

Experiences of educated youth exposed to domestic violence: Social impact to their lives

Pengalaman kaum muda terdidik yang terpapar kekerasan dalam rumah tangga: Dampak sosial bagi kehidupan mereka

Siti Mas'udah^{1*}, Lutfi Apreliana Megasari¹, & Evan Doran²

¹Department of Sociology, Faculty of Social and Political Sciences, Universitas Airlangga

²Faculty of Arts and Social Sciences, University of Sydney

Address: ¹Jalan Dharmawangsa Dalam, Airlangga, Surabaya, East Java Province, Indonesia 60286

²Camperdown NSW 2006, Australia

E-mail: siti.masudah@fisip.unair.ac.id

Article History: Received 26 July 2021; Accepted 28 March 2022; Published Online 08 June 2022

Abstract

The number of cases of domestic violence against women and children in Indonesia has escalated year by year. Various studies have revealed the impact of family violence on children, but few have sought to investigate the sociological lives of youth who have been exposed to domestic violence since childhood. This study aimed to reveal the experiences of educated youth who are exposed to domestic violence and its impact on them. This study used a qualitative method. The research informants were educated youth who had been victims of domestic violence and were currently students in the university. The results showed that children who were victims of exposure to violence had bad experiences throughout their lives. They recorded domestic violence from childhood to growing up. They believe that parents and families are parties that are unable to provide protection. In addition, exposure to violence also causes mental health disorders, poor psychological conditions, and thoughts of refusing to marry. This study concludes that exposure to domestic violence has a serious impact on children's social development because from childhood to adulthood they grow up in a violence zone.

Keywords: domestic violence; educated youth; social impact

Abstrak

Jumlah kasus kekerasan dalam rumah tangga terhadap perempuan dan anak di Indonesia semakin meningkat dari tahun ke tahun. Berbagai studi telah mengungkap dampak kekerasan dalam rumah tangga terhadap anak, namun hanya sedikit yang berusaha menyelidiki kehidupan sosiologis kaum muda yang telah terpapar kekerasan dalam rumah tangga sejak kecil. Studi ini bertujuan untuk mengungkap pengalaman kaum muda terdidik yang terpapar kekerasan dalam rumah tangga dan dampaknya terhadap kehidupan mereka. Studi ini menggunakan metode kualitatif. Informan dalam studi ini adalah kaum muda terdidik yaitu mahasiswa yang pernah terpapar kekerasan dalam rumah tangga. Hasil studi menunjukkan bahwa anak yang menjadi korban paparan kekerasan memiliki pengalaman buruk sepanjang hidupnya. Mereka merekam kekerasan dalam rumah tangga sejak kecil hingga saat mereka beranjak dewasa. Mereka menganggap bahwa orang tua dan keluarga adalah pihak yang tidak mampu memberikan perlindungan. Selain itu, paparan kekerasan juga menimbulkan gangguan kesehatan mental, kondisi psikologis yang buruk, dan pemikiran untuk menolak menikah. Studi ini menyimpulkan bahwa paparan kekerasan dalam rumah tangga berdampak serius terhadap perkembangan sosial anak karena sejak kecil hingga beranjak menuju dewasa dibesarkan dalam zona kekerasan.

Kata kunci: kekerasan dalam rumah tangga; kaum muda terdidik; dampak sosial

Introduction

A child cannot choose the family or parents to whom they are born. Some children are born into joyful and harmonious families, while others are born and raised in contentious families. Children born and raised in contentious families have their own experiences and impacts because they live with and are

used to witnessing domestic violence perpetrated by their parents. They have been faced with situations where their parents often clashed in front of them from an early age.

Children who witness domestic violence between their fathers and mothers are instantly drawn into these actions because they intervene directly with both victims and perpetrators of violence (Holden 2003). When parents are in conflict and there is an element of domestic violence involved, the children are inevitably victims of parental negligence in terms of providing a safe environment for them to grow and develop. Sometimes, children also participate in parental disagreements. Those who are already aware defend their parents who are victims of the violence. They are often subjected to violence when intervening in parental conflicts. The victims of domestic violence, on the other hand, are always exposed to violence, even if they do not attempt to interfere since they hear and watch how the violence occurs.

