

# Exploring the long-term effects on survivors of father-daughter incest through the lens of key persons from relevant agencies

Umi Nurul Najihah Azman<sup>1</sup>, Yarina Ahmad<sup>1,2</sup>, Nor Suziwana Tahir<sup>1</sup>, Nur Amalina Aziz<sup>3</sup>,  
Norazah Mohd Suki<sup>2,4,5,\*</sup>

<sup>1</sup> Faculty of Administrative Science and Policy Studies, Universiti Teknologi MARA, Shah Alam 40450, Malaysia

<sup>2</sup> Institute for Biodiversity and Sustainable Development, Universiti Teknologi MARA, Shah Alam 40450, Malaysia

<sup>3</sup> Faculty of Business Management, Universiti Teknologi MARA, Shah Alam 40450, Malaysia

<sup>4</sup> Othman Yeop Abdullah Graduate School of Business, Universiti Utara Malaysia, Kedah 06010, Malaysia

<sup>5</sup> Institute of Sustainable Growth and Urban Development, Universiti Utara Malaysia, Kedah 06010, Malaysia

\* Corresponding author: Norazah Mohd Suki, [azahsuki@yahoo.com](mailto:azahsuki@yahoo.com)

## CITATION

Azman UNN, Ahmad Y, Tahir NS, et al. (2024). Exploring the long-term effects on survivors of father-daughter incest through the lens of key persons from relevant agencies. *Journal of Infrastructure, Policy and Development*. 8(11): 8918. <https://doi.org/10.24294/jipd.v8i11.8918>

## ARTICLE INFO

Received: 2 September 2024

Accepted: 24 September 2024

Available online: 17 October 2024

## COPYRIGHT



Copyright © 2024 by author(s).

*Journal of Infrastructure, Policy and Development* is published by EnPress Publisher, LLC. This work is licensed

under the Creative Commons

Attribution (CC BY) license.

<https://creativecommons.org/licenses/by/4.0/>

by/4.0/

**Abstract:** Incest is one of the most serious forms of sexual abuse that occurs between a father and his daughter. It involves a parent committing something forbidden to their own child, which violates moral standards. This incestuous relationship has a significant impact on the survivors' psychology, body, and emotions, affecting all aspects of their lives. This study explores the long-term effects experienced by individuals in Malaysia who have survived father-daughter incest (FDI). This study conducted in-depth interviews with 11 key persons from several agencies involved in handling FDI cases in Malaysia. The findings reveal that those who experienced FDI frequently suffered long-term issues. It is important for everyone involved in assisting these individuals. This is aligned with the global Sustainable Development Goals (SDGs), particularly Goal 3, which emphasises the value of good health and well-being for all. It also aligns with Malaysia's MADANI concept, which emphasises protecting and promoting everyone's human rights. FDI survivors can receive the protection and assistance they require to live healthier and more successful lives by implementing an effective strategy that includes mental health support, powerful laws, and community education.

**Keywords:** father-daughter incest; sexual; long-term; effects; protection; parental incest

## 1. Introduction

Father-daughter incest (FDI) is one of the most heinous forms of child sexual abuse, and this incident has been alarmingly high during the COVID-19 pandemic. A significant number of reported incest incidents had biological fathers as the primary perpetrators. Supramani (2022) and Ramli (2021) reported a total of 169 recorded incidents of incest perpetrated by biological fathers between 2019 and 2021. Additionally, there were 155 cases involving stepfathers, 100 cases involving uncles, and 55 cases involving siblings. This pattern is supported by Said Sidup, the Director of the Department of Social Welfare (JKM) Kelantan, Malaysia who stated that victims of incest often involve family members; with biological fathers being the most common perpetrators, followed by stepfathers and biological brothers (Idris, 2023). This unacceptable incident occurs when perpetrators exploit the weaknesses of their family members, thereby violating the family's basic trust (Azman et al., 2024). Moreover, the perpetrator's psychological instability frequently worsens these disgusting behaviours, hindering their ability to make rational decisions and guiding

them towards unethical behaviour while additionally neglecting their primary responsibilities as fathers (Hamzah, 2019; Ramli, 2021). Within the scope of this study, biological fathers exploited their biological daughters for personal sexual pleasure. This act of betrayal is particularly devastating, as a biological father is commonly seen as a daughter's 'first love' (Katorski, 2003). Instead of nurturing and protecting their children, these fathers betray their trust and become the main perpetrators of permanent damage in their children's lives.

The COVID-19 epidemic has created a situation that increases the possibility of such abuse. Due to the restriction of families to their houses, children suffered the loss of external support systems, such as teachers and friends, who could have otherwise identified signs of abuse. This has been supported by Adekola et al. (2022) which highlighted that the mobility restrictions implemented in response to the spread of COVID-19 had several unexpected effects, including: an increase in domestic violence, rape, pornography, sex chats, incest, and other undesirable sexual behaviours. Moreover, Vagianos (2020) noted that most of those callers from the abuse hotline were underage, with 67.0% identifying a family member as their abuser and 79.0% stated that they were residing with the perpetrators. This alarming pattern underscores how the epidemic has facilitated child sexual abuse, including FDI, by keeping the children close to their perpetrators.

Furthermore, the psychological effects of incest can be very harmful. Survivors often face problems with their mental health, such as post-traumatic stress disorder (PTSD), depression and anxiety, which may limit their ability to live happy lives. Ali et al. (2024) indicated that children who undergo sexual abuse are at a higher risk of developing emotional and behavioral issues that may continue into adulthood. Besides, Azman et al. (2023), also highlighted that the social disapproval associated with FDI may prevent individuals from seeking assistance, consequently adding difficulty to their healing process. Hence, this study explores the long-term effects experienced by individuals in Malaysia who have survived incidents of incest between fathers and daughters (FDI) through the lens of key persons from various relevant agencies.

## **2. Literature review**

Incest is a form of child sexual abuse and has a long historical background, originating as early as the 1980s. According to Kassim and Kassim (1995) and Ahmad (2018), child sexual abuse was officially acknowledged in Malaysia in the 1990s. Nevertheless, incidents of incest are thought to have occurred prior to that time period. The issue of incest has long been considered socially unacceptable due to various factors, such as: humiliation (Pettersson, 2013) and loss of dignity (Bergelson, 2013). As a result, individuals who have experienced sexual abuse frequently suffer their unpleasant experiences until they feel capable and brave enough to seek assistance and disclose the abuse to others.

Incest is categorised into several forms, which include father-daughter incest, stepfather-daughter incest, mother-son incest, sibling incest, and incest involving individuals who are not close family members, such as cousins and relatives (Kar and Swain, 2019). Usually, legal issues related to incest that occur between parents and

their children tend to attract more attention and provoke more discussion. In many cases, it is commonly assumed that children are obligated to satisfy their parents' sexual desires. However, sibling incest cases often remain unreported and rarely come up for debate (Tener et al., 2020). This is due to the fact that numerous victims, particularly children, may not have a complete understanding of the incestuous nature based on their experiences. Furthermore, some of the targeted individuals may perceive these incidents as distractions designed to reduce boredom and provide enjoyment.

In Malaysia, engaging in incestuous acts is subject to stringent punishments, such as long terms of imprisonment and caning (Child Act 2001; Penal Code—particularly sections 376A and 376B). The primary objective of this act is to execute suitable punishments for perpetrators and ensure that victims receive fair and equitable justice. In addition, the Sexual Offences Against Children Act 2017 enhances safeguards for children by establishing legal procedures for stricter prosecution of perpetrators. Nevertheless, despite the existence of these stringent regulations, there are still difficulties in effectively enforcing them. Many people have difficulties when they try to disclose these incidents as a result of societal disapproval, fear of punishment, and insufficient support from authorities. Therefore, there is a need for a comprehensive strategy that not only ensures victims receive justice through legal procedures; but also provides them with psychological support and ongoing protection.

