

I. Child Sexual Abuse: A Cause of Trauma in Virani's *bitter chocolate*

This present research is a study of Pinky Virani's text *bitter chocolate* published in 2000. It is a collection of real short stories of child sexual abuse in India. Through this book Virani tries to introduce about the issue of child sexual abuse (CSA) which is the most devastating problem around the world, especially in south Asian countries like India. This project makes significant contribution in studying the psychological effects of child sexual abuse and its causes.

In the book, the author has collected the real stories of child sexual abuse that happened in Indian cities like Delhi, Mumbai, Pune, Bangalore and traces out in to a book form. In the stories or events, the abused children are from 6 months to 16 years of age and the abusers are more than sixteen. The abused children are both male and female and they have been also abused in their own home by their guardians. Child sexual abuse in India especially happened in middle and upper class family which is ignored by the society though it is a serious problem.

This research makes significant contribution in studying the trauma the sexually abused child got in his/her childhood. Focusing on the psychological trauma, this research also tries to explore the psychological and social impacts of the child sexual abuse. By analyzing the real events collected in Virani's *bitter chocolate*, this research not only assumes that the crime of child sexual abuse has close affinity to the psychological traumatic effects but it also regards that the psychological consequences which are basically initiated through the child sexual abuse is more devastating acts like slow poison throughout the whole life of abused child.

The fundamental motive and anticipatory accomplishment of this project is to explore the issue of CSA and its psychological consequences rampant in the various cities of India by analyzing the Virani's *bitter chocolate*. In this way, to unveil the

hitherto unexplored inter-connections of child sexual abuse and the traumatic effects on the victimized child will be the basic emphasis of this task. Generally, traumatic aspects of human life are associated with natural disaster and violent historical events like war. But, this project attempts to interlink the issue of child sexual abuse and psychological trauma in a very innovative way. So answering the question “Is there any close affinity between child sexual abuse and psychological trauma?” will be fundamental inquiry of this research.

Since this research tries to explore the issue of CSA and its psychological effects on the entire life of abused children, different substantiations and logics provided by the various trauma theorists like Freud, Cathy Crauth, Dominic Lacapra, Kali Tal, Ruth Levis and psychiatrists like Vonder Kolka, Ann Levlt have been useful for the study. Particularly, Jhon Briere and Diana M.Elliott’s essay “Immediate and Long –Term Impacts of Child Sexual Abuse” will be useful for this research.

This research has been divided into three chapter. Chapter first entitled “Child Sexual Abuse: A Case of Trauma in Virani’s *bitter chocolate*.” This chapter defines child sexual abuse and history of trauma theory. The second chapter, “Child Sexual Abuse: Narrativization of the Psychological Trauma in *bitter chocolate*” try to show the close affinity between child sexual abuse and psychological trauma. The third chapter, “Child Sexual Abuse: Causes and Effects in Virani’s *bitter chocolate*” has the conclusion part of this research which offer some suggestion to prevent the child sexual abuse.

Pinky Virani is a young lady and unusual person. She is Ismali muslim, did masters in Journalism with the Aga khan Foundation Grant, was an intern with the *Sunday Times* (London), and returned to Bombay to edit Mid-Day. She married Shankar Aiyar of *India Today*. He is the only child of Brahmin family and a couple of

years younger than her. They agreed not to have children. They live in a Shiva Sena dominated locality practicing their own faith.

Sexual abuse of children is not a pleasant topic of conversation or subject material for a book. This does not deter a young woman like Pinki Virani from writing about it. She specializes in writing on unsavory subjects. She shot fame with the classic *Aruna's story*, about a young nurse who to marry a doctor and was raped by a vengeful sweeper. She has been in a coma for other 20 years while the rapist has served his term in jail and is now a free man. Her second book *Once was Bombay* likewise narrates the story of the decline of the once prosperous, orderly metropolis to Mumbai of Shiva Sainiks and mafia gangs extorting money from shopkeepers and *itter chocolate* is Pinki's third book. She travelled all over India interviewing victims of child abuse, doctors, psychiatrists and collecting data from police and courts. It is found that child sexual abuse in India has assumed epidemic proportions, and information about the crime was generally suppressed-*khandaankee izzat ka sawal* (the question of family honour) and *ghar kee baat ghar mein rahe* (what happens in the family should remain in the family) and unsympathetic male-dominated society in which misdemeanors committed by males are readily overlooked while the cries of agony of infant girls and boys who have been molested are ignored. She writes:

First there will have to be acceptance of the very existence of child sexual abuse in all classes of Indian homes. And this acceptance is likely to take a very long time to come because if there is such an acceptance, it would affirm that there are a lot of adults abusing children. And then this would start to say something about Indian society. And it's false façade of happy families and the men in these families and the kind of women who live with these men.

Uncomfortable questions could be raised about who we intrinsically are, the way we live, and the way we treat each other-The Ugly Indian.

(7)

The book deals with a taboo topic or controversial topic. Because in Indian culture subject of sex is taken as the topic of shame and people do not want to talk much more about sex and sexual abuse. Pinki Virani, who has been a journalist for several years, has handled the topic very sensitively. It evokes hatred for the people who do it. It is shocking to know that sexual abuse has happened to children as young as three months also, and it has nothing to do with gender of the child as well. In fact, it has been reported that sexual abuse of little boys has been on the rise and apparently Goa, Mumbai are hotspots for foreign tourists for this trade.

The most abominable crime known to humanity is sexual abuse of children what makes it an unpardonable sin is that usually perpetrators go scot free while victims are scared for life. It takes place all over the world among all classes, educated and illiterate well-to do and the impoverished. There are various definitions of child sexual abuse. According to the American Medical Association(1992) in the journal *Archive of Family Medicine*: “Childhood sexual abuse consists of contacts abuse ranging from fondling to rape and noncontact abuse, such as modeling inappropriate sexual behavior, forced involvement in child pornography or exhibitionism” (39).

A comprehensive worldly academic definition of CSA is given by Driver and Droisen in their book *Child Sexual Abuse*:

Any sexual behavior directed at a person under sixteen years of age without that person’s informed consent. Sexual behavior may involve touching parts of the child or requesting the child touch oneself, itself or

others; ogling the child in asexual manner, taking pornographic photographs or requiring the child look at parts of the body, sexual acts or rather material in a way which is arousing to onseals; and verbal comments or suggestions to the child which are intended to threaten the child sexually or otherwise to provide sexual gratification for oneself. (25)

It is to be noted: the use of the phrase ‘informed’ in the first sentence itself of the definition by Driver and Droisen. It is a phrase that has been carefully applied. For what would constitute sexual ‘consent’ in an under sixteen year-old child? , what are the criteria for deciding that the information the child has made him/her suitably informed? Which is why the world over and in India too it is generally prescribed that all those sixteen years of age and below are to be considered as incapable of informed consent.

As the review of literature shows there is lack of criticism on the book from the perspective of trauma theory. Building on criticism like these, the proposed dissertation will make an investigation of the psychological and cultural trauma of child sexual abuse.

Credit for the development of trauma theory goes to Austrian psychoanalyst and medico, Sigmund Freud. He initially took the job of managing and flourishing the trauma theory in course of his treatment of the people who were being mentally and physically wounded, disordered and disturbed in the world war I. As a founder of psychoanalytical approach both in treatment and literature , mostly the trauma theorist and critics more or less influenced and associated with him and they try their best to define trauma on the basis of Freud’s psychoanalysis and even speak for or argue against it.

However, in modern sense, the phenomenon of trauma seems all inclusive trauma which can be defined from the two approaches: psychoanalytic formalistic approach and second, cultural approach. According to the first approach a victimized person does not disclose the true traumatic experiences; the victimized one exposes and expresses the testimony, in a very distorted and deceptive manner due to the fear of society. As so far the psychoanalytical approach is concerned, Freud's ideas are very important. In studies as hysteria, Freud and Breur have the view that "reminiscences that create hysterical sufferings are historical in the sense that they linked to actual trauma in the patient's life" (186). The effects associated with the pure trauma can't be acknowledged and the amnesia that results means that the force of the effect become dammed up. The injured person's reaction to the trauma exercises a completely cathartic effect if it is an adequate reaction.