Previous studies have stated that, when parents experience or commit violence, at that time they are unable to provide care and safety to their children, including when children witness violence and react (Dishion & Bullock 2002, Osofsky 2003, English et al. 2005). When parents argue and use violence against each other in front of their children, parents also disregard their children's rights. Domestic violence by parents can make children feel uneasy. Particularly when the violence has a direct effect on children, such as when parents easily vent their emotions on children.

Gender has no bearing on who commits acts of violence; both men and women can be abusers. Until now, most of the perpetrators of domestic violence are husbands/men, which shows that patriarchal culture still dominates society, especially at the family level. A study conducted by Hamby et al. (2011) revealed that every child has certainly witnessed violence between their fathers and mothers, with the fathers perpetrating the majority of the violence. The violence perpetrated by the fathers makes the children feel as if they have lost a loving figure in male parents, but the children can also adopt this attitude as they grow up. Previous studies have found that children who witness parental violence suffer more impact on their development and are significantly more likely to have a variety of psychological, psychosocial, and educational difficulties (Litrownik et al. 2003, Sternberg et al. 2006, Clements et al. 2008). This is due to exposure to domestic violence, which occurs from time to time and is recorded in children's memories. Children that are unhappy at home experience delayed growth all through their development.

Orbach et al. (2001) discovered that parental abuse causes children to retain memories and it affects their depression levels. These symptoms do not emerge only in young children but can persist throughout adolescence and into adulthood. Domestic violence committed and experienced by parents will leave a lasting impression on the children's memories, particularly if the children have been exposed since childhood and their long-term memory has preserved all of the episodes. Therefore, it is not surprising that children experience depression as a result of the events of parental violence remaining in their minds. Previous studies have also stated that children who witness violence will experience lasting violence because they are a side effect of violence between parents (Ernst et al. 2006, Wood & Sommers 2011, Lünemann et al. 2019). This event, which has been recorded in memory, is what gives rise to the statement "violence will continue as long as the chain of violence is not broken." Because the children have grown up in a conflict-filled environment, they would likely perpetrate similar violence as an adult.

Parents who are involved in domestic violence are more prone to conduct acts of violence against their children such as neglect, psychological abuse, and sexual abuse (Hamby et al. 2010). Domestic violence is undeniably a problem that does not only affect husbands and wives but may also affect another subject, such as children. Children who are raised in troubled families receive impacts that should not be experienced by them. They also become very vulnerable to parental behavior. Both victims and perpetrators of domestic violence are inclined to vent their anger or inability to defend themselves against children because children are considered weak. As a result, the negative impact on children is unavoidable. Previous studies have also explained that exposure to violence between parents causes

children to experience trauma, psychological disorders, fear of separation, death anxiety, feelings of loneliness and isolation, lack of happiness, lack of attention, and sleep disturbances (Ann McCloskey & Walker 2000, Mertin & Mohr 2002, Adams 2006, Chan & Yeung, 2009).

Kolar & Davey (2007) discovered that exposure to violence experienced by children is the same as physical violence because exposure to violence is a social manifestation that can affect individuals throughout their lives. Although sometimes children do not find physical violence committed by their parents, the conflicts that arise are a boomerang for children. Children will keep remembering the conflict in their memories until it makes them feel uncomfortable, easily sad, and even traumatized. Therefore, it is not uncommon for children who have been victims of domestic violence to be terrified when they hear yelling. Previous studies also found that children who are exposed to violence among parents show many psychological effects such as anxiety, fighting, bullying, lying, or cheating (Stiles 2002, Espelage et al. 2013, Baek et al. 2018). This is because children are raised in unfriendly situations for their growth and development where parental violence is a picture in which individuals solve a problem with conflict and violence.

Sasmita (1992) stated that, in criminological theory, a person's criminal actions are not innate traits from birth, but are a growth process that is influenced by the environment. Economic conditions, relationships, and social environment are critical factors that can shape a person's personality and attitude. In this case, a child who is exposed to domestic violence may grow up to be a criminal as a result of the socialization pattern that is filled with violence.