## **2.1. Father-daughter incest (FDI)**

FDI is a type of sexual abuse that is not only rampant in various countries such as the United Kingdom (Beard et al., 2019) and China (Banerjee and Rao, 2020), but also reported in Malaysia. UNICEF (2020) reports that the majority of incest victims are those who are under the age of 18. Perpetrators which are the biological fathers generally target on their own children, specifically those aged nine to twelve, with the presumption that children in this age range are more obedient and less inclined to reject or oppose their father's instructions. The vulnerability arises from the strong dependency that children have on their parents, and the fear of losing the support from parents may cause them to listen to their father's instructions, even in situations where they experience discomfort or anxiety. This can be seen when Quiajno et al. (2021) highlighted that incest has demonstrated children in modern society tend to display obedience towards their parents and are willing to make significant efforts to prevent any scandal, even if it involves self-sacrifice. The situation is believed to occur due to a strong tradition of parental devotion and respect for authority, especially towards parents, across many cultures. Children are taught the importance of full obedience to their parents from an early age, which can make them more vulnerable to abuse. When this situation arises, it becomes easier for perpetrators to take advantage of the situation and coerce the children into remaining silent about the abuse they are experiencing (Abdul Ghani et al., 2021). This is corroborated by Cole and Putnam (1992), who highlighted that numerous fathers employ strategies of intimidation to prevent their abused children from revealing their abuse to others. For example, they might make threats to harm the child's mother (Johnson, 2004), hinder the child's ability to go to school (Gqgabi and Smit, 2019), or refuse to provide rewards and presents. As a result,

the children frequently experience fear, helplessness, and guilt for not obeying their father's instructions (Wahid Satar et al., 2021).

Given the circumstances, such heinous actions should not be tolerated in any society. This is mainly because a father has the primary obligation in the family institution to safeguard the entire family, particularly their children (Hamzah, 2019). Pleck (2010) indicated that fathers frequently use a 'masculine approach' to strengthen a relationship with their children. This includes participating in group activities, giving attention to each child, and making the interactions based on the child's specific hobbies and preferences. Through the development of this nurturing bond, children acquire improved self-confidence in their fathers. In line with the findings by Verrastro et al. (2020), an effective father-child relationship acts as an important driver for children's happiness. This is obvious when a child (especially daughter) faces difficulties in their relationships with friends and actively seeks advice and support from their father. The situation is very significant for females, who are frequently more vulnerable and prone to a variety of dangers and criminal activities. Within this context, the concept that a father has the responsibility of being a daughter's 'first love' carries significant importance. Daughters typically have a strong reliance on their fathers, and it is important for fathers to safeguard and maintain this dependency instead of violating it. Based on this study, the trust that daughters have in their biological fathers has been breached. It is unacceptable for fathers to transform into sexual predators within their own families, particularly when it comes to their children. The act of betrayal can induce anxiety in their children, generate internal conflict, and put their future at risk (Dodhy, 2018). Furthermore, this situation has the potential to permanently harm the close relationship between a father and daughter.

## **2.2. Factors contributing to FDI cases**

Gupta and Garg (2020) have discovered several factors that contribute to a parent perpetrating sexual abuse against their child. These issues include poverty and unhealthy familial relationships. Furthermore, the authors highlighted the significant poverty rates prevalent in poorer areas of the city the researchers were studying (in the case of Detroit), which contributed to the 300 reported cases of rape in 2012. Runarsdottir et al. (2019) found that children from low-income households are more likely to experience sexual abuse and be in unsafe situations than their friends from better-income families. Specifically, they are twice as likely to experience sexual abuse and three times more likely to be in dangerous situations. Sano et al. (2021) further corroborate this increased vulnerability by emphasising that children living in lower-income households may be particularly vulnerable to negative outcomes due to factors such as neglect, inadequate supervision, and limited educational opportunities. These weaknesses create an environment where perpetrators can more easily target children to be their victims.

The personality traits and behaviors of fathers have an important effect on the overall stability and harmony within the family institution. Raffar and Hamjah (2015) discovered that negative personality traits in fathers can lead to a variety of family issues that disturb familial unity. Many scholars have found several negative characteristics of fathers, which include: (1) alcoholism (Azman et al., 2024); (2)

hypersexuality (Slavin et al., 2020); and (3) a history of childhood abuse (Greene, 2020). These negative characteristics can contribute to a toxic familial environment, ultimately damaging relationships and reducing trust among family members. For example, these negative personality characteristics frequently lead to incidents of incestuous relationships between biological fathers and daughters (Pusch et al., 2021), highlighting the serious effects of a father's inability to fulfill his duty of protection towards their children. Fathers who possess true understanding and acceptance of their responsibilities would never betray their family members or participate in acts of sexual abuse. People commonly perceive fathers as the authoritative figures and protectors in the family system (Jaimes et al., 2016), and it is important for them to exhibit positive behaviors and attitudes towards their children. Fathers can establish a secure environment that promotes strong relationships and emotional wellbeing for all family members by demonstrating outstanding characters and developing loving characteristics. In short, the importance of a good father's influence cannot be overestimated. Fathers possess the ability to significantly influence the lives of their children, and by demonstrating positive characteristics, they can contribute to breaking the pattern of instability and fostering a peaceful home environment.

### **2.3. Long-term effects experienced by the survivors of FDI**

Sexual abuse is an extremely serious issue that can have long-term effects on its victims. Sexual abuse victims, especially those who experienced abuse as children, often struggle with feelings of fear, helplessness, and powerlessness (Denov, 2004). Choi et al. (2023) support this perspective by discovering that children who have experienced sexual abuse frequently display symptoms such as sadness, anxiety, PTSD, reduced worth and dignity, self-destructive actions, and improper sexual behaviour. In addition, teenagers who have experienced sexual abuse throughout childhood are more likely to engage in behaviours such as running away from home, alcohol usage, thoughts of or suicide attempts, and worse academic performance (Choi et al., 2023). Besides, lack of support, specifically from their mothers, could worsen these emotions, resulting in victims feeling unprotected and lacking reliable sources for emotional support, including from other relatives. These findings align with the research conducted by Zajac et al. (2015), indicating that inadequate parenting support increases the likelihood of the child developing inappropriate ways of coping such as avoidance and self-blame.

Moreover, studies by Othman and Yahaya (2012); Browne and Finkelhor (1986) indicated that victims of sexual abuse by their own parents face significantly more severe psychological issues compared to those who have experienced other forms of child abuse. Other than psychological issues, children who have experienced sexual abuse at the young age are more vulnerable to face long-term effects, which can include: (1) problems in physical health, sexual relationships, and interpersonal relationships; (2) reduced self-esteem; and (3) substance misuse. Indeed, if sexual abuse continues to occur, the seriousness of this issue can lead to significant emotional distress and have lasting effects on an individual's life as an adult.

### **3. Materials and methods**

This study utilises a qualitative approach to explore the long-term effects experienced by individuals in Malaysia who have survived FDI. Qualitative research is great at analysing social phenomena associated with complex issues, aiming to improve understanding and develop a broad understanding of complex issues such as FDI. Mohajan (2018) supports this argument by highlighting that qualitative approaches are specifically created for exploring particular social phenomena to enhance understanding of these significant issues. Gqgabi and Smit (2019) believe that qualitative methods are particularly advantageous for studying the behaviours of people or groups in relation to social or human concerns. The flexibility to adapt is an important aspect of qualitative research. It enables researchers to employ various data gathering methods developed to address particular issues while reducing the possibility of biases (Ahmad et al., 2021).

Aspers and Corte (2019) provide an overview of various commonly used approaches in qualitative research, such as: ethnography, narrative analysis, case studies, and phenomenology. As this study aims to explore and characterize the long-term effects experienced by survivors of FDI, a phenomenological approach has been utilized. This approach involves gathering perspectives of the key persons from the relevant agencies who are actively involved in tackling the issue of FDI. Phenomenology aims to understand how individuals interpret and provide meaning to their experiences from their own perspective (Neubauer et al., 2019). The emphasis on individual perception is important for analysing complex issues such as FDI, as personal experiences greatly influence the understanding of the phenomenon. By prioritizing the participants' interpretations, the phenomenological approach enables a greater understanding of the complex issues related to the long-term effects of FDI, including emotional, psychological, and social aspects.

