

Impacts of Physical Punishment on the Students of Public Secondary School's at Quetta

Sajida Naureen (Ph.D.)¹

Abstract

The research study "impacts of physical punishment on students of public secondary schools at Quetta city" is aimed to find out the current position of punishment whether physical punishment exists at secondary schools in Quetta city, secondly impacts of physical punishment on students and thirdly impacts of punishment on student's psychology and ultimately on their studies. This research study is based on a blend of Quantitative and Qualitative research both. A sum of one hundred and eighty students was taken randomly as a sample from the different public secondary schools in order to find out the accurate results.

The results showed that Physical punishment exists at secondary schools; students of secondary schools get Physical punishment such as sticking, bowing down, slapping, spanking etc. students get punishment when they do not attempt to do home works, makes noise in the class, do not obey teachers or violates school discipline. The punishment lays some positive impacts on the students such as when they are punished they improve their performance which is favorable for their future but when students are extremely punished, it lays some negative impacts on students psyche such as when they are punished they feel embarrassed in front of other fellows and feel them self-inferior than other students, they become annoyed, students are emotionally frustrated and becomes depressed. The student's depression affects their studies due to which they cannot concentrate on their studies.

Key terms. Physical punishment, Education, motivation, Behavior

Interoduction

The research study "impacts of Physical punishment on the students of public secondary school at Quetta city" is mainly focused to find the effects of punishment on the student learning and psychology.

¹ Associate Professor, Institute of Education and Research, University of Balochistan, Quetta. Email: snaureen2005@gamil.com

Physical punishment is injurious to healthy society. It destroys the foundation of education. It is a major problem in high schools particularly in government schools. There are two basic questions. First what is Physical punishment? Second what are the impacts of Physical punishment? Different thinkers, writers and educationists and charters of various countries have defined it in varied forms.

The UN committee on the rights of child is explained such as “the punishment involving force such as hitting with stick or shoe, slapping with hand or kicking and the degree to which someone intended to cause discomfort or pain whether that is light or heavier most involve slapping, beating the child with hand or with any hard object. Further, there are some other degrading and cruel type of punishments which are damaging and dangerous for the child. For example, these types of punishments involve scapegoats, threaten, ridicules or scares the child.

The above mentioned physical or Physical punishments are destroying our generations because when a child receives such disgusting type of punishments, he automatically gets himself distanced from learning. His creativity and rate of interest in studies drop to the minimum of his Education.

There is provision for Physical punishment in Constitution of Pakistan, 1973. The prohibition of punishment bill approved in 2014. According to this act, anybody or person who is found guilty of applying Physical punishment shall be fined with the amount of fifty thousand or punished with imprisonment up to one year or both.

Despite of passing anti Physical punishment act, it is rampant in high schools of Quetta, The main reason behind is the tribalism and illiteracy in the age of scientific innovation, people support tribal system and are against modern education. They lack the vision to adopt themselves according to the challenge of globe. In fact; due to their conservative and traditional approach they support Physical punishment. It seems that they are ignorant of the fact that love and sympathy are the main tools to be adopted for equipping the children with modern education. In order to attain cent present result and glorification, it is inevitable to take measures to tackle this issue.

Objectives

- To explore the current position of Physical punishment at public secondary schools Quetta.
- To find out the impacts of Physical punishment on children's psychological and emotional health and ultimately on their academic achievement.

Literature Review

Physical punishment and its impacts on student's achievement has been researched widely. Impacts of Physical punishment have been explained through number of research studies on students' behavior and learning. The majority of studies describe that there are so many reasons to adopt other approaches avoid Physical punishment for conducive learning environment. Arif and Rafi 2007 proclaimed in a report that "Physical punishment lies with its many negative impacts; it may not be useful in the future". "The consistent application of Physical punishment tends to maximize the possibility of deviation from learning and antisocial behavior of the student, such as distant from learning; angriness, adolescent delinquency and violation of acts at school and outside". (Arif & Rafi, 2007, page172). Whereas accepting violence is considered as, legitimate, McCord reported that "number of behavioral and psychological problems in children are caused by Physical punishment, such as distant learning, depression, aggression, low motivation, annoying and delinquency".

