

**TITRE / TITLE**

Emotional difficulties in adults who experiences abuses from care givers in childhood . Why sexual abuse of children is not visible to society

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TEXTE / TEXT

Parental abuse, including emotional, physical, and sexual forms, leads to significant emotional difficulties in adulthood. This study examines these impacts and explores why childhood sexual abuse often remains hidden in society.

Emotional Difficulties in Adults: Survivors of childhood abuse by caregivers frequently experience Post-Traumatic Stress Disorder (PTSD), depression, anxiety, and low self-esteem. Emotional abuse, in particular, is linked to Borderline Personality Disorder (BPD), characterized by emotional instability and relationship difficulties. Substance abuse is also common as survivors attempt to manage unresolved trauma (BPD and Emotion Dysregulation, 2023; Child Abuse & Family Studies, 2018). Interpersonal relationship issues, including trust and intimacy challenges, are prevalent, further complicating social and emotional functioning (Verywell Mind, 2023).

Invisibility of Child Sexual Abuse: Several factors contribute to the invisibility of child sexual abuse. Stigma and shame often silence victims, who may feel guilt or fear disbelief (British Journal of Psychiatry, 2020). Abusers are typically trusted figures, creating power dynamics that hinder disclosure (BMC Psychiatry, 2023). The lack of visible physical evidence complicates detection, while societal denial and minimization exacerbate the issue (Verywell Mind, 2023). Inadequate support systems and insufficient public awareness further contribute to underreporting and invisibility of such abuse (Cambridge Core, 2020).

Conclusion: Addressing the long-term emotional effects of childhood abuse requires improved awareness and stronger support systems. Recognizing and overcoming the factors that render child sexual abuse