

ACADEMY ON VIOLENCE & ABUSE

WORKING WITH PARENTS & CAREGIVERS WHO USE SCRIPTURE TO JUSTIFY CORPORAL PUNISHMENT

SUMMARY OF RESEARCH ON THE RISKS OF CORPORAL PUNISHMENT

HERE IS A LARGE AND GROWING BODY OF RESEARCH documenting that hitting children as a means of discipline is ineffective and increases the risk for poorer medical and mental health outcomes.1 Children physically disciplined or "spanked" at the age of three are more likely at the age of five to be defiant, to have temper tantrums, to insist on instant gratification of their desires, and to be violent toward people and animals. In a meta-analysis of five decades of research involving more than 160,000 children, researchers found that even mild corporal punishment is associated with an elevated risk for poor outcomes including aggression, anti-social behaviors, lower cognitive ability, lower self-esteem, and poor relationships with parents.³

Corporal punishment also poses a number of medical risks. Harsh physical discipline⁴ is associated with increased risks later in life of cardiovascular disease, arthritis, and obesity.5 Harsh physical discipline also correlates with a loss of brain gray matter which, in turn, impairs the child's ability to regulate his or her behaviors.⁶ There is also a correlation between the use of corporal punishment and physical injury. In the United States approximately 50% of substantiated cases of physical abuse involve escalated corporal punishment.7 An anonymous telephone survey of mothers found that parents who "spank" a child are 2.7 times more likely to engage in abusive behavior including kicking, beating, burning, shaking or hitting a child's body in places other than the buttocks.8 When objects were used in physical discipline, these mothers were nine times more likely to also report abusive behaviors.9

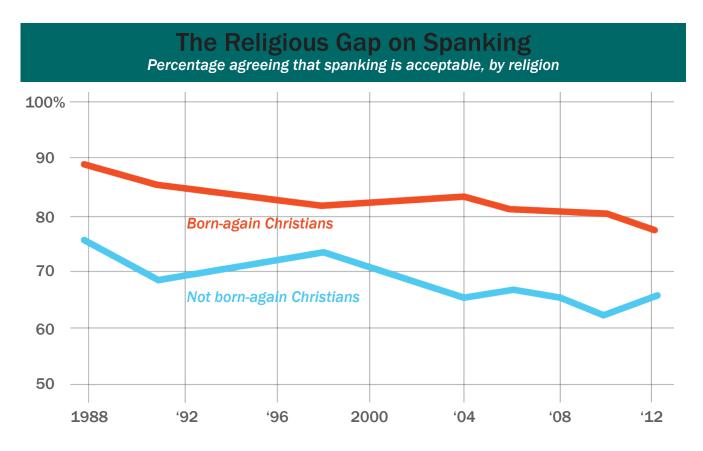
As a result of this research, numerous prestigious organizations discourage or call for a ban on corporal punishment of children¹⁰ and there is evidence that parental support for the practice is declining.11 Although civil and criminal codes in the United States continue to allow parents to use "reasonable" force on their children, the legal definition of reasonable force is contracting. 12

"Five decades of research involving more than 160,000 children finds that even mild corporal punishment is associated with an elevated risk for poor outcomes including aggression, anti-social behaviors, lower cognitive ability, lower self-esteem, and poor relationships with parents."

RELIGIOUS INFLUENCE ON THE CORPORAL PUNISHMENT OF CHILDREN

N THE UNITED STATES, approximately 95% of Americans identifying with a religious tradition are Christian.¹³ Given this demographic, there is less research on the influence of non-Christian religions on the practice of corporal punishment. Even so, there is some evidence that "(c) onservative, traditional views in other religions," including Islam and Orthodox Jewish communities, "are not as consistently associated with endorsement of obedience or spanking" as are theologically conservative Christians.14

Within the Christian demographic in the United States, Catholics, 15 as well as theologically moderate and liberal Protestants, are less inclined to support corporal punishment.¹⁶ However, theologically conservative Protestants are more likely to support the practice and report using physical discipline more often.¹⁷ Indeed, this pattern has held solid for over thirty years and does not decline markedly by higher education or other factors that often influence a decline in support for physical discipline.18



A primary reason for this is that conservative Protestants adopt a more literal view of scripture and thus "emphatically reject popular and academic criticisms of corporal punishment" that appear to be inconsistent with Biblical references to physical discipline.20 However, two studies from researchers at Pepperdine University have found that when conservative Protestants are presented with information on the risks of corporal punishment as well as alternative views of Biblical texts pertaining to physical discipline, a significant number have a change of attitude toward the practice.²¹

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WORKING WITH PARENTS JUSTIFYING CORPORAL PUNISHMENT WITH SCRIPTURE

EDICAL, MENTAL HEALTH OR CHILD PROTECTION PROFESSIONALS may encounter this cultural belief whenever physical discipline meets civil or criminal definitions of child maltreatment.²² Even in the absence of a child abuse case, conversations about physical discipline may develop. For example, as medical professionals seek to discourage corporal punishment through initiatives such as "no hit zones," 23 religious and other cultural support for physical discipline may be discussed between doctors and patients.24

Below are ten guidelines²⁵ that may assist medical, mental health, social services, education, legal and other professionals interacting with a parent who believes hitting children as a means of discipline is encouraged or commanded by God.

