

## A Comprehensive Review on The Effect of Corporal Punishment and Development of Defence Styles and Fear of Intimacy

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**Abstract :** The background of this article is the frequently unacknowledged effects of corporal punishment in a child's life as they change into adulthood, how it may permutate into various dynamics and combinations and manifest in major areas like fear of intimacy and reactive and ineffective defending styles, which may eventually lead to much more interpersonal problems and in extreme cases psychopathology. Even though such studies require a longitudinal research design, there is a wealth of information on corporal punishment in the literature. Defense styles, or the coping mechanisms that individuals use to deal with stress and difficult emotions, can also be affected by corporal punishment. Individuals who have experienced corporal punishment may develop maladaptive defense styles, such as repression or denial, that can make it difficult for them to process and cope with their emotions. The fear of intimacy, or the fear of getting close to others, is another potential effect of corporal punishment. Individuals who have experienced physical discipline may develop a fear of physical touch, making it difficult for them to form close relationships. This fear can also lead to other mental health issues, such as anxiety and depression. It is important to note that not everyone who experiences corporal punishment will develop these issues, and other factors can contribute to the development of these problems. However, corporal punishment can have a significant impact on an individual's mental and emotional well-being.

**Keywords :** corporal punishment, fear of intimacy, defense styles, attachment

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