Cathy Caruth, Dominick Lacapra, Geoffery Hartman and others, basing this theory of trauma on Freud's psychoanalysis stress the need for "acting out" and "working through" of trauma for leading a healthy life. Trauma is intrinsically multidisciplinary so it needs to displace older paradigms and attend to know configuration of cultural knowledge. Unlike the psychoanalytic formalistic approach, historical approach examines the undercurrent the distorted by contextualizing in the network of cultural politics. Sigmund Freud, in "Mourning and Melancholy" describes two opposite forces that act simultaneously to convert traumatic experiences in all forms of writing:

The literary forms get in strength from the struggle between the urge to cry out from burning core of traumatic experiences on the one hand and the drive to rationally construct the core of the trauma as a

symbolic representation model in language, thus keeping it at a safe distance from fact to fiction. (8)

In the sense, trauma brings the limitations of our understandings and at the same time, it dislocates the so called traditional disciplinary boundaries leading it to rethink our notion of experiences and of communication. In a person's telling of trauma what remains to be said in the disaster ruin of words and demise of writing for both the speaker and writer in the course of conversation.

Trauma theory is a privileged critical category which includes diverse fields, with its specific focus on psychological, philosophical, ethical and aesthetic questions about the nature and representation of traumatic events. In other words, all forms of remembering trauma- the first result in the process of "working through" the other is based on denial and result in "acting-out." Both concepts come from Freud and have been developed in such a way that could be used in historical studies.

Trauma was originally the term for a surgical wound, conceived on the model of rupture of the skin or protective envelope of the body resulting in a catastrophic global reaction in the entire organism. Ruth Leys while studying Freud and trauma writes in *Trauma: A genealogy*:

Freud famously abandoned the very theory of sexual seduction that is crucial to today's recovered memory movement. Yet if we are to evaluate Freud's role in the genealogy of trauma, as we must, it is essential to understand that the terms in which modern trauma theorists tend to describe Freud's 'betrayal' reveal a fundamental misunderstanding of his thought. (19)

According to Freud what he called "deferred action", trauma was constituted by a relationship between two events or experiences, a first event that was no

necessarily traumatic because it came too early in the child's development to be understood and assimilated, and the second event that also was not inherently traumatic but that triggered a memory of the first event that only then was given traumatic meaning and hence repressed. For Freud, "trauma was thus constituted by a dialectic between two events, neither of which was intrinsically traumatic, and a temporal delay or latency through which the past was available only by a deferred act of understanding and interpretation" (20).

The term psychic trauma appeared about 100 years ago, in Freud's writing on the seduction on hypothesis, and in his subsequent abandonment of the seduction theory as he evolved his theory of the unconscious. The idea of trauma has recurred in the work of innumerable psychoanalytic writers since that time, but there is still lack of clarity among them about its meaning. Psychoanalysis has contributed significantly to shaping our ideas about psychological trauma but it is not clear what is involved. Psychoanalytic theory does not adopt a simple cause-effect type explanation for current problems but rather attempts to provide understanding of a network of structural mental processes which fluctuate and repattern themselves in response to a range of phenomena; both externally real events as well as internal or psychic (unconscious) events are bound together in a mental life of the individual.

At the time of publication, *bitter chocolate* encountered response to its unorthodox narrative structure and taboo subject matter. Some critics regard its subject matter as direct and forceful. Supporting this idea Khushwant Singh remarks:

Throughout the book, Virani never loses sight of the child who is being abused and remains its steadfast and fierce advocate. Her style of writing is direct and forceful, while describing the several case histories in the book, she gracefully avoid making the narration either

pornographic or excessively gory or violent. Instead she conveys the unspeakable horror, confusion, and utter wrongness of these children's experiences by using simple factual language and by telling the story from the child's point of view. (15)

According to Sing, the writing style of Virani is direct and forceful. She raises the taboo issue and conveys the unspeakable horror from the point view of children. Singh highly appreciates the simple language used by Virani in the *bitter chocolate*. Sometimes, such issue makes the narration pornographic or violent but she escapes from such fault and makes writing forceful.

The book suffers from a lack of clear organization. Virani jumps from from one thought to another and while it is all going. Virani not only expose the pathetic condition of the sexually abused children but becomes able to uncurtain the long lasting effects of CSA. Supporting this idea Kiran Rao asserts "the book deals with child sex abuse in India. Through this book, the author Pinki Virani shatters every myth regarding CSA, and jolts the reader out of compliancy regarding the issue. She also explains the effects of such abuse" (11).

Most of the time child sexual abuse is taken as trivial subject matter in the countries like India because there are no strict rules and regulations. People who are supposed to be guardian and protector they themselves are being involved in such crime, so, to control the crime is not enough but to eradicate from its root is tough task. Supporting this idea Lata Narayanan in her review argues:

The closer the relationship and the longer lasting the abuse, the worse the consequences for the abused child. Virani is very clear about who is to blame. No, it does not matter if the child didn't protest, or even enjoyed the early sexual experiences, what the abuser does is just very

very wrong. The long term consequences of this betrayal of trust include mental health problems such as fear, depression, lack of self-esteem, social and sexual dysfunction the list goes on and on. (15)

In fact, the child today is definitely not safe anywhere. The World Health Organization says one out of every 10 children in India is sexually abused at any given moment. A study conducted by the Tata Institute of Social sciences in 1999, among adults between the ages of 20 and 24 years proved that one out of three girls and one out of every 10 boys had been sexually abused as a child. That is: 30 percent of the girls had been victims of child sexual abuse and 10 percent of the boys. Fifty percent of this crime happened at home. India's score in this crime record book is 5157 children being raped every year. Lesser forms of child molestation are beyond count.

We need to keep our eyes and ears open all time to tell-tale signs, trust our child and invoke trust in her/him so that they open to us for whatever they are going. Even parents don't pay much heed to this and feel that kids will not remember this when they grow up or think about the impact it can have on their stable/perfect lives. But, the child going through any kinds of abuse is scarred for life, and it definitely shows up in any form in their lives. So, it has been pointed out that several abusers have themselves been abused as a child. But, that of course is not justification for such heinous act. Regarding this view Seema kumar in the review asserts:

Virani is known for her writings about taboo topics and her earlier books set the trend for this one. Being a victim herself Virani has minimized nothing. She asks a lot of questions which provoke us and the facts serve merely to stoke the fire even more. Her direct approach

to the subject gives a lot of insight into the issue and its book that will become a landmark in writing bold non-fiction in India. (7)

As mentioned above, the literature review appreciates the issue and style of writing a non-fiction. So, this research has its spotlight on the psychological trauma created due to the child sexual abuse and to offer some kinds of suggestions to prevent this crime.

Sexual abuse is also taken as the sexual trauma. Sexual trauma refers to one or multiple sexual violations that invoke significant distress. The term sexual trauma is recommended and used by many clinicians and advocates in response to observations that some survivors do not label their experiences as rape as assault due to familiarity with the perpetrators or the absence of force. It is recognized that the term sexual trauma compounds the acts of violence with survivor's responses. As a result, child sexual trauma is used when presenting a clinical viewpoint and terms related to specific types of violations are used when conveying particular findings in the scientific literature. So, this research will be very useful to show the close affinity between child sexual abuse and psychological trauma.

II. Child Sexual Abuse: Narrativization of Psychological Trauma in bitter chocolate

This project focuses on Pinki Virani's *bitter chocolate* (2000), a collection of real short stories based on the issue of child sexual abuse. Through this book, the author Virani tries to introduce about the issue of child sex abuse (CSA), which is one of the most devastating problems around the world, especially in south Asian countries like India. In the stories or events of CSA, the abused children are from six months to sixteen years of age and abusers are more than sixteen. The abused children are both male and female and they have been abused in their own home by their guardians also. The text also shows that the child sexual abuse in India especially happens in middle and upper class family which is ignored by the society though it is a serious problem.