The growth and development of children who are raised in conflict-ridden families often encounter problems. Children exposed to violence experience long-term behavioral consequences such as delinquency, violence, dropping out of school, and poor conflict management (Herrenkohl et al. 2008). This is inextricably linked to the events that occurred at home, where their parents failed to educate them on how to be good individuals. Children easily imitate their parents' behavior at home, and, as a result, many of them grow up to be unpleasant individuals. They grow up with many issues and become troublemakers because they do not receive an education from a positive role model at home.

There have been many studies on child victims of domestic violence. Similar studies are still worth reviewing and researching because domestic violence is still an issue that has not been resolved until now. There are only a few sociological studies that illustrate the experiences of children who are exposed to violence as adults. Children who have grown up as victims of domestic violence keep track of how violent occurrences have continued from the time they were young until now. Therefore, this study seeks to reveal the experiences of educated youth who are exposed to domestic violence and its impact on them.

Many studies on the impact of domestic violence on children have been carried out. Previous studies often reviewed children who were directly affected, such as being hit, yelled at, pinched, and various other violence. This study takes a different perspective, namely the indirect impact felt by children when their parents fight to the point of violence against each other. Children in this study are positioned as "subjects who observe" violence. This study takes children as informants who have grown up to explore their discourses on marriage, violence, as well as mate selection.

Research Method

This study used a qualitative method. It sought to describe the social reality behind the occurrence of domestic violence experienced by parents and its impact on children. This research was a descriptive study to provide an overview of the experiences of children who have been exposed to domestic violence and the effects it has on them.

In this study, the informants were students who had been subjected to domestic violence and were currently pursuing higher education. The criteria of the research informants were undergraduate students aged 19 to 22 years old who had been exposed to violence since childhood. Thirty-one male and female students participated as research informants.

The research location was in East Java. This location was chosen because the frequency of cases of domestic violence in East Java has risen year after year. This condition allows this study to delve deeper into children who are exposed to domestic violence. The affordability of data is much easier to come by because of this factor. In addition, East Java also has a patriarchal Javanese culture. This is a supporting factor where patriarchal culture also creates power relations between husband and wife who are not equal so that it can lead to domestic violence.

Data were collected through in-depth interviews conducted with informants who were obtained using snowball. Following the collection of data, the data were processed and categorized according to the research topic. Data were analyzed, interpreted, dialogued, and discussed with theories and previous studies that are relevant to this study.

Results and Discussion

Growing up in a family where domestic violence is prevalent is tough for many children. Even as they grow up, they will continue to wonder why this happened to their parents. Children who are exposed to domestic violence are vulnerable to abuse and violence by their parents. The study conducted by Moylan et al. (2010) found that children who witnessed domestic violence were twice as likely to be exposed to domestic abuse and violence in the future. Domestic violence also causes children to not have a warm relationship with their parents. Forssell & Cater (2015) found that mothers will protect their children from exposure to violence by divorce, subsequently limiting child-father contact. Therefore, many children cannot feel the warmth of a family. This study sought to reveal the experiences of children who are exposed to domestic violence and the impact experienced from childhood to adulthood.

Experiences of youth exposed to domestic violence

Living in a family that does not provide comfort due to constant conflict makes children grow up with unpleasant conditions. Whenever their parents fight and there is domestic violence, these children who are victims of domestic violence express how unpleasant it is to stay at home. This was experienced by informant AYU, who felt uncomfortable staying at home when her parents conflicted. Moreover, AYU felt that the COVID-19 pandemic has made her family's economic situation decline. Domestic conflicts and violence between her parents have increased in intensity.

"When there is a problem at home, I don't feel at ease and prefer to go outside with friends. I wanted to run away from home, but I didn't dare to do so and stayed in my room instead. I only dared to talk to my mother. I dare not interfere for other matters."

AYU's confession illustrates how awful was the atmosphere she felt at her home. During the COVID-19 pandemic, AYU's family suffered financial difficulties and her parents' finances were thrown into disarray as a result. On the other hand, AYU's parents have to work hard to pay for the education of AYU and her siblings. Commonplace family conflicts become more and more intense during the pandemic. This is what made AYU felt quite uneasy at home, especially during the pandemic. Moreover, since AYU was studying at home, this affected her psychological condition.

