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EFFECTS OF CORPORAL PUNISHMENT ON PARENTS

David Martinez

Linda Saleh Borghol
Cal State University San Bernardino

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EFFECTS OF CORPORAL PUNISHMENT ON PARENTS

A Project
Presented to the
Faculty of
California State University,
San Bernardino

In Partial Fulfillment
of the Requirements for the Degree
Master of Social Work

by
Linda Saleh Borghol
David Alberto Martinez
May 2023

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Approved by:

Laurie Smith, Ph.D., M.S.W. Faculty Supervisor, Social Work

Yawen Li, Ph.D., M.S.W. Research Coordinator

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ABSTRACT

There has been limited research regarding the effects of corporal punishment on parents. This qualitative study examined the effects of corporal punishment on parents and the reasoning behind their particular discipline practices. The study provides an overview of the thoughts and emotions parents feel before and after utilizing corporal punishment. The data were collected through interviews of parents who utilized corporal punishment as their main form of discipline. We interviewed parents through Zoom meetings in order to gather data that would help this study. Researchers interviewed eight parents who expressed the effects they experienced from utilizing corporal punishment. Analysis of the interviews found that parents utilized corporal punishment due to different factors such as generational use of corporal punishment, emotional stressors, personal daily life stressors, or lack of knowledge of other forms of discipline. We found that parents regretfully utilized corporal punishment and viewed it as a negative form of discipline. Parents were interested in looking for alternative forms of discipline to utilize in order to have their children grow and be independent individuals in society.

DEDICATION

Linda and I have to thank our family members, friends, classmates and professors who have supported us and sacrificed in order for us to receive a quality education. We also want to thank all the individuals who participated in our study. We also want to thank our parents for their unconditional love and support throughout our educational journey. I want to thank my parents Francisco and Alicia Martinez for supporting my growth and helping me to know what I am capable of. I also want to thank my brother Fabian Martinez, for showing me it's possible to go through hard times and make it out.

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CHAPTER ONE

INTRODUCTION

Problem Formulation

Corporal punishment research from the child's perspective has been well documented. Research is lacking regarding the perpetrators of corporal punishment, the perpetrators being the parents or legal guardians of the child. Society's attitude on corporal punishment is divided, some perceive corporal punishment as acceptable and some find the use of corporal punishment as punishment upon themselves by causing their child to have feelings of distress. For example, a study by Durrant (1996) found that Canadian adults had an equal opinion whether it be positive or negative to use corporal punishment. One quarter of the sample saw corporal punishment as helping teach acceptable behavior, while also having feelings that they'd feel a sense of guilt or feel as if they are causing the child emotional distress. Study of the effects of corporal punishment on parents would help social work practice through providing education to parents/legal guardians about the potential harms they may be inflicting on themselves emotionally and mentally.

Corporal punishment is defined as causing physical pain on an individual as a result of misbehavior (Vockell,1991). Corporal punishment is widely known as the use of physical punishment such as spanking, lapping, choking, shoving,

hitting, pinching, and ear pulling as a form of discipline. Research has shown that, despite the decrease in the use of corporal punishment and the increase in knowledge about the negative effects it has in the long run, 65% of American parents still spank their children (Walters, 2019). While a large percentage of American parents are still spanking, it's important to look further into how often spanking is occurring. According to data collected, "a "normal range" of daily spanking is from 0 to 5.73 times in 24 hours (Whipple et al., 1997). Most corporal punishment research currently available studies the effects on children. There is a lack of research on the effects of corporal punishment on parents, research from the parents' perspective would help the study of corporal punishment.

Most parents have utilized corporal punishment and are the perpetrators of corporal punishment to their children (Graziano et al., 1996). Impulsivity seems to be the one reason why corporal punishment is a quick choice to come to. A lack of knowledge of how corporal punishment affects a child is also a reason why parents implement corporal punishment. While a child may make a quick bad choice, parents need to ensure that they do not impulsively respond to the behavior. Instead, parents need to teach children about the importance of thinking about their actions. While a parent teaches a child about the harmful aspects of being reckless, the parent should also learn that impulsive form of punishment is harmful as well (Graziano et al., 1996).

Corporal punishment has an impact on society at large. Corporal punishment does have a larger effect on specific ethnic groups and

sociodemographic groups. Research shows that families with lower levels of education are more likely to use corporal punishment to discipline their children. Along with that, research also indicates an ethnicity factor in the frequency in which families use corporal punishment (Klevens et al., 2019). Some argue that corporal punishment among children of different cultural backgrounds who regularly experience corporal punishment find it normative, because the children that accept its use then see it as expected and would not react negatively when they experience corporal punishment (Deater-Deckard & Dodge, 1997). The assumption of corporal punishment among ethnic cultural backgrounds being “normative” may influence parental decisions to incorporate corporal punishment into their discipline practices.

Corporal Punishment Versus Physical Abuse

Corporal punishment is different from physical abuse in that physical abuse produces physical injury such as bruises, breaking of skin, and broken bones. Corporal punishment should not result in any type of physical injury (Lenta, 2012). While that is true, there’s an unfortunate connection between corporal punishment and physical abuse. Those who were spanked during their childhoods were also at a greater risk of experiencing physical abuse at the hands of their parents (Fréchette et al., 2015). Corporal punishment led to fast results in good behavior but it entailed negative future results to the extent of those same participants exhibiting increased aggression, low levels of moral

internalization and affected mental health (Gershoff, 2002). Adults who were disciplined through the use of corporal punishment were more likely to spank their own children (Gershoff, 2002). The use of education to show alternative forms of punishment is what is needed in order to change beliefs in forms of parenting discipline. Parents that believed in physical discipline were likely to use corporal punishment themselves (Simons, et. al, 1991).

This research paper serves as support for the importance of education regarding disciplinary forms. Child Protective Services have a huge role in ensuring the safety of children that are at higher risk of physical abuse. In order to do so, Child Protective Services has the responsibility of recognizing an issue before it progresses further in a negative direction. Therefore, understanding the factors that play a role in increasing the risk can help prevent abuse from occurring. In order for CPS to better assist families, there should be a better understanding about the depth of the issue of corporal punishment as well as the risk factors. Further, while CPS is focused on the wellbeing of children and removing them from homes in which they are in danger, there is a lack of focus on the parents. Understanding the parents' perception and reasoning for using corporal punishment or even physical abuse can help decrease the rates at which children are being put in danger.

Laws

Forty-eight states as well as the District of Columbia detail what is corporal punishment and their legal laws regarding it. Twenty-nine states believe that corporal punishment should be used with “reasonable” force. Some states address this by adding to the criteria that corporal punishment should be “appropriate”, “moderate” or “necessary” (Davidson, 1997). The federal court has left it to the state’s lower district court’s discretion.