This project makes significant contribution in studying the immediate and prolonged effects of child sex abuse psychologically. The trauma which the abused child gets in his/her early age destroys their life slowly. Due to the insufficient Indian law, CSA crime cannot come to the fore. Highlighting the effects of child sex abuse of the abused child, this project proceeds to offer suggestion for prevention as well as to deal with the abused children

By analyzing the real events of CSA collected in the book, this research not only assumes that the crime of child sex abuse has close affinity to the psychological traumatic effects but it also regards that the psychological consequences, which are basically initiated through the child sex abuse is more devastating and it acts like slow poison throughout the whole life of abused child. In the process of research the trauma theory of Freud, Cathy Cruth, Dominic Lacapra, Kali Tal, Ruth Leys and various psychiatrist will be helpful.

Trauma represents a “wound”, an injury, whether physically or emotionally inflated. Trauma has both a medical and psychiatric definition. In medical discourse trauma refers to a serious or critical bodily injury, wound or shock. This definition is often associated with trauma medicine practiced in emergency rooms and represents a popular view of the term. In psychiatry, trauma has assumed a different meaning and refers to an experience that is emotionally painful, distressful or shocking which often results in lasting mental and physical effects. Some causes of trauma are a serious injury or shock to the body as from violence or an accident. An emotional wound or shock that creates substantial, lasting damage to the psychological development of a person often leads to neurosis. The cause of trauma is an event or situation that causes great distress and disruption of human psyche.

Psychological trauma is a type of damage to psyche that occurs as a result of a traumatic event. When trauma leads to post traumatic stress disorder, damage may involve physical changes inside the brain and to brain chemistry which damage the person’s ability to adequately cope with stress. Psychological trauma is an emotional or psychological injury usually resulting from an extremely stressful or life threatening situation. In psychological trauma, the post cult trauma is the intense emotional problems that some members of cults and new religious movements experience upon disaffection and disaffiliation.

Psychological trauma may accompany physical pain or exist independently of it. Typical causes of psychological trauma are sexual abuse, bullying, domestic violence, the victim of alcoholism, the threat of either or the witnessing of either, particularly in childhood. Catastrophic events, such as earthquakes and volcanic eruptions, war or other mass violence can also cause psychological trauma. Long-term exposure to situations such as extreme poverty or milder forms of abuse, verbal abuse

can be traumatic though verbal cause can also potentially to be traumatic as a single event.

As mentioned above, the child sex abuse is also the cause of trauma especially psychological trauma; this research will focus to trace out the causes of CSA, traumatic effects: immediate and long term effects and what the suffering reflect the society or how does the society treat to the abused child in the worldwide and especially in the Indian context.

In the text entitled *bitter chocolate*, Virani has traced piles of CSA events that happened in Indian families and cities like Bombay, Chennai Delhi. In this research, only some of the events are being included which have the similar for the analysis. In every study or the events the children are abused sexually by the elders either within family or outside the family. In all the stories, the children are affected due to the event immediately and the effects are seen after some years. They are suffering psychologically day by day in their life.

Different people will react differently to similar events. One person may experience an event as traumatic while another person would not suffer from trauma in spite of being the same event. Some theories suggest that childhood trauma can lead to violent behavior. They believe in such violent behavior that can be extreme as serial murderer. For example, Hicleey's "Trauma-control Model suggest" that "childhood trauma for serial murderers may serve as a triggering mechanism resulting in an individual inability to cope with the certain events" (124).

So, emotional and psychological trauma is the result of extraordinarily events that shatter sense of security, making feeling helplessness and vulnerable in a dangerous world. Traumatic experiences often involve in a life that threat to life or safety, but any situation that leaves feeling overwhelmed and alone can be traumatic

even if it does not involve physical harm. It is not the objective facts that determine whether an event is traumatic or not. The more frightened and helpless the person feels the more likely he is to be traumatized.

To support the above arguments in the text, a ten years old Arun in Delhi is being regularly sodomized by his father's brother. "One day, he picks up the courage whips out the knife he has kept under his pillow and silently brandishes it when his uncle touches him" (35). Later the boy becomes drowsy and cannot attend his study. In the case of Arun, he reacted violently against the sexual abuse and shows his courage against it. Though, after this the abuse is stopped but trauma that he got due to the sexual abuse affects him throughout his life.

Defining the psychological trauma, a child psychiatrist Lenore Terr in his essay "Trauma: An Overview" writes that "psychic trauma occurs when a sudden, unexpected, overwhelming, intense emotional blow or a series of blows assaults the person from outside. Events are external but they quickly become incorporated into the mind" (8). So a person gets trauma when an unexpected blow comes from outside and disturbs his/her life.

Supporting Lenore's idea Von der Kolka writes in his essay "Traumatic Reading":

Traumatization occurs when both internal and external resources and inadequate to cope with external threat to childhood traumas, including abandonment, betrayal, physical or sexual assaults, or witnessing domestic violence can have negative sequel that continue to reverberate throughout childhood, adolescence, and adulthood. (406)

Both clinicians make the point that it is not the trauma itself that does the damage. It is known that the individual's mind and body reacts in its own unique way to the

traumatic experience in combination with the unique response of the individual's social group.

The mind of the children is not developed and they cannot distinguish what is wrong and right. And they memorize the event when they reach in their adulthood. In an event, "a 13 years old Savio was sexually abused by his stepfather for a long time. Now, he is a male model, he often changes his girlfriend. He cannot get an erection to have sex with them without thinking of his stepfather buggering him, he beats up his girlfriend and then changes her for another because of this" (73).

Here, in what ways does Savio treat to his girlfriend? Is this a traumatic effect of his childhood sexual abuse? Questions can be raised concerning about this event. In fact, it is sure that the behave Savio shows to his girlfriends is the effect of trauma that he got in his childhood by his stepfather.

People who go through these types of extremely traumatic experiences often have certain symptoms and problems afterward. How severe these symptoms are depends on the person, the type of trauma involved and the emotional support they receive from others. Reactions and symptoms of trauma can be wide and varied and differ in severity from person to person. After a traumatic experience, a person may re experience the trauma mentally and physically, hence avoiding trauma reminders, also called triggers, as this can be uncomfortable and even painful. They may turn to psycho active substances including alcohol to escape the feelings.

Furthermore, analyzing the story of a girl named Nisha, who works in Hyderabad and has everything: the intelligence and looks, wealth, her own flat and car, good carrier with a computer company. She has a girlfriend working in a computer company in Bangalore. So they fly across to meet up over weekends. Their sex is 'satisfying', "Nisha finds her girlfriend's company not boring. Then, why is

Nisha not happy? Nisha is not happy because she was sexually abused by her aunt when she was nine and that was her first sexual encounter.

Triggers and cues act as reminders of the trauma and can cause anxiety and other associated emotions. Often the person can be completely unaware of what these triggers are. In many cases, this may lead a person suffering from traumatic disorders to engage in disruptive or self-destructive coping mechanisms, often without being fully aware of the nature of causes of their own actions. Panic attacks are an example of a psychosomatic response to such emotional cues.

Events of the sort we call traumatic are overwhelming but they are also a revelation. They strip away the diverse commonly accepted meanings by which we lead our lives in our various communities. They reveal the contingency of the social order and in some cases how it conceals its own impossibility. Those who survive often feel compelled to be or witness to these discoveries.

Trauma survivors want their individuality and identity in to their family and the society. Jenny Edkins in her “Trauma violence and political community” says:

In psychoanalytic accounts the subject is formed around a lack, and in the face of trauma. We become who we are by finding our place within the social order and family structure into which we are born. That social order is produced in symbolic terms, through language.

Language doesn't just name things that are already there in the world.

Language divides up the world in particular ways to produce for every social grouping what it calls reality. (11)

Trauma can even be seen in the languages and narrative styles used by Virani in the text. Virani narrates the events in simple style and she often uses the childish language to trace out from the perspectives of the sexually abused children. In the

text, a girl says that she cannot eat banana anymore, and Bombay duck, its white wetness make her feel ill (108). This happens because of the girl was sexually abused by her uncle when she was 10 years old. Jenny Edkins further says, “After traumatic events, there is struggle over memory. Some forms of remembering can be seen as ways of forgetting” (17). The trauma survivors wants to forget the trauma or events that they get in their childhood but that event is still affecting their present.