Moreover, Frechette et al. (2020) highlighted that the phenomenological methodology has been defined by its focus on individuals' personal experiences, allowing researchers to understand their basic principles through in-depth interviews and thoughtful discussions. This approach not only facilitates understanding of the perspectives of the informants; but also develops a collaborative relationship between the researcher and informants, thereby increasing the depth and quality of the gathered data (Frechette et al., 2020).

Data were collected via in-depth interviews, specifically semi-structured interviews. This approach enables interviewers to develop their own questions while simultaneously guiding the discussion towards relevant issues (Ahmad et al., 2021). Ruslin et al. (2022) emphasised that the semi-structured interview approach serves as a framework for the interviews and promotes a more natural flow of communication. This adaptability allows interviewers to delve further into particular areas of interest, adjusting their questions according to the answers provided by informants (Ruslin et al., 2022). Consequently, the interviews can develop naturally, enabling a more comprehensive and sophisticated collection of data. The semi-structured method is especially beneficial when investigating complex and sensitive issues, such as the long-term effects experienced by those who have survived FDI.

## 4. Results and discussion

### 4.1. Profile of respondents

This study conducted in-depth interviews with 11 key persons from relevant agencies who have experience in resolving issues related to FDI (see **Table 1**). Each of the key persons has extensive expertise in handling social issues, including cases of incestuous relationships. Their backgrounds range from five to 37 years of experience. Seven officials from the Department of Social Welfare (DOSW) were interviewed, originating from three states: Sabah, Negeri Sembilan, and Perak. Furthermore, the key persons from the DOSW hold high-level positions in registered shelters across different states. These positions include responsibilities such as those of the principal and the shelter’s counseling officer. In addition, three informants from the Royal Malaysia Police (RMP) were interviewed, including representatives from both the Bukit Aman headquarters and the District Police Headquarters in Tapah. The study also incorporated an in-depth interview with a representative from a Non-Governmental Organisation (NGO) in Selangor which actively involved in providing care and rescuing children or women who are victims of incestuous sexual crimes.

**Table 1.** Profile of informants (key persons representing relevant agencies).

No.	State	Working experience (years)	Agency	Pseudonym
1.	Sabah	14	Rumah Kanak-kanak Kota Kinabalu	(DSW1, Sabah)
2.	Sabah	17	Rumah Kanak-kanak Kota Kinabalu	(DSW2, Sabah)
3.	Sabah	14	Rumah Kanak-kanak Kota Kinabalu	(DSW3, Sabah)
4.	Negeri Sembilan	17	Rumah Kanak-kanak Rembau	(DSW4, Negeri Sembilan)
5.	Negeri Sembilan	9	Rumah Kanak-kanak Rembau	(DSW5, Negeri Sembilan)
6.	Perak	8	Rumah Taman Sri Putri, Batu Gajah	(DSW6, Perak)
7.	Perak	33	Rumah Taman Sri Putri, Batu Gajah	(DSW7, Perak)
8.	Perak	5	Ibu Pejabat Polis Daerah Tapah	(PDRM1, Perak)
9.	Perak	37	Ibu Pejabat Polis Daerah Tapah	(PDRM2, Perak)
10.	WP Kuala Lumpur	18	Unit Siasatan Seksual, Polis Diraja Malaysia, Bukit Aman	(PDRM3, WP KL)
11.	Selangor	17	Pondok Hijrah Muslimah Malaysia	(NGO, Selangor)

### 4.2. Long-term effects experienced by the survivors FDI

Based on the in-depth interviews with key persons from various relevant agencies, individuals who have experienced FDI often face multiple types of long-term effects after the traumatic incidence, such as: (1) psychological consequences; (2) effects on emotional well-being; (3) impacts on interpersonal relationships; (4) physical health issues; (5) social stigma; (6) sexual addiction; (7) engage in dangerous social behaviours; and (8) early pregnancies.

#### 4.2.1. Psychological consequences

Psychological consequences are one of the long-term effects faced by the survivors of FDI. Conducting a comprehensive analysis of the psychological consequences experienced by FDI survivors is very important for developing efficient interventions and support systems that address their specific needs. Understanding the

complexities of these effects can be helpful for developing effective techniques to promote healing and improve overall well-being.

Endure psychological trauma as a consequence of the horrible incidents:

According to the perspectives of key persons represented by the Department of Social Welfare and Non-Governmental Organisations (NGOs), the findings reveal that victims of FDI frequently suffer from severe psychological pain, often leading to severe anxiety. These key persons emphasised that the emotional and psychological challenges experienced by these survivors are not temporary, but rather tend to result in long-term internal problems.

Furthermore, the survivors have experienced long-term trauma, leading to continuous challenges, including the struggle with frequent panic incidents. The continual battle greatly impacts their capacity to uphold their mental balance, making it challenging for them to adjust their daily existence and social relationships. The key persons stressed that the consequences of such psychological distress can be permanent, requiring extensive assistance and intervention to aid survivors in developing a sense of control over their emotions and overall state of being.

“Survivors have experienced continuous panic episodes, leading to difficulties in managing loud noises in the school environment. Initially, the school teachers believed the individual’s condition was a common health problem. However, upon further observation, they discovered additional symptoms indicating an episode of depression” (DSW2, Sabah).

“The child’s a quiet behaviour has resulted in an early episode of depression” (DSW3, Sabah).

“This suggests that the incidents experienced have resulted in the development of depressive disorders, and effectively dealing with these conditions may require the use of medication to control and reduce the symptoms” (DSW5, Negeri Sembilan).

“During the early phase of this case, the victim would sometimes experience trauma, usually in the form of screaming if there is any physical contact. The incidents had distressing effect on her, resulting in tears and a strong sense of distrust towards males (particularly her father), whom she views as an evil figure” (NGO, Selangor).

Moreover, the key persons reveal that painful experiences serve as triggers for worsened trauma when survivors recall their history of abuse. Survivors have encountered situations where they experience an overwhelming sense of sadness upon witnessing the appearance of their biological father, who are the individual responsible for their betrayal. This grief often demonstrates as excessive sadness and a lack of ability to express their emotions.

“They still struggle with trauma and try to avoid recalling the experiences. This underscores the long-term effects on the victim of abuse. When they see their father’s figure, they experience distress, shaking, speech difficulties, and sudden crying” (PDRM1, Perak).

The findings also highlight that triggering incident, such as disclosing the victim’s identity to others, including neighbors, may worsen and increase stress levels of the FDI survivors. Survivors may experience serious effects, including the development of suicide thoughts, due to the increased stress they experience.



“It is important that they avoid revealing the victim’s identity or personal details to neighbors or any other individuals, as doing so could worsen their distress” (PDRM2, Perak).

According to a representative from the DOSW, if survivors of trauma experience reach a point where their emotional control becomes challenging, one potential solution could be the use of medicine. The aim of this medication is to reduce and lessen the symptoms of trauma, empowering survivors to effectively regulate their emotions and lead more productive lives.

“This indicates that the incidents experienced have resulted in the development of depressive disorders, and effectively dealing with these situations might require the use of medicine to regulate and alleviate the symptoms” (DSW5, Negeri Sembilan).

#### **4.2.2. Effects on emotional well-being**

Informants also emphasize the importance of emotional well-being as a critical aspect of the long-term effects experienced by FDI survivors. The informants underscored the significance of survivors’ emotional well-being in their overall recovery and quality of life.

Poor self-esteem—According to the findings provided by the informants in the in-depth interviews, it is clear that a significant number of survivors struggle with poor self-esteem. This problem frequently arises from individuals’ strong feelings of shame and guilt, even if they are not responsible for the abuse they experienced. The presence of these negative feelings can significantly damage the survivor’s sense of value and worth, causing them to internalise the trauma in harmful ways. Consequently, many survivors struggle to perceive themselves in a positive way. Instead of recognising their inherent worth and power, survivors may find themselves trapped in an endless cycle of self-evaluation and doubt.

