5. Finally, officials were advised that bodily and verbal aggression increased chronic health problems among children, which is found by this study.

Furthermore, Esper and da Silva Gherardi-Donato (2020) discovered that violence against children causes social difficulties and may lead to severe psychological and other health problems. Childhood violence has long-term consequences that might damage one's adulthood. On the one hand, violence toward children has a detrimental impact on them, and violence is a cyclical phenomenon that may influence future generations (Anastasia et al., 2022). The current study found that children suffer from coercion, and it is not good for them.

The family unit is generally an essential component of social institutions. It is crucial to youngsters' socialization and personality development (Tolibov, 2022). These strategies seek to manage and govern children's conduct to benefit society (Shahidullah, 2017). Likewise, the study also predicted that the behavior and culture of society play an important role in deciding how important socialization is for a newborn child. Different cultures and organizations use a variety of methods to control and regulate children's behavior for the betterment of society, such as discipline methods to discourage their children's bad behavior, such as slapping, shouting, yelling, harming, inflicting pain, and instilling fear in children to control them, which is considered violence against children.

Furthermore, Rittossa (2022) divided violence into two types: intimate relationship violence and violence toward children within the framework of the family structure. Intimate partner violence is aimed at women, while family institution violence is intended for children. According to Mannell et al. (2022), both forms of violence are closely connected, and there is a connection between the two types of aggressiveness. Extensive studies have explored the relationship between violence against children and violence among intimate partners; however, far less investigation has been undertaken

about the impact of violence against children on their physical and mental health. The results, indicating that patriarchy is the primary catalyst for domestic violence, were presented to policymakers.

According to the WHO (2022), suitable parenting styles and behavioral management are critical for children's psychological and social well-being. On the contrary, harsh and unsupportive parents may create very stressful environments for their children, rendering them incapable of dealing with trauma in their lives. Violence against children causes behavioral problems and puts children in a stressful position, both of which are caused by physical punishment. Most research determined that physical punishment is necessary for managing children's good conduct globally.

Interparental hostility, which includes verbal and psychological abuse, physical aggressiveness, and sexual violence between parents, negatively influences children's psychology (Davies et al., 2021). Similarly, Rea and Rossman (2005) identified varied parenting approaches and their relationship with their children's social adjustment. Children with authoritarian parents, for example, perform better in school and are more self-controlled. On the other hand, a permissive parenting style increases children's exterior troubles and educational challenges.

On the other hand, Lam et al. (2018) researched violence against children in their schools and identified it as a chronic social, physical, physiological, and psychological concern in worldwide society. The research also looks at the efficacy of the "Be Safe Program." The program was designed for primary school-aged children and focused on the personal safety of children aged five to nine. The parents thought this program benefited their children, particularly their daughters.

A healthy parenting style and effective regulation of children's actions are vital for children's psychological and social well-being, according to a study done by the WHO in 2022. On the other hand, they may have had callous and unsupportive parents who may have created an extremely stressful atmosphere for their children, leaving them unable to deal with any future misfortune. Physically abused children are more prone to exhibit troublesome behaviours and be placed in stressful settings. Violence against children contributes to the emergence of these situations. Most global studies determined that children's conduct must be governed via physical punishment.

Inter-parental aggression has a significant and detrimental impact on children's mental health, including verbal and psychological abuse, physical assault, and sexual violence between parents (Davies et al., 2021). Similarly, Rea and Rossman (2005) discovered that many parenting styles exist and that these methods correspond with how thriving children adjust socially. For example, children raised in authoritarian families tend to succeed academically and demonstrate more self-control. Similarly, a permissive parenting style may increase the number of outside problems and educational issues.

Discrepancy was also identified in the study criteria and metrics used to assess violence. Future research should strive for standardized definitions and measurements for co-occurrence and extend its focus beyond dyadic and unidirectional violence within families to enhance our understanding of the interconnections among various forms of abuse (Pearson et al., 2022). Swailam et al. (2022) assert that aggression originates from a sense of security and from the parents upon whom children mostly depend. Consequently, stringent disciplinary methods used for youth may be paradoxical. To enhance their children's development, parents and caregivers often administer severe reprimands.

Future studies aimed at establishing more consistent definitions and metrics for co-occurrence while transcending the examination of dyadic and unidirectional violence within families may enhance our comprehension of the interconnections among these many forms of abuse Swailam et al. (2022) Officials were informed that children who experience physical and verbal abuse are at a heightened risk of developing chronic health conditions. Moreover, Esper and da Silva Gherardi-

Donato (2020) found that violence against children leads to social issues and the potential for significant psychological and other health-related complications. The repercussions of experiencing or seeing violence throughout infancy may last throughout one's life and manifest in maturity. Violence against children, as noted by Anastasia et al. (2022), adversely affects the children involved and perpetuates a cyclical pattern that may harm subsequent generations. The research indicated that aggressive disciplinary methods affect children's physical and psychological well-being in society.

## **Conclusion**

According to the study thesis, justification and perception mediate between implicit and explicit approaches, which impact physical and psychological effects. Additionally, the findings of direct results showed that implicit techniques are an excellent significant predictor of children's bodily and psychological outcomes and a very significant and positive predictor of perception and justification. Contrarily, explicit approaches, which use perception and reasoning as mediators, significantly harm physical and psychological effects. The findings suggested that it might lessen the negative impacts on children's physical and mental health. Additionally, it was shown that implicit and explicit approaches positively influenced physical and psychological well-being. According to the statistical data, children's physical and mental health may have been impacted favorably or poorly by implicit and explicit techniques, perception, and rationale.

This study used two theoretical viewpoints: social learning theory and intergenerational transmission theory. Similarly, it synthesizes that corporal punishment and coercion come in the behavioral and cognitive ideas of learning to give a comprehensive picture of learning events in the social realm. The development of social learning is a system of thinking centered on imitation or modelling, highlighting that people learn through seeing the conduct of others, whether good or bad. This shapes their personality normality and abnormality, which is further related to the premise of intergenerational transmission change. Furthermore, the generalized study highlighted the fundamental belief that cultural transmission via parental influence could be non-productive and have severe influences on children's behavior and attitude.

## **Limitations of Study and Future Research**

- ✚ The study has several limitations and is also directed toward future research. For example, the study did not change the construction to the national language, which made it difficult for respondents to understand. Moreover, the study did not take data from the children but just measured parents' data, creating biases in the results.
- ✚ Several researchers proposed that mixed-method research is a good tool for understanding the respondent's perspective on such critical issues. This research used a quantitative method to collect data.
- ✚ Future research should use mixed methods, which could add new themes to the current literature.
- ✚ Corporal punishment and coercion should be used as independent variables, and then the predictive relationship with the physical and psychological health of the children.

## **Recommendations**

Tertiary prevention, which attempts to address the problem after it has emerged, may include intervention and treatment efforts for families found to be abusing their children. The present study also demonstrates that simple, time-limited information delivery techniques, disseminated to many participants, effectively reduce the use of harsh punishment by parents. This is a positive finding

since such programs may be easily replicated throughout the country, quickly spreading the notion that constructive discipline is preferable to unpleasant punishment.

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