Many other research studies have explained that, "The future impacts of Physical punishment indicate a minimization in moral internalization of the student as it has impacts on sudden compliance from the child". (www.novitsroyal.org) Hoffman & Lepper argued that internal discipline is more important as compared to imposed discipline for better socialization.) One should avoid Physical punishment of the reasons for behaving appropriately rather than to Behave solely. Gershoff & Bitensky, 2008. Gershoff & Bitensky, 2008, further argued that physical punishment does not encourage enduring internal obedience, rather it can damage the personality and character of any individual.

Robinson et al. as cited by Kilimci, 2009, Para 5. Stressed that in majority of cases Physical punishment results in drop out of students due to fear, humiliation, psychological problems and life threats.

Limitations:

This study is limited to the boys' public secondary schools Quetta city

Research methodology

This research study is a mixed type of research containing qualitative and quantitative research both based on survey method, quantitative data collected through questionnaire from the students of secondary school and qualitative data collected through observation by visiting different class rooms.

Population:

All the boys' secondary public school in Quetta city is the population of this study

Sample:

Five secondary schools were selected randomly as the sample of this research study .180-200 sample size was taken in order to find the impacts of Physical punishment at secondary schools Quetta.

The detail of sample schools is given as below from which sample size was taken:

S.NO	NAME OF SCHOOL	No of Respondents
01	GBHS Pashtoonabad, Quetta.	36
02	GBMS Satellite Town, Quetta.	36
03	GBHS Comprehensive Huda Mano Jan Road, Quetta.	36
04	GBHS Jan Muhammad road, Quetta.	36
05	GBHS Kharootabad, Quetta.	36

Procedure

The researcher went herself in the field to obtain realistic and reliable data through self-administered questionnaire and observation.

Statistics

	N		Mean	Median	Mode
	Valid	Missing			
Existence of Physical punishment	180	0	3.5111	4.0000	4.00
C.P results by not doing home work	180	0	3.4278	4.0000	4.00
Noise resulting Physical punishment	180	0	3.7889	4.0000	4.00

Not obeying teacher result insulting	180	0	3.0167	3.0000	2.00
School discipline violation results punishment	180	0	3.5500	4.0000	4.00
C.P impacts positive on studies	180	0	3.7944	4.0000	4.00 ^a
C.P improves students' performance	180	0	3.6889	4.0000	4.00
C.P favorable for future Educational progress	180	0	3.8111	4.0000	5.00
bounded to punishment	180	0	3.1222	3.0000	3.00
C.P distances students from learning	180	0	2.5444	2.0000	2.00

Question No.1 Have you ever punished at school?

Frequency Table

Existence of Physical punishment

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Valid Strongly disagree,	18	10.0	10.0	10.0
Disagree,	16	8.9	8.9	18.9
Neutral,	38	21.1	21.1	40.0
Agree,	72	40.0	40.0	80.0
Strongly agree,	36	20.0	20.0	100.0
Total	180	100.0	100.0	

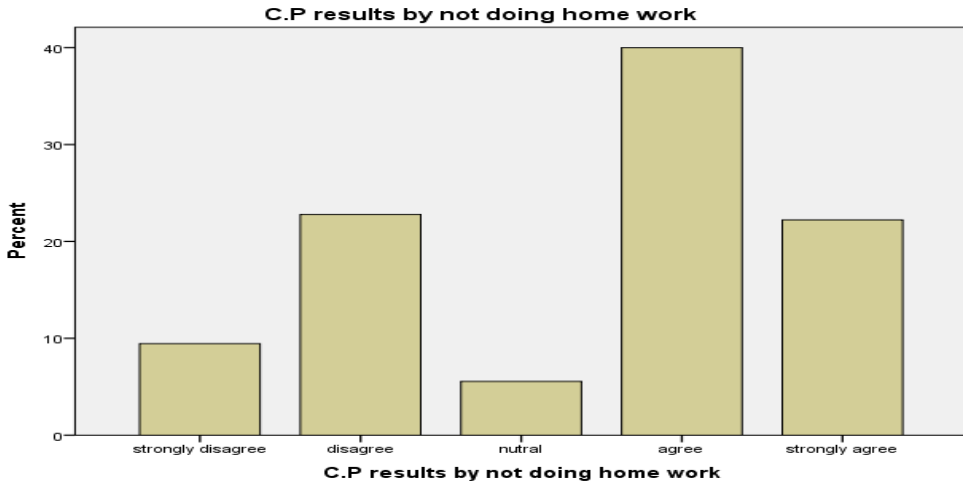


Analysis:

180 respondents were taken from different secondary schools to know whether Physical punishment exists in schools or not. Out of 180 respondents 38 were neutral, 72 agreed and 38 strongly agreed. 16 showed disagreement and 18 strongly disagreed the Physical punishment at secondary school level. The discussion shows that Physical punishment is present at secondary school. In our daily life through our personal experiences we observe the existence of Physical punishment at secondary schools.

Question No. 2 You were punished for not doing your home works?

		Frequency	Percent,	Valid Percent,	Cumulative Percent,
Valid	Strongly disagree,	17	9.4	9.4	9.4
	Disagree,	41	22.8	22.8	32.2
	Neutral,	10	5.6	5.6	37.8
	Agree,	72	40.0	40.0	77.8
	Strongly agree,	40	22.2	22.2	100.0
	Total	180	100.0	100.0	



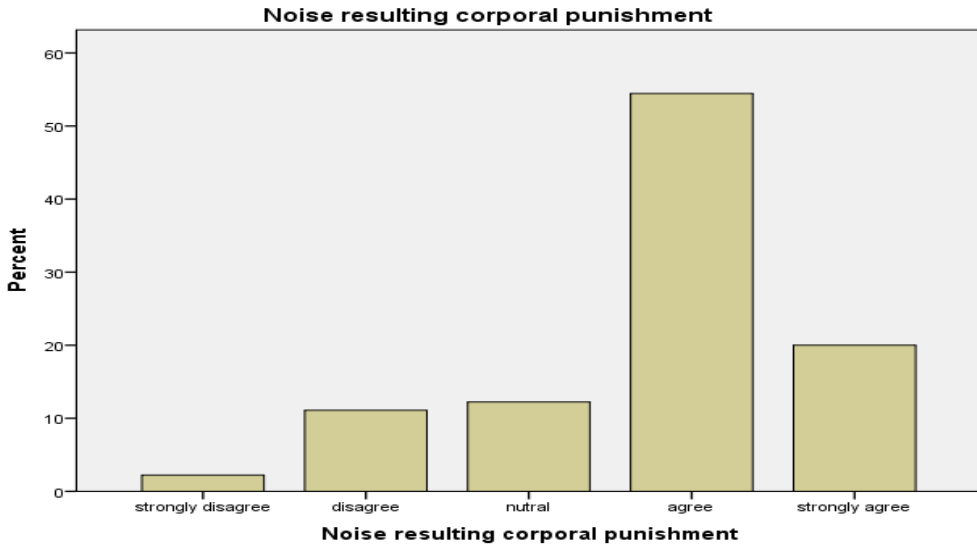
Analysis:

180 respondents were taken from different secondary schools to know whether Physical punishment is caused by not doing homework in schools or not. Out of 180 respondents 10 were neutral, 72 agreed and 40 strongly agreed. 41 showed disagreement and 17 strongly disagreed the Physical punishment at secondary school level is caused by not doing homework. The discussion shows that the cause of Physical punishment at secondary school level is not doing homework. Whenever the students attempt to fail doing homework or they intentionally avoid doing homework they are punished in the class.

Question No.3 you were punished for making noise in the class?

Noise resulting Physical punishment

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Strongly disagree,	4	2.2	2.2	2.2
Disagree,	20	11.1	11.1	13.3
Nutral,	22	12.2	12.2	25.6
Agree,	98	54.4	54.4	80.0
Strongly agree,	36	20.0	20.0	100.0
Total	180	100.0	100.0	



