

2. Anxiety – punishment can cause fear and anxiety in children. They can also get hurt e.g. physical punishment such as caning can cause injuries to children.
3. May increase the behaviour it seeks to eliminate for example children who realise they only get attention when they do something wrong may resort to doing wrong things as they feel attention is paid to them when punishment is administered.
4. Children may learn other undesirable behaviour in order to escape from punishment for example children learn to tell lies instead of admitting their mistakes in order to avoid punishment.
5. Punishment especially physical punishment teaches children to use physical violence to control behaviour rather than rational means
6. Punishment does not guide the child towards the desired behaviour. In addition, those children who are punished too often soon develop apathy since they feel that punishment is unpredictable and unavoidable.

### **Misuses of Punishment**

1. Infliction of punishment for poor performance – for example punishing a child because he or she performed poorly in a reading test or exam.
2. Infliction of group punishment – that is, punishing a whole group without finding out who the culprit is.

### **Factors to Consider when Using Punishment**

1. The success rate of punishment will depend on the factors sustaining the undesired behaviour for example, a child who steals food because of hunger will probably need to have his poverty status addressed since this is what sustains the stealing habit.
2. The time lapse between the undesired act and punishment must be as short as possible so that the child may be able to form an association between the behaviour and the punishment.
3. Punishment must be fair and consistent. This means that the same mistake should attract the same punishment at different times and there should be no favouritism
4. Duration of the punishment should not be too long although the punishment should be intense enough to correspond to the offence.