

**The Different Types of Family Violence and the Social Conditions**

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Violence can be defined as behavior involving physical force that is intended to hurt, damage or even kill someone or something. Tactics can include the incorporation of imitation and fear to project that upon the victim. Family violence can be described as a pattern of abusive behavior in an intimate or family relationship where one person assumes a position of power over another and causes fear. There are different types of family violence such as physical, sexual and psychological violence. Other forms of violence are neglect and emotional abuse. In most cases, violence can be first seen in the home of a child or teenager. Once they are exposed to that environment, it brings many negative cognitive and social impacts upon the child or teenager in their lives. Any and every type of family violence heavily contributes to an individual. It brings different ways of thinking, normalization of violence, and a continuance of the violence throughout generations.

The first of the three major types of family violence is physical violence. Physical violence is when an individual is physically hit or beaten. Children and teens can also be hit or beaten or witness the event taking place. It has been said that the result of physical violence brings aggressiveness and hostility in an individual. It all comes down to the topic of nurture. Due to the individual being exposed to that kind of environment, it has influenced them to behave that way. According to the textbook, it states, “The responsibility for providing a safe and caring environment typically falls on the parents and other family members.” (*Macionis 2016*) This just shows that if a child or teenager is exposed to that environment, they will learn from their environment and take after the individual showing aggressiveness and hostility. To back up this statement, according to the article *The Impact of Domestic Abuse on Children and Young People*, it lists social effects that happen to children and adolescents that witnessed or

experienced abuse. “They may have temper tantrums and problems in school. They may become more aggressive or they may internalise their distress and withdrawal from other people.”

(*Women’s Aid 2020*) This shows some of the social outcomes of children being exposed to family violence for it will lead them to release their anger upon other people

Another type of family violence is psychological, or emotional abuse. Psychological, or emotional, violence can be either “verbal or non verbal abuse, and the actions or behaviors are less obvious than with physical abuse. Physical abuse may seem worse, but verbal and non verbal abuse can be very emotionally damaging.” (*Better Health 2017*) This shows that psychological or emotional abuse is also very damaging, for it impacts an individual mentally. The source also included a list of how emotional abuse can impact someone. Some examples include, “Undermining a person’s self-worth through constant criticism, belittling, name-calling or insults. Threatening or intimidating a person to gain compliance. Yelling or screaming.”(*Better Health 2017*) There are many other factors that are listed in that source that contribute to psychological and emotional abuse. Because of verbal abuse, many kids often bully others verbally and even physically. As a child, my father would often yell and threaten me, and because of that I was always afraid to speak up. Whenever he yelled at me, I would shut down and immediately start crying. At the time, this impacted me socially because I wasn’t able to control my emotions when I was in school whenever my teacher would reprimand my class. And because of this, I didn’t have a lot of friends in school.

The last major type of family violence is neglect. Neglect can be defined as suffering a lack of proper care or not receiving proper attention from a family member. According to the article, *Long Term Consequences of Child Abuse and Neglect*, it tells us the negative effects of neglect in an individual. “Child abuse and neglect can cause a variety of psychological

problems. Maltreatment can cause victims to feel isolation, fear, and distrust, which can translate into lifelong psychological consequences that can manifest as educational difficulties, low self-esteem, depression, and trouble forming and maintaining relationships.” (*Child Welfare Information Gateway 2019*) With neglect, it can impact a child later in life. Because a child suffers from neglect, it causes them to isolate themselves from others and is afraid to let anyone get close to them, for they fear that they will be neglected by that person. As a child and even through my teen years, I was neglected by my father and it brought many issues. My father emotionally and physically neglected me, to the point where I questioned my own existence. As a child and teenager it impacted me socially. For I suffered in silence and was afraid to speak up, because I didn’t trust anyone and isolated myself from everyone. It also impacted me in my academics because my father never sat down with me and told me the importance of receiving an education. My father neglected his responsibilities as a father.

Family violence heavily impacts an individual mentally and socially. It brings many issues such as aggression, hostility, emotional distress, lack of trust, isolation and discouragement. Because of family violence, many individuals try their best to avoid remembering their traumas. It has impacted individuals socially because they won’t be able to maintain a friendship or relationship with anyone. Victims often blame themselves, when it’s not their fault, in all reality it’s their parents or caretaker’s fault. They’ve failed to provide a safe and caring environment and because of that negative environment, it has heavily influenced many individuals. But it also comes from the fact that our parents were also brought up in that environment and it was the only parenting method they had. From the sources provided and through personal experiences, family violence can have a long lasting effect on an individual and can impact them mentally, emotionally and socially.

**References (Sources):**

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