1. Cultural competence

"If a parent believes their child is born sinful and in danger of damnation without punishment, it makes perfect sense to periodically employ physical discipline..." Cultural competence is a longstanding staple of child protection.²⁶ As with any issue, professionals must grow their knowledge about religious beliefs pertaining to corporal punishment to understand myriad nuances of this belief system.²⁷ For example, while one study found "no significant link between membership in a conservative Protestant denomination and the strength of support for the practice of corporal punishment," the researchers determined that a hierarchical view of God, a belief that humans are "sinful and fallen," and a belief in a literal hell is "positively associated with the approval of the corporal punishment of children."27

If a parent believes their child is born sinful and in danger of damnation without punishment, it makes perfect sense to periodically employ physical discipline, particularly when corporal punishment is referenced in a sacred text believed to be inspired by God. Researchers on this issue agree, finding a "clear rationale for corporal punishment among many evangelical parents; this is part of a coherent approach to child rearing, rather than a mechanism for desperate or angry parents to use in achieving short-term behavioral compliance." 29 Unless child protection professionals are willing to understand this rationale, they will be unable to address the use of corporal punishment based on religious belief.

This can be done by reading,30 through instruction, and by breaking bread with diverse communities. There is a growing trend of developing collaborative relationships between medical, mental health, spiritual care³¹ and child protection professionals³² with some Children's Advocacy Centers employing chaplains to assist in meeting the spiritual needs of maltreated children and as a bridge to all sectors of the religious community.33

2. Be aware of our biases

When working with a culture that may be different from our own, it is important to assess our own personal biases and the possibility that these attitudes, or prejudices, may impair our ability to work with a particular parent. As one example of potential dangers, research suggests a clinical psychologist's personal biases and orientations toward religion may "affect the therapeutic course and outcome with religious clients."34 Biases may be overcome with awareness, training, and by having diverse members involved in a case.35

3. Distinguish between parents who need education and those who are abusive

"Although conservative **Protestant parents** are more likely to use corporal punishment, they may not be otherwise abusive."

Although conservative Protestant parents are more likely to use corporal punishment, they may not be otherwise abusive.³⁶ In fact, one study found that rates of child abuse were actually lower in counties in which religiously conservative views were predominate.³⁷ There are several reasons why this may be the case. First, while it is true that "biblical literalism" is linked with the approval of corporal punishment, not every member of a conservative Protestant denomination adheres to Biblical literalism.³⁸ Second, as noted earlier, there is often a "clear religious rationale for corporal punishment" in a conservative Protestant family that is "part of a coherent approach to child rearing..."39 This "coherent approach" may provide checks and balances such as limiting the number of times a child may be struck, restricting blows to the buttocks, discouraging corporal punishment when a parent is angry, and using physical discipline as a last resort. 40 Assuming a parent or other caregiver adheres to these conservative Protestant guidelines, the risk of egregious physical abuse may be lessened.

In assessing child abuse potential, professionals should consider the frequency of spanking and the use of objects.⁴¹ Professionals should also be alert to extreme views of corporal punishment⁴² such as teachings that advocate physically disciplining infants.⁴³ Another factor is whether the parent has an intrinsic or extrinsic view of religiosity.44 Parents or other caregivers with an extrinsic view of religion "view religiosity as a means for attaining other goals rather than as an end in itself." 45 Other researchers have defined extrinsic religiosity this way:

Persons with this orientation are disposed to use religion for their own ends...Extrinsic values are always instrumental and utilitarian. Persons with this orientation may find religion useful in a variety of ways—to provide security and solace, sociability and distraction, status and self-justification.46

"Many religious parents adhere to corporal punishment because they believe it will reign in bad behavior and instill good or at least better behavior."

Researchers have noted "there may indeed be cases in which abusive individuals...are attracted to Conservative Protestant churches precisely because the church's traditional theological doctrine unwittingly allows the abuser to take advantage of selectively literal interpretations of scripture that support their abusive behavior..."47

In contrast, persons with an intrinsic religiosity "find their master motive in religion. Other needs, strong as they may be, are regarded of less ultimate significance, and they are, so far as possible, brought into harmony with the religious beliefs and prescriptions."48 These parents may view parenting as a sacred, holy and blessed activity and treasure children as a gift of God.⁴⁹

Applying this research, professionals should have greater concern when a parent speaks of corporal punishment not so much as an aid in helping a child grow in a healthy manner, but rather because the parent wants the child to meet the parent's needs or in defiance of the secular community's attempt to infringe on parental rights.