Court decisions such as these open a discussion to the direction corporal punishment laws could soon be heading towards, especially when there isn’t a federally clear standard to what corporal punishment is. Few states have clearly defined terms for “reasonable corporal punishment” or maltreatment” to have a clear base to work from to guide the discretion of what decisions that can be made regarding how a child abuse case should be decided. They also have no measurement or methodology to differentiate on the spectrum of injuries ranging from accidental to non-accidental physical injuries (Coleman et al., 2010). As we have presented evidence of varied discretions among clearly the standard across the United States is not consistent as the United States gives discretion to lower courts to determine what is the “appropriate” amount of corporal punishment. Leaving states to determine discretion without any scientific evidence-based research that could result in judgements that are not congruent with scientific evidence of corporal punishment being more harmful than previously thought before. Scientific evidence-based research should be a determining factor when

enacting corporal punishment laws. These laws should be consistent across the United States, and social workers should be advocating for policy to reflect scientific evidence-based research.

Social Work Practice

Understanding the depth of corporal punishment from all sides of the spectrum as well as increasing education and awareness can be important in decreasing the rates of corporal punishment as well as other forms of physical abuse and neglect. Many social workers focus their study on the effects of corporal punishment on the children. However, research is limited on understanding the depth of the effect of corporal punishment on those who use it as a form of discipline. Understanding the ramifications of corporal punishment on those who use it can help social workers better assess the root of the issue of corporal punishment as well as ways in which it can be reduced. Moreover, by understanding the reasons for the use of corporal punishment, social workers can better assist and educate parents on ways in which they could prevent the use of physical discipline. Instead, social workers can create individualized programs for parents with alternative techniques on other ways to discipline their children that do not have the same long-term effects of corporal punishment.

Much like understanding the effects of corporal punishment, increasing education in families who are at high risk of utilizing corporal punishment can be helpful. According to research, the less education, the more likely for them to use

corporal punishment as a means of discipline (Klevens et al., 2019). Along with educating families about the importance of refraining from the use of physical discipline, social work advocacy can help with decreasing the rates. Research shows that countries in which corporal punishment is banned see a decrease in use of physical discipline, showing that psychological theories do suggest that societal rejection of corporal punishment can serve as a behavioral change intervention (Alampay et al., 2021).

Finally, understanding the effects of corporal punishment on parents can help educate parents about better choices to help alleviate negative consequences of corporal punishment for both parent and child. The research questions for this project is: What rationale do parents have in incorporating corporal punishment when disciplining their children? What are the psychological and emotional effects on parents who use corporal punishment as a form of discipline?

CHAPTER TWO

LITERATURE REVIEW

Introduction

This chapter contains research relevant to the topic of corporal punishment of children and the perpetrators who commit corporal punishment. The subsections will include the prevalence of corporal punishment, difference between corporal punishment and physical abuse, the generational use of corporal punishment and the effects of corporal punishment on the perpetrators and on the children. The final subsection will examine the Social Learning Theory and how it can be applied to this study.

Corporal Punishment Versus Physical Abuse

While corporal punishment is a disciplinary tool parents or caregivers may use, it can open the door for physical abuse. During the disciplinary action the caregivers can progressively get angrier and potentially strike the child harder which could end up seriously hurting the child (Knox, 2010). Individuals reported being spanked as children were likely to support use of corporal punishment on their kids. Others reported that receiving more severe forms of punishment were less likely to support corporal punishment (Ateah & Parkin, 2002). Furthermore, research proves a greater risk of physical abuse in individuals who experience spanking during their childhood. Therefore, the evidence supporting the

increased risks of previous lived through experiences of corporal punishment is linked to the use of corporal punishment (Fréchette et al., 2015).

Prevalence of Corporal Punishment in Various Socioeconomic Status

In one study of American families in an urban based community, 53% of mothers and 44% of fathers of 3-year-olds reported that they had utilized corporal punishment at least once in the past month (Lee et al., 2015). Gender influences beliefs about experiences related to corporal punishment, research shows that males support corporal punishment more than females (Gracia & Herrero, 2008). Research has shown that children are likely to be physically punished by the same gender parent as them (Muller et al., 1995). Meanwhile research has supported that usually mothers are the perpetrators of corporal punishment and more likely to spank their children than fathers (Grogan-Kaylor & Otis, 2007).

As corporal punishment continues to be an issue, about fifty percent of parents of toddlers (Socolar et al., 2007) and sixty-five to sixty-eight percent of the parents of preschoolers (Regalado et al., 2004) use corporal punishment as a form of discipline to their own children in the United States. When these children go into middle or high school, eighty-five percent have already been physically punished by their parents (Bender et al., 2007). Rates of physical abuse are most prevalent among children younger than 5 years old (Coontz & Martin, 1988). Parents deal with their children without intending to abuse their child. Most

cases, parents deal with the situation by planning to discipline their child for an apparent negative action the child has committed (Kadushin & Martin, 1981).

Research indicates a slight correlation between a family's socioeconomic status and the use of corporal punishment. One study found that lower socioeconomic status families are more likely to endorse spanking (Hines et al., 2021). The research continues to explain that despite the decrease in overall corporal punishment across the world, the gap between low and high socioeconomic status families has remained unchanged (Hines et al., 2021). Studies have shown correlated links between poverty and the probability of using corporal punishment on their children (Grogan-Kaylor & Otis, 2007).

Two main reasons as to why low socioeconomic status families are more likely to use corporal punishment as a means of discipline are stress and education level. Research shows that there was a positive association between parenting stress and the use of corporal punishment (Crouch 2001). Not only is parenting stress a factor in corporal punishment, other life stressors may also play a role in the increased risk of physical discipline. For example, work stress, such as job loss during COVID-19, had a significant factor for child physical discipline (Lawson et al., 2020). The other reason for the increased risk of corporal punishment is the lack of education. Research indicates lower levels of education was associated with higher risk of the use of corporal punishment (Klevens et al., 2019).

Effects of Corporal Punishment on Children

Bryan and Freed (1982) found that college students who were punished physically during childhood have had issues pertaining to social anxiety and depression. Some effects of social anxiety and depression can cause having few friends and negative social interactions. Bryan and Freed (1982) found that college students who received higher levels of corporal punishment as children or teenagers were more likely to report “below average” grades than those who experienced a lesser amount of corporal punishment. The damaging effects of corporal punishment affect the student’s self-concept.

