

Child Abuse Facts and Prevention in Pakistan: An Exploratory Study in Light of Islamic Teachings

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Abstract

Today, child abuse and violence are rising as a worldwide concern, producing dread, apathy, and distrust in all civilized nations. This problem is becoming more prevalent in both developing and developed nations, depriving not just the affected children of their right to live. Instead, their fundamental rights are being put at risk. The vast majority of these incidents are unreported from the start. Sexual abuse and violence not only have physical and emotional consequences for children, but they also destroy families. Suppressing this problem, refraining from speaking out against it, and not taking action against those who perpetrated it is a crime, and it may lead to catastrophic consequences for future generations. The method we use in this research will be investigative, with a focus on situations involving sexual abuse of minors in Pakistan, with the ultimate objective of finding a solution that is as according to Islamic teachings as much as possible.

Keywords: Child Abuse, Pakistan, Child Protection

No society can breathe a sigh of relief until the lives, property, honor and dignity of the people living in that society are protected. However, it is necessary to root out all kinds of vices and evils to make the society peaceful. And in order to eliminate the roots of any evil, it is necessary to employ an army of reasons and to create a solid strategy as a result of realizing the motives behind the reasons, in this regard, individual and collective awareness should also be raised for special purposes. should be combined and the legal process should also be mobilized and activated so that crimes can be solved and the society can breathe a sigh of relief.

During the last several years, there has been a continuous increase in the incidents of child abuse in Pakistan, while in the last two years, these incidents have forced everyone to think as a scholar about the causes of these incidents and in the light of Islamic teachings. Presenting my suggestions for the solution.

Undoubtedly, Pakistan stands thousands of miles away from the deluge of sexual atrocities in America and Europe, but there is no denying the fact that the moral conditions of Pakistani society are bad and getting worse. The data that was released is very alarming. According to this report, a total of 1,300 cases of child abduction were reported in Pakistan last year, from young children to minors. A total of 460 cases of rape of girls were recorded, while 600, 370 cases of sexual abuse of boys were also reported. Apart from this, there were more than a thousand cases of attempted sexual abuse of children, and 180 cases of gang rape of boys. And 158 cases of mass sexual abuse of girls were also reported by the police. In the six months of this year, 232 children were victims of sexual violence across the country. Compared to previous years, this number is 23% more than the data of this report. According to Pakistan, about 12 children are being subjected to sexual violence every day. The reasons for this worsening situation can be many reasons.

Introduction of Child Harassment

Child abuse is a broad term that includes all forms of exploitation of children. In general, exploitation can refer to all activities that may cause real or potential danger to a child. The following is defined:

“Child abuse or maltreatment constitutes all forms of physical and/or emotional ill treatment, sexual abuse, neglect or negligent treatment or

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commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development or dignity in the context of a Relationship of responsibility, trust or power¹

Ways of harassment

1- Mental torture

Mental fear is when a person tries to poison another person with their words or anger. It is also called psychological abuse.

In 2013, the “American Psychological Association (APA) defined the DSM (The Essential Companion of the Diagnostic and Statistical Manual of Mental Disorder 5th Edition) as a child psychiatric disorder of the year”². Included in which there are immoral verbal or symbolic acts of a parent or guardian that may result in psychological harm to the child.

In 1995, APSAC introduced the definition that,

“Rejecting Bullying Leaving alone Spoiling Denial of emotional responsiveness that conveys to children that they are worthless, spoiled, unloved, unwanted, at risk, or only valuable enough to be of use to others”³.

Some define it as the development of psychological and social malformations during childhood, resulting in behaviors such as yelling, aggressiveness, harsh criticism, and lack of personality in children. Other examples include name-calling, teasing, disrespect, excessive criticism, inappropriate or excessive demands, routine teasing.

¹Child abuse & neglect by parents & other caregivers, WHO, 4 March 2016/ <https://www.ojp.gov/ncjrs/virtual-library/abstracts/child-abuse-and-neglect-parents-and-other-caregivers-world-report>

² The Essential Companion of the Diagnostic and Statistical Manual of Mental Disorder 5th Edition/<https://psycnet.apa.org/record/2014-12601-000>

³ An edition of APSAC handbook on child maltreatment (2011), APSAC handbook on child maltreatment, 3rd ed. by John E. B. Myers

According to the APA in 2014

- “Childhood psychological abuse is as harmful as sexual or physical abuse.
- Approximately three million children in the United States experience some form of psychological abuse each year”⁴.