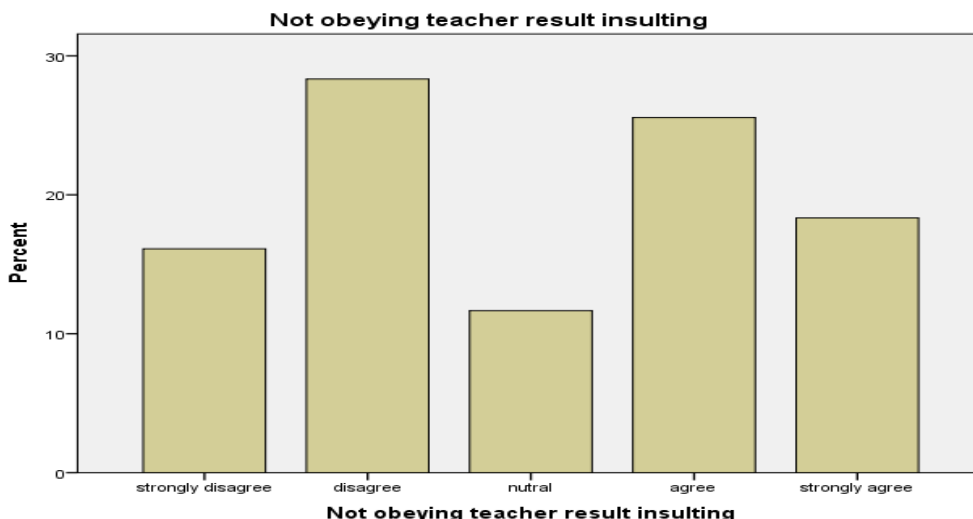
Analysis:

180 respondents were taken from different secondary schools to know whether Physical punishment is caused by making noise in schools or not. Out of 180 respondents 22 were neutral, 98 agreed and 36 strongly agreed. 20 showed disagreement and 04 strongly disagreed the Physical punishment at secondary school level is caused by making noise by students. The discussion shows that the cause of Physical punishment at secondary school level is making noise in the class by students. Noise creates disturbance in the class room the results in the form of punishment.

Question No 4 You are punished for not obeying your teacher?

Not obeying teacher result insulting

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Strongly disagree,	29	16.1	16.1	16.1
Disagree,	51	28.3	28.3	44.4
Neutral,	21	11.7	11.7	56.1
Agree,	46	25.6	25.6	81.7
strongly agree,	33	18.3	18.3	100.0
Total	180	100.0	100.0	



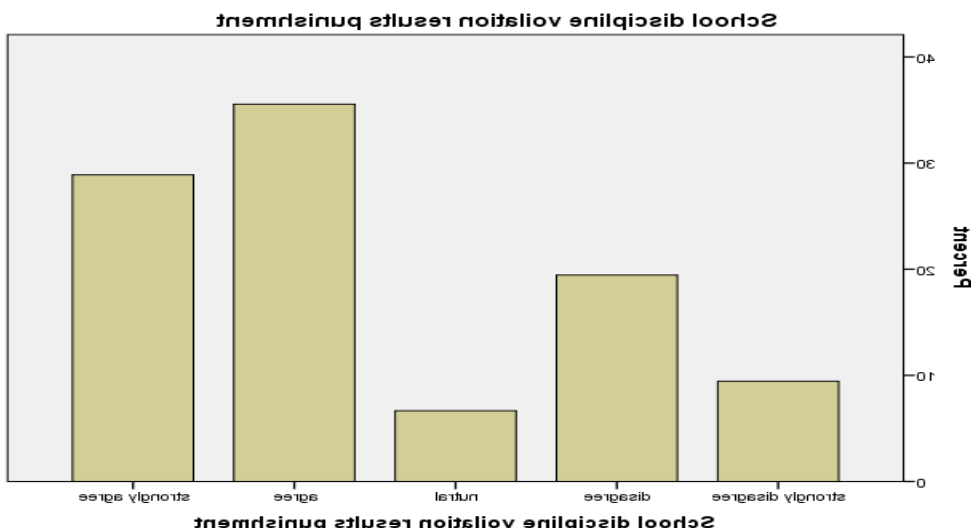
Analysis:

180 respondents were taken from different secondary schools to know that students are insulted when they do not obey their teachers. Out of 180 respondents 21 were neutral, 46 agreed and 33 strongly agreed. 51 showed disagreement and 29 strongly disagreed the insulting at secondary school level is caused by not obeying teachers.

Question No.5 You were punished with stick by violating school discipline?