Children who were exposed to violence as a child realized that their parents' actions had put them at risk for mental health problems. This is felt by informant TIA, where she sometimes thought that her parents ignored the child's right to mental health. TIA's parents had conflicted for a long time. TIA had lived with her stepmother because her biological mother died a long time ago. Since the second marriage,

TIA's father had often conflicted with TIA's stepmother to the point of committing violence against each other. During the pandemic, the violence never abated; rather, it increased in intensity.

"I felt like running away from home. I felt that my biological father really didn't care about me because he often fights in front of his children. It's as if my parents didn't care how their fights affect their children's mental health. Often after a fight, my father told my siblings and me to just be patient and have to agree with whatever my stepmother said. My father always tried to cool things off by forcing obedience on me and my siblings. I felt that everything was unfair and wondered why I should give in. After a fight, my parents always held a family talk, explaining the fight and asking each child their opinion. I criticized my father for always limiting my stepmother and remarked that it was pointless to try to reconcile if they would end up fighting again. My statement indicates that I want my parents to divorce, but they are still trying to work things out."

Domestic violence perpetrated and experienced by parents does not stop at just the two people. Domestic violence, such as what occurred to TIA, extends to other people, even children. TIA and her siblings were frequently exploited as scapegoats for issues that develop for problems to arise. It is undeniable that TIA's father and stepmother were two people who were undergoing remarriage, so the presence of stepchildren frequently triggers disputes and violence. This is what causes both parents to become agitated and, as a result, to engage in domestic violence.

Stressed parents have been linked to harsh parenting and child maltreatment according to previous studies (O'Keefe 1995, Bourassa 2007, Chan et al. 2021). When faced with stressful situations and committing or experiencing domestic violence, it is not uncommon for parents to vent to their children. Children who are innocent are often yelled at, or nagged which makes them feel uncomfortable. Howells and Rosenbaum (2008) stated that children who are exposed to domestic violence and are frequently reprimanded are referred to as unintentional victims, and will experience a domino effect when having intimate relationships. This is what TIA is scared of, that her parents' domestic violence would have a negative influence on her as an adult.

For a child who was used to living with parents who often commit domestic violence against their partners, it is assumed that there will never be happiness at home and that family relationships will be strained. This was revealed by informant HAR as a son of parents who often fight and commit domestic violence. According to HAR, during the pandemic, the atmosphere at home was increasingly uncomfortable due to social restrictions and working from home.

"The atmosphere at home became unpleasant. There was no meaningful conversation. My mother and sibling are frequently unable to be invited to merely talk about family matters. I was bored and irritated since my mother used to yell and use harsh words at me, and it made me threaten to leave the house if things didn't improve. I'm afraid of becoming more mentally ill because I have to listen to inappropriate words from my parents. I also felt disturbed when studying at home because it really breaks my concentration where sometimes my parents don't care about my needs to concentrate on studying. I couldn't stand the situation at home. Apart from my academic burden getting out of control due to tasks that were sometimes not mental health-friendly, my parents also had conflicts. My mother had a knife and my mind was completely jumbled."

HAR pointed out in his statement that, in addition to bringing economic impacts to many individuals, the COVID-19 pandemic had an impact on him because of the social restrictions and work-from-home policy. Social restrictions made him stay at home every day, while he was uncomfortable with the conditions of the house that was full of fights. HAR revealed that the domestic violence occurring between his parents was directed at him and his sibling. In addition, HAR suffered from a mental health disorder, which added to his burden as a child as well as a student who must do his assignments at home, despite the fact that home is not a comfortable environment for him.