2 - Physical violence

There is no general consensus among professionals and the general public as to what behavior constitutes physical abuse for a child. It is defined as the use of physical force against a child that harms the child's health, survival, development and dignity, including beating, strangulation, burning, poisoning, and asphyxiation.

Effects

Sexually abused children develop sexual problems, leading to aggressive behavior, while adults are more prone to drug abuse, stress symptoms, emotional stress, and suicide. A tendency towards is also included in the characteristics of people in general-

3-Sexual violence/Molestation

Children sexual abuse is a form of child abuse in which an adult or an older youth uses a child for sexual pleasure. Financial gain can take various forms, soliciting or pressuring children to engage in sexual activity (regardless of the unrequited effort), exposing children to pornography, observing children's private parts without physical contact, or Using a child to prepare child pornography is also considered a form of child exploitation more than child prostitution.

Effects

⁴ See the reference number 3

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Sexually affected children of this year Regret, self-blame, memories of the past, nightmares, insomnia and fear of objects associated with exploitation have a profound effect, in addition to self-esteem difficulties, sexual dysfunction, chronic pain, self-injury, suicidal tendencies, sleep. Complaints of Curiosity and Other Mental Illnesses include Sexual Victimization in Childhood has been linked to several risk factors that can predispose us to HIV.

CAUSES OF CHILD ABUSE

1- Imperfect or defective education system

The education system plays a fundamental role in the development and development of any country, as well as in shaping morals and character, but a high and standard education system aims to improve the capabilities of a person at the national and international level. Along with preparing for the representation of the nation, it is necessary to prepare a responsible human being. Unfortunately, our education system is poor in both respects. While moral training and character formation have never been in our priorities. How can such cases of sexual immorality and child abuse be reduced?

2- Ignorance and lack of fostering

Another major lesson from the rise in child abuse in our society is that the vast majority of our parents are uneducated as well as unacquainted with the art of discipline. The educational credentials of the higher educational institutions are there, but their knowledge and information regarding the training of children is very little, if not non-existent. scale has been set, as a result of which the training of children is not built on a strong foundation, but most of these children are found involved in various immoral crimes and incidents when they are young.

3- Promotion of unethical and substandard content on media

Media is included as a very important element of any society, but in today's era, media has become a part of our family, which is playing a fundamental

role in the intellectual formation of children and youth. But the freedom of our media has pushed our children and young generation into Western and Indian civilization, apart from that, immoral and objectionable content is being broadcast every day, which is in every way harmful to our society. It is against and contrary to moral values. Along with the promotion of Indian and Western civilization, programs have been broadcast on our electronic media in the name of morning shows, which are the cause of sexual behavior and sexual harassment of our children and young generation.

Its effects are also being seen on advertising companies, which are based on extreme negativity and obscenity, in which products are portrayed in unethical and illegitimate ways. If the negative tendencies of the media are not controlled, it will be difficult to estimate its losses. It is the important need of the time that this tendency of the media should be controlled in time, otherwise, the way our values are weak, the time is not far when this nation will lose its power. The unique identity will forget the higher values, history, religion and ideology. While pointing out such immoral advertisements, the promise of severe punishment has been mentioned in the Qur'an for them. Those who incite obscenity among Muslims have been described in the Qur'an:

”إِنَّ الَّذِينَ يُحِبُّونَ أَنْ تَشِيعَ الْفُحْشَةُ فِي الَّذِينَ ءَامَنُوا لَهُمْ عَذَابٌ أَلِيمٌ فِي الدُّنْيَا وَالْآخِرَةِ ۖ وَاللَّهُ يَعْلَمُ وَأَنْتُمْ لَا تَعْلَمُونَ”

“Indeed, those who love to see indecency spread among the believers will suffer a painful punishment in this life and the Hereafter. Allah knows and you do not know”⁵.

4- Mobile and social media

On the other hand, mobile phones and social media have covered thousands of miles and turned the world into a global village, but where there are positive effects, there are also numerous negative effects that are spreading in the society. The media has made it easy for the human being to progress, it is because of the negative thinking of the human being and misuse of social

⁵ Qura'n ,An-Noor,19

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media that the society is going towards destruction and the reason for this is the human being himself. The reason for the increase in sexual crimes is on social media Movies and pornographic literature and mobile phones are becoming more and more accessible to people, which is why sex crimes are on the rise.

