

### **Trauma of Child Sexual Abuse in Pink Virani's *Bitter Chocolate*: A Study**

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**Abstract:** Never before in history, India is undergoing such a violation of human rights and moral degradation as present one does. Instead of offering moral support to the vulnerable like children, women and old aged, the present scientifically advancing, information exploding Indian society is only accumulating devastating crime rate rampant every nook and corner. Child sexual abuse that is rampant now everywhere, although may not attributed to any lack of policies or politics, certainly is offshoot of moral degeneration. Child sexual abuse, though it impacts all walks a child, predominantly it creates lot of mental and health issues on the affected child. Most bizarrely, on the other side the offender escapes punishments, as it is not spoken out and cared. This research article Pink Virani's investigative book *Bitter Chocolate: A Child Sexual Abuse In India* examines child sexual abuse in India remains a taboo but a major problem in India. The paper studies how the author Virani demands how and why the conspiracy of silence around the issue must be shattered. By examining the case studies of girls mentioned ranging from three months to eleven years, the paper predominantly analyses the post rape victimization and consequent traumatically conditions that not only impact psychological, but also relational, educational, intellectual, social and familial relations of the victim in future.

**Keywords:** Sexual abuse,, Children, recording evidence, awareness, Socio-Economic Legalization, Trafficking, trauma,

The author Pinki Virani in her path breaking and the first of its kind in India widely discusses the issue of child rape and abuse. By dividing her book into Three Note Books, she records seven case studies ranging from three months to thirteen years. Among all, she explains the pre and post situation involved in them. What she worries and pointed out in her studies and research is the post trauma that a victim child undergoes in rest of her life.

Pinki Virani, out of her investigation and research lists out major signs that manifest in the victims. There are major consequences that last for some time and some forever. The

consequences can be physical, behavioural, mental, physiological, psychosomatic, relational, social and moral. It is also found that the children will have the impact on their career and professional life too.

“One man. Plus a savage twist of one chain. And the thirty seconds for his sperm to release. Equals one broken woman. With brain damage so irreversible that it does not even register images. And perfectly healthy pupils but blind for life” (Virani 57).

Virani starts the book by talking about her own experiences of sexual abuse when she was a child and the failure of her parents to stop it. The rest of the book is divided between real-life case studies and discussion of child sexual abuse - how and why it happens and how to counter it. One section is written for adults who were victims of abuse as children and have never discussed it.

The book weaves together case studies, statistics, viewpoints, and the social and legal aspects of CSA in India. Virani deals with the issue in three parts called "The Notebooks". The first one exposes the facade of home as the safest haven for children for protection against CSA. She quotes several instances of child abuse by an elder at home and also supports all her work with official statistics. The second notebook deals extensively only with such case studies. The actual effect of child rape is fully explained as are the consequences to be faced in adult life, as victims turn abusers. This part should be avoided by all those who have very little control over their emotions.

Physical abuse signs and symptoms are unexplained injuries, such as bruises, fractures or burns. The behavioural signs include changes in behavior — such as aggression, anger, hostility or hyperactivity — or changes in school performance. Other signs like depression, anxiety or unusual fears, or a sudden loss of self-confidence

Child rape includes some emotional abuse signs and symptoms such as delayed or inappropriate emotional development, loss of self-confidence or self-esteem, social withdrawal or a loss of interest or enthusiasm, depression, avoidance of certain situations, such as refusing to go to school or ride the bus, desperately seeks affection, a decrease in school performance or loss of interest in school, loss of previously acquired developmental skills. A child who's being abused may feel guilty, ashamed or confused. He or she may be afraid to tell anyone about the abuse, especially if the abuser is a parent, other relative or family friend. Specific signs and symptoms depend on the type of abuse and can vary. Keep in mind that warning signs are just that — warning signs. The presence of warning signs doesn't necessarily mean that a child is being abused. A child who is abused show some social signs like withdrawal from friends or usual activities.

According to Louis, while sex abusers in general are clever, intelligent and manipulative, pedophiles are even more so - they fix their target and plan and execute the act meticulously. The regressed offenders usually abuse children to relieve the stress they are unable to cope with. Hence the victims of the regressed are usually children from within the family who are accessible and over whom they can exert power. Therefore, it is also found that the victims will encounter career and professional problems such as an apparent lack of supervision, frequent absences from school, reluctance to leave school activities, as if he or she doesn't want to go home, attempts at running away, rebellious or defiant behavior and self-harm or attempts at suicide.

Some behavioural signs such as poor growth or weight gain or being overweight, poor hygiene, lack of clothing or supplies to meet physical needs, taking food or money without permission, hiding food for later, poor record of school attendance and lack of appropriate attention for medical, dental or psychological problems or lack of necessary follow-up care.