Informant HAR grew up in a conflict-ridden family since childhood. The domestic violence he observed seemed to become his regular fare during that period. Because of the frequent domestic violence, HAR acknowledged that he grew up to be a person who was not valued by his parents. Because of the continual interpersonal violence, both parents are unable to be figures who can offer their children their full attention. Sharman et al. (2019) found that domestic violence was more common in households with children than in households without children. Exposure to violence in children can occur because of seeing, listening, intervening (such as preventing), or initiating violence (conflict due to children). Households with children are not only easy to get into conflict, but also easy to channel violence against children. As experienced by HAR, he also saw, heard, and even became a victim of violence. Previous studies have shown that children who are exposed to domestic violence also experience emotional abuse and neglect (Jouriles et al. 2001, Herrenkohl & Herrenkohl 2007, Kulkarni et al. 2010). Parents appear to pay little attention to their children, leaving them not only vulnerable but also deprived of their rights to emotional safety.

Domestic violence that occurred during the pandemic is a reality illustrating that social restrictions and working from home make it difficult for some families to find happiness. The policy of social restrictions indeed adds to the conflict because it makes the family members have to meet every day. This was conveyed by informant SYA, who expressed concern that the COVID-19 pandemic had increased the frequency of quarrels between her parents, particularly frequent fights and verbal insults.

“There are moments when I am bored and dissatisfied with my surroundings. My family has grown toxic throughout this pandemic, I believe. I can't seem to find freedom. I have a strong desire to enjoy life and communicate with other people. Parents, in my opinion, cannot be friends. They sometimes pass judgment on me without knowing what really happened. I'd prefer to live alone in a boarding house.”

SYA noted in her statement that the pandemic made her feel anxious at home. SYA was frequently subjected to verbal abuse from her parents, thus she felt free while she is not at home. SYA, on the other hand, was unable to do so because she must study from home during the pandemic. Meanwhile, the violence continues to take place.

Previous studies stated that children can only harbor the experience of witnessing violence experienced by their parents (Bowyer et al. 2013, Cronin 2013). Many of them choose to remain silent rather than intervene because of feelings of fear. Furthermore, many children find having a conflicted family embarrassing, and, as a result, they develop into individuals who are hesitant to discuss their experiences with others. McDonald et al. (2009) stated that children not only store trauma but experience the intergenerational transmission of aggressive behavior, especially in boys. Therefore, the chain of violence is difficult to break because children grow up with inappropriate upbringing patterns.

Some children who are exposed to domestic violence feel afraid, exhausted, and tired of dealing with bad situations in the family all the time. Informant ILA expressed similar sentiments, saying that she was tired of hearing and seeing his parents dispute frequently, which resulted in domestic violence. ILA admitted that she had grown accustomed to living in such a circumstance since childhood.

“I got tired because there was no one to talk to. But I'm used to remaining at home when there's a family conflict, and I do so while waiting for the tension to dissipate. When I had a disagreement with my mother, I planned to return to Surabaya late at night. I seldom get involved in family affairs, but if my mother confides in me, I will be a good listener. I don't want to be the middleman because that could exacerbate the situation. I'd better keep silent.”

ILA's statement demonstrates that she was used to family situations where domestic violence often occurs. In contrast to other informants who blamed the situation and could feel a lot of misery at home, ILA tended to express that she had had enough of watching domestic violence. This is in line with the findings of previous studies which stated that children who witnessed violence had the same perception

as their parents about how to educate because they felt they were used to violence (Huesmann et al. 2003, Van der Kolk 2017). ILA realized that domestic violence was becoming more frequent even during the pandemic, but she could not do much and considered it a normal occurrence.

Domestic violence in a sociological perspective is related to the power relationship between husband and wife, causing subordination to one party. Galtung (1969) mentions that gender-based violence occurs in hidden structures. Penetration, segmentation, marginalization and fragmentation, as part of exploitation, are reinforcing components in the structure that function to hinder formation and mobility to fight against exploitation. Galtung (1969) also defines cultural violence as our prevailing attitudes and beliefs that have been taught since childhood and surround us in everyday life about power and the need for violence.

Meanwhile, Purwadi (2007) states that violence is very close to child development. From an early age, children are familiar with various forms of violence, both at home and outside the home. Forms of domestic violence include verbal, physical and sexual violence. In addition, children also see or witness adults fighting in the house. This is what shapes a child's experience that is always there until they grow up. Dwiatmodjo (2011) also states that violence that occurs repeatedly is something that hurts and suppresses the individual who experiences it. This condition can affect the psychological condition of the individual as a result of the violence.