4. Emphasize effective discipline

Many religious parents adhere to corporal punishment because they believe it will reign in bad behavior and instill good or at least better behavior.⁵⁰ Accordingly, it may be helpful to discuss the value of other forms of discipline in improving a child's behavior.⁵¹ Recommending evidencebased parenting programs that include the incorporation of scripture but do not involve corporal punishment may be a culturally sensitive option that is respectful of a patient or client's culture while minimizing the risk of physical or emotional harm to a child.52

5. Emphasize a parent's strengths

Although conservative Protestants are more likely to use corporal punishment, research indicates they may also be more involved with the lives of their children, yell less, and praise and hug them more than other groups.⁵³ Although this doesn't necessarily moderate the association between corporal punishment and increased child aggression,⁵⁴ it is a solid foundation to build on.

6. Seek a path within the religious framework to move away from physical discipline

"There are conservative Bible commentaries which maintain the concept of 'spare the rod' is a figure of speech referencing discipline of any kind."

Although some conservative Protestants claim the Bible requires parents to use corporal punishment⁵⁵ and contend the Bible has a clear preference for physical discipline with a switch as opposed to a hand,56 this view is not universally shared. A number of conservative Protestants assert that while the corporal punishment of children is authorized by the Bible, it is not commanded and parents are free to choose other forms of discipline.⁵⁷ This is the view of the editors of the magazine *Christianity* Today, 58 a publication founded by Billy Graham. 59 There are conservative Bible commentaries which maintain the concept of "spare the rod" is a figure of speech referencing discipline of any kind.60 Although they are in the minority, some conservative Bible scholars go so far as to challenge the belief the scriptures can be used as authority for physical discipline.⁶¹

Understanding these and other nuances is critical in working with a parent using physical discipline based on his or her religious beliefs. If, for example, a parent accepts that physical discipline is authorized but not required, there is a basis to move away from the practice while still respecting a faith tradition.

In discussing theological or spiritual issues with a patient, doctors and other medical professionals may want to consult a hospital chaplain or another expert who can provide advice or even take the lead in speaking with a patient raising religious concerns about child discipline.

In turn, the chaplain may be able to help a parent find resources within his or her religious community or theological construct that can aid a caretaker in moving away from physical discipline without abandoning or violating their beliefs.62

7. Find a champion within the religious community

When working on population health initiatives or other prevention strategies, it is critical not to ignore conservative Protestant communities. When engaged, it may be possible to find one or more champions who, when presented with the evidence of the potential risks of physical discipline, may take a lead in discouraging the practice among parishioners.63

8. Develop culturally appropriate materials

"Make it clear that any conversation about religion is not being done to change someone's faith."

Since research from Pepperdine University suggests that combining education on corporal punishment research with instruction on alternative views of Biblical passages pertaining to physical discipline is effective in changing attitudes, it may be helpful to develop videos, brochures, or other materials that address both research and theology.⁶⁴ These materials can be available in waiting areas or other settings where parents and caregivers congregate. If one or more champions within a religious community are engaged, they can be helpful in developing the portions of the materials addressing the theological concerns raised by corporal punishment and they, in turn, can use the materials in their congregations or other faith settings.

9. Make clear you are not serving in a pastoral capacity

Many conservative Protestants fear encroachment on their religious beliefs.⁶⁵ Research indicates that evangelical Christians "often feel excluded, marginalized and discriminated against by secular institutions and elites."66 Accordingly, it's important to make it clear that any conversation about religion is not being done to change someone's faith but to reflect sensitivity toward someone's culture and to find a way within that belief system to move away from a practice that multiple studies show to be detrimental to children.

10. Acknowledge the importance of faith

To alleviate concerns that you are interfering with someone's faith tradition, it may be helpful to acknowledge to a patient or client your familiarity with a large body of research documenting the positive impact of religiosity on our medical and mental health⁶⁷ as well as the value of spirituality in instilling resilience and mitigating the impact of trauma.⁶⁸ When a medical or other professional affirms the value of faith, a patient or client may be more receptive to a conversation about moving away from physical discipline.

CONCLUSION

HEN RELIGIOUS OR OTHER CULTURAL PRACTICES are in play, many parents may be reluctant to move away from corporal punishment. However, research suggests that a culturally sensitive approach that discusses not only the research about physical discipline but also addresses theological concerns can be effective in changing attitudes and, hopefully, practices.

ENDNOTES

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