“Individuals who suffered sexual abuse often experience long-term effects, including a reduced sense of self-worth. This might lead to a decrease in self-confidence and a lack of belief in their own capabilities” (DSW5, Negeri Sembilan).

Lack of motivation—furthermore, a representative from the DOSW emphasized the significant challenges that survivors face in prioritizing their education as a result of the horrific experiences they have had. The traumatic incidents have had a severe impact on their ability to concentrate, focus their attention, and actively participate in academic activities. This situation’s educational impact can have significant effects on survivors, perhaps restricting their potential and ambitions.

“They are likely to face difficulties due to a lack of motivation to participate in their academics. The lack of motivation can arise from multiple situations, such as mental instability, a sense of failure, or the severe impact of previous traumatic experiences” (DSW5, Negeri Sembilan).

Suicidal thought—Of even greater concern is the response provided by a representative from the RMP who pointed out that survivors might display irrational thinking, which could potentially result in suicidal thoughts. This tendency frequently emerges when individuals are unable to effectively control their emotions, leading them to be in unstable situations that jeopardise their overall welfare. Due to severe

distress, these individuals may have a sense of isolation and sadness, which could cause them to think about drastic measures as a means of reducing their suffering.

“Exposure to victim’s identity or personal details to neighbours or any other individuals may increase the possibility of experiencing severe mental distress, such as thoughts of committing suicide or self-caused damage” (PDRM2, Perak).

#### **4.2.3. Impacts on interpersonal relationships**

The findings from the in-depth interview sessions with key representatives from various agencies regarding the long-term effects faced by FDI survivors suggest that survivors frequently have difficulties building relationships with others. Survivors can have significant challenges when it comes to developing relationships with others. These issues might express in several ways, such as struggling to build trusting relationships, maintaining friendships, or participating in sexual interactions. The experience of FDI can result in deep emotions of betrayal and distrust, especially towards male individuals, which limit their capacity to engage in relationships with others.

Relationships within families—Following these research findings, representatives from NGOs discovered a very disturbing trend among FDI survivors. The survivors have experienced a trauma which has had a severe effect on their capacity to develop positive relationships within their families, especially with their biological fathers. The tragic experiences they have endured have not only left deep emotional scars; but have also completely destroyed the trust they had previously in their family members, particularly those who were accountable for these terrible acts. This violation of trust can have significant negative effects, as the family institution is commonly regarded as a shelter of protection, comfort, and unconditional love.

“During the early phase of this case, the victim would sometimes experience trauma, usually in the form of screaming if there is any physical contact. The incidents had distressing effect on her, resulting in tears and a strong sense of distrust towards males (particularly her father), whom she views as an evil figure” (NGO, Selangor).

#### **4.2.4. Physical health issues**

The collective insights gathered from the key persons have shed light on another concerning aspect of the long-term impact of these traumatic experiences, which includes the physical health issues faced by some FDI survivors. These survivors’ physical limitations and health concerns can be directly linked to the distressing incidents they have encountered, emphasizing the wide-ranging impact of trauma resulting from sexual abuse. Survivors may face a variety of physical difficulties, including injuries suffered during the abuse and the development of long-term disabilities or chronic health issues due to the trauma.

A representative from an NGO emphasised that a significant number of survivors of FDI are dealing with life-threatening diseases, such as Human Immunodeficiency Virus (HIV). This is worrying, as the ongoing stress and trauma from sexual abuse can greatly weaken the body’s immune system, making survivors more vulnerable to several illnesses and diseases.

“There is a potential risk that she could get the human immunodeficiency virus (HIV) while engaging in sexual activity. This risk may arise from various causes,

such as a previous experience of trauma, the limited availability of education regarding safe sexual practices, and engaging in risky behaviours as a way to cope with psychological discomfort” (NGO, Selangor).

#### **4.2.5. Social stigma**

The common problem of social stigma is another notable aspect of the long-term effects experienced by FDI survivors, as emphasized in in-depth interviews with representatives from relevant agencies. This issue involves a variety of negative beliefs, attitudes, and prejudices that can result in discrimination and isolation from society for individuals who have experienced them. This stigma can foster a situation in which survivors feel shame about their experiences and are hesitant to seek help or disclose what happened to them, fearing further societal exclusion or humiliation.

Shame and guilt—According to the findings, representatives from the DOSW highlighted that societal stigma have significant effects on survivors’ actions and decisions. The shame and guilt associated with the stigma surrounding their horrific experiences create a significant barrier, hindering survivors from openly discussing their issues or getting the necessary medical care and support. Survivors of abuse frequently adopt negative beliefs about themselves due to the stigma associated with their experience, which leads them to believe that they are somehow responsible for the harm they suffered. As a result, individuals may experience feelings of unworthiness and reluctance to seek assistance due to concerns about possible criticism from others. This internal struggle might result in a reluctance to seek help, whether it is from healthcare services, counselling, or support groups.

“Although a few survivors are willing to collaborate and disclose their experiences, the majority are reluctant to discuss their terrible experiences. Many survivors are thought to remain silent because of the common societal stigma associated with sexual abuse” (DSW3, Sabah).

Threats and humiliation—in further exploring the long-term effects faced by survivors of FDI, it becomes obvious that these individuals not only battle with internal conflicts, such as shame and guilt, but also face external obstacles that increase their pain. These external obstacles frequently appear as threats and humiliations from others who are expected to provide assistance, such as friends, family members, or community members. Attributing blame to survivors for the abuse they experienced worsens their emotional suffering and perpetuates the harmful narrative that they bear some responsibility for their tragedy.

“The societal taboo about incest issue is sometimes preserved and strengthened by threats from villagers or the relatives of the survivors. These threats aim to silence survivors, hindering their ability to share their experiences and seek help and support” (DSW1, Sabah).

Harmful effect on the family’s heritage and legacy—Additionally, a representative from NGOs emphasised that individuals who have experienced FDI may face long-term effects that could negatively impact their family heritage. The societal consequences of such traumatic experiences frequently go beyond the individual, impacting the entire family institution and its status within cultural or social circles. When exposed, FDI cases can greatly damage the family’s status, resulting in severe community criticism. This societal stigma may come in various forms, such as

severe criticism, social exclusion, and even total rejection by close friends, family members, and neighbours.

“Her situations (victim) gave a harmful effect on the family’s heritage and legacy. The effects of her situation can have a lifelong impact on the family lineage, affecting not only their personal relationships but also their overall familial status and reputation within the community” (NGO, Selangor).

In the context of this findings, although the girls are considered as the victims of FDI, they were mostly blamed as bringing shame to the family. The situation that happened to them were associated as a harmful effect on the family. This is showing a patriarchal society among Malaysian where male have dominated power over women—although the perpetrators were the culprit, but the blames go to the women (victims).

#### **4.2.6. Sexual addiction**

Another significant long-term effect, namely the potential development of sexual addiction in those who have experienced FDI. The serious effects of the abuse may lead to the adoption of obsessive sexual behaviours as a poor coping mechanism to manage or relieve the psychological pain and trauma they have experienced. In an effort to control their emotions, survivors can engage in dangerous or risky sexual behaviors, such as sexual activity without protection or pornography consumption.

Grooming process—The study findings indicated that a representative from the DOSW highlighted the significant and long-term effects of the grooming process. Grooming involves perpetrators using manipulative tactics and strategies to gain control over their victims. This strategy often involves developing a false perception of trust and emotional attachment, which may make survivors vulnerable to abuse. The perpetrator’s use of coercive tactics can result in the survivor’s developing a complex relationship between pleasure and suffering. This means an issue that was once a cause of psychological pain and discomfort might become closely connected with feelings of pleasure or desire, resulting in a confusing and distressing situation.

“We encountered a troubling case in which a child was taken to the hospital for a transfer after her father had encouraged her to engage in deeply harmful behaviors. This alarming scenario worsened to the point that she even broke into the dorm of a shelter home to have sex with others, giving rise to major concerns regarding the possible development of signs related to sexual addiction” (DSW3, Sabah).