Impact of domestic violence

The impact of domestic violence on children does not only occur once when they were children; it has a long-term effect. Children continue to keep track of all incidences of domestic violence between their parents from adolescence to adulthood. In addition, domestic violence can also last into adulthood, resulting in continuous exposure to violence. Exposure to domestic violence, according to the informant SAV, will continue even though children have understood violence and grow up. SAV had been dealing with the psychological effects of her childhood since she was a child

“I can't stand yelling and it's uncomfortable when someone speaks in a high, loud voice. Besides, I have no desire to marry, and I am uncomfortable seeing people arguing. I've never felt at ease when my parents speak to each other since I'm always reminded of their fight. I became uncomfortable and had an awful relationship with my father as well. I'm always comfortable at home, especially in my own room. I sometimes get upset easily and can't control my emotions well. I feel now my responsibility as the eldest child to protect my mother and sister is getting bigger.”

Domestic violence, SAV believes, will have an effect on her until she grows up. As a child exposed to domestic violence, SAV has her own perspective on marriage. Marriage, she believes, is something that imprisons an individual. This is the result of her experiences as a child who was subjected to violence. SAV, eventually, had no desire to marry. She had always been afraid of being in a romantic relationship. On the other hand, exposure to violence that has occurred so far has made her relationship with her parents unhealthy.

It is undeniable that domestic violence can lead to personality disorders. In addition to causing children to become aggressive and antisocial, exposure to domestic violence can make them have a closed attitude and sensitive feelings. This was experienced by the informant MEI, who stated that domestic violence caused her to become a person with a fragile personality.

“I felt traumatized when I heard my mother's verbal abuse because it was resonating in my thoughts. I become easily agitated, cry often, and every time I hear verbal abuse, I feel compelled to be angry, but I can only keep it to myself. My mother was often enraged, which should have been a patient figure and it was easy for her to verbally abuse me because I felt the violence. And, of course, when my mother was exhausted, she blamed me.”

MEI said that her father's domestic violence toward her mother had an impact on her. MEI's mother was able to readily release her rage on MEI, leaving her with the impression that neither her father nor her mother was a good parental figure. MEI also had an easy-to-cry personality as a result of her exposure to violence. MEI does not want to have such characteristics. But she realized that her personality was shaped by the upbringing she had gotten in her family. MEI also developed into a person who is easily agitated and irritated, but who is afraid to voice her feelings.

The statement expressed by the informant MEI that she always harbored anger was the result of that she never tried to intervene in the domestic violence committed by her parents. Since childhood, MEI has never tried to interfere or arbitrate her parents when fighting. This is because she fears, especially because MEI's mother always takes her anger out on MEI. McIntosh's (2003) study explained that such children are considered as 'silent witnesses' of violence between parents because they are considered as a separate subject from parental violence. That's why it is easy for parents to fight in front of their children. On the other hand, parents assume that the children do not understand anything and thus disregard their right to protection. Previous studies confirmed that, to date, there are no strong laws or services that provide protection to children from exposure to parental violence (Humphreys 2008, Humphreys & Absler 2011, Münger & Markström 2019). As a result, even if the violence is verbal, children will remain silent witnesses to domestic violence.

Exposure to domestic violence can also cause mental health problems for children even until they grow up to be adults. This was experienced by the informant NUR who stated that she seemed to have an extraordinary burden. NUR often feels burdened when facing new problems. Even now as an adult person, NUR feels that the burden is increasing as she approaches the age of marriage.

"My mental health has deteriorated, and I see marriage as a burden that adds additional issues. I long for an ideal husband figure who will not hurt like my father to my mother and force me to behave differently than my mother. This is something that bothers my mind tremendously. I once discussed with my parents that I didn't want to get married. But they actually oppose, claiming that every human being needs a companion. I tried to clear my mind, trying to rethink the meaning of marriage. I was so frightened. This fear of mine has been there for a long time. I tend to be a coward because every time I make a mistake, I get scolded. That's why I grew up to be an individualist. I'd rather be gardening than talk to my family."