In Cathy Caruth’s “Psychoanalytic theory of trauma,” it is not the experiences itself that produces traumatic effect, but rather the remembrance of it. In her account, there is always a time laps, a periodical of “latently” in which forgetting characteristic is between an event and experiences of trauma links past to present through representation and imagination. In psychological account, this can lead to distorted identity formation, where “certain subjects portions may become especially prominent or even overwhelming for example, those victims or perpetrator, where one is possessed by the past and tend to repeat it compulsively as if it were fully present” (31). In this mentioned extract, Cathy focuses on the event of the past that always remain as the scars which can never be forgotten and always haunt in the present. The past events which work as the source of trauma remain in latent form and take huge effect from the event of present which is similar to the past.

As the trauma leaves the spot in the psychology, it is also needed to recover this psychological disorder. So, trauma needs the combination of both to the sake of healing and testament. The change of trauma in the narrative memory allows the incident to be verbalized be integrated in one’s own knowledge. Regarding this view, Caruth in “Trauma: Exploration in memory” asserts:

The trauma requires integration both for the sake of testimony and for sake of cure. But on the other hand, the transformation of trauma into a

narrative memory that allows the story to be verbalized and to be integrated into one's own and other knowledge of the parts may lose both the precision. And the force that characterizes traumatic recall. Yet, beyond the loss of precision of the event essential in comprehensibility the force of its affront to understanding. (154)

In psychological or psychic trauma, the articulating discourse is a process of meditative involving strategies and alternative voice, Its traumatic problem evolves the need to narrate new foundation, which includes reinterpreting the text as a means towards response or paths to revolving psychic trauma that emerges in a specific event or context but all of them in some way or other involve identity and memory.

The traumatic effects can be seen in the 13 years old girl Razia, who was sexually abused by her male cousin and says:

Painting teacher said to draw any scene from real life which has people in it. So, I draw long time back in the art. The hero marries the heroine because no the man has spoilt her. This is their wedding scene, and this is my sister with her husband and they are clapping for the hero and heroine but I am not there. (229)

To see the history of this event Raiza's sister was also sexually abused by her male cousin. When her sister got married and the cousin started to abuse Raiza. Her sister only said it to Raiza but when Raiza said that she was being sexually abused by her male cousin to ammee. The ammy says, "He is my very own sister's son. You should be ashamed of yourself for saying this" (225).

Some traumatized people may feel permanently damaged when symptoms don't go away and they don't believe their situation will get improved. This can lead to feelings of despair, loss of self-esteem and frequently depression. If significant

aspects of the person's self and world understanding have been violated, the person may call their own identity into question. Often despite their best efforts, traumatized parents may have difficulty assisting their child with emotion regulation, attribution of meaning and containment of post traumatic fear in the wake of the child's traumatization leading to adverse consequences for a child.

Chaim Shantan, psychiatrist and pioneer of trauma research, explains that the victim enters the catastrophic environment of trauma via the 'membrane' that separates sense from nonsense, narratives from chaos, and reality torn under leaving no boundaries and no guide posts. There in this case no substitute for experience only being is believing.

In the 1980s, historical trauma surfaced as a topic of serious and intense debate within the community of scholars and critics by the mid 1990s trauma therapies had mushroomed into the entire industry. The disorders acronym, post traumatic stress Disorder (PTSD) becomes a household word, a metonym that stands for whole constellation of symptoms, reinforced by popular culture images ranging from the well known phenomenon of "flashback" to the stereotype of the 'crazy vet' to the claims of some women that they recovered memories of child sexual abuse. In the analysis of the relation between traumatic memory and history expanding Freud's ideas on the topic is important. Trauma's meaning in western medicine extends from a surgeon's description of a wound to the head in early nineteenth century to a much more complex and puzzling narrative about a wound to the psyche towards the century's end. This trauma formation has about it a compelling social character. Trauma becomes psychic injury when train accident victims complain of lingering mental and physical disorders despite the fact that they emerge from

accidents scenes “unharmed” (91). Giving a general definition of trauma in her essay “Unclaimed Experience: “Trauma and the possibility of History” Caruth says:

Trauma describes an overwhelming experiences of sudden a catastrophic events in which the response to the events occurs in the often delayed and uncontrolled repetitive occurrence of hallucination and other intrusive phenomenon. The experiences of the soldier faced with sudden and massive death around him, for example, who suffers this right in numbered state only to reduce it later on in repeated nightmares in a central and recurring image of trauma in our century. (181)

In this passage Caruth explains that one has become the victim of overwhelming experience that come repeatedly in memory. Even the victim they have to suffer in the dreams and repetitive of nightmare.

Similarly, Caruth in “Violence and Time: Traumatic Survivals” further clarifies that traumatic disorder reflects the direct imposition on the mind of the unavoidable reality of horrific events where impact of violence can’t be registered (24). Trauma is constituted not only the destructive force of a violent event by the very act of its survival. In this pain Caruth writes:

In recent years an instance is psychiatry in relation to extreme violence in psychic disorder has culminated in the study of post-Traumatic Stress Disorder” as it is the most destructive psychic experiences. If we are to register the impact of violence, we can’t. Therefore, locate it only in the destructive moment of the past, but in an ongoing survival that belongs to the future. It becomes in habits, incomprehensibility, the very survival of those who have lived beyond it that it may be

witnessed best in the future generation to whom this survival in passed on. (125)

As mentioned earlier, this research also has its focuses on the causes of child sex abuse. The cause of CSA may be different from child to child. Most of the causes of child sex abuse are incest relationship, family structure and socio- cultural construct. Age factor is also the responsible factor for the CSA.

In the text, entitled *bitter chocolate*, the most of the cases of child sex abuse are incest relationship, the Guardian of the family or the relatives of the child participate to abuse their innocent child. The perpetrator doesn't mind that the children whether no about the sex or not. They only have to fulfill their sexual desires. To having the close study upon the case of CSA Lata Narayan in her essay entitled "CSA and its Causes" argues:

How is a child to make sense of the fact that a trusted uncle, or a family friend, or teacher, or worst of all, her father is making sexual advances to her? She may just know that something is very wrong, she may be intimidated into keeping quiet, and perhaps she knows that even if tells someone, she may not be believed. Perhaps, she senses that somehow she will be blamed. Perhaps, feels deeply ashamed; surely there is something wrong with her which is why this is happening. The closer the relationships and the longer lasting the abuse, the worse the consequences for the abused child. (11)

Here, the closer relationship and the longer lasting the abuse means it the relationship is close the abuse is long lasting or the sex abuse to the child continues for long time. Closer relationship lead to the happen incest relationship, if the children are not able to protest themselves the sexual relationship continues for longtime. It is incest

relationship is very dangerous sexual relation. The traumatized children destroy themselves but do not reveal the fact that they are being sexually abused by their elders.

To view the incest relationship in the text entitled *bitter chocolate*, there are series of incest relationships, depicted to the child. Arun is being sexually sodomized by his father's brother (35). Savio was sexually abused by his stepfather for a long time (77). Nisha, who also works in Hyderabad was sexually abused by her aunt (59). So, such piles of incest relationships are stated by Virani in her book *bitter chocolate*. When we acknowledge these cases of CSA, we come to know that the incest relationship helps to glorify the CSA. In these cases every character face the incest relationship. Such type of relation makes the children more vulnerable and they become victim of their frequently.

Furthermore, the feminist and theorist, who have experienced sexual abuse in their childhood, also stated the causes of CSA. They try to reveal their experiences of sexual abuse and why they had been abused in their childhood. A female named Armstrong answers to the question, "why do men sexually abuse their children? is the masculine power" as she argues: "Fathers are powerful and their decision to sexualize their relationship, with their children is not without consequences. Once you have eroticized the relationship broken down the dividing lines between parent and child" (165).