“The act of grooming can have a significant influence on individuals and even contribute to the development of addiction. This impact endures well beyond the initial trauma, which can happen at different moments in time. Prolonged engagement in grooming activities can greatly contribute to the development of addictive behaviours” (DSW5, Negeri Sembilan).

“This indicates that she continually holds desires similar to those of a married person, originating from a complex change in her emotional state from suffering to enjoyment. Her experiences have shaped her perception of intimacy and relationships” (NGO, Selangor).

Furthermore, a representative from the DOSW emphasised that individuals residing in a shelter house, despite its intended safety and support, may still grapple

with the long-term effects of abuse. These impacts can seem like strong urges and intrusive sexual thoughts, regardless of an environment specifically created to offer safety and recovery. The constant intrusive thoughts and strong desire they experience act as a continual reminder of the suffering they have undergone, making it difficult for them to move forward in their lives.

“Their thoughts may persistently focus on sexual issues, even during moments intended for meditation or prayer” (DSW3, Sabah).

However, the DOSW official emphasized that early identification of these issues typically occurs during medical assessments before and during the implementation of protective measures for survivors. By detecting these issues at an early stage, the DOSW may play an important part in reducing the long-term effects of trauma and facilitating an effective and efficient recovery process for survivors. Following the discovery of these behaviours during the early assessments, the department can immediately carry out specific actions to reduce them before they develop into more severe issues.

“There is a serious danger of developing an addiction. In light of this possibility, a healthcare practitioner performing a physical examination or medical assessment may detect signs or symptoms related to this issue” (DSW4, Negeri Sembilan).

Same-sex relationships—Furthermore, a significant long-term effect that developed during the in-depth interview with key persons from relevant agencies is related to the complexities of same-sex relationships among those who have experienced FDI. These individuals may encounter difficulties in managing their emotions and desires, which might result in the formation of same-sex relationships within the shelter environment. Under these conditions, there is a serious danger of developing an addiction. In light of this possibility, a healthcare practitioner performing a physical examination or medical evaluation may detect signs or symptoms associated with this issue. Their lack of ability to control these desires may originate from their past sexual experiences, which were probably characterised by manipulation and coercion. Consequently, when seeking protection, survivors may experience complex emotions and urges that might develop in same-sex relationships as a means of dealing with their trauma.

“Additionally, we come across cases of lesbian relationships among survivors. In such cases, we actively seek support to prevent these relationships from developing into addictive behaviours. Due to our limited knowledge in this specific field, we proceed with caution and refer these cases to medical specialists for expert advice and action” (DSW2, Sabah).

“I called the relevant department to ask about situations in which children develop lesbians’ relationships. They recognised that these situations cannot be ignored or neglected” (DSW4, Negeri Sembilan).

Require specific medication—In the worst cases, individuals who show signs of developing a sexual behavior addiction may require specific medicine to help reduce their sexual desires. Failure to address these issues with appropriate medical measures may result in negative effects on the survivors’ general well-being, causing significant harm to their psychological health. Survivors who experience difficulty managing their uncontrollable sexual desires may face a cycle of shame, guilt, and worry, which

can hinder the recovery process.

“The hospital pharmacy provides both medications and therapy services aimed at effectively addressing issues related to sexual desire and addictive behaviours. The pharmacy provides medical that aid in regulating those desires, allowing people to regain control over their impulses. Survivors can start the process of healing and reconstructing their lives in a more beneficial way by reducing the intensity of their sexual desires” (DSW1, Sabah).

#### **4.2.7. Engage in dangerous social behaviours**

Another significant long-term effect faced by victims of FDI is a tendency to engage in dangerous social behaviours such as prostitution or employment as call girls. Engaging in these activities not only puts survivors at risk of violence but also increases their vulnerability to obtaining sexually transmitted infections, such as HIV. The abuse they suffered may have changed their understanding of healthy relationships and limitations, leaving them more vulnerable to abuse. Moreover, the feelings of shame, regret, and lower self-esteem that frequently surround trauma might prompt survivors to resort to self-destructive behaviours as a way of dealing with their pain.

“Survivors may find themselves returning to social activities after a period of withdrawal or isolation” (DSW5, Negeri Sembilan).

“There is a potential danger that she may get the human immunodeficiency virus (HIV) and become more engaged in risky sexual behaviours. This situation highlights the serious danger that individuals who have experienced abuse might encounter when they are not given the necessary resources and support to recover from their traumatic experiences” (NGO, Selangor).

#### **4.2.8. Early pregnancies**

The in-depth interview with the representative from relevant agencies revealed that survivors of FDI commonly suffer the long-term effects of early pregnancies, particularly during their adolescent years. Survivors face significant obstacles when they have to handle the complexity of becoming young parents while also dealing with their recovery process from previous traumas. Survivors of early pregnancy may face significant challenges as they manage the dual obligations of parenting and the emotional and psychological needs of recovery.

“The data showing a significant number of cases where FDI survivors experience early pregnancies such as at the age of 16” (NGO, Selangor).

## **5. Discussion**

This study explored the long-term effects experienced by individuals in Malaysia who have survived FDI. FDI is a serious issue that is becoming more prevalent in today’s society. This issue does not just pertain to other countries; it is also a significant worry in Malaysia. Individuals who become victims of such terrible incidents frequently experience long psychological and emotional effects that can significantly damage their future lives and well-being. Many victims face various psychological issues, particularly when placed in shelters for their protection as they often experience panic attacks, particularly when they are triggered by memories of

the horrible incidents they experienced. Research by Clarke et al. (2021) supports the argument by indicating that a majority of individuals who have experienced sexual abuse frequently experience significant disturbances in their sleep patterns, including insomnia and increased levels of anxiety. This can be linked to the severe stress and psychological strain that these individuals experience on a daily basis. The psychological effects of such trauma can heighten patients' sensitivity to environmental stimuli. For example, individuals may experience heightened alarm responses to loud noises or rapid movements, resulting in severe feelings of fear and anxiety. This increased sensitivity might worsen their condition, resulting in a cycle of anxiety and avoidance.

Many survivors who have suffered choose to isolate themselves from social engagements and avoid specific situations that trigger memories of their traumatic experience in an attempt to prevent themselves from experiencing additional emotional distress. The tendency to isolate themselves may limit their ability to connect with support systems and seek the necessary help, eventually worsen their distress and delaying their recovery process. In order to manage these symptoms, the majority of survivors typically require medication to help them calm and effectively manage their emotions. Nevertheless, Perish et al. (2023) highlighted that the use of medicine for reducing anxiety or panic episodes is generally a temporary solution, as it can foster addiction and an extensive dependency on these medications.

Furthermore, when the abuse leads to pregnancy, it increasingly affects their mental well-being and psychological status. Incidents of FDI require them to take on parental responsibilities at an early age (as young as 12 years old). Hence, survivors especially children in this scenario frequently have significant challenges handling their new responsibilities as parents due to their ongoing physical and cognitive maturation. Mangeli et al. (2017) believe that the majority of adolescent mothers lack sufficient readiness for taking on the role of motherhood. The transition to motherhood requires consideration in terms of physical, psychological, social, and cognitive aspects. Moreover, studies suggest that adolescent pregnancy might result in significant health risks for both the adolescent mothers and their newborns (World Health Organization (WHO), 2024). Adolescents who are pregnant have a greater possibility of experiencing psychological problems, such as depression and severe anxiety. They frequently need continuous emotional assistance and support to manage the difficulties they face. Sometimes, they have no choice but to sacrifice their education and further limiting their future.

Moreover, revealing the identity of individuals who have experienced sexual abuse to the wider public or local community might result in significant stigma against them. In addition to the psychological distress resulting from the horrific act, victims of sexual abuse often bear the additional burden of societal stigma. It is common for society to put the blame on the victim, portraying them as the primary cause for the occurrence of the tragedy. The accusations not only involve the victim, but they can also damage their family's reputation, worsening the emotional distress. Hoffman et al. (2023) discovered a significant relationship between the perception of social stigma and higher levels of depressive symptoms, as well as a decrease in the overall quality of life among those who have experienced sexual abuse. This societal stigma causes victims to experience fear, shame, and a growing sense of isolation from the

community. When confronted with people, they may experience a sense of insecurity and feel a need to isolate themselves. This anxiety can result in significant emotional problems, including feelings of lowered self-value, overwhelming shame, and a decrease in self-worth. Mohamad Azhar and Abdullah@Mohd Nor (2023) found that those who were subjected to sexual abuse faced greater social stigma and were at a heightened risk of developing symptoms of PTSD. Additionally, these individuals had lower levels of self-esteem and social support. Severe cases of victimisation can lead to profound depression, which may worsen thoughts of suicide or attempts.