Parents and the surrounding community are often unaware that children exposed to violence pose a threat to mental health disorders. Previous studies showed that children have high psychological stress when living witnessing domestic violence (Burman & Chantler 2005, Ghasemi 2009, Meltzer et al. 2009). Radford et al. (2011) also found that children living in domestic violence tend to feel unsafe and uncomfortable, but they have no choice to escape.

The thought of not wanting to tie the knot was also experienced by the informant TIA. In addition to assessing that her family is toxic, TIA also felt traumatized by the domestic violence she often witnessed. Domestic abuse, she said, has had a significant psychological impact on her and it persists even as an adult.

"Violence fosters the perception that marriage is a miserable situation. It has the power to cage freedom. I was terrified when I heard the screams. I also often cry in my room and throw things until they all break. I have trouble controlling my emotions."

Evans (2001) found that children have long-term memories that can cause them to be reluctant to begin romantic relationships. These memories have been formed for a long time since they first witnessed the violence between the parents and continued until they grow up. Devaney (2008) also found that children suffer from symptoms of depression, fear, and trauma which they recognize as a consequence of living in violence where there is no parental warmth and care.

On the other hand, TIA's behavior of difficult to control emotions is a sort of imitating the behavior of her parents. TIA vented her emotions by throwing things as an act of imitating her parents who also throw things during a fight. Previous studies have shown that children are secondary victims of domestic violence in which parents tend to flaunt their emotional and behavioral problems (Black & Newman 2000, Bagshaw & Chung 2001, Callaghan et al. 2015).

Even though children who are victims of domestic violence are exhausted of the events they have witnessed, they still have hope, despite the fact that they have been impacted extensively. This was reported by the informant HAR who visited psychologists multiple times to heal from mental illnesses.

"I witnessed my mother being smothered with a pillow by my father, who then grabbed her hair. My mother also once told me that she had been punched. I went through the healing process with a psychologist because psychologically I was diagnosed with anxiety disorder and paranoia (excessive fear). That makes me sometimes choose to live in my boarding house instead of going home. I still want to get married. I believe that inner hurt actually encourages me to learn from the situation. I hate all forms of violence. I also hate temperamental people and loud voices. But it was from this experience that I learned to be calmer myself and to soothe others. I feel that I have the potential to live a more prosperous social and financial life."

HAR's statement shows that exposure to domestic violence is a fatal form. Although children do not experience physical pain as a result of parental abuse, exposure to domestic violence has a significant negative influence on mental health. HAR has been battling mental illness all along, although he often cannot avoid the disorder appearing from time to time and of a sudden. It became worse especially in the midst of a pandemic that forced him to see his parents on a daily basis. Hegarty (2011) states that the effects of domestic violence lead to intergenerational children who witness domestic violence have health and psychological problems. In addition, adults often overlook the impact their fighting and violence has on their children. Without realizing it, children experience depression, anxiety, insomnia, suicide, and post-traumatic stress disorder.

Domestic violence is undeniably harmful not only to victims but also to children who witness abuse. Because children's exposure to violence has a cumulative effect (Griffing et al. 2006, Kennedy 2007, Margolin et al. 2010), this appears to be a ticking time bomb that is terrible for children even as adults. Edleson et al. (2007) also found that children who were exposed to domestic violence did not show a greater problem than those who were not exposed too much. This means that the impact on children is latent and cumulative and can arise at any time.

Conclusion

Domestic violence experienced by youth from childhood to adulthood leads to perceptions and disturbances for them. They believe that their home is not a pleasant place. Youth who are exposed to domestic violence have thoughts of leaving the violence zone. They believe that their home is not a comfortable place and even the family is considered a zone of violence. Unfortunately, they were unable to leave this environment until they were adults.

Youth who are exposed to violence are also victims of their parents' anger when their parents fight against their partners. In addition, youth who have been exposed to domestic violence since childhood face negative consequences in the form of mental health issues and poor psychological situations. Furthermore, they may have had thoughts of being reluctant to marry.

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