Straus and Kaufman-Kantor (1994) found that corporal punishment experienced during teenage years was associated with substance use disorders with alcohol, symptoms of depression and thoughts of suicide. Corporal punishment has been correlated to substance abuse and criminal activity later in life (Straus & Lauer, 1992) and causes a low financial ceiling (Straus & Gimpel, 1992).

Generational Use of Corporal Punishment

According to Miller and Rollnick (2013) it is relatively difficult to change relationships and types of corporal punishment, one method showed that parents' use of corporal punishment could potentially lead to harming the child’s development in the future. The research indicated a generational use of violence stating that adults who experienced corporal punishment as children are more likely to use physical punishment on their children (Simons et al., 2010). Simons,

et al., (1991) found that parents that believed in physical discipline were likely to use corporal punishment themselves. Caspi and Elder (1998) found that when parents used a form of discipline perceived as aggressive, female children used similar discipline practices 30 years later. Other studies have also shown that fathers who grew up with a form of aggressive discipline were also to use similar discipline parenting techniques (Capaldi et al., 2003).

Effects of Corporal Punishment on Perpetrators

Parents may face a form of shame from others when they choose not to use corporal punishment. According to Carson (1986), parents who refuse to use corporal punishment are viewed by others as not an effective parent compared to those who use corporal punishment, and are viewed as a “poor” parent. Corporal punishment to some is seen as a cruel form of discipline. It is a demeaning mode of discipline for those who carry out the punishment (Scarre, 2003). One particular study on the effects of corporal punishment reports mothers’ responses to punishing their children. Some responses included crying, a sense of regret, feeling relaxed, and feeling nothing. In this study, participants said they had felt regret when punishing their child (Buldukoglu & Kukulcu, 2008). Although most studies have been conducted on the victims of corporal punishment, hardly any studies have been performed on the perpetrators of corporal punishment.

Theories Guiding Conceptualization

We can use the social-learning theory when analyzing the effects of corporal punishment on parents. Bandura & Walters (1977), suggests through social learning theory that learning happens through repeated trial and error, learning through others, it also shows positive and negative consequence results. There are three core concepts of social learning theory. The first concept is that people can learn through observation. The second concept is that internal mental states are an essential part of the process. The final con acknowledges that if something has been learned that doesn't mean that it will result in a change in the behavior (Cherry, 2012).

Summary

In summary, there are many risk factors that come along with the use of corporal punishment. Research indicates an increased use of different forms of discipline when the use of corporal punishment decreases, proving an alternative way of discipline that could be more useful. There is clear evidence that indicates that corporal punishment does occur in a generational cycle suggesting that those who use corporal punishment are more likely to have been exposed to some sort of physical discipline/abuse in the past. While there is a lot of research about the effects of corporal punishment on children, there is a gap in the research about the effects on those who commit corporal punishment. Moreover, there have been evident negative effects of corporal punishment on children both

in the short and long run. Research also provides data to support that socioeconomic status has an impact on the amount of corporal punishment used in households.

CHAPTER THREE

METHODS

Introduction

This study sought to describe the effects of corporal punishment on parents. This chapter explains the details and methods that were conducted throughout our research. The sections following include study design, sampling, protection of human subjects, data collection, and data analysis.

The study we conducted is an exploratory study. This study explained the emotional standing of parents at the use of discipline through corporal punishment. We utilized qualitative methods to gather data. This study explored the use of corporal punishment and how it affects parents. We explored study design, sampling, recruitment and participation, data collection, data analysis, and research ethics.

In this study we conducted interviews with parents through Zoom in order to collect data for our research. We learned about the effects of corporal punishment on our participants and heard their perspective and the reasoning behind their type of discipline.

Study Design

As we have investigated the effects of corporal punishment practice on parents, we chose a qualitative research design. This study was an explanatory research project, because of the limited amount of research that was available to address this topic of corporal punishment from the parent's perspective. Our goal was to understand the effects of corporal punishment from the parent's perceptions and how they incorporate corporal punishment into their parenting techniques. This was a qualitative study and we used one-on-one interviews with open ended questions as a tool to collect data from subjects.

A helpful aspect of an exploratory, qualitative study approach to our study is that participants were allowed to elaborate their personal experiences and didn't have to be confined to a limited range of answers such as those in the questionnaire. It allowed for participants to provide details, insight and observations they have had when they have used corporal punishment onto their children. Each individual participant had their own detailed experiences and explanations that illustrate their experience or thinking process on the use of corporal punishment.

Sampling

This study obtained approval from the California State University Institutional Review Board (IRB). This study utilized a non-random purposive sample of parents. Our main focus was interviewing parents that use corporal

punishment to discipline their children. We planned on interviewing parents and learning about the cycle of CP and how their parents disciplined them. We contacted the director of a child care center in Southern California and informed her of our study and that we're interested in conducting interviews with parents in their program. The director agreed to help us distribute flyers that will be passed to the parents in the program before we interview them. The researchers contacted the child care center and received an approval to conduct interviews with up to 10 parents that are a part of the child care center. Before conducting interviews with participants, the researcher will review over consent with the participant before the start of the interview. We also let the participants know what to expect from the interview and if to ask any questions pertaining to our study. We also informed them of their right to terminate the interview and remove themselves from the study for any reason.

Protection of Human Subjects

All material collected from participants were protected by keeping files in a password protected hard drive. The participants were able to share their own private experiences and be open and vulnerable, trusting that the researchers will only use the information shared for the purpose of the study. The researchers explained confidentiality and informed consent to each participant before the interviews started.

We let the participants know that their information will be confidential and that the researchers will not reveal their personal information such as their names. Also, their information will be deleted after it was kept for 3 years. The participants were informed from the beginning of what to expect from the study and were given an explanation of what the interview will include and options of not participating or ending participation at any time.

Data Collection

Due to the ongoing pandemic, it was reasonable to have the option to meet virtually online for this study. To keep all participants and researchers safe we found it best to complete the interviews via Zoom. We conducted eight interviews with eligible participants. Interviews made it possible to collect in depth information about each participant's experiences. A semi-structured interview guideline was used to conduct the interview. The themes particular to this interview include, the parent's own history of corporal punishment inflicted on them, views on corporal punishment, also whether the practice of corporal punishment is an effective technique, their experience of using or witnessing corporal punishment. We examined their feelings after the use of corporal punishment in that it can contribute to other aspects of their life.

The researchers contacted the director of a child care center located in Southern California and received an approval letter stating that the director will help distribute flyers to the parents and promote our research. After the parents

receive the flyers there will be an email provided for them to reach out to the researchers in order to participate in the research. Conducting the interviews via zoom gave us the ability to go back and review recordings and include their answers into our research.