How does it go that a man can take advantage of a two years old or five years old or a seventeen years old? Why? "It is because the society says that men are better than women and that if a man wants something he is entitled to it, and the women have to nurture men and take care of men" (160).

Child sexual abuse also happens due to the gender violence. Male always dominate females in the family and society. The dominance pattern apparently manifests quite early in male, since older brother frequently assault younger sisters. Attacks by male siblings seemed quite similar in character to attack by father, step-fathers, older male relatives. Females in the family become more victims than the male. It is because in the society male is taken as superior than female. Sexual violence takes place on the base of gender. Supporting this idea Kali Tal in *Worlds of Hurt* says: “I was six. He would have been twelve, thirteen. I remember it being terrible, painful, burning. Even then, thought, I knew it was not right. I did not know what it was. I knew it was not right because of the fact that he said I could not say anything” (166).

Both adult male relatives and siblings appear to be aware of, and to play upon the young girl’s fear of retaliation. Many men threaten that they will kill children if they “tell”. It is the fact that admitting one is a victim of sexual assault is humiliating, frightening, and likely on blame and punishment. In *biter chocolate* female characters are more suffering from the sexual abuse. When Raiza, a twelve year girl is abused by her male cousin he threatens her. Likewise, Prema also became the victim by her step-father and threatened that if she tells, she will be killed. So using the masculine power males abuse the females sexually.

It is to say that patriarchy is also responsible for the cause of CSA. In the male dominated society, the society take men as superior and female cum children inferior. So, male take the advantages of their superiority and involve in the abusing children sexually. Dr Rajesh Parkh, a social activist, in his book entitled *A Source Book in Child Sexual Abuse* says that “patriarchy power penetration are the factors that assist greatly in allowing a child to be sexually, and physically abused” (25).

Child sex abuse is prevalent in all countries and societies, but to some extent, does the culture contribute to its prevalence. It is important question to be answered and this research helps to seek the answer of this question. Kiran Rao in his essay “Child Sexual Abuse in India” cites: “The joint family system in India, and the relatively cramped living quarters which force a greater level of intimacy among intimates might contribute to a higher incident of child sexual abuse” (27).

A lot of cases of CSA are in the bitter chocolate. Vaishali’s chacha gently sets his dialing finger on Vaishali’s vaginal area and moves it. His finger encounters a ‘sticks’ spot (5). Arun is being regularly sodomized by his father’s brother (35). Savio is sexually abused by his stepfather. Such events of CSA resulted due to the joint family culture in India.

Another prime focus of this research is the effects of the CSA to the abused child. This effect of the CSA can be taken as immediate and long term effects. The immediate effects are seen immediately in to the child, but the long term effects of CSA in the abused child destroy the life of the child slowly.

Research conducted over the past decade indicates that a wide range of psychological and interpersonal problems are more prevalent among those who have been sexually abused than among individuals with no such experiences. Although a definitive causal relationship between such difficulties and sexual abuse cannot established using current retrospective research methodologies, the aggregate of consistent findings in this literature has red many researchers and clinicians to conclude that childhood sexual abuse is a major risk factor to a variety of problems, both in the short term and in the later adult functioning. Further, longitudinal studies currently under way suggest that sexual abuse, as well as other forms of child maltreatment, does in fact lead to subsequent psychological difficulties is the short

and long term. As a result, the contention of some earlier clinicians that sexual abuse is a neutral or even benign event has little current acceptance in the field

Australian psychological department says that immediate effects or signs of CSA are “bed wetting continuous loose motions hysterical reactions” (67). Temper trauma, aggressive behavior, constant rubbing of body parts against objects, use of sexual words. They become focused on its own genitals. Sexual exploration and abuse of other children constant throat and urinary infections, irritation in the throat, anal and genital area are masturbation genital, urethral, or anal trauma etc.

The immediate effects of CSA are physically rather than psychologically. The signs and effects are seen physically to the abused children. A nine years old child artist from Tamil and Telugu film industry has been severely injured in her vagina by her fifty years old neighbor,” (5). In Arun’s case when his uncle sodomized him, he got hid anal bleeding. Eleven years old Srilaxmi got her throat pain when her brother made her to suck his penis. So, various immediate effects are seen to the abused child.

Sexually abusive acts involving children, who in most instances do not fully understand the nature and implications of the act, range from exposure, molestation, intercourse to rape. Depending on the nature and severity of CSA both short term and long term impact(s) have been reported. These involve emotional reactions, behavioral problems, effects on later sexuality, impacts on interpersonal relationships and social functioning.

If disclosure is central in such a scenario, immediate family and social responses to disclosure tend to affect the child’s sense of psychological wellbeing. Apprehension about a possible negative response prevents disclosure. Thus, response of the environment itself is a source of secondary victimization. Children choose not

to disclose because they are likely to encounter disbelief from adults, threats from the offender or they are made to feel responsible as partners and not as victims.

Finkelhor in his book entitled *A Source Book of Child Sex Abuse* (1986) postulates that “ the experience of CSA can be analyzed in terms of four trauma-causing factors or traumagenic dynamics. These are traumatic sexualization, stigmatization, betrayal and powerlessness” (13). These negative connotations are communicated in many ways by different people and become incorporated in to the child’s self image. Much of the stigmatization accompanying abuse may occur after the act itself. Thus family, social and responses to disclosure may stigmatize a child who was relatively unstigmatized by the abuse itself. This can take the forms of rejection, blame or the abuse remaining a focus for a long time in the victim’s life. These constitute psychological forms of secondary victimization.

So, if the CSA is not disclosed at right time, it leads to the secondary victimization and the abuse of child suffered from psychological trauma. Child psychiatrist John N. Berieve and Diana M. Elliot in their article entitled “Immediate and Long term impacts of child sexual Abuse” write that:

The primary psychological impacts of sexual abuse thought to occur in at three stage: (1) initial reactions to victimization, involving post traumatic stress disruptions of normal psychological development, painful emotions, and cognitive distortions, (2) accommodation to ongoing abuse, involving coping behaviors intended to increase safety and/or decrease pain during victimization and (3) the more long term consequences reflecting the impacts of initial reactions and abuse related accommodations on the individual’s ongoing psychological development, and personality formation. Although some initial

reactions of victims to their abuse specific coping behaviors, appear to generalize and elaborate over the long term. (55)

They further write that the long term effects are: post- traumatic stress cognitive distortions, emotional distress, depression, anxiety, anger, impaired sense of self violence.

Posttraumatic stress refers to certain enduring psychological symptoms that occur in reaction to a highly distressing, psychically disruptive event, A diagnosis of posttraumatic stress disorder (PTSD) requires the occurrence of a traumatic event, as well as, frequent re-experiencing of the event through nightmares or intrusive thoughts, numbing of general responsiveness to, or avoidance of, current events, and persistent symptoms of increased arousal, such as jumpiness, sleep disturbance, or poor concentration. Although PTSD was initially associated with adult response to disasters, accidents, and combat experiences, more recent research has linked short and long term posttraumatic symptoms to childhood sexual abuse. For example, children who have been abused exhibit more posttraumatic fear, anxiety, and concentration problems than do their non abused peers. Research focusing on assessing sexually abused children has found that these children are more likely to receive the diagnosis of PTSD than their non abused peers. Although most child sexual abuse victims do not meet the full diagnostic criteria for PTSD have post traumatic symptoms.

Both clinical and nonclinical groups of adult sexual abuse survivors have been found to display more intrusive, avoidant, and arousal symptoms of PTSD than those not abused as children. Especially prominent for adult survivors are PTSD related flashbacks- sudden, intrusive sensory experiences, often involving visual, auditory, olfactory, and /or tactile sensations reminiscent of the original assault, experienced as

though they were occurring in the present rather than as a memory of a past event. Triggers of flashbacks include sexual stimuli or interactions, abusive behavior by other adults, disclosure of one's abuse experiences to other, and reading or seeing sexual or violent media depictions.