School discipline violation results punishment

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Strongly disagree,	17	9.4	9.4	9.4
Disagree,	35	19.4	19.4	28.9
Neutral,	12	6.7	6.7	35.6
Agree,	64	35.6	35.6	71.1
Strongly agree,	52	28.9	28.9	100.0
Total	180	100.0	100.0	



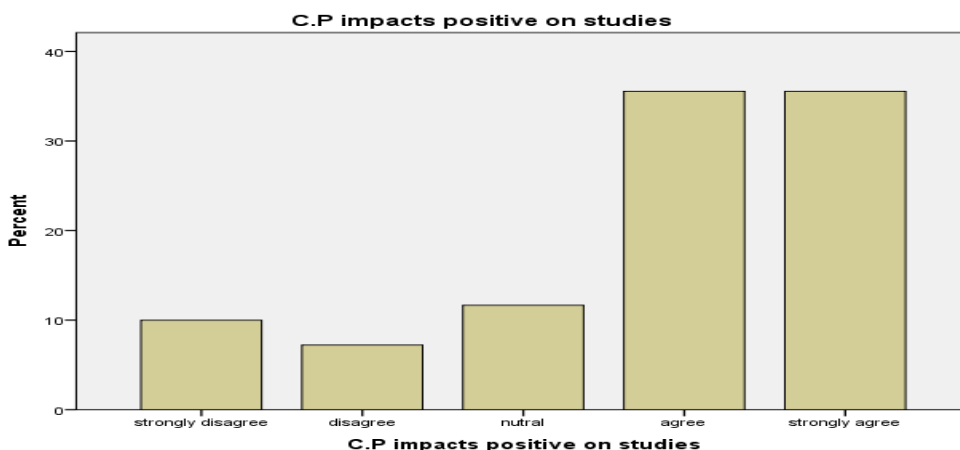
Analysis:

180 respondents were taken from different secondary schools to know that students are Physically punished when they violate school discipline. Out of 180 respondents 12 were neutral, 64 agreed and 52 strongly agreed. 35 showed disagreement and 17 strongly disagreed the Physical punishment at secondary school level is caused by school discipline violation. The discussion shows that the students are Physically punished at secondary school level when they violate school discipline. School rules and regulations are the key terms in maintaining school discipline when students violate them they get punishment.

Question No.6 Physical punishment leaves positive impacts on your studies?

C.P impacts positive on studies

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Strongly disagree,	18	10.0	10.0	10.0
Disagree,	13	7.2	7.2	17.2
Neutral,	21	11.7	11.7	28.9
Agree,	64	35.6	35.6	64.4
Strongly agree,	64	35.6	35.6	100.0
Total	180	100.0	100.0	



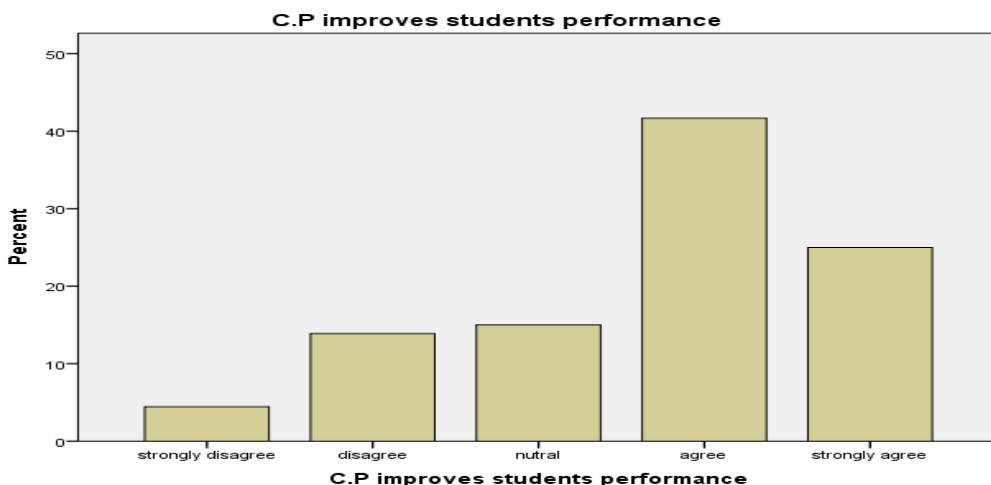
Analysis:

180 respondents were taken from different secondary schools to know whether Physical punishment impacts positive on studies or not. Out of 180 respondents 21 were neutral, 64 agreed and 64 strongly agreed. 13 showed disagreement and 18 strongly disagreed, the discussion showed that when students are punished they improve studies. The aim of punishment should be improvement not to destroy the future of students. Physical punishment sometimes improves learning process and children get benefit of it.