In addition to having significant psychological and emotional issues, victims of FDI are at high risk of developing a variety of major physical health problems. For example, vaginal infections are a common health problem for those who suffer sexual abuse. According to Carolyn et al. (2024), these infections can include a variety of sexually transmitted diseases (STDs), including: gonorrhoea, chlamydia, and syphilis. Santaularia et al. (2024) further support that women who suffered sexual abuse have a significantly higher prevalence of chronic health issues, such as asthma, compared to those who have not been victimised. Moreover, Campbell (2018) discovered that women who have experienced sexual harassment or assault are more likely to acquire high blood pressure, and poor sleep quality. Furthermore, some survivors may be at risk of contracting more serious viruses, including the HIV, which, if left untreated, can lead to Acquired Immunodeficiency Syndrome (AIDS). This aligned with Santaularia et al. (2014) who also indicated that victims of sexual abuse, particularly those subjected to repeated sexual abuse or attacks with multiple perpetrators, are more likely to contract HIV than others. Moreover, the victim's who already has damaged psychological condition, may worsened these physical health effects. This is because they may neglect their physical health, avoid necessary medical treatment, or feel too ashamed and afraid to seek help. As a result, their health conditions can worsen and have a significant long-term impact on their quality of life (Campbell, 2018).

Besides, many survivors of FDI struggled to build positive relationships with close family members as well as with others after the abuse. According to Mohamad et al. (2022), victims of sexual abuse struggle to build and maintain trust in their relationships, which can lead to social isolation and difficulty creating strong emotional attachments. As stated by Marson (2024), interpersonal relationship problems commonly include a lack of trust, dissatisfaction with marriage, issues with intimate and sexual relationships, difficulties creating and maintaining stable relationships, less efficient parenting, and problems at school, work, or with friends and family. Survivors' trauma is permanently linked to the abuse they have suffered, and the consequences are typically profound and long-lasting. The brains of FDI survivors may undergo a significant change in how they process and respond to stress. This can make victims more sensitive to incidents that they perceive as scary, even if no actual threat occurs.

Furthermore, survivors may struggle to trust others' good intentions because previous experiences have 'trained' their minds to expect danger even in safe situations. Consequently, survivors frequently remain in a condition of heightened awareness, making it difficult for them to open up and trust others, even family and friends. Lima and Scortegagna (2022) corroborate this, showing that most victims of sexual abuse display unhealthy behaviours associated with emotional stress, cognitive



and perception abnormalities, and a tendency towards problematic or improper interpretations of interpersonal interactions. Furthermore, trusting others is a challenge in both new and ongoing relationships. These incidents have damaged the foundation of trust, which is important in any healthy human interaction.

While survivors of FDI suffer fear and trauma that limits their ability to develop relationships with others, there are cases where the trauma develops into a more complex condition known as sexual addiction. This phenomenon is thought to arise as a result of the perpetrator engaging in a process known as ‘grooming’ with the survivor from an early age. Grooming involves the continuous manipulation, control, and persuasion utilised by the perpetrator in order to make the victim view the abuse as normal (Collings, 2020). In the beginning, the victim might experience severe pain and discomfort as a result of the action. However, with repeated episodes of this act, there is a potential for the victim’s brain to establish a connection between the act and feelings of ‘pleasure’ or satisfaction, despite the fact that it is obviously harmful. For example, a key person interviewed stated that a person who had suffered from childhood sexual abuse showed symptoms of severe sexual addiction, leading them to participate in unsafe sexual activities.

The seriousness of this addiction increased when the individual started imposing influence on other individuals residing in the shelter home, which consequently resulted in a rise in cases of LGBT among the residents of the shelter home. Furthermore, key persons have also highlighted that certain survivors may become trapped in more complex social situations, such as engaging in prostitution, due to their experience of sexual addiction. Individuals trapped in the cycle of addiction may perceive prostitution as a means to satisfy their desires, or they may perceive it as their only means of survival. This illustrates the significant impact of sexual abuse on the lives of victims, causing not only the breakdown of their trust and self-worth but also leading them towards worse and more risky social environments.

The long-term effects of FDI to the survivors are enormous, especially to the mental health aspects. Hence, there is a high need for the country to enhance the mental health services to these survivors. For instance, numerous organizations and agencies in Australia dedicate themselves to assisting survivors of sexual abuse, particularly those victims of incest. Services such as 1800 RESPECT offer private counselling and support for 24/7, guaranteeing that survivors can obtain immediate help and support. Moreover, professional initiatives like Bravehearts focused on helping children and adolescents who have endured sexual abuse by providing counselling and advocacy services. This effort should be supported with educational programs to the society to reduce their stigma to the victims or survivors. The society’s judgment will worsen FDI survivors’ conditions. The society need to be a support system for the FDI survivors’ recovery. In addition, the entire support system to the FDI survivors (family, society, agencies and others) should promote a good culture (regardless of any religious beliefs and values) especially on helping those in need, instead of being a judging society.

## **6. Conclusion**

FDI have significant effects on the well-being of survivors. Despite surviving the

traumatic incidents, individuals must confront numerous long-term effects in their everyday lives. Numerous individuals who have survived FDI often experience psychological and emotional effects related to their state of well-being. For example, those who have experienced trauma may experience conditions such as PTSD, continuous sadness, and higher levels of anxiety. Individuals who have experienced sexual abuse and do not receive suitable psychosocial therapies are most susceptible to enduring mental health problems throughout their entire lives. Successful management of the effects through therapy, counselling, and community support can enable survivors to lead normal lives comparable to others. Efficient psychosocial support can help individuals in their recovery, restore their self-confidence, and reduce the possibility of additional severe psychological illnesses.

FDI can result in significant psychological and physical effects for victims, such as mental health disorders, trauma, and physical illnesses. As a result of prolonged stress, victims of incest frequently have problems sleeping, dietary issues, and chronic diseases. Hence, addressing these issues not only improves victims' lives but also society as a whole. Besides, it can facilitate their speedy recovery by providing victims with full medical care and continuous support, reducing the risk of additional negative effects.

In addition, it is important for all parties involved to actively contribute to assisting these survivors of sexual abuse in reducing the negative effects they experience. Families, communities, healthcare institutions, and the government are all responsible for providing necessary help, guidance, and protection. This strategy is in line with the worldwide agenda of the Sustainable Development Goals (SDGs), specifically Goal 3, which highlights the importance of promoting positive health and well-being for everyone. The SDGs emphasise the importance of preserving mental health as an important aspect of achieving global well-being. Moreover, this approach aligns with the principle of Malaysia MADANI, which underscores the significance of protecting and upholding the human rights of all individuals, including those who have experienced FDI. Malaysia MADANI highlights the fundamental values of fairness, empathy, and kindness as the foundation for developing a society that is more inclusive and compassionate. Hence, adopting a more compassionate approach to tackling this issue aligns with humanitarian values, guaranteeing that victims receive the necessary assistance and safeguarding they require.

**Author contributions:** Conceptualization, UNNA and YA; methodology, UNNA and YA; software, UNNA; validation, UNNA, YA, NAA and NMS; formal analysis, UNNA, YA, NAA and NST; investigation, UNNA and YA; resources, YA, NST and NAA; data curation, UNNA and YA; writing—original draft preparation, UNNA; writing—review and editing, YA, NAA, NST and NMS; visualization, UNNA; supervision, YA, NAA and NST; project administration, UNNA and YA; funding acquisition, YA, NST and NAA. All authors have read and agreed to the published version of the manuscript.