Other PTSD symptoms involve repetitive, intrusive thoughts and/or memories of childhood sexual victimization-difficulties that may survivors of sexual abuse find both distressing and disruptive. These differ from flashbacks in that they are thoughts and recollections rather than sensory experiences. Typically, intrusive thoughts center around themes of danger, humiliation, spontaneous sexual contact, guilt, and "badness" whereas intrusive memories involve unexpected recall of specific abusive events, Nightmares with violent abuse-related themes are also commonly associated with sexual abuse related PTSD.

In the *bitter chocolate* Virani has traced events of CSA and the sexual abuse that have long term effects to the abused child. In the case of Arun in New Delhi, Arun was sexually abused by his uncle when he was ten years old, but the trauma that he got at the age of ten is affecting in his teen age too. His parents take him to a well-known and expensive psychiatrist in Delhi. The psychiatrist prescribes a set of pills. But the boy becomes drowsy and completely disoriented and terribly disturbed. He cannot attend to his studies anymore.

Browne and Finkelhor note that "in the clinical literature, depression is the symptom most commonly reported among adults molested as children" (23). A variety of studies have documented greater depressive symptomatology among child victims, as well as adult survivors. Lanktree, Briere, and Zaidi found that child victims in outpatient therapy were more than four times as likely to have received a diagnosis of major depression than were non abused patients. Similarly, adults with a

history of sexual abuse may have as much as a four times greater lifetime risk for major depression than do individuals with no such abuse history. These findings are supported by a wide variety of others studies documenting greater depressive symptomatology in adolescents and adults with sexual abuse histories.

The another psychological effect of child sexual abuse is anger. Chronic irritability, unexpected or uncontrollable feelings of anger, and difficulties associated with the expression of anger has been reported by child victims. Such feelings can become internalized as self-hatred and depression, or be externalized and result in the perpetration of abuse against others.

Dianna M. Elliot, in his article entitled “Impacts of Child sexual Abuse” writes:

Anger is frequently expressed in behavioral problems, with abused Children and adolescents displaying significantly more difficulties in this area than what is found typically in the general population. These data suggest that children’s aggressiveness toward others- commonly expressed as fighting, bullying, or attacking other children- is a frequent short- term sequel of sexual molestation. Although such behaviors may represent an externalization of children’s distress from their own trauma, and, perhaps, a cry for help, the net effect of aggression is often increased social isolation and unpopularity. (57)

Less research has been done on the extent of anger experienced by adolescent and adult survivors, although the data available suggest that difficulties in this area are also a long-term sequel of sexual abuse. In these studies, adult sexual abuse survivors score higher on measures of anger and irritability than do adults without childhood sexual abuse histories. One possible form of abuse –related anger is that of sexually

aggressive behavior towards others. As a group, adolescent and adult sexual abuse survivors are more prone than others to victimize children and women sexually. It should be noted, however, that most studies in this area indicate that majority of survivors do not go on to perpetrate such abuse against others,

In *bitter chocolate*, the characters suffer from the anger due to the child sexual abuse. Savio, a male model says, “I cannot get erection to have sex with girl friends. So, I beat up the girl friends and change another for this” (73). In this case, Savio pouring his “anger” over his girlfriend certainly is an impact of sexual abuse. In his story, he was sexually abused by his stepfather when he was eleven. So, the child sexual trauma that he got in his early childhood is haunting psychologically as well as physically and adulthood too.

“Avoidance” or avoidant behavior among victims of sexual abuse may be understood as attempts to cope with the chronic trauma and dysphoria induced by childhood victimization. Among the dysfunctional activities associated with avoidance of abuse-specific memories and feelings are dissociation, substance abuse, suicidality, and various tension-reducing activities. In each instance, the problem behavior may represent a conscious or unconscious choice to be involved in seemingly dysfunctional and/or self-destructive behaviors rather than fully experience the considerable pain of abuse-specific awareness. Unfortunately, although sometimes immediately effective in reducing distress, avoidance and self-destructive methods of coping with child abuse experiences may lead ultimately to higher levels of symptomatology, lower self-esteem, and greater feelings of guilt and anger.

Dominick Lacpra, in the article entitled “Writing history. Writing Trauma,” argues:

Trauma is an experience which, because of its unthinkable, shattering nature and is not available to immediate and conscious understanding. Instead, the event (or history) is belatedly and repetitively recorded by the psyche. Hence, it is dislocated from a specific historical event, since the experience only emerges in its displaced symptomatic after life within the fractured individual or collective psyche. It is precisely. The unmooring, or dislocation, of the traumatic experience that makes it susceptible to the abusive appropriations. (304-305)

So, any traumatic event like, child sex abuse has deep influence in child psyche. As Lacrpa, in his above extract, cites, the human psyche memorize the event of past and recorded within fractured or collective psyche. In the text, *bitter chocolate* "Razia, a girl "laughs", she laughs so much that her bony body doubles over with the convulsive, "Will you, she asks, gasping for breath between the shouts of laughter, "stand there and make sure it doesn't happen? (226).

In addition to the aforementioned trauma- specific factors, numerous factors correlated with trauma undoubtedly affect memory. Thus, the impact of trauma must be considered in the context of other potentially important variable. Increased severity of CSA may result in increased trauma, but severity can comprise such factors as duration and frequency. Which themselves may affect memory accuracy independently of traumatic impact. Moreover, severe abuse is often aggressively prosecuted. In factor as extensive legal involvement results elaborative rehearsal, greater stress, and more distinct experience, children with extensive legal involvement may remember their CSA experiences particularly well.

Another set of variable potentially correlated with trauma concerns interpersonal relationships, close relationship to the perpetrator is associated with lack

of maternal support when child victims disclose their abuse. To the extent that unsupportive mothers talk less often with their children about the CSA than supportive mothers do fail to legitimate their children's delegations, long term memory may be adversely affected. Furthermore, individuals abused by an emotionally close caregiver may feel especially betrayed. Such feelings may reduce the clarity and accessibility of memory, however, a close relationship to the abuser may be associated with a defiled knowledge base, which may support memory. Thus, relationship variables must be considered, despite the unclear direction of these effects.

Likely, influence memory of CSA older children provide more accurate and complete memory reports than do younger children, which suggests that children who were older when the abuse ended may more accurate long term memories than children who are younger. Additionally, delay often Herald's forgetting; a shorter delay between the event and memory interview should engender better memory. Furthermore, compared with males may be less detailed autobiographical memories about emotional events. If males are hesitant to talk about CSA, their memories are hesitant to talk about CSA in their memory of it might fade over the years.

Child sex abuse is, by its nature threatening and disrupting, and may interfere with the child's developing sense of security and belief in a safe just world. Thus, it should not be surprising that victims of such maltreatment are prone to chronic feelings of fearfulness or anxiety. Elevated anxiety has been documented in child victims of sexual abuse, as well as in adults who were molested as children. M.Elliot in his "The Future of children" says:

In the general population, survivors are more likely than non abused individuals to meet the criterion for generalized anxiety disorder,

Phobias, panic disorder, with sexual abuse survivors having up to five times greater likelihood of being diagnosed with at least one anxiety disorder than their non abused peers. (57)

Clinical experience suggests that the anxiety frequently has a conditioned component, in that sexual abuse usually takes place in human relationships where closeness and nurturance is expected, yet; intrusion, abandonment, devaluation, and pain occur. As a result, a learned association may form between various social or environmental stimuli and danger, such that a variety of otherwise relatively neutral interpersonal events elicit fear. For example, the formerly abused individual may become anxious in the presence of intimate or close relationships, especially fearful of evaluation, or frightened when interacting with authority figures.

Perhaps the most obvious example of conditioned, sex abuse related fear among adult survivors is that of sexual dysfunction because childhood sexual molestation is likely to create an association between sexual stimuli and invasion or pain. Many adults molested as children report fear or anxiety related difficulties during sexual contact.