5- Abundance of sexual excitement

Due to all these reasons, the members of the society will be able to control their sexual life and as a result, children can be targeted for their sexual satisfaction and such incidents will increase day by day, feeling the danger of sexual excitement. Islam has repeatedly emphasized to control it, so it is said in the Quran:

”وَالَّذِينَ هُمْ لِأَفْوَاجِهِمْ حَافِظُونَ”

Those who guard their chastity (lit., private parts.)⁶

Real believers are those who guard their private parts , and then the Holy Prophet (peace and blessings of Allah be upon him) also said us that how to balance the instinct of it practically,

”فَقَالَ عَبْدُ اللَّهِ كُنَّا مَعَ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ شَبَابًا لَا نَجِدُ شَيْئًا فَقَالَ لَنَا رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ " يَا مَعْشَرَ الشَّبَابِ مَنِ اسْتَطَاعَ الْبَاءَةَ فَلْيَتَزَوَّجْ، فَإِنَّهُ أَغْضُ لِلْبَصَرِ، وَأَخْصَنُ لِلْفَرْجِ، وَمَنْ لَمْ يَسْتَطِعْ فَعَلَيْهِ بِالصَّوْمِ، فَإِنَّهُ لَهُ وَجَاءٌ" .⁷

"O young people! Whoever among you can marry, should marry, because it helps him lower his gaze and guard his modesty (i.e. his private parts from committing illegal sexual intercourse etc.), and whoever is not able to marry, should fast, as fasting diminishes his sexual power."

6- Effects of modern diet on psychological and sexual conditions

On the one hand, social misbehavior has worsened the situation, on the other hand, artificial foods have played the role of oil in the hurry. It is known that

⁶ Quran.Al-Mu'minun,5

⁷ Sahih al-Bukhari 5066, Book 67, Hadith 4, Vol. 7, Book 62, Hadith 4

the nature of the people of these areas is very polite, dignified and psychologically cool, but since the majority in our society uses fast food, which affects the psychological condition in addition to the effects on the nature.

PREVENTION OF CHILD ABUSE IN THE LIGHT OF ISLAMIC TEACHINGS

1- Prevention through education nourishment

The moral evils and crimes in the society can be prevented from increasing further through education and training which can become a means of starting a revolution in the inner heart of any person, only by preventing obscenity, the nation develops, and the nation in which obscenity spreads, the nation becomes a victim of suspicion. During their comments on the Companions of the Prophet, the experts of the Qur'an have also described one of their attributes that there was no such thing as obscenity in them, so education should be used to recreate the same society. Apart from this, Islamic teachings encourage administrative and legal measures in addition to sermons and exhortations, but since the path of evil can be stopped through litigation, evil cannot be eradicated quickly.

That the one who commits evil should consider evil as a ransom for his world and the hereafter and avoid it completely, that is why Islamic teachings work to beautify the inside of a person at the beginning, even after that, if someone goes on the path of crimes. So, since there is a fear of spreading immorality and danger to the peace of the society due to a few people, then Islamic teachings have set various limits and punishments to prevent evil. It has been said that about the children of

أَدْعُوهُمْ لِأَبَائِهِمْ هُوَ أَقْسَطُ عِنْدَ اللَّهِ فَإِنْ لَمْ تَعْلَمُوا آبَاءَهُمْ فَإِخْوَانُكُمْ فِي الدِّينِ وَمَوَالِيكُمْ

“Let your adopted children keep their family names. That is more just in the sight of Allah. But if you do not know their fathers, then they are ‘simply’ your fellow believers and close associates”⁸

⁸ Quran , al ahzab,5

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Obviously, one of the parallel demands of this verse also means that these children are like your brothers, you should treat your younger brother the same way you should treat ordinary children, while on the other hand, according to the Qur'an, such people scares those who are victims of this type of abuse.

2- Prevention through Mosques/Madrassa and Homes

This sacred and prophetic duty of education can be performed, mosque, schools, and homes, as well. Parents at home can protect their children from being trampled by their children and other people by training their children. While on the other hand, this child is an important member of the society and a responsible citizen in the future, so the training of a child at home is the training of members of the society.

And as far as modern educational institutions and mosques are concerned, on the one hand, such teachers should be appointed in modern educational institutions that have expertise in their subject and also know the psychology of children well. Because people with a destructive mindset are not born like that, but various immoral activities and the surrounding environment shape their minds during childhood. In the same way, in mosques and madrasahs, teachers should be appointed to provide elementary education to children, who are internally excellent and hold high standards, as well as trained, by a mentor. So that along with the education of the children, high and standard morals are also trained because the Holy Prophet said

“قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: مَا نَحَلَ وَالِدٌ وَلَدًا مِنْ نَحْلٍ أَفْضَلَ مِنْ أَدَبٍ حَسَنٍ”

There is no gift that a father gives his son more virtuous than good manners.”⁹

The best gift a father can give to his children is good education. Adopting this principle, the teacher in the school, the religious scholar in the mosque and the head of the house should perform this task well until all these

⁹ Jami` at-Tirmidhi 1952, Book 27, Hadith 58.

institutions. In this regard, the above measures will not be implemented; the possibility of further increase in such incidents is clear and prominent.