Question No.7 After punishment you perform your work with keen interest?

C.P improves students' performance

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Valid	Strongly disagree,	8	4.4	4.4
	Disagree.	25	13.9	18.3
	Neutral,	27	15.0	33.3
	Agree,	75	41.7	75.0
	Strongly agree,	45	25.0	100.0
	Total	180	100.0	100.0



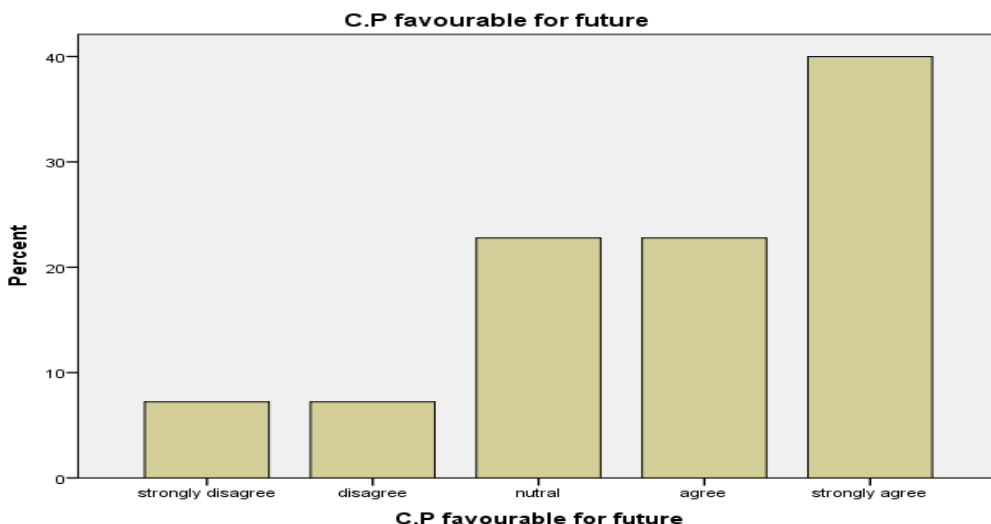
Analysis:

180 respondents were taken from different secondary schools to know whether Physical punishment improves student's performance or not. Out of 180 respondents 27 were neutral, 75 agreed and 45 strongly agreed. 25 showed disagreement and 08 strongly disagreed, the discussion showed that when students are punished they improve performance.

Question No.8 You deems teachers' punishment favorably good for your future?

C.P favorable for future

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Strongly disagree,	13	7.2	7.2	7.2
Disagree,	13	7.2	7.2	14.4
Neutral,	41	22.8	22.8	37.2
Agree,	41	22.8	22.8	60.0
Strongly agree,	72	40.0	40.0	100.0
Total	180	100.0	100.0	



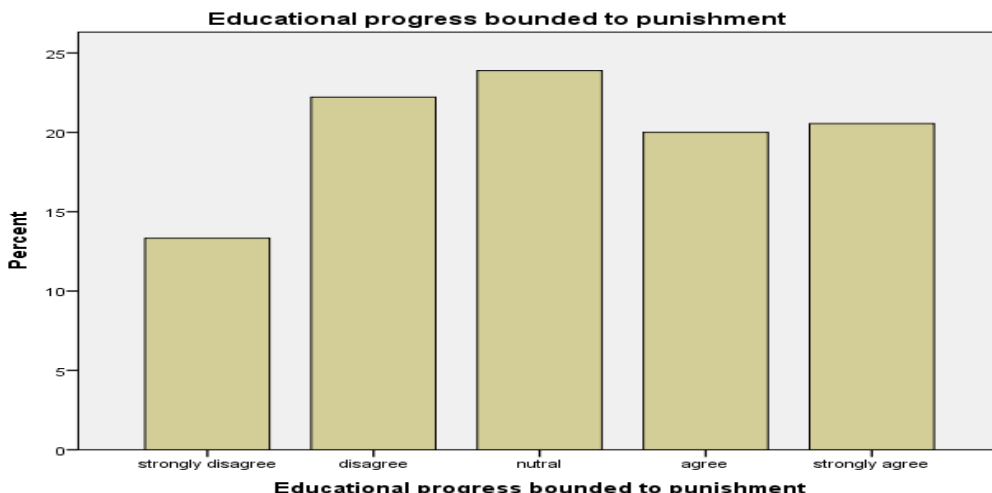
Analysis:

180 respondents were taken from different secondary schools to know whether Physical punishment is favorable for the future of students or not. Out of 180 respondents 41 were neutral, 41 agreed and 72 strongly agreed. 13 showed disagreement and 13 strongly disagreed, the discussion showed that when students are punished they improve performance which is favorable for their future. Once got punishment the next time students never try to attempt mistakes.

Question No.9 Physical punishment effected your education negatively?

Educational progress bounded to punishment

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Valid Strongly disagree,	24	13.3	13.3	13.3
Disagree,	40	22.2	22.2	35.6
Neutral,	43	23.9	23.9	59.4
Agree	36	20.0	20.0	79.4
Strongly agree,	37	20.6	20.6	100.0
Total	180	100.0	100.0	



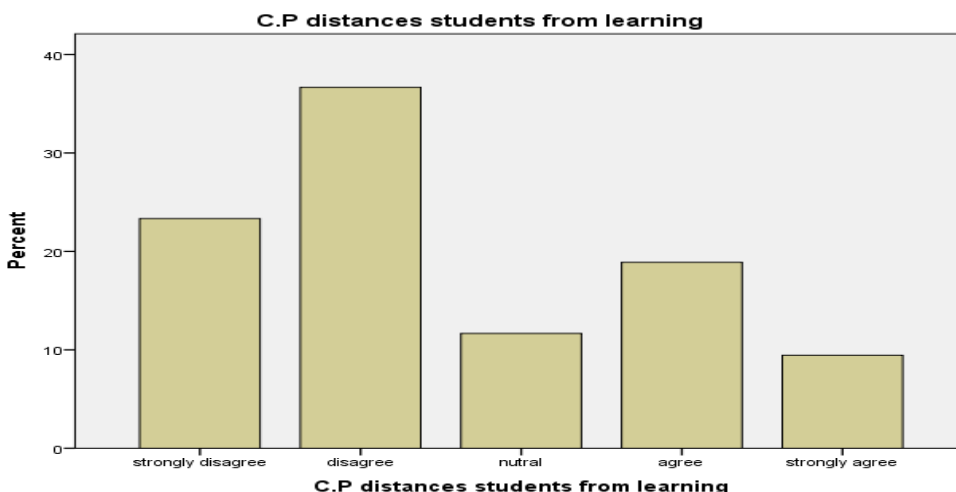
Analysis

180 respondents were taken from different secondary schools to know whether educational progress and development is bounded to Physical punishment or not. Out of 180 respondents 43 were neutral, 36 agreed and 37 strongly agreed. 40 showed disagreement and 24 strongly disagreed, the discussion showed that educational progress and development is not bounded to Physical punishments.

Question No.10 Whenever you were punished, you distanced yourself from studies?

C.P distances students from learning

	Frequency,	Percent,	Valid Percent,	Cumulative Percent,
Valid Strongly disagree,	42	23.3	23.3	23.3
Disagree,	66	36.7	36.7	60.0
Neutral,	21	11.7	11.7	71.7
Agree,	34	18.9	18.9	90.6
Strongly agree,	17	9.4	9.4	100.0
Total	180	100.0	100.0	



Analysis:

180 respondents were taken from different secondary schools to know that after getting Physical punishment students distance from learning. Out of 180 respondents 21 were neutral, 34 agreed and 17 strongly agreed. 66 showed disagreement and 42 strongly disagreed.

Discussions for Qualitative Research; Observation:

In order to find outcomes for qualitative research, the researcher went himself in to the classes and observed the entire environment of class room. Researcher observed during the lecture that whenever students do something wrong in the class or when they do not follow or obey the teacher's instructions, they are Physically punished in the form of slapping, sticking and boing down etc. it evidences that Physical punishment exists at secondary school level.