**Funding:** This research was funded by the Ministry of Higher education (MoHE), Fundamental Research Grant Scheme (FRGS) [File No: 600-IRMI/FRGS 5/3 (438/2019)] and Universiti Teknologi MARA (UiTM) for the research grant allowing

this study to be carried out.

**Acknowledgments:** We would like to express our sincere gratitude to the coordinator and participants of FSPPP- Graduate Researchers in Print for the helpful comments and ideas on the improvement of this paper as well as to FSPPP for the support and encouragement.

**Conflict of interest:** The authors declare no conflict of interest.

## References

- Abdul Ghani, N. J., Muhamad, S. A., Hasan Zaki, N., et al. (2021). A Case of Incest in a Malaysian Child: The Ethical and Legal Implications. *Education in Medicine Journal*, 13(2), 101–105. <https://doi.org/10.21315/eimj2021.13.2.10>
- Adekola, P. O., Ugwu, F. C., Amoo, E. O., et al. (2022). COVID-19, mobility restriction, and sexual behavior among a cohort of people of reproductive age: Nigeria. *Frontiers in Public Health*, 10. <https://doi.org/10.3389/fpubh.2022.935625>
- Ahmad, Y., Abd Hamid, S. N. F., Tahir, N. S., et al. (2021). Social Construction and Identity Formation of ‘Street Children’ in the Malaysian Context. *Journal of Engineering Science and Technology, Special Issue on Iac2021*, 46–61.
- Ali, S., Pasha, S. A., Cox, A., et al. (2024). Examining the short and long-term impacts of child sexual abuse: a review study. *SN Social Sciences*, 4(2). <https://doi.org/10.1007/s43545-024-00852-6>
- Aspers, P., & Corte, U. (2019). What is Qualitative in Qualitative Research. *Qualitative Sociology*, 42(2), 139–160. <https://doi.org/10.1007/s11133-019-9413-7>
- Azman, U. N. N., Ahmad, Y., Tahir, N. S., & Abd Hamid, S. N. F. (2024). Breaking the Silence: Underlying Factors Influencing Father-daughter Incest Survivors. *International Journal for Studies on Children, Women, Elderly and Disabled*, 20, 97–104.
- Azman, U. N. N., Ahmad, Y., Tahir, N. S., & Hamid, S. N. F. A. (2023). Challenges of Father-daughter Incest Survivors: Taboo, Coping and Survival. *International Journal of Academic Research in Accounting Finance and Management Sciences*, 13(2), 1002–1018. <https://doi.org/10.6007/ijarafms/v13-i2/18174>
- Banerjee, D., & Rao, T. S. (2020). Sexuality, sexual well being, and intimacy during COVID-19 pandemic: An advocacy perspective. *Indian Journal of Psychiatry*, 62(4), 418–426.
- Beard, K. W., Newsome, J. E., Harper-Dorton, K. V., et al. (2019). Father-daughter incest: Comparison of treated cases to untreated control subjects. *Cogent Psychology*, 6(1), 1–29. <https://doi.org/10.1080/23311908.2019.1633809>
- Bergelson, V. (2013). Vice is Nice but Incest is Best: The Problem of a Moral Taboo. *Criminal Law and Philosophy*, 7(1), 43–59. <https://doi.org/10.1007/s11572-012-9158-9>
- Browne, A., & Finkelhor, D. (1986). Impact of child sexual abuse: A review of the research. *Psychological Bulletin*, 99(1), 66–77. <https://doi.org/10.1037/0033-2909.99.1.66>
- Campbell, L. (2018). How Sexual Assault Can Impact Your Physical Health, Even Years Later. Healthline. Available online: <https://www.healthline.com/health-news/sexual-assault-can-affect-physical-health-long-term> (accessed on 10 August 2024).
- Carolyn, J. S., Ladd, M., & Thomas, B. (2024). *Sexual Assault Infectious Disease Prophylaxis*. Stat Pearls Publishing.
- Choi, S. S., Yang, S. B., Lim, M. H., et al. (2023). Psychological aftereffects experienced by sexually abused children: Psychopathological characteristics revealed by the K-CBCL. *Medicine*, 102(38), e34699. <https://doi.org/10.1097/md.00000000000034699>
- Clarke, V., Goddard, A., Wellings, K., et al. (2021). Medium-term health and social outcomes in adolescents following sexual assault: a prospective mixed-methods cohort study. *Social Psychiatry and Psychiatric Epidemiology*, 58(12), 1777–1793. <https://doi.org/10.1007/s00127-021-02127-4>
- Cole, P. M., & Putnam, F. W. (1992). Effect of incest on self and social functioning: A developmental psychopathology perspective. *Journal of Consulting and Clinical Psychology*, 60(2), 174–184. <https://doi.org/10.1037/0022-006x.60.2.174>
- Collings, S. J. (2022). Defining and delimiting grooming in child sexual exploitation. *Child Abuse Research: A South African Journal*, 21(1), 1–9.
- Denov, M. S. (2004). The Long-Term Effects of Child Sexual Abuse by Female Perpetrators. *Journal of Interpersonal Violence*, 19(10), 1137–1156. <https://doi.org/10.1177/0886260504269093>
- Dodhy, S. (2018). Entrapped in Unclaimed Moment and Anxiety—A Case of Betrayal Trauma in Yejide Kilanko’s Daughters Who Walk This Path. *Journal of Critical Inquiry*, 16(2), 100–110.

