

## Dynamics of women's psychology victims of violence in household and influence on children's emotional development

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KEYWORDS	ABSTRACT
<b>Psychological dynamics, Victims of violence, Child Emotional development.</b>	<p>Domestic violence results in physical, sexual, psychological misery and/or neglect of the household. The purpose of this research is to describe the psychological dynamics experienced by women who are victims of domestic violence and their influence on children's emotional development. This research is a descriptive research using qualitative methods. The approach used is phenomenology. Research subjects are people or parties who experience acts of domestic violence, totaling 2 people. Data obtained through in-depth interviews are unstructured. Observations were also made to strengthen the data. Data validity test was carried out by triangulation (source, technique and time). The data analysis technique uses the Miles and Huberman model which consists of data collection, data reduction, data display and conclusion drawing/verification. The results of the study found that domestic violence that had been going on for a long time formed a gradual psychological dynamic from the beginning that blamed oneself to become subjects who were able to survive problems and have good self-acceptance. Being able to adapt to things that hurt him is what makes him strong. Forming yourself to be a strong person and have good self-acceptance. While the influence on child development, the mindset appears that everything can be obtained with violence.</p> <p>This is an open-access article under the <a href="#">CC-BY-SA</a> license.</p> 

### Introduction

According to Chapter 1 of Law Number 1 of 1974 about Marriage, it states that marriage is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on Belief in the One Supreme God. Where for most Indonesian people marriage is something sacred which is the basis for forming a family. However, it is impossible for as long as the age of marriage does not occur disagreements between husband and wife, parents and children or with other family members who are under the same roof, both in the form of verbal arguments and physical violence. Where these fights often end in physical violence or other acts of violence.

Domestic violence according to the PKDRT Law No. 23 of 2004 is any act against a person, especially a woman, which results in physical, sexual, psychological misery or suffering, and/or neglect of the household including threats to commit acts of coercion, or unlawful deprivation of liberty within the household sphere (Ali, 2016; Tulangow et al., 2022). The high incidence of domestic violence can have a negative impact on the health of the wife as the victim. These impacts include fear, anxiety, fatigue, disorders, post-traumatic stress, and eating and sleeping disorders which are long reactions to acts of violence (Resmini et al., 2019). However, it is not uncommon for acts of violence against wives to cause reproductive health to be disrupted biologically, which in turn results in sociological disturbances. In women who experience domestic violence it can cause reproductive health problems, including menstrual disorders such as menorrhagia, hypomenorrhagia or metrorrhagia, even these women can experience menopause earlier, experience decreased libido, and the inability to get an orgasm as a result of the violence they have experienced. Quoted from Komnas Perempuan (2021) data on women experiencing domestic violence continues to increase every year. In 2020 KOMNAS Women recorded at least 299,911 cases (CATAHU KOMNAS Perempuan 2021).

Previous research from Nurwanti, et al (2022) about community service regarding forms of domestic violence (KDRT) in Sumuran Wetan Kranggan Village, the purpose of this service is to socialize the importance of knowing the forms of domestic violence so as to prevent incident of domestic violence. The method used is socialization. The results of this study were to provide an explanation to the PKK women of Kranggan Village about forms of domestic violence (KDRT). Focus of the explanation are the types of domestic violence, such as physical violence, mental violence, economic violence and sexual violence. In the socialization, examples of domestic violence were also explained. Erdiawati's research (2021) explains the increase in violence against women during the COVID-19 pandemic seen from the sociology of law. Her research was stated that the factors that led to an increase in domestic violence during the pandemic were 1) economic factors, 2) educational factors, 3) social factors.

The brief description above shows how the issue of violence has become the object of research in various fields of science and is still a common problem for families and how this affects the emotional development of children. Emotional development is increasingly being understood as a crisis in child development. Emotional development, which is widely known as emotional intelligence, is often neglected by many families because of the lack of knowledge of parents about the importance of emotional development for children. Usually emotion is a reaction to encouragement from outside and within the individual. Emotions are related to physiological changes and various thoughts. Children who are used to seeing their fathers do domestic violence will form different emotions from children who have harmonious families.

This