Researcher also observed the impacts of Physical punishment on the students of secondary school, students were punished due to some wrong doing or not obeying the teacher's instructions. The researcher observed the following impacts.

- When students Physically punished for not doing homework, they tried their level best to do the home work for next time.
- Student didn't make noise in the class room after receiving Physical punishment by the teacher.
- For a while a silence was observed in the class when a student is Physically punished, the calm environment of class room helped other students to learn more rapidly than the noise in the class.

- The other students who didn't involve in getting punishment also attempt to improve their studies.

Researcher observed some negative impacts of Physical punishment on the psychological and emotional health of the students and ultimately on their learning. Sticking, slapping and bowing down in front of the class fellows leaves far lasting impacts over students of the secondary school students which affects their learning process. Following impacts were observed by the researcher on student's psyche.

- When a student was slapped in front of other fellows he became annoyed and lost interest towards studies.
- Physical punishment caused the students embarrassment, students felt deeply hatred when Physically punished.
- Students of secondary school feel emotionally frustrated when they are Physically punished because punishment lays far impacts towards the students.
- Physical punishment causes depression of the students and depression is barrier to the student's studies because they cannot learn properly in tension.

Conclusion:

Through the observation the researcher concluded that Physical punishment exists at secondary school level, the impacts of Physical punishment are negative. When students are extremely punished its impacts are totally negative, extreme punishment affects the psychological and emotional health of the students.

Recommendations:

The research study "impacts of Physical punishment on the students of public secondary school at Quetta city" gave the results that Physical punishment is present in public schools in Quetta city. The study shown that if Physical punishment is given in limits the results/outcomes may be fruitful but extreme Physical punishment lays far laying negative impacts on student's psyche, On the basis of results and findings of the research study I recommend some of my suggestions to tackle down such serious issue.

- Human beings are aware beings. They can't be control on strict physical harassment bases. Teachers should adopt the strategy of self-control social order which also plays a vital role in ethical development of students.
- The Physical punishment shouldn't be applied to the sensitive students because such students may be violent after getting punishment. Some students take Physical punishment so much serious

that they make it the issue of ego which directly affect educational development of student.

- It has been found that one of the reasons for physical punishment is not doing homework properly. Teacher must change their strategy and develop interest attractiveness in assignments for students and eliminate useless burden and should try to assign conceptual based homework which might be in the form of extensions and further self-ascribed information through social experiences rather than memorizing and copying things.
- We can't run schools on strict bureaucratic and military rules. Therefore, it is the responsibility of head teacher and other teachers of the school to develop self-mannered qualities in their students through ethical lectures, love, care and sympathy rather than controlling students like animals with stick which is against the dignity of humanity.
- Teachers of the public schools should avoid Physical punishment as the students of public school mostly belong to poor family background. Physical punishment to such students already surrounded by difficulties may cause them depression and interruption in their studies. Such students are already under pressure of financial matters and family disturbances, whenever punishment is applied to them it becomes dangerous for them in educational perspectives.
- Students of public schools more than 70% belongs to uneducated and illiterate family background therefore Physical punishment may cause them violent against teachers therefor teachers should avoid from it.
- Physical punishment should be aim to boost up students' performance not revenge oriented.
- Teachers teaching at public secondary schools should be careful by applying extreme Physical punishment because extreme Physical punishment causes the students annoying and embarrassment which affects the student's deep emotions that is barrier to student's development and motivation.
- Extreme physical punishment i.e. slapping students on their face, use of stick and bowing down the student in front of the class causes to limit or pause the student's creativity so teacher should not punish them Physically.
- Teachers should punish the students in the form of writing several times the same homework if he/she doesn't attempt to do homework or he/she is compelled to follow the rules if they violate the school discipline.

- Students feel psychologically tortured by getting Physical punishment. Psychologically when tortured, it lays far lying impacts to their mental and emotional health.
- Existence of Physical punishment in our society especially at school level has been proved from research based studies. In order to minimize such a miserable ground realities different laws have been approved through legislation in National Assembly and Pro-Assembly. But it is the need of the day to implement those laws on strict administrative ground.

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