

## Enhancing Resilience and Reactive Proactive Aggression through Integrated Intervention among Sexually Abused Children

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### ABSTRACT

The national crime records bureau reported that in India Four child is a victim in every hour of sexual abuse. One in each five children not feels secure because of the fear of being sexually abused. According world health organization (WHO) (1) described child sexual abuse as: “the connection of a child in sexual action that he or she does not completely understand is not capable to give knowledgeable consent to, or for which the child is not developmentally ready, or also that break the laws or societal taboos of culture. Children can be sexually ill-treated by adults or other children who are by asset of their period or stage growth – in a condition of responsibility, hope, or power over the sufferer” plentiful proof point to CSA is linked with a figure of unfavorable behavioral and psychological penalty for survivors all through their life. Child-victims of sexual abuse are at an increased risk for serious negative outcomes including violence, psychological problems, and physical health conditions. Resilience has been defined as “the ability to thrive, mature, and increase competence in the face of adverse circumstances or obstacles” Given the prevalence of child abuse, resilience is critical for coping as it means children are better able to deal with life circumstances. Better coping is preventive in the sense that children with resilience resources are better equipped to avoid the development of future problems. This study was aimed to assess the resilience among sexually abused children’s. 37 sexually abused children were part of the study. Based on the statistical analysis the results are discussed and conclusions are arrived at.

**Keywords:** *Resilience, Reactive and Proactive Aggression, Sexually Abused Children, Integrated Intervention, Kerala*

In India, one in every 5 children does no longer sense safe as the worry of being sexually abused. According to the NCRB (National Crime Records Bureau) <sup>(2)</sup> facts for 2016, incidents rapes of children have increased by over 82% as examine to 2015. According to World Health Organization (WHO) defines the child sexual abuse as a child in sexual involvement he or she does not fully recognize or not to provide informed consent to, or for which the kid isn't developmentally organized, otherwise that violate the laws or social taboos of society. Children can be sexually abused via adults or other kids who're via virtue

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of their age or stage development – in a role of duty, believe, or power over the sufferer”(World Health Organization <sup>(3)</sup>.

Children under the age of 18 uploads to forty 44% of India's contemporary population, half of which are not given with basic schooling, vitamins, and fitness <sup>(4)</sup>. India's large population of youngsters is at danger to numerous varieties of child mistreatment <sup>(5)</sup>, <sup>(6)</sup>. Specifically, the trouble of child sexual abuse (CSA) amplify eager on India's early on histories and is careful deep-rooted societal subject <sup>(7)</sup>. The delicate public consciousness of child sex trafficking has change into a principal human rights issue used for policymakers. Even although Child sexual abuse (CSA) is the greatest fear in India, right here is an insufficient amount of check out research so that it will have mainly have a look at the child sexual abuse (CSA) in Indian children in addition to the applicable cultural elements. The only some obtainable have a look at factor out that crime in competition to children in India (whilst in other parts of the globe), be highly underreported. Recent estimate kingdom that among 18% and 50% of us of children have experienced numerous kinds of toddler sexual abuse <sup>(8)</sup>. In India girls report higher incidents of sexual abuse; while, boy's record greater bodily and psychological violence. There is one look at suggests utilize in element interviews, 30% of fellows and forty% of ladies report childhood sexual molestation which included genital contact. Partly of the perpetrators be Intrafamilial child sexual abuse, and in 80% of the instances, different family individuals had the expertise of the abuse. A lot of abuse within the own family remains undisclosed. Children can also fear their abuser, no longer need their abuser to get into the problem, feel that the abuse changed into their fault. <sup>(9)</sup> Said that youngsters who have been sexually abused by both intra-familial and extra-familial perpetrators mounted behavioural change. On the alternative hand, the depressing consequences of intra-familial sexual abuse are a smaller quantity of bodily and extra psychological <sup>(10)</sup>. <sup>(11)</sup> Found that children who have been sexually abused by using their fathers for short time period had sizeable for behavioral issues, in addition to aggression and depression.

