Chapter 19
Physical Bullying Towards Children

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ABSTRACT

Physical abuse is the state of harming the child's body by the people around him. Scars of unknown cause, traces resulting from burning, spots due to impact on any part of the body, traces caused by a bite by another person, bruises and stains caused by squeezing with any tool, burns and scars caused by smoking cigarettes on the victim reflect physical abuse. Problems such as rumination disorders, problems in socialization, lack of self-respect, depression, fear of all situations, withdrawal behaviors, incompatibility, colic, problems in mental perception processes, and decreased academic achievement are observed in these children.

INTRODUCTION

Bullying is defined as repetitive aggressive behaviors that cause stress and pain to the victim, which are applied psychologically, socially, physically, and verbally against those who have no power to oppose, for their own pleasure and interests (Besag, 1989). Physical bullying is the intentional and persistent harassment of the weak by the physically strong, such as kicking, beating, pushing, slapping, pulling ear or hair, hitting, taking or threatening to take their belongings by force, exacting or intimidate to take their money (Alper, 2008).

Since the concept of bullying is an act of attack against those who have no power, the concept of physical abuse is also discussed as a whole with the concept of physical bullying throughout present study. In this context, physical bullying is violence that causes tissue damage to the child, whether it leaves a mark on the child's body or not, such as hitting, pushing, or beating, burning or biting in anger for any reason (Heyman et al., 2020; Koç et al. 2014; Tıraşçı et al., 2007). Torturing a child includes ac-

tions such as throwing any harmful substance on the child, sticking and throwing sharp objects to harm his/her body (Yalçın, 2011). Sun and Cao (2020) conducted a study on explaining physical bullying in Chinese secondary schools and found that there was a social relationship between those who reported being a victim of bullying and those who bulliedin the past 6 months. In other words, according to the results of the research, bullies are generally people who know the child.

TYPES OF PHYSICAL ABUSE

Bullying behaviors towards children are divided into various classifications according to the way they are practiced and form the types of physical abuse. According to the studies examined, the types of physical abuse are listed as follows.

Yalçın (2011) classified physical abuse under seven headings according to the way it is applied in his thesis named Child Abuse and Solution Suggestions in Turkey. These headings are respectively non-instrumental aggressions, instrumental aggressions, poisoning, water intoxication, Munchausen by Proxy Syndrome, and shaken baby syndrome.

- **Non-instrumental aggressions** are direct attacks without using any tools. In these cases, the abuser makes attacks such as slapping, jostling, rumpling, hitting (Soyer, 2018). In addition to these, behaviors such as pinching, forcefully stuffing food into the mouth, closing the mouth with hands, throttling, kicking are also indicators of non-instrumental aggressions.
- **Instrumental aggression** are the use of any tool in a physical attack. For example, it is the application of tools such as hose, pillow, iron, stick to the child's body in a harmful way. Likewise, actions such as hitting with slippers, damaging with household items, beating with a belt, extinguishing cigarettes on the body can be examples of instrumental aggressions (Hançerli Ekdal, 2011; Polat, 2014).
- **Poisoning** is toxication of a child with a harmful substance knowingly and willingly. The consumption of inappropriate drugs and chemicals. is an example for this.
- **Water poisoning** is when a child is forced to drink large amounts of water (Yalçın, 2011).
- **Munchausen by Proxy syndrome** is when the individual who takes care of the child produces disease scenarios about the child, even though the child is not sick, takes him to hospitals and exposes him to a lot of unnecessary examinations (Jakobi et al, 2010).
- **Shaken baby syndrome (SBS)** usually occurs when an infant aged less than 6 months up to the age of two is held by the shoulders or arms and shaken violently. May cause injury to the brain and neck area. It is a syndrome that occurs when babies shake too fast while they are put to sleep. It can cause serious brain damage (Christian, 2009; Jakobi et al, 2010).

In addition to this classification, Jakobi et al (2010) considered the following types as physical bullying. These are:

- **Blunt trauma** consists of bruises and crushes on the body. It does not consist of cutting and driller tools. Injuries due to impact are seen on the lips, mouth and teeth. There are bruises caused by holding too tight. Fractures or bites may occur. Abdominal trauma due to hit may be seen.

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