A child can make no sense if a trust worthy person such as uncle, teacher or the most worst a father acts sexually with her/him. Though she/he understands that it is wrong, they may frighten to reveal with the fear that they may not be believed by anyone. Possibly they feel that they will be answerable for the deed. How much closer the relationship is, how longer and frequency the abuse is, that much effect the child will get. Virani is very apparent in her views about whom to be hold responsible. The continuing consequences of this perfidy of trust embrace many psychological ailments. Sufferers display anxiety, hysteria, gloominess and withdrawal other emotional and mental disorders that could last lifetime. In addition, some have haemorrhage, pain and damaged sexual organs. Some have even attempted suicide. Katayun becomes so passive in her life and has been blaming herself even after so many years, though she has a son, for the abuse she had experienced with her brother-in-law during her childhood. Therefore, the Parental behavior should not include sometimes a parent's demeanor or behavior sends red flags about child abuse. Parents should not show little concern for the child and should not appear like unable to recognize physical or emotional distress in the child. They should not be blamed for the problems and must not be consistently belittles or berates the child, and describes the child with negative terms, such as "worthless" or "evil."

Child health experts condemn the use of violence in any form, but some people still use corporal punishment, such as spanking, as a way to discipline their children. Any corporal punishment may leave emotional scars. Parental behaviors that cause pain, physical injury or emotional trauma — even when done in the name of discipline — could be child abuse. Some of the instances of child abuses happen while in remand houses are the most dreadful in the text, delineating one more part where institutional modification is needed at great extent.

Patriarchy, power, penetration-these are all the factors that assist greatly in allowing a child to be sexually, and physically, abused; in a few cases they are reasons (BCxx).

Some risk factors include physical or mental illness, such as depression or post-traumatic stress disorder (PTSD), family crisis or stress, including domestic violence and other marital conflicts, or single parenting, development of physical or mental disability, financial stress, unemployment or poverty, social or extended family isolation, poor understanding of child development and parenting skills and alcohol, drugs or other substance abuse. Some children hide it totally and when it comes back during their teenage or at adulthood, it will almost devastate them to the ground as being a victim of CSA.

The crux of it (child abuse) is that hectic adult activity described as sex, too much of it; and to the exclusion of a lot else which should really be what differentiates humans from animals. We do not want to admit this, for it would prove us as succumbing to that most basic of our instinct. We would much rather fuck: indiscriminately, repetitively. Sex, being led by sex. So much easier than working on one's intellect or real self-worth where one's thinking, and consequent actions, are refined to the point where they become like burnished gold, lustrous, elegant (B Cxx).

Childhood sexual abuse (CSA) is a risk factor for psychological trauma that has a negative impact on brain development and functionality (Heim et al., 2013), as well as a strong predictor of lifetime psychopathology (Hall and Hall, 2011). There is evidence that the etiologic abnormalities of psychological trauma that are caused by CSA and traumatic brain injury (TBI) involve similar neurobiological pathogeneses (Hadanny and Efrati, 2016). However, although the biological, psychological, and social ramifications of the trauma have been under scientific scrutiny for some time, the conventional treatment modalities that are used to help CSA trauma survivors are merely psychological (Lev-Wiesel, 2008), sometimes accompanied with pharmacological treatment.

There would be impact on brain, body, and mind on the victim. There is evidence that CSA, particularly if repeated, evokes a cascade of neurohumoral and neurotransmitter effects that produce enduring deleterious alterations in brain structure and function mainly on the development of the hippocampus, amygdale, corpus callosum, cerebral cortex and cerebellar vermis. This severe early stress associated with reduced synaptic numbers in the hippocampal region explains the difficulties in memory retrieval associated with the traumatic event and dissociative symptomatology that CSA survivors tend to suffer from (Stein et al., 1997). In addition, excessive amygdaloidal activation is found to play a crucial role in the development of PTSD and major depression. This heightened activation was found also to be involved in the formation and recollection of emotional memory, the learning of non-verbal motor patterns, and the triggering of fight-or-flight responses. Recently, brain imaging of female

survivors of CSA showed that the affecting areas involved in genital sensation were reduced, as compared to women who had no history of CSA; it was suggested and found in the current recent study that the CSA interference with the connectivity of the somatosensory regions ultimately left those regions underdeveloped from the reduced input.

#### Conclusion:

Virani's unique and stirring work lists Child Line (1098), NGOs and individuals that are intervening to warn children and their caregivers about the CSA evil and assisting its victims. However, unless parents, teachers and others close to children take the initiative, the disturbing truth that over 53% of children in India are subject to CSA may prevail or worse still, perpetuate.

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