3- Prevention through legislative administration and judicial proceedings

Legal action is imperative when child abuse is proven. Keeping silent is actually supporting the perpetrator. In our society, the fear of crime and the perpetrator, and even more so, the fear of stigmatization, is a motivator that parents must have. Sometimes ignorance of the legal aspect of this crime also causes silence, similarly the discouraging attitude of the law enforcement agencies also hinders due to lack of proper child protection laws. It is increasing, so there is a need to make stricter laws for such accused and make sure that these laws are implemented 100%.

It would not be an exaggeration to say that crimes will die down, along with litigation, administrative and judicial proceedings, it is necessary to make it easier for a common man to get justice. Can knock on the door of Islam and present their complaint because by taking the Islamic Shari'ah from these virtues, he tries to bring man to the right path in both worldly and hereafter ways.

“لَهُمْ عَذَابٌ أَلِيمٌ فِي الدُّنْيَا وَالْآخِرَةِ”

“Will suffer a painful punishment in this life and the Hereafter”¹⁰

Similarly, it is indicated that the government in this world should establish a strong penal law for such people, as like mention in Quran,

“إِنَّ أَخَذَهُ الْيَمُّ شَدِيدٌ”

His grip is ‘terribly’ painful and severe¹¹.

In the light of Islamic teachings and guidance, the causes and incidents of child abuse can be remedied, so these teachings and guidance should be practically adopted in the present era.

¹⁰ An-Noor,19

¹¹ Al-Hud,102

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4- CONCLUSION AND SUGGESTION

The following imams are necessary to prevent sexual violence against children.

- Parents and teachers play a very important role in the education of children. A person guilty Social factors also play an important role in creating, for example, children not informing their parents about their psychological problems, access to obscene material and bad company, etc. Attention should be paid to the moral training of parents and children. There should be awareness about their question so that people can become active members of society instead of becoming criminals.
- Porn video websites should be blocked in the country.
- The rulers at the official level should establish a pure society in which the establishment of peace and harmony should be organized. People should be made aware of the true spirit of Iqamah Salaat, because prayer prevents immorality and immorality. It is the responsibility of the government to promote a clean environment in an Islamic state, in which people should be morally trained so that they understand evil and evil. They can purify themselves by staying away from it-
- Its necessity for training and awareness of parents, teachers and other members of the society to protect children-
- The government should take practical steps to eradicate poverty so that individuals and society get employment and they do not make crime a source of livelihood. "I heard 'Abbad bin Shurahbil, a man from Banu Ghubar, say: 'We suffered a year of famine, and I came to Al-Madinah. I came to one of its gardens and took an ear of corn, I rubbed it, ate some and put the rest in my garment. The owner of the garden came and beat me and took my garment. I came to the Prophet (ﷺ) and told him (what had happened). He said to the man: "You did not feed him when he was hungry and you did not teach him when he was ignorant.'" Then the Prophet (ﷺ) told him to give back his garment and ordered that a Wasq

or half a Wasq of food be brought to him".¹² From the incident of this biography, it is necessary to take care of the economic needs of the people first. If their economic needs are being met, then if they commit crimes, they should be punished. Individuals, society and proper employment should be provided and ensured. Proper education and training should be given. New skills should be taught so that they can be able to gain respectable employment in the society

- Parents and teachers should inform the children about the misuse of modern technology.
- The independence of the judiciary in the state must also be ensured so that this crime can be prevented in the society. Whoever is involved in the abuse of children, whether they are influential people or the poor, should be punished severely. "If Fatimah bint Muhammad were to steal, I would cut off her hand."¹³ And he ordered that her hand be cut off." 19 From this tradition, it is surprising that the rich and the poor are equal in the eyes of the law in the Islamic state. It is possible to eliminate crimes from society by punishing them.
- In addition to severe punishments, education and training, elimination of economic and social inequalities, proper training of law enforcement agencies and community involvement are necessary to address crime.

¹² Sunan Ibn Majah 2298, Book 12, Hadith 162, Vol. 3, Book 12, Hadith 2298.

¹³ Sunan an-Nasa'i 4891, Book 46, Hadith 22, Vol. 5, Book 46, Hadith 4895