The uncooperative rate of child sexual mistreatment on the psychosocial change and happiness of wounded have been at length recognized. The Short- and long-period causes following child sexual abuse are proofed as a enormous set of intellectual troubles, with posttraumatic pressure disorder, depression, anxiety, substance abuse and aggression<sup>(12)</sup>, <sup>(13)</sup>, <sup>(14)</sup>, <sup>(15)</sup>, <sup>(16)</sup>, <sup>(17)</sup>. Researchers have posited that demanding life occasions, together with child abuse, maybe extra powerfully connected with the aid of Reactive than Proactive Aggression, as reactive aggression is a reflection to increase because of loss of safety in members of the family or version within the environment, circumstances that might effect from any shape of child abuse <sup>(18)</sup>, <sup>(19)</sup>. The result is steady with the aid of the pressure-procedure structure, suggestive of that disturbing lifestyles court cases may consequence in the reduced behavioral and emotional directive <sup>(20)</sup>, <sup>(21)</sup>, <sup>(22)</sup>. these are input additives of reactive aggression <sup>(23)</sup>.

Studies indicate that a few sexually abused people preserve the ordinary level of overall performance <sup>(24)</sup>, <sup>(15)</sup>. The observable truth of a dynamic developmental process surrounding the achievement of positive adaptation within the context of enormous difficulty is known as resilience <sup>(25)</sup>, <sup>(26)</sup>, <sup>(27)</sup>. Resilience has been described in a couple of methods but two elements seem critical in all definitions: the presence of a hazard to a healthy improvement and of a subsequent positive version <sup>(28)</sup>. <sup>(29)</sup> Definition appears particularly applicable to the population of interest in the present evaluation: “a dynamic developmental International method encompassing the attainment of positive model notwithstanding exposure to sizable

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risk, severe adversity, or trauma that normally constitute major assaults on the strategies underlying organic and psychological improvement". The phrase resilient is time and again used interchangeably with others inclusive of hard, invulnerable, stress-resistant and unbeatable<sup>(30)</sup>. On a theoretical factor, resilience is described as a fact of preserve adaptive overall performance no matter grave danger risks<sup>(31)</sup>.

According to<sup>(32)</sup> conducted a observe on the relationship between resilience and aggression among excessive college students in ghorveh town. The study tries to assess the relationship between resilience and aggression amongst excessive faculty college students. A general of 253 students (130 males and 123 women) had been decided on with the aid of multistage cluster random sampling. For information evaluation, Pearson correlation takes a look at, regression take a look at, and unbiased t-test was used. The results display that there is an opposite and significant relationship between resilience and aggression. Compare the resilience amongst female and male additionally showed that male has been greater resilient than females. Resilience can anticipate aggression and the amount of aggression decrease with growth resilience.

In<sup>(33)</sup>conducted a observe at the resilience technique in sexually abused adolescents ladies: A scoping assessment of the literature. This look at aims to scoping evaluate turned into to comprehensively map existing empirical studies on resilience system in sexually abused adolescent women and to submersing emerging resilience - permitting factors. Results revealed that CSA survivors are not passive victims acting without agency; they may be capable of reflecting on and negotiating exchange and solutions to the problems they come across.

In<sup>(34)</sup>Studied at the resilience criteria and factors related to resilience in sexually abused girls. Resilience and correlates of resilience have been examined in a sample of forty three sexually abused girls who have been assessed the usage of a self-administered interview at the time of consumption for psychotherapy. Results indicate comparatively excessive ranges of difference as to which girls had been resilient the usage of upkeep of social competence and lack of scientific levels of symptomatology as opportunity criteria. Most girls that had to maintain age-normative levels of social competence had been, though, manifesting clinically significant levels of symptoms. A warm and supportive courting with a non-offending determine changed into a robust correlate of resilience, irrespective of which criteria changed into used. Lower stages of abuse associated stress, fewer poor cognitive appraisals of abusive dating, and much less reliance on aggressive coping behaviors have been also full-size predictors of resilience based totally on the absence of clinical stages of symptomatology. However, parental support and level of abuse strain had been the simplest two variables to go into a logistic regression version predicting resilience. The studies and clinical implications of these findings are discussed.

In<sup>(35)</sup> Studied on proactive reactive aggression within referred child and adolescents. Ratings of proactive and reactive aggression substantially correlated with more mounted measures of aggression. Result suggests that the importance of hyperactive/impulsive behavior, disruptive conduct disorders, and self-said hostility in youths with both reactive and proactive aggression. Substance use disorders, family records of substance abuse, and own family violence have been specifically associated with proactive aggression. Younger age and a history of abuse had been correlated with reactive aggression. Implications for scientific interventions and future research are mentioned.

