

the person will start to believe whatever abusive things he is told. In the example above, the barrage of verbal abuse and insult about her supposed incompetence and worthlessness may eventually become fact for the wife, who will start to believe that she really can't do anything right.

Emotional abuse is likely to make the recipient shoulder all the blame. At some point, the abused may start looking around and questioning why she is going through these difficulties or subjected to that abuse. But if the emotional abuse has done its job and has become deeply embedded in her psyche, she will find no one else to blame but herself.

Emotional abuse can result to trauma, which can be permanent. Psychological trauma is a likely result in the worst cases of emotional abuse. The abused may end up suffering from anxiety and chronic depression, and even post-traumatic stress disorder. Now, trauma is something that cannot be easily treated or cured, and it usually takes 0time before one can fully get over it. For many, they are never able to completely be free of their trauma, even if they are able to put it under control.

Emotional abuse can lead to other, more serious health problems. When their emotions can no longer deal with the blows, it is their body that will likely start reacting. The stress and trauma brought on by constant exposure to emotional abuse will take their toll on the human body, and various illnesses can come up.

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CHILD ABUSE. REASONS AND CONSEQUENCES

Child abuse is physical, sexual, or psychological maltreatment or neglect of a child or children, especially by a parent or a caregiver. Child abuse may include any act or failure to act by a parent or a caregiver that results in actual or potential harm to a child, and can occur in a child's home, or in the organizations, schools or communities the child interacts with. There are these types of violence against children: 1. Physical abuse. Physical child abuse is any intentional act of causing injury or trauma by way of bodily contact. Corporal punishment involves hitting ('smacking', 'slapping', 'spanking') children, with the hand or with an implement – whip, stick, belt, shoe, wooden spoon, etc. But it can also involve, for example, kicking, shaking or throwing children, scratching, pinching, biting, pulling hair or

boxing ears, forcing children to stay in uncomfortable positions, burning, scalding or forced ingestion (for example, washing children's mouths out with soap or forcing them to swallow hot spices). 2. Sexual abuse. Child sexual abuse (CSA) is a form of child abuse in which an adult or older adolescent abuses a child for sexual stimulation. Sexual abuse refers to the participation of a child in a sexual act aimed toward the physical gratification or the financial profit of the person committing the act. 3. Psychological abuse. In 2013, the American Psychiatric Association (APA) describing it as "nonaccidental verbal or symbolic acts by a child's parent or caregiver that result, or have reasonable potential to result, in significant psychological harm to the child. Child abuse can result in immediate adverse physical effects but it is also strongly associated with developmental problems and with many chronic physical and psychological effects, including subsequent ill health, including higher rates of chronic conditions, high-risk health behaviors and shortened lifespan.

In most cases, children who abused or neglected suffer greater mental health than physical health damage. Emotional and psychological abuse and neglect deny the child the tools needed to cope with stress, and to learn new skills to become resilient, strong, and successful. Therefore, a child who is maltreated or neglected may have a wide range of reactions and may even become depressed or develop suicidal, withdrawn, or violent behavior. As he gets older, he may use drugs or alcohol, try to run away, refuse discipline, or abuse others. As an adult, he may develop marital and sexual difficulties, depression, or suicidal behavior.

Not all children who abused have severe reactions. Usually the younger child, the longer abuse continues, and the closer the child's relationship with the abuser, the more serious the mental health effects will be. A close relationship with a supportive adult can increase resiliency, reducing some of the impact. This problem is very widespread in the world and needs to address. Children are a future that depends on us. Because children are the parents' mirror.

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