We used our personal Instagram profiles to post our research study flyer on our story feature which allows you to post a picture that will last for 24 hours before it gets deleted. The researchers planned on posting the flyer twice a week on their respective accounts with a combined following count of 700 people. The followers on Instagram had the opportunity to be a part of the study if they responded via Instagram messages or via the QR code provided on the flyer. After the researchers received a response from the followers, they reached back to the followers in order to arrange a date and time to conduct the interview. After the date and time had been confirmed, the researchers sent out Zoom links for them to access on the day of the interview.

After conducting interviews with participants, we emphasized that we are mandated reporters and will have to report abuse if: The willful harming or endangerment of the person or health of a child, any cruel or inhumane corporal punishment or any injury resulting in a traumatic condition. The sexual abuse, assault, or exploitation of a child. The negligent treatment or maltreatment of a child by a person responsible for the child's welfare under circumstances indicating harm or threatened harm to the child's health or welfare. This is whether the harm or threatened harm is from acts or omissions on the part of the

responsible person. We used a non-probability sampling method. We specifically used convenience sampling when we selected our participants.

Participants were informed about consent and were sent a copy of the consent forms to their personal emails. They were asked to review the consent form to determine whether they want to continue their participation in the research study. Once the individuals reviewed the informed consent and marked the consent forms with their answers citing their agreement to the study. The individual interviews were held virtually through the zoom online video communication program. The ease of online virtual communication made it easier for parents to be able to access from the comfort of their own home. Once days and times were determined the researcher sent out a zoom link and interviews were conducted with video and audio recording via Zoom. Participants also had the option to turn off video at the start of the interview to help keep their privacy protected.

Throughout the interviews we planned to ask the participants questions and request for them to answer the questions honestly. We met with our participants individually especially since we understood that it's a sensitive topic that most participants would request for privacy. We began with open ended questions and then let the conversation flow throughout the interview in order to hear the participants perspectives. interviewing our participants individually gave them the opportunity to share their own story and their own experiences which allowed for a better understanding of how corporal punishment truly affects them.

Data Analysis

When we analyzed the data for this research, the researchers utilized qualitative analysis. Open, axial and selective coding of research data resulted in the help in creating a theory, which led the researcher to create an even deeper theoretical meaning. This way of coding gave researchers a whole new way to access study participants' thoughts, perspectives and reactions to study research (Williams & Moser, 2019). The data began by analyzing open coding and was assembled together into categories and organized. Next is Axial coding which focused on seeing connections between the categories and the researchers linked the categories of codes. Next is selective coding and it focused on telling the stories of those codes and their connections together. The research utilized the interview transcripts collected from the one-on-one interviews to explore values, feelings, perceptions, meanings, and experiences. Semi-structured (SSI) interview questions focus on the answers of the participants. Participants were allowed to respond to open-ended questions as they pleased, which allowed the researchers to have follow up questions available (McIntosh & Morse, 2015). The interviews were conducted through Zoom and the interviews were transcribed through the Zoom transcription tool to record the interview data. While analyzing the data, researchers utilized narrative analysis to analyze information from each of the interviews conducted. We used participants' personal knowledge and experiences to determine pertinent answers to our research question.

We transcribed our participants' responses and added them to different categories in a word document based on the particular question. We included all 11 questions into this document and added their responses to each question that related to the specific theme. In order to help us analyze our data we chose to break down participants' responses into different categories.

Summary

In conclusion, the best approach to understanding perspectives of individuals in exploring the effects of corporal punishment on parents was through qualitative interviews. We found that using Zoom was the most effective method when interviewing our participants. Due to the pandemic giving the participants the opportunity to be a part of a study while still being able to maintain the safety of everyone involved is crucial. In our study, it was important for us as researchers to be able to conduct the interviews and receive the participants' input in order to include the accurate information in our study. We also asked our participants a series of open-ended questions and gave them the opportunity to share their stories in order to study the emotional and physical effects of corporal punishment on them. The researchers sent out flyers to the child center located in southern California with the help of the director. The researchers provided an email on the flyers in order for the participants to reach out and be a part of the study. We found the method of breaking down their

responses and adding them to different categories helped determine the different themes found within their responses.

CHAPTER FOUR

RESULTS

Introduction

This qualitative study was designed to learn from parents' thoughts, emotions and opinions about utilizing corporal punishment on their own children. The evaluation of the data collected was through qualitative analysis. The findings are organized by going through each question analyzing the respondents' answers. The researchers conducted eight interviews with parents who had at least 1 child and some experience with corporal punishment. Interviews were conducted in December of 2022. On average the length of the interviews were about 9 minutes, with 5 minutes being the shortest and 15 minutes being the longest.

This chapter will be presenting our findings while analyzing the following: if respondents have ever used corporal punishment and how often they have used this form of discipline. The data also analyzes what the situation was to incorporate corporal punishment on their child and what were the respondent's thoughts and emotions before and after utilizing CP. Researchers also look into the age of the child and if the scenario of utilizing CP was typical. Finally, researchers also look into if there are any positive or negative effects on the child or parent. We organized our subheadings according to the sequence of how the questions were asked during the interviews to our participants.

Presentation of the Findings

Child's Age When Utilizing Corporal Punishment

Participants most utilized corporal punishment with children between the ages of 1 and 10 years. The average age of corporal punishment was 2 years old. The youngest being a one-year-old and the oldest being 10 years old. Most of the participants' children were very young at the time of this study. Two participants had reported that their child was 2 years old, another participant reported their child being 1 years old, two other participants reported their children as being 4 years old. Two other participants reported the child as being 10 years old as well as another reporting their child was 7 years old.

Utilization of Corporal Punishment

In response to "Have you ever used corporal punishment on your children or adolescents such as striking, spanking, or hitting them?" we found that all (8) of our respondents have used a mild form of corporal punishment. Most parents reported utilizing a "light" slap on the hand or buttocks. One participant stated "*It would be like this little you know slap on the hand.*" The same participant also reported that "*maybe one or two like bow bow on the butt.*" They also described correcting their child's actions by having to grab their child, or may move the child to another area.

Participants described their child wanting to grab items they were not supposed to and having to use corporal punishment "*he wanted to grab a snack*

and we had just ate so I didn't want him grabbing anything.” The urgency of being on time caused one participant to utilize corporal punishment they described moving their child from their vehicle to the house and having to use a form of corporal punishment in order to meet obligations *“I’m gonna get her off the car, we had to go somewhere and I was rushed so I grabbed her out of the car.”* Most participants felt that they’ve reached the limit in which they had to utilize corporal punishment as that was the only choice at the moment.