- Finkelhor, D. (1994). Current Information on the Scope and Nature of Child Sexual Abuse. *The Future of Children*, 4(2), 31–53. <https://doi.org/10.2307/1602522>
- Frechette, J., Bitzas, V., Aubry, M., et al. (2020). Capturing Lived Experience: Methodological Considerations for Interpretive Phenomenological Inquiry. *International Journal of Qualitative Methods*, 19. <https://doi.org/10.1177/1609406920907254>
- Gqgabi, R. B., & Smit, E. I. (2019). Psycho-Social Effects of Father—Daughter Incest: Views of South African Social Workers. *Journal of Child Sexual Abuse*, 28(7), 840–859. <https://doi.org/10.1080/10538712.2019.1581870>
- Greene, C. A., Haisley, L., Wallace, C., et al. (2021). Intergenerational effects of childhood maltreatment: A systematic review of the parenting practices of adult survivors of childhood abuse, neglect, and violence. *Clinical Psychology Review*, 80, 101891. <https://doi.org/10.1016/j.cpr.2020.101891>
- Gupta, S., & Garg, Dr. S. (2020). Causes and Effects of Child Sexual Abuse. *International Journal of Innovative Science and Research Technology*, 5(5), 1867–1870. <https://doi.org/10.38124/ijisrt20may650>
- Hamzah, D. A. (2019). Parenthood and Child Development: Islamic Approach to Raising Noble Personalities. *Journal of Islamic, Social, Economics and Development (JISED)*, 4(21), 111–124.
- Hofmann, M., Jermann, F., Baggio, S., et al. (2023). Childhood trauma and self-stigma in mood disorders. *Psychiatry Research Communications*, 3(3), 100129. <https://doi.org/10.1016/j.psycom.2023.100129>
- Idris, S. R. (2023). Kelantan records 48 cases of extramarital pregnancies of children, teenagers this year (Indonesian). Available online: <https://www.bharian.com.my/berita/nasional/2023/06/1114264/kelantan-rekod-48-kes-hamil-luar-nikah-kanak-kanak-remaja-tahun-ini> (accessed on 30 March 2024).
- Jaimes, M. E. B., Avilla, S. C., Suarez, L., & Gutierrez, M. C. (2016). Father’s Perceptions of their Role and Involvement in the Family: A Qualitative Study in a Colombian Sample. *Journal of Psychology*, 35(2), 161–178.
- Johnson. (2004). Child Sexual Abuse. *Review*, 364, 462–470.
- Kar, S. K., & Swain, R. (2019). Incest. In: Shackelford, T. K., Weekes-Shackelford, V. A. (editors). *Encyclopedia of Evolutionary Psychological Science Living*. Springer.
- Katorski, J. (2003). Father/Daughter Relationships: Effects of Communicative Adaptability and Satisfaction on Daughter’s Romantic Relationships. *Journal of Undergraduate Research*, 6, 1–6.
- Lima, E. S., & Scortegagna, S. A. (2022). Child Sexual Violence: Interpersonal Relationship and Self-Image Evaluated by Zulliger R-Optimized Application. *Psico-USF, Bragança Paulista*, 27(3), 553-565. <https://doi.org/10.1590/1413-82712033270312>
- Mohajan, H. K. (2018). Qualitative Research Methodology in Social Sciences and Related Subjects. *Journal of Economic Development, Environment and People*, 7(1), 23–48. <https://doi.org/10.26458/jedep.v7i1.571>
- Mangeli, M., Rayyani, M., Cheraghi, M. A., & Tirgari, B. (2017). Exploring the Challenges of Adolescent Mothers from Their Life Experiences in the Transition to Motherhood: A Qualitative Study. *Journal of Family and Reproductive Health*, 11(3), 165–173.
- Marson, B. (2024). The Impact of Childhood Sexual Abuse on Interpersonal Relationships: A Cross-Sectional Study in Trinidad. *Journal of International Women’s Studies*, 26(3), 1–15.
- Mohamad Azhar, N. A. A., & Abdullah@Mohd Nor, H. (2023). Experiences of Sexual Harassment and its Association with the Levels of Depression and Self-Esteem among Female Higher Education Students in Selangor. *International Journal of Academic Research in Business and Social Sciences*, 13(12). <https://doi.org/10.6007/ijarbss/v13-i12/19782>
- Mohamad, Q. H., Nen, S., & Subhi, N. (2022). Interpersonal Relationships and Psychological Well-Being of Individuals with Childhood Sexual Abuse History and Counsellor Roles. *International Journal of Academic Research in Business and Social Sciences*, 12(6), 1566–1575. <https://doi.org/10.6007/ijarbss/v12-i6/13929>
- Neubauer, B. E., Witkop, C. T., & Varpio, L. (2019). How phenomenology can help us learn from the experiences of others. *Perspectives on Medical Education*, 8(2), 90–97. <https://doi.org/10.1007/s40037-019-0509-2>
- Othman, A., & Yahaya, W. A. J. W. (2012). A Preliminary Investigation: Children’s Awareness of Child Sexual Abuse in Malaysia. *International Journal of Social Science and Humanity*, 2(3), 242–247. <https://doi.org/10.7763/ijssh.2012.v2.103>
- Parish, A. L., Gillis, B., & Anthamatten, A. (2023). Pharmacotherapy for Depression and Anxiety in the Primary Care Setting. *The Journal for Nurse Practitioners*, 19(4), 104556. <https://doi.org/10.1016/j.nurpra.2023.104556>
- Pettersen, K. T. (2013). A Study of Shame from Sexual Abuse Within the Context of a Norwegian Incest Center. *Journal of Child Sexual Abuse*, 22(6), 677–694. <https://doi.org/10.1080/10538712.2013.811139>
- Pleck, J. (2010). Fatherhood and Masculinity. In: Lamb, M. E. (editor). *The Role of The Father in Child Development*. Wiley. pp.

32–66.

- Pusch, S. A., Ross, T., & Fontao, M. I. (2021). The environment of intrafamilial offenders—A systematic review of dynamics in incestuous families. *Sexual Offending: Theory, Research, and Prevention*, 16, 1–20. <https://doi.org/10.5964/sotrap.5461>
- Quiajno, M. F. T., Garcia, M. C., Quijano, G. A., & Fajardo, L. M. L. (2021). Incest the victims and their abusers. *International Journal of Advanced Engineering, Management and Science*, 7(1), 66–70. <https://doi.org/10.22161/ijaems.71.11>
- Raffar, I. N., & Hamjah, S. H. (2015). A Father's Personality from the Islamic Perspective. *Committee on Publication Ethics (COPE)*, 5(2).
- Ramli, M. A. (2021). Birth fathers are the most likely to rape their children (Indonesian). Available online: <https://www.sinarharian.com.my/article/132679/LAPORAN-KHAS/Bapa-kandung-paling-ramai-ratah-anak> (accessed on 11 August 2024).
- Runarsdottir, E., Smith, E., & Arnarsson, A. (2019). The Effects of Gender and Family Wealth on Sexual Abuse of Adolescents. *International Journal of Environmental Research and Public Health*, 16(10), 1788. <https://doi.org/10.3390/ijerph16101788>
- Ruslin, R., Mashuri, S., Sarib, M., & Alhabsyi, F. (2022). Semi-structured Interview: A Methodological Reflection on the Development of a Qualitative Research Instrument in Educational Studies Ruslin. *IOSR Journal of Research & Method in Education*, 12(1), 22–29.
- Sano, Y., Mammen, S., & Houghten, M. (2021). Well-Being and Stability among Low-income Families: A 10-Year Review of Research. *Journal of Family and Economic Issues*, 42(S1), 107–117. <https://doi.org/10.1007/s10834-020-09715-7>
- Santaularia, J., Johnson, M., Hart, L., et al. (2014). Relationships between sexual violence and chronic disease: a cross-sectional study. *BMC Public Health*, 14(1). <https://doi.org/10.1186/1471-2458-14-1286>
- Slavin, M. N., Scoglio, A. A. J., Blycker, G. R., et al. (2020). Child Sexual Abuse and Compulsive Sexual Behavior: A Systematic Literature Review. *Current Addiction Reports*, 7(1), 76–88. <https://doi.org/10.1007/s40429-020-00298-9>
- Supramani, S. (2022). Average of 15 incest cases reported each month: Criminologist. Available online: [https://thesun.my/local\\_news/average-of-15-incest-cases-reported-each-month-criminologist-FD9252979](https://thesun.my/local_news/average-of-15-incest-cases-reported-each-month-criminologist-FD9252979) (accessed on 31 March 2024).
- Tener, D., Tarshish, N., & Turgeman, S. (2020). Victim, Perpetrator, or Just My Brother? Sibling Sexual Abuse in Large Families: A Child Advocacy Center Study. *Journal of Interpersonal Violence*, 35(21–22), 4887–4912. <https://doi.org/10.1177/0886260517718831>
- United Nations Children's Fund (UNICEF). (2020). Action to End Child Sexual Abuse and Exploitation. New York: UNICEF Child Protection Section Programme Division 3 United Nations Plaza New York.
- Vagianos, A. (2020). Child Sex Abuse Reports Spike as Country Shelters in Place, Advocates Say. Available online: [https://www.huffpost.com/entry/child-sex-abuse-spike-shelter-in-place-coronavirus\\_n\\_5e8e1b49c5b6b371812aaf95?ncid=engmodushpimg00000006](https://www.huffpost.com/entry/child-sex-abuse-spike-shelter-in-place-coronavirus_n_5e8e1b49c5b6b371812aaf95?ncid=engmodushpimg00000006) (accessed on 11 August 2024).
- Verrastro, V., Ritella, G., Saladino, V., et al. (2020). Personal and Family Correlates to Happiness amongst Italian Children and Pre-adolescents. *International Journal of Emotional Education*, 12(1), 48–64.
- Wahid Satar, S. N. A., Norhayati, M. N., Sulaiman, Z., et al. (2021). Predisposing Factors and Impact of Child Victimization: A Qualitative Study. *International Journal of Environmental Research and Public Health*, 18(17), 9373. <https://doi.org/10.3390/ijerph18179373>
- World Health Organization (WHO). (2024). Adolescent pregnancy. Available online: <https://www.who.int/news-room/fact-sheets/detail/adolescent-pregnancy> (accessed on 10 August 2024).
- Zajac, K., Ralston, M. E., & Smith, D. W. (2015). Maternal support following childhood sexual abuse: Associations with children's adjustment post-disclosure and at 9-month follow-up. *Child Abuse & Neglect*, 44, 66–75. <https://doi.org/10.1016/j.chiabu.2015.02.011>