Meiselman, for example, reported that 87% of her clinical sample of adults molested as children had serious sexual problems, as opposed to 20% of those clients without a sexual abuse history. Similarly, Maltz and Holman in their essay entitled "Sexual abuse of children" writes "60% of the incest survivors reported pain during function sexual intercourse and 48% were unable to experience orgasm during the sex" (58). A number of other studies also report about empirical connection between childhood sexual abuse and sexual problems or dysfunction in childhood, adolescence and adulthood.

Abuse related anxiety can also be expressed physically, resulting from the impacts of sustained fearfulness and bodily functioning or perception. Those somatic difficulties are as the natural extension of hyperarousal of the sympathetic nervous system. Physical problems that have been associated with child sexual abuse histories include headaches, stomach pain, asthma, bladder infections, and chronic pelvic pain. Such findings suggest that some proportion of medical complaints presented to physicians and other health care practitioners may less reflect inherent bodily dysfunction than somatic equivalents of anxiety that arise from unresolved childhood maltreatment.

In the text *bitter chocolate*, in all stories or events the characters suffer from above mentioned effects due to child sexual abuse. In a story of a Siddharth, twelve year of pune.

Siddharth feels something hot, hard, pressing into him; it is like, like
Its like the handle of cricket bat- handle.....

Siddharth feels pain. Like an avalanche of poison-tipped arrows.

Siddharth shouts.

‘Shh. Over, over, over,’

Siddharth feels something sticky, squishy, through his haze of pain and
Semi- consciousness.

Siddharth feels Otto sir wiping him with the paper, it scrapes. (218)

While reviewing the story of Siddharth, he is abused by his teacher and he gets the pain that causes the trauma but he doesn't know what is being happened to him. He doesn't remember anything after that, why he comes home early, when he slipped y off the table, quietly pun on his clothes, how he got home. It is due to the pain or trauma that he got by his Otto sir.

Working as a psychotherapist, ANN Levett was repeatedly stroke by the frequency with which women in therapy would talk about their experiences of sexual abuse in childhood and youth. It was noticeable that these experiences were given a very particular presence and place, in narratives about their early relationships and current preoccupations and feelings. He, in his article “Childhood Sexual Abuse and Problems in Conceptualization,” further cites:

Obviously, in my mind as also in their minds, what was being formulated or negotiated were crystallizations of about the traumatic effects of childhood sexual abuse and about the later effects of experiences of earlier events. These crystallizations reverbated with associated assumption about what form child sexual abuse takes the damage it causes, the vulnerability of children and women and soon. Ideas which are commonly encountered in the mellia and in everyday discussions. This is termed ‘facit knowledge’. In our shared therapeutic struggle to make sense of their current difficulties a range of their material was emerging in therapy with these women which inclicated that there was much else about their lives which would equally also very readily lend itself to formulations of psychological trauma, experience of neglect of self dointt, failure and careless punishment, feeling of abandonment and betrayal, memories of conflicts between parents and so on. (39)

After citing the ANN Levett’s view it can be said that in his experiences he found that there is the traumatic effects on children who were sexually abused in their childhood and the trauma is specially psychological which is responsible for the damage of abused children.

There are a number of different experiences that can cause a child to develop maladaptive coping tendencies children who are emotionally or physically, abused, rejected, or raise in extremely stressful environments may internalize their emotions. Likewise, children who have experienced sexual abuse may dissociate as a way of defending themselves from the psychological harm that results from sexual abuse Varse Borkus in his “Link between Childhood Sexual Abuse and Auditory Hallucinations” writes “Trauma suffered in childhood involves the risk for dissociative behaviors. Auditory hallucination are one from of dissociation and are evident in individuals with mental illnesses such as schizophrenia” (27), if the frequency and type of trauma influenced halluniciation and the capacity to determine real and imagined events in the participants. Verse found that the participants with a history of childhood sexual abuse were the most likely to experience dissociative behavior that resulted in hallucination. The frequency of abuse was directly related to the level of dissociation, with the most severely abused participants exhibiting the highest levels of hallucinations.

Childhood sexual trauma to affect certain development process, such as the ability to develop and maintain relationship, for instance, clinical observation have related sexual abuse report problems with low part to modeling some of the behaviors shaped earlier in life by the perpetrator, Distress experienced by adult survivors of child sexual abuse may also be related to their use of particular coping strategies, survivors may use different coping behaviors to protect themselves from negative feelings, thoughts, and internal conflicts, but in some cases, the mechanisms may contribute to additional distress.

Dina ,M Elliott, in his article “Immediate and Long term Impacts of Child Sexual Abuse” cites that the various problems and symptoms described in the

literature on child sexual abuse can be divided into a series of broad categories or spheres of impact that the authors have found useful in understanding sexual abuse sequel. There are post traumatic stress, cognitive distortions, emotional pain, avoidance, an impaired: sense of self, and interpersonal difficulties (55). Such psychological effects are generally seen in the event sexually abused when she was eleven. In the text every children face such problems, a twenty years old medical student refuses to go to college, she is extremely fearful about it. The clinical diagnosis is anxiety neurosis with panic. During therapy, “she reveals that she had been raped by her uncle when she was eleven years old and threatened with dire consequences. She ever told anybody” (11). By the same token, another character of the text named Arun cannot attend his studies anymore because he was sexually abused by his uncle when he was ten years old. Likewise, the another significant character named Srilakhmi feels unfulfilled in copulation with her husband and masturbate because she was sexually abused by her mother’s brother when she was eleven years old.

As mentioned above, child sexual abuse, or trauma is also responsible for the cause of suicide. The sexually abused child feeling depressed and distressed may lead to the action of suicide. Razia, a thirteen years old girl in Hyderabad commits suicide. “She throws herself from the top of a neighboring tall building” (230). It is because she was sexually abused b her cousin which she was 12 years of age. As mentioned above, child sexual abuse or trauma is also responsible for the cause of suicide. The sexually abused child feeling depressed and distressed may lead to the action of suicide.

So, such serial of psychological trauma can be seen in the story of the sexually abuse child. Virani has also traced a beautiful poem of a 12 years old girl:

I asked you for help, and you told me you would
 If I told you the things he did to me
 You asked me to trust you, and you made me
 Repeat them to fourteen different strangers
 I asked you for help and you gave me
 Just like my father.
 I asked you to put an end to the abuse
 You put an end to my whole family.
 You took away my nights of hell
 And gave me days of hell instead.
 You have changed my private nightmare
 Into a very public one. (159)

This poem is a response of a sexually abused girl to counselors working of CSA to lift or help the abused child. The abused girl in the poem stated that the trauma she got with the abuse is made public. Before disclosing the event it was only private, means it was effecting psychologically but when she discloses the event the counselors make it public and she feels her hell nights are always but days become hell instead.

Now, the trauma affects to human beings if s/he had got it in his/her childhood what types of behavior does he perform to the people when he remembers his past Jennifer Freyed talks about psychological trauma in his *Betrayal Trauma: The logic of Forgetting Childhood Abuse*. “Betrayal trauma theory suggests that psychogenic amnesia is as adaptive response to childhood abuse. When a parent or other powerful figure violates a fundamental ethic of human relationships, victims may need to remain unaware of the trauma not to reduce suffering but rather to promote survival. Amnesia enables the child to maintain an attachment with a figure vital to survival,

development, and thriving, analysis of evolutionary pressures mental models, social cognitions and developmental needs suggests that the degree to which the most fundamental human ethics are violated can influence the nature, form and process of trauma and responses to trauma” (307).

Furthermore, every victim of trauma wants their recovery from it. Dominic Lacapra describes acting- out and working through as two processes by which persons and societies deal with traumatic pasts. Lacapra in his “Trauma Absence and Loss” writes that “acting out with repetition compulsion, repeating the trauma and reinscribing its power to wound, and working through with the generation of alternative relations between people that counter those destroyed by trauma and that continue to be threatened by acting out” (60). If we think about these terms in terms of psychological understandings of trauma, Lacapra’s arguments seem to give how psychology makes sense of trauma. Acting out is a process where traumatized victims commit actions that somehow repeat negative emotion/actions associated with trauma and working through counters this process. It is worth saying that acting- out is an inevitable and often necessary part of healing process.