Frequency of Corporal Punishment

Researchers asked participants “In your best estimate, how often do you use physical discipline with your child? (probe: weekly, monthly, less than a few times a year, once or twice in total)”. A number of the participants reported utilizing corporal punishment at least 3 times a month on average, the highest frequency among one respondent was at least once a week. The lowest frequency with another respondent was at least 2 times or less a year. One participant reported that the frequency of corporal punishment would be determined based on the participants mood and emotions *“I would really have to be mad if they dropped food on the floor or if they broke something.”* they also added *“I feel like for me you would really have to do something.”* Each participant described their moods and emotions being a factor in the number of occurrences in corporal punishment being utilized by each participant. Generally, we found that all of the participants reported that they use corporal punishment when their

children stress them out by either not complying with the parent's commands or if they are making a mess. The emotional factors that parent's experience influence the frequency of corporal punishment use.

Situation in Which Corporal Punishment was Utilized

To assess situational factors the respondents we asked about last time they used corporal punishment we asked respondents "Thinking of the last time you used corporal punishment, what was the situation? (probe: what was the child's behavior, where did it take place, any other details)". Most respondents reported having their belongings disturbed by their child and that was one of the catalysts for the use of corporal punishment. One participant described coming home to see their belongings on the floor in a mess and witnessing their items disregarded leading them to want to incorporate corporal punishment. Another participant described a situation in which their child was disturbing their reading glasses. After repeatedly asking their child to not do that specific action anymore, the participant ultimately decided to utilize corporal punishment.

In some situations, it was due to the child acting a certain way at home or in public which caused the caregiver stress. One participant explained "*I came home and they basically got into my video games. They took them out of all the boxes and all the CDs were on the floor and I got mad so I spanked all three of them.*" Another participant reported "*I was changing my kid's diaper and he was throwing a tantrum and he kept trying to touch his diaper which was soiled and I*

just hit his hands a little bit in order for him to stop.” Most participants reported they utilized corporal punishment with their children after they’ve done something to cause the parent to feel stressed. The caregivers reported that they utilize corporal punishment out of impulsivity due to the way they’re feeling in the moment.

Participants described their child as throwing things and having a temper tantrum; as the last situation in which they incorporated corporal punishment. Participants described their child as not behaving at a grocery store and having a temper tantrum when not getting their way. The child would cry and not listen to direction, the parent would then let the child know they would be getting disciplined later at home due to their behavior. Most participants reported utilizing corporal punishment after their children stressed them out which caused them to lose control and discipline their children for their behaviors.

Thoughts Before Utilizing Corporal Punishment

Participants' thoughts before utilizing corporal punishment varied as some immediately thought to utilize corporal punishment and others thought there has to be another alternative to corporal punishment before ultimately utilizing corporal punishment. We asked participants “Thinking of that time, what thoughts did you have right before using corporal punishment?” As one participant stated: *“right before I was into it, I was like man kids are going to get a spanking and I guess I didn't think, you know you're just so full of anger”*. The same participant

added *"I gotta teach him not to do it again"* as furthering the reasoning for corporal punishment. All participants had thoughts of frustration as their child wasn't listening to any direction.

Another participant explained they felt a little frustration at trying to get through to their child and explained they had said *"no don't do this and you know being ignored."* Another participant explained that they feel they have to utilize corporal punishment in the fear that their child may turn out to be a deviant child if no corporal punishment was used. They explained *"Just viewing in society now how kids are not listening at all to their parents. It's those thoughts of oh my God, what if they grow up and don't listen to me or what will happen if I don't correct them now."* Another participant thought of using corporal punishment as a fear tactic to correct actions. Participants states *"for me it's you need a fear tactic you tell them you're gonna get a spanking"* this shows that immediate thoughts show that participant has increased willingness from the child's behavior towards utilizing corporal punishment.

Another participant wanted their child to stop crying, the participant explained their thoughts as *"how can I get him to stop crying"* or the participant would have thoughts of wanting the child to understand why they are getting talked to. Participant explained *"at least understand what I'm telling him."* One participant thought before utilizing corporal punishment was to use verbal discipline before going straight to corporal punishment. The participant stated *"I think it wasn't my first choice, I wanted to do the verbal option first and see how*

that worked for him". Most of the participants felt stressed and frustrated before they utilized corporal punishment. They couldn't control their emotions of being angry in the moment where they acted out of impulsivity. We found that participants utilized corporal punishment out of anger and frustration due to the child's behaviors as well as frustration in not finding other ways to discipline their children. Participants also utilized corporal punishment in fear of their children growing up to become non-compliant to society.

Emotions Before Utilizing Corporal Punishment

Most participants reported feeling emotions of anger, frustration, and triggered before utilizing corporal punishment. In response to the question "Thinking of that time, what feelings or emotions did you have right before using corporal punishment?" As one participant reported "*anger you know, it's like these kids don't learn and I have to teach them.*" Another participant was also disappointed as well as feeling angry emotions stating "*I'm basically upset, disappointed and angry too.*" One participant stated "*throughout the day things happen and then you reach a point where sometimes you don't make the best decisions or the decisions that you think are best.*" acknowledging that they come to a point where they only see corporal punishment as necessary in order to alleviate building tension throughout the day.

The participants expressed that there were other factors that occurred during the day which led them to utilize corporal punishment. A participant stated

“I feel like maybe I lost my patience with him when it wasn't necessarily his fault so I think that's why I try as much as I can not to engage in that behavior.” Most of the participants expressed that they didn't enjoy using corporal punishment and that they didn't feel right after. Participants only utilized corporal punishment as they didn't know what else to do as one participant states, *“I didn't want to do it but I didn't know what else to do.”* Many of the participants informed us that their first choice was never to use corporal punishment but that in the moment they lost control of their emotions which led them to utilize CP.

Emotions After Utilizing Corporal Punishment

Exploring emotions after corporal punishment all participants felt “bad”. Participants described bad as feeling guilt, shame, and regret. We asked participants “Again, thinking of that specific time you used corporal punishment, what feelings or emotions did you have after using physical discipline? One participant stated *“I just feel guilty, bad and upset that they don't behave sometimes.”* along with other participants describing that they feel bad because *“I know that he probably didn't understand what he did was wrong.”* Another participant described being upset at themselves as well as their child for reaching the point of utilizing corporal punishment. Another participant explained *“maybe there's probably another way.”* We found that participants felt emotional and had feelings of regrets, guilt, and shame after utilizing corporal punishment.

Thoughts After Utilizing Corporal Punishment

Participants were also asked to discuss their thoughts when asked “What thoughts, if you can recall, did you have after using corporal punishment?”.

Participants describe thoughts after utilizing corporal punishment as not being useful in the end as the child would continue to perform or act in the same fashion as before utilizing corporal punishment. Participants also thought to themselves “*there has to be a different way*”. Participants who express this feeling may be looking for alternative ways of corporal punishment that work right away. This is exemplified in another participant's response “*oh I shouldn't have done it or maybe you know I could approach it differently.*”

Many of the participants expressed that they would prefer to utilize other forms of discipline when it comes to their children as they don't believe corporal punishment is the most efficient way to discipline. They described that they don't believe their children learn from corporal punishment but instead they are instilling fear into them.

Thoughts and Feeling During Typical Scenario of Corporal Punishment

We explored participants' feelings further by asking respondents, “Is the scenario you described typical of when you would use corporal punishment and your thoughts and feelings about it?”. When answering this question most participants thought about their own experiences of corporal punishment and how it may have affected them. Participants also explain that they have a hard

time controlling their emotions by stating *"I have a short temper"*. In participants having trouble controlling their emotions it could lead to more uses of corporal punishment.

One participant explained, *"You got brought up with spanking and you know my parents spanked us so you know I just picked up that habit from them"*. Participants report utilizing corporal punishment because they had received corporal punishment from their parents growing up. Participants also described that the situation was fairly the same when the child was being difficult for the parent, *"it's always something that I say no to or she doesn't get what she wants, it's the same behavior and it's the same type of corporal punishment"*. This shows that if something is currently working for a participant, the same participant may ask themselves why would I have to change corporal discipline techniques if this works as needed in an effective, timely way.

Positive and Negative Effects on Parents Who Utilize Corporal Punishment

Researchers asked participants the positive and negative effects of corporal punishment on themselves when disciplining their children. In what ways do you think using corporal punishment on your child affects you? What, if any, are positive effects? What, if any, are negative effects? Most participants answered *"I don't get anything positive out of it."* Another participant answered that the most positive effect is that *"you're hoping that tough love"* comes across to the child. Another parent expressed a positive opinion that corporal

punishment does work as they utilize corporal punishment at least once a month and keeps the child submissive to authority, the parent states *“I feel like I’m an authority and I don’t let her take over me”*, this participant implies that they don’t want to lose authority of their child risking misbehavior in the future. Parents also discussed having negative feelings due to the responsibility of being “their protector” inflicting corporal punishment conflicts with their role as a protector. Participants discussed the negative effects they would feel such as feeling guilty due to not having knowledge of another intervention *“I don’t know how to stop the behavior any other way I guess because obviously verbally didn’t work”*. We found that participants don’t see any positives in utilizing corporal punishment. One participant found it positive to be perceived as an authority figure when utilizing corporal punishment as it reinforces parental guidance. Some parents expressed the negative effects of corporal punishment due to them experiencing guilt as they believe they should be their children’s protector and not inflict emotional/physical trauma.

Positive and Negative Effects on Children Enduring Corporal Punishment

Researchers asked participants whether there were positive or negative effects when utilizing corporal punishment. Researchers asked “In what ways do you think using corporal punishment on your child affects them? What, if any, are positive effects? What, if any, are negative effects?” One participant explained that they themselves received corporal punishment from their own parents and

explained *“for me it did cause emotional damage to some extent.”* They could see how inflicting corporal punishment to their child can be negative and that it may have the same effect on their children. Another participant explained that a negative outcome of utilizing corporal punishment *“I don't want my kid to fear me but at the same time I don't want him to do it again so I don't know”*. Another negative effect reported was that the child would become fearful of the parent and would distrust the parent. We found that due to generational corporal punishment, participants experienced the negative effects it had in their upbringing. Participants don't want to inflict the same emotional damage that they experienced from their parents. Due to generational corporal punishment, participants indicated that they would be interested in learning alternative forms of discipline for the well-being of their child.

Summary

The participants we interviewed all used corporal punishment, we found that our respondents rarely used corporal punishment regularly, reporting that they used it at least 3 times a month on average. We also found that participants don't necessarily agree with corporal punishment but are ready to incorporate it impulsively. Most participants expressed that they would be interested in learning different ways to incorporate discipline as they tend to regret utilizing corporal punishment with their children. They also discussed whether they were installing fear into their children when incorporating corporal punishment. Regarding participants' emotions most felt guilt and regret from incorporating corporal

punishment. Participants indicated that they were frustrated with choosing corporal punishment as a first form of discipline out of anger. All participants indicated that generational corporal punishment influenced their decision in utilizing this form of discipline.

CHAPTER FIVE

DISCUSSION

Introduction

This chapter will discuss the implications of the results of our study and how they may be similar or different from the studies cited in the literature review. We will also identify any of the limitations of the study, as well as provide implications for social work practice.

Discussion

In our results we have found that regret and guilt have played a role in the decreased usage of corporal punishment. Our findings show that participants want alternative ways to discipline their children. We also found that some of our participants have had corporal punishment inflicted on them as children that can influence discipline techniques. We have also found that corporal punishment has always been an established form of discipline all around the world. Corporal punishment has been acknowledged and deemed as necessary for some. For others it's simply not an option. Others envision alternative ways for their children to develop to be functional human beings in society. In our study all 8 of our participants utilized corporal punishment which showed there are lingering detrimental practices of corporal punishment that have not been addressed in a lot of communities. In our study the results showed that all participants utilized corporal punishment to a minimal degree.

Most of our participants also had previous experiences with corporal punishment in that their parents would utilize corporal punishment on them. This

is congruent with studies that show more than half of all participants had participated in corporal punishment when disciplining their children. Some differences with our study compared to larger scale studies is that participants from our study avoided harsher corporal punishment techniques.

Due to generational corporal punishment, we found that all of our participants grew to utilize corporal punishment. Even though, we live in a generation where society deems corporal punishment as unnecessary. There have been many studies and awareness on the effect of corporal punishment on children. Yet, our participants expressed that even though they are aware of the negative effects of corporal punishment and are opposed to the use of it, corporal punishment still continues to be the first discipline.

Despite what the research says most parents acknowledge that corporal punishment can have the effect of normalizing corporal punishment for their children and thus continue the generational cycle of corporal punishment on their children. The larger research studies align with our research study in that our participants also utilized corporal punishment minimally due to the hesitation to believe that there may be an alternative form of discipline. 6 out of 8 of our participants were female and had utilized corporal punishment. This aligns with larger studies in that female participants were more likely to utilize corporal punishment with their children than males.

Most participants indicated that they utilize corporal punishment mostly when they are stressed by their children's behavior. Some participants expressed

other factors including stress from daily functions of their lives and stress from child's actions that led them to incorporate corporal punishment. Many of the participants utilized corporal punishment impulsively and later on regretted their decision. They described feeling angry in the moment since their child was misbehaving and acting on their feelings but then later on when they cooled down, they felt guilty for their decisions and actions. This shows that stress continues to be a factor in practicing parental disciplines.

We found that many of the participants reported that they would want to learn other ways to discipline their children instead of utilizing corporal punishment as they don't see consistency in the results long term. It was also found that in larger studies that children under 5 years of age were more likely to receive corporal punishment from their parents, which aligns with most of our participants in that their children were under the age of 5. One study presented an equal opinion whether it be positive or negative for the use of corporal punishment. After concluding our interviews, we found that our participant's opinions on corporal punishment didn't align with a study we cited. Most of our participants expressed that they don't believe that corporal punishment is positive, instead they believe it's negative and they would want to learn alternative techniques to discipline their children. It was also believed that it would be detrimental for participants' children to receive corporal punishment as it would increase aggression.

Recommendations for Social Work Practice, Policy, and Research

Social Work Practice

The researchers gathered a few recommendations for caregivers and social work practitioners. We recommend social workers to provide stress relieving techniques and practices to parents in order to help relieve stress when it comes to utilizing corporal punishment. One of the recommendations is to provide caregivers with presentations at school settings to educate them on the effects of corporal punishment on both the children and the parents. These presentations could include different social workers or people with experiences to help caregivers think of different ways to discipline their children.

Recommendation for parents would be presentations on how to practice mindfulness often especially during the times where they are experiencing high levels of stress that leads them to utilize corporal punishment. Learning and practicing mindfulness exercises such as deep breathing would help with their stress and could potentially reduce the chances of them utilizing corporal punishment. We found that stress alleviating practices can be more effective in the community in order to help parents gain composure and not instinctively go straight towards the use of corporal punishment.

Policy

Another recommendation is to change policy in schools to allow parents to learn and utilize stress relieving techniques as well as other forms of discipline.

Schools are slow to come to these policy changes, for example allowing classes to start later in the day in order for students to acquire adequate sleep. We recommend that schools change policy to allow parents to schedule some time during the day where they spend time with their children one on one to enhance their relationship. Most parents expressed that they work full time and don't have enough time to spend with their children which could cause behaviors to increase and detachment.

Encouraging caregivers to utilize special play time for a few minutes with their children could potentially help reduce stress on both the caregiver and the child. Caregivers could utilize a reward system with their children and help them work towards it. A reward system could potentially substitute utilizing corporal punishment where both the parents and the children are working on accomplishing that goal. Due to the amount of stress that the participants reported, we concluded that parents don't usually have enough time during the day to utilize special play time. However, we recommend that parents use the little time they have during the day to find an activity where they could both find enjoyable and give the parents time to relax while also giving the child the necessary play time needed to develop a stronger bond.

Research

Another recommendation is for social workers to continue to research the effects of corporal punishment on caregivers as there is limited research on this

subject. Learning more about the effects of corporal punishment on caregivers can open an array of ways to help alleviate stressors the typical caregiver may feel when they are overwhelmed. We also recommend research into alternative techniques of discipline. Research then can be provided to caregivers to discipline their children. Research would benefit caregivers in that it would also provide parents with alternative discipline styles they can try with their own children. Throughout this research, most participants expressed that they utilized corporal punishment as their first choice due to generational use. Most participants expressed that they would be interested in learning different techniques to discipline their children instead of utilizing corporal punishment as they see the effects it has on both themselves and their children.

Most participants expressed that their parents utilized corporal punishment on them growing up which led them to believe this the appropriate way of disciplining their children. However, the participants acknowledged the effects of generational corporal punishment and how they would prefer to utilize different discipline styles with their children as they don't believe corporal punishment would be effective long term.

Limitations

The limitations of qualitative research that we experienced were low responses to our study. We distributed our flyers in different settings. However, the topic of this research was concerning to some caregivers which limited our

amount of data. Only eight participants allowed us to conduct interviews with them regarding their use of corporal punishment. Our results may have been different if we had more participants to interview. Results may have varied if we had more participants willing to participate in our study, results may have varied from a diverse range of areas including lower-, middle- and upper-class areas or even culturally diverse areas sharing their views regarding Corporal Punishment. In more participants being interviewed there may have been more diverse opinions and thoughts regarding corporal punishment.

Another possible limitation of this study is learning the true extent of how often they utilized corporal punishment. Participants potentially didn't disclose all forms of corporal punishment they utilized in fear of being reported due to researchers explaining their roles as mandated reporters. Due to the researchers being mandated reporters while still promising the participants confidentiality, the researchers carefully constructed questions to allow the participants to respond without facing any repercussions for the disciplining techniques.

We acknowledged that our research topic is sensitive and caregivers fear the consequences they may face when opening up regarding their forms of discipline. Due to the participants being known to the researchers, we believe that the answers would have potentially been varied if they were interviewed by a different researcher. We differentiate guilt as knowingly doing something that you find as not the correct way of handling things but doing them anyway. We look at regret as the emotion we experience when we look back on an action or decision

and feel we should or could have done something differently to address the issue. Overall, during our study we found limited research on the effects of corporal punishment on parents as well as different discipline styles that caregivers can utilize instead of corporal punishment.

Conclusion

This study answered the questions of how corporal punishment affects parents and why parents utilize corporal punishment. The study found that most participants regretted utilizing this type of discipline and would be interested in learning different ways to discipline their children. Generational corporal punishment exists and has influenced the parent's decision in utilizing corporal punishment as a first choice. Overall, we found that at the end of the day, parents are looking for the best way to help their children grow and be independent to be able to become leaders and decision makers of our society.

APPENDIX A: FLYER

Parents Needed

Have you *ever* used corporal punishment as a form of discipline? Corporal punishment is physical punishment like spanking, shoving, hitting, pinching, and ear pulling that does not leave a mark.

If your answer is yes, we would really appreciate your anonymous participation in our research study.

We will be asking questions relating to your use of corporal punishment as a form of discipline and the effects it has on you as the parent.

We will be conducting one-to-one interviews via Zoom at a time and date convenient to you.

Interviews will be between 15–30-minutes.

Interested?

Please scan QR code or visit the email link to schedule an interview.



Contact Linda Borghol or David Martinez, Student Researchers, anytime at 007724867@coyote.csusb.edu or 005344777@coyote.csusb.edu or Research Supervisor, Dr. Smith at lasmith@csusb.edu or via phone at (909) 537-3837.

This study has been approved by the California State University, San Bernardino Institutional Review Board. (IRB#: IRB-FY2022-220)

APPENDIX B: INFORMED CONSENT

INFORMED CONSENT

The study in which you are asked to participate is designed to examine The Effects of Corporal Punishment on Parents. The study is being conducted by Linda Borghol and David Martinez, graduate students, under the supervision of Dr. Laurie Smith, Professor in the School of Social Work at California State University, San Bernardino (CSUSB). The study has been approved by the Institutional Review Board at CSUSB.

PURPOSE: The purpose of the study is to examine the psychological and emotional effects of corporal punishment from the parent's perspective.

DESCRIPTION: Participants will be asked a few questions on the effects of corporal punishments on parents, cycle/history of corporal punishment, and disciplinary techniques.

PARTICIPATION: Your participation in the study is totally voluntary. You can refuse to participate in the study or discontinue your participation at any time without any consequences.

MANDATED REPORTER: Researchers are mandated reporters and will have to report any abuse or neglect reported during the interview session. We will have to report the abuse for the following reasons:

- The willful harming or endangerment of the person or health of a child, any cruel or inhumane corporal punishment or any injury resulting in a traumatic condition.
- The sexual abuse, assault, or exploitation of a child.
- The negligent treatment or maltreatment of a child by a person responsible for the child's welfare under circumstances indicating harm or threatened harm to the child's health or welfare. This is whether the harm or threatened harm is from acts or omissions on the part of the responsible person.

CONFIDENTIALITY: Your responses will remain confidential and data will be reported in group form only.

DURATION: It will take 15 to 30 minutes to complete the interview.

RISKS: Although not anticipated, there may be some discomfort in answering some of the questions. You are not required to answer and can skip the question or end your participation.

BENEFITS: There will not be any direct benefits to the participants. However, findings from the study will contribute to our knowledge in this area of research.

CONTACT: If you have any questions about this study, please feel free to contact Dr. Smith at (909) 537-3837

RESULTS: Results of the study can be obtained from the Pfau Library Scholar Works database (<http://scholarworks.lib.csusb.edu/>) at California State University, San Bernardino after July 2023.

I agree to have this interview be audio recorded: ____YES ____ NO

I understand that I must be 18 years of age or older to participate in your study, have read and understand the consent document and agree to participate in your study. _____

Place an X mark here _____ Date _____

APPENDIX C: SURVEY QUESTIONS

SURVEY QUESTIONS

1. Have you ever used corporal punishment on your children or adolescents such as striking, spanking, or hitting them?
2. In your best estimate, how often do you use physical discipline with your child? (Probe: weekly, monthly, less than a few times a year, once or twice in total)
3. Thinking of the last time you used corporal punishment, what was the situation? (Probe: what was the child's behavior, where did it take place, any other details)
4. Thinking of that time, what thoughts did you have right before using corporal punishment?
5. Thinking of that time, what feelings or emotions did you have right before using corporal punishment?
6. Again, thinking of that specific time you used corporal punishment, what feelings or emotions did you have after using physical discipline?
7. What thoughts, if you can recall, did you have after using corporal punishment?
8. How old was the child in this situation?
9. Is the scenario you described typical of when you would use corporal punishment and your thoughts and feelings about it?

10. In what ways do you think using corporal punishment on your child affects you? What, if any, are positive effects? What, if any, are negative effects?

11. In what ways do you think using corporal punishment on your child affects them? What, if any, are positive effects? What, if any, are negative effects?

APPENDIX D: IRB APPROVAL LETTER



January 27, 2023

CSUSB INSTITUTIONAL REVIEW BOARD

Protocol Change/Modification

IRB-FY2022-220

Status: Exempt

Laurie Smith Linda Borghol, David Martinez
CSBS - Social Work
California State University, San Bernardino
5500 University Parkway
San Bernardino, California 92407

Dear Laurie Smith Linda Borghol, David Martinez:

The protocol change/modification to your application to use human subjects, titled "Effects of Corporal Punishment on Parents" has been reviewed and approved by the Chair of the Institutional Review Board (IRB). A change in your informed consent requires resubmission of your protocol as amended. Please ensure your CITI Human Subjects Training is kept up-to-date and current throughout the study. A lapse in your approval may result in your not being able to use the data collected during the lapse in your approval.

This approval notice does not replace any departmental or additional campus approvals which may be required including access to CSUSB campus facilities and affiliate campuses. Investigators should consider the changing COVID-19 circumstances based on current CDC, California Department of Public Health, and campus guidance and submit appropriate protocol modifications to the IRB as needed. CSUSB campus and affiliate health screenings should be completed for all campus human research related activities. Human research activities conducted at off-campus sites should follow CDC, California Department of Public Health, and local guidance. See CSUSB's [COVID-19 Prevention Plan](#) for more information regarding campus requirements.

You are required to notify the IRB of the following by submitting the appropriate form (modification, unanticipated/adverse event, renewal, study closure) through the online Cayuse IRB Submission System.

- 1. If you need to make any changes/modifications to your protocol submit a modification form as the IRB must review all changes before implementing them in your study to ensure the degree of risk has not changed.**
- 2. If any unanticipated adverse events are experienced by subjects during your research study or project.**
- 3. If your study has not been completed submit a renewal to the IRB.**
- 4. If you are no longer conducting the study or project submit a study closure.**

You are required to keep copies of the informed consent forms and data for at least three years.

If you have any questions regarding the IRB decision, please contact Michael Gillespie, Research Compliance Officer. Mr. Gillespie can be reached by phone at (909) 537-7588, by fax at (909) 537-7028, or by email at mgillesp@csusb.edu. Please include your application approval number IRB-FY2022-220 in all correspondence.

Best of luck with your research.

Sincerely,

King-To Yeung

King-To Yeung, Ph.D., IRB Chair
CSUSB Institutional Review Board
KY/MG

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ASSIGNED RESPONSIBILITIES

Regarding this paper, the work was split evenly between the two researchers. Both David and Linda have discussed together what each chapter should include and collaborated while assigning responsibilities evenly. For Chapter 1, Linda was responsible for the problem formulation and the difference between corporal punishment and physical abuse while David was responsible for laws and social work practice. For Chapter 2 both researchers contributed to the literature review and both collaborated to create a literature review. In Chapter 3 Linda was responsible for the first 3 sections and David was responsible for the other 3 sections. The Data collection was divided between both researchers as they collaborated by conducting interviews together. Both researchers worked on Chapter 4 and 5 together as they transcribed and analyzed their findings as a team. Both students worked on the application and finalized the project together. Students both met up daily to consult and collaborate on the project as well as meet with the supervisor for direction in assisting us with the project.