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In <sup>(36)</sup> Conducted a look at aggressive behavior amongst women sexually abused as children. This check out describes that the self-pronounced adolescent and adult combating behavior on 136 ladies who were sexually abused as children and examines the function of intervening variables in the danger of such conduct. Result suggests that a history of publicity to different styles of violence extensively extended the danger of combating even as robust cloth attachments mitigated the threat, generally by means of reducing the likelihood of involvement in an abusive intimate courting.

### **METHODOLOGY**

#### *Objective of the study*

- Find out the efficacy of integrated intervention on improving the Resilience of sexually abused children
- Discover out the usefulness of Integrated Intervention on reducing Reactive Proactive Aggression of sexually abused children.

#### *Hypotheses*

1. There will be a significant difference in Resilience among the sexually abused children between Before, After and Follow-up phase of the Integrative Intervention program.
2. There will be a significant difference in Reactive Proactive Aggression among the sexually abused children between Before, After and Follow-up phase of the Integrative Intervention program.

#### *Sample*

37 sexually abused children were selected from the Government Nirbhaya Licensed Home located in Quilon district in Kerala, the purposive sampling method was used to select the sample. Inclusion criteria for selecting the participant's age group would be between 12 to 17. Exclusion criteria were participants should not be pregnant.

#### *Intervention*

An Integrated intervention method was used to help the sexually abused children cognitive-behavioral problems. During the integrated intervention four techniques were used namely Art therapy, Solution-focused therapy, Mindfulness meditation. Art Therapy, half-hour sessions in a day, In the first session – sitting in a circle, making two groups – prepare a play, drawing, dance or song to introduce them to the group. In the second session – task completion (with clay) in the third session – little discussion will be held about different kinds of symbols (personal, cultural and global) they have to create these symbols in a drawing.

Solution Focused Therapy the proposed program will consist of three, half-hour sessions and will include homework tasks that are to be completed outside of the counseling session. Each session will start with an ice breaker activity and provide step – by step instructions. The participants will begin to focus on solutions and start searching for expectations of their problem in the first session. In the second session, the participants will clarify their strength and continue to monitor where they are in the stages of recovery and celebrate their progress. Between the second and third session, the participant's homework is to pretend that their miracle has happened and they begin to live life differently. In the third and final session, the participants review the outcome of their homework experience and develop a further plan of action in the Oder to make their miracle more concrete. Mindfulness practice

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mediation the combination of hatha yoga, meditation, and mindful-breathing. Mindfulness practice intervention consisted of 30 minutes of classes. Each class started with a warm-up and guided breathing exercises. The group then did a 10 – part yoga sequence practices, followed by either a game or story demonstrating the importance of yoga practice and ended with a guided meditation.

### **Tools**

30 items Resilience is developed by <sup>(37)</sup> Among the 30 items, 20 items are positively loaded items and 10 are negatively loaded. The resilience consists of 30 items rated on a 5 – point scale (most appropriate =5, appropriate to a large = 4, moderately appropriate = 3, marginally appropriate = 2, not at all appropriate = 1) A higher score indicates higher resilience.

<sup>(38)</sup> It is a self-report scoring was designed to differentiate between reactive and proactive aggression. The RPQ have 23 items and 3-point scale (never= 0, sometimes= 1, often= 2). A total of 11 items evaluates reactive aggression (e.g., “Reacted angrily when provoked by others”) and 12 items evaluate proactive aggression (e.g., “Hurt others to win a game”). Overall scores calculate of reactive or proactive aggression, as well as whole aggression. Higher scores indicate higher levels of aggression.

### **Research Design**

Pre-test, post-test and follow-up experimental method were used to identify the effectiveness of the Integrated Intervention.

### **Statistics**

Mean, SD, ANOVA, Post-hoc tests were used to analyze the data, SPSS 16 software was used to progress the data.

## RESULTS AND DISCUSSION

The data collected and analyzed the results are discussed accordingly.