As above said, acting- out of trauma is inevitable but every traumatized victim wants it. In bitter chocolate Razia wants to come out of trauma that she got at age of 12 by her male cousin and got married. But, she cannot forget the sexual abuse and at last commit suicide. Likewise, Arun, 11 year boy is sexually abused by his uncle and one day he shows the knife and the abuse stops. But when he becomes young and cannot continue his study due to the trauma.

Moreover, this research also focuses on the reflection of CSA to the society. How a sexually abused child is taken by the society, especially, in the Indian society, the sexually abused children are ill treated, If the abused child complains that he/she is

being abused sexually by their elder relatives but the guardians don't believe and try to suppress the abused voice.

In this context, Dr Shekhar Seshadri in CSA Conference report "Study of CSA in Bangalore" argues:

In a culture which places too much importance on female virginity and Equates in with purity, virtue, '*izzat*' and honor, the sorrow bewilderment anger and trauma of an abused person is aggravated by a sense of shame and self contempt. This could even lead to attempts at suicide and self destruction. Fear of being malignant forces victims to keep quiet and the secret pain and shame is a tremendous burden for a young mind. (58)

By analyzing the above arguments of Dr Shekhar, it is known that in the Indian context the CSA cases don't come to the fore. The cases are suppressed in the name of family honour. "Razia, a thirteen years old girl insists to her mother that she is being sexually molested by her male cousin. Her amny says that he is my own sister's son. You should be ashamed of yourself saying this" (225). The family honour is seen when Raiza's father says to Raiza's cousin "Tumney hamarey khandaan keey izzat pey haath dala hain" (227). So, due to the family honor the CSA cases do not come to the fore.

In Indian culture, children are taken as the family honour, child sexual abuse is a taboo topic. The Indian family think that if it is discussed within the family or outside the family about their children who are being sexually abused it will decrease their prestige in the society. In a story of Siddharth in Pune, who was sexually abused by his teacher in school. Then only lady has come with a video camera man to ask about the event. But Siddharth's grandfather says:

No I don't wish to say anything and you can't take pictures of a minor. Please ask your cameraman to leave my house. We are deeply disturbed by what has happened, we want to be left alone. No we will not be finding a police complaint because our child will be harassed in Court and he will be doubly wounded. (211)

Another significant issue of his research is to look how the Indian law deals with the case of CSA. India is fast becoming a heaven for international pedophile networks, all because the legal system is obviously slow and the penalties are low. Virani cites the case of a New Zealand pedophile who had already been convicted multiple times who chose to be extradited to India and tried there, as he could get away with minimum penalties.

In fact, the Indian laws pertaining to CSA in India are grossly inadequate. Only rape (as in, penetration) carries any significant punishment. According to advocate, Flavia Agnes, in her book *What the Law Ignores*, the legal section in the book in case of child sex abuse in India can be:

Assault or use of criminal force with an intent to outrage modesty.

Alternatively referred to as Molestation when the archaic language of

The phrase- Outraging of modesty- outrages the user. Up to two years.

Kidnapping. Jail up to seven years.

366. Abduction. Procuring of a minor girl. Generally

Used on pimps. Jail up to ten years.

375,376 Rape. Penile penetration in a vagina is the or object penetration are not considered. Punishment: from seven years onwards.

This can be lessened too. A court has reduced the jail term of a rapist from seven years to six months when he agreed to pay compensation of

four lakh rupees after negotiations with her father who used her future subsistence as reasons for entering into the dialogue. The court agrees ‘The compensation is necessary for a woman who will never get married in future’. Additionally, Hindi movies are not the only place where the women is married off to her rapist and he consequently allow to go scot- free. (65-66)

Looking carefully at 375, 376 this law needs urgent changing in connection with child sexual abuse. What is it when a tongue or a bottle or finger or candle or carrot or banana is inserted into a child’s vagina or anus? What can it possibly be if be penis is inserted into a child’s mouth? The rape of the child’s body is the rape of the child’s innocence, the rape of its very childhood. Therefore, the words “sexual assault” needs to be used in place of rape in 376. This will be applicable to women, men and boy- children too. If the law changes the word ‘rape’ as ‘sexual assault’, all kinds of penetration including digital and oral can be included.

So, the child sex abuse causes the trauma especially, psychological trauma. The survivor of the sexually abused child is always haunted by the memory of abuse even in the young and adult which disturb their day to day life and suffer from PTSD, distress, anger, even the committing suicide. Therefore, the book *bitter chocolate*, raising the issue of CSA in India shows the psychological consequences of the CSA in the Indian society which is the prime focuses of this research and there is close affinity between child sex abuse and psychological trauma.

III. Child Sexual Abuse: Causes and Effects in Virani's *bitter chocolate*

bitter chocolate gives vivid picture of child sexual abuse in India. All the characters in the text have been sexually abused in their childhood and the effects of sexual abuse is seen in the form of psychological trauma in their adulthood. By analyzing Virani's *bitter chocolate*, this projects presents the child sexual abuse as the major cause of psychological trauma. The abused children suffer from prolonged effects of sexual abuse throughout their life and some commits suicide. Since child sexual abuse is particularly traumatic. The adult who has been sexually abused in childhood can also have a neuro- physiological change in brain when recalling the trauma. These chemical reactions can give rise to depression, mania and post-traumatic stress disorder.

Such effects of child sexual abuse are seen in every child in *bitter chocolate*. Arun cannot continue his study and a medical student hates every male. Likewise, Siddharth leaves his school, Raiza commits suicide and Savio cannot have sex with his girlfriend without beating her. The abused characters reveal the pathetic experiences of their past. All the characters in *bitter chocolate* suffer from such problems because they have been abused sexually in their childhood. Although, they try to come out of trauma but they cannot. Trauma that they got in their childhood ruins their lives.

Child sexual abuse is a taboo or controversial topic. In Indian culture subject of sex is taken as the topic of shame and people do not want to talk more about sex and sexual abuse. It is shocking to know that sexual abuse has happened to children as young as three months also, and it has nothing to do with gender of the child as well. In fact, it has been reported that sexual abuse of little boys has been on the rise and apparently Goa, Mumbai are hotspots for foreign tourists for this trade.

In Indian culture family honor plays vital role for the cause of child sexual abuse. Giving more importance on female virginity and equating it with purity, virtue, izzat and honor the CSA cases cannot come to the fore. The Indian think that if it is discussed within the family and or outside the family about their children who have been abused sexually, it will decrease their prestige in the society. They give more importance to the family honor than their children's future. So, it is a taboo to talk about the topic related to the sex. It is clear when Siddharth's grandfather says that he will not complain to the police about Siddharth's abuse and asks the cameraman to leave his house. It is because if the case becomes public it will decrease his family pride and prestige. As well as, joint family culture and patriarchy also helps to cause the child sexual abuse in India. There are those who have been misinformed that sex with virgin or a child is the treatment for sexually transmitted diseases or impotence.

The most abominable crime known to humanity is sexual abuse of children, what makes it an unpardonable sin is that usually perpetrators go scot free while victims are scared for life. It is because the perpetrators threat the abused children that they abuse. If the case of child sexual come to the fore and the abuser is taken to the court, the abuser gets rid of due to the lack of evidence and low penalties. The Indian law only gives more penalties to the rape but less to the molestations and other forms of sexual abuse. The rape of the child's body is the rape of the child's innocence and the rape of the very childhood. Therefore, 'sexual assault' needs to be used in place of 'rape' in Indian law as well as worldwide.

Child sexual abuse is also taken as the cause of sexual trauma. Sexual trauma refers to one or multiple sexual violations that invoke significant distress. The term sexual trauma is recommended and used by many clinicians and advocates in response to observations that some survivors do not label their experiences as rape as

assault due to familiarity with perpetrators or absence of force. It is recognized that the term sexual trauma compounds the act of violence with survivor's responses.

So, this research is very useful to see the close affinity between child sexual abuse and psychological trauma. It also explores the social impacts and causes of child sexual abuse in India by analyzing the Virani's *bitter chocolate*.

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