**Table 1 Mean and stander deviation between the three phases testing on Resilience among the sexually abused children.**

Variables	N	Before		After		Follow-up	
		Mean	SD	Mean	SD	Mean	SD
Resilience	37	83.68	5.74	103.95	2.47	105.24	3.38

**Table 2 Results of ANOVA for Resilience and degree of freedom using Greenhouse-Geisser estimate of Sphericity**

Measures	Type III sum of Squares	df	Mean square	F	Sig.
Resilience	10825.297	2	5412.649	318.208	.000
	1224.703	72	17.010		

**Table 3 Post-hoc using Bonferroni correlation between three phases of testing on Resilience**

Measure	(I) Test	(J) Test	Mean Difference (I-J)	Sig.
Resilience	Pre test	Post Test	20.270*	.000
		Follow – Up	21.568*	.000
	Post test	Follow – Up	1.297*	.015

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Table 1 shows the mean and SD of the sexually abused girl children resilience in the pre-test, Post-test and follow up test which indicated that mean value improved in the post and follow – up test compared with a pre-test. Table 2 shows the results of repeated measures ANOVA and it reveals that there are significant differences in resilience among sexually abused girl children. In table 3 Post – Hoc analysis revealed that difference between pre-test, post-test and follow up results in resilience. The mean values between pre-test and post test found to be significant ( $MD = -20.270, p=.000$ ) and the difference between pre-test and follow up test also found to be significant ( $-21.568, p=.000$ ). Difference between post-test and follow up results were found to be significant ( $M - 1.297, P=000$ ). Overall results revealed that resilience was significantly improved after the integrated intervention. <sup>(39)</sup> Art therapy is successful in reducing anxiety and depression in preschool-aged girls and also developing strengths using arts to normalize and enhance resilience. <sup>(40)</sup> Study shows that mindfulness meditation support to reducing the depression and anxiety, trauma – related symptoms and improved the coping self and quality of life.

**Table 4 Mean and stander deviation between the three phases testing on Proactive Reactive Aggression among the sexually abused children.**

Variables	N	Before		After		Follow Up	
		Mean	S.D.	Mean	S.D.	Mean	S.D
Proactive Aggression	37	12.89	2.35	6.81	2.42	6.57	2.07
Reactive Aggression	37	12.81	1.72	6.41	1.75	6.19	1.66

**Table 5 Results of ANOVA for Proactive Reactive Aggression and degree of freedom using Greenhouse-Geisser estimate of Sphericity**

Measures	Type III sum of Squares	df	Mean Square	Sig.
Proactive Aggression	950.108	2	477.009	.000
	217.892	72	3.026	
Reactive Aggression	1047.369	2	523.685	.000
	145.964	72	2.027	

**Table 6 Post-hoc using Bonferroni correlation between three phases of testing on Proactive Reactive Aggression**

Variables	Phase (I)	Phase (J)	MD	Sig
Reactive Aggression	Before	After	6.405	**
	After	Follow-up	6.622	**
		Follow-up	.216	NS
Proactive Aggression	Before	After	6.108	**
	After	Follow-up	6.324	**
		Follow-up	-.216	NS

Table 4 shows the mean and SD of the sexually abused girl children Reactive Proactive Aggression in the pre-test, Post-test and follow up test which indicated that mean value improved in the post and follow – up test compared with a pre-test. Table 5 shows the results of repeated measures ANOVA and it reveals that there are significant differences in Reactive Proactive Aggression among sexually abused girl children. In table 6 Post – Hoc

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analysis revealed that difference between pre-test, post-test and follow up results in Reactive Proactive Aggression. The mean values between pre-test and post test found to be significant ( $MD = -6.108, p=.000$ ) and the difference between pre-test and follow up test also found to be significant ( $6.324, p=.000$ ). Difference between post-test and follow up results were found to be significant ( $MD.-216, P=000$ ). The results revealed that solution focused therapy was found to be effective to reduce online aggression among student <sup>(41)</sup>. Mindfulness meditation reduces the aggression with a strong emotional component and focus on developing for successful emotional regulation <sup>(42)</sup>.

### CONCLUSION

The sexual abuse of children is a shape of maltreatment that provokes reactions of indignation and incomprehensibility in all cultures. CSA is, regrettably, extensive trouble that influences more than 1 out of 5 women and one out of 10 men worldwide. The present study intends to examine the integrated intervention to enhance resilience and reduce proactive reactive aggression among sexually abused girl children in Kerala. The result shows that integrated intervention helped to improve resilience also reduced proactive reactive aggression of sexually abused girl children, so as to enable them the society with a high amount of self-efficacy and bounce back from the setbacks they had in their life.

### Implications

- Integrated Intervention can be implement in the government Nirbhaya Homes were the sexually abused children are staying.
- Government and non-government organizations working in child trauma prevention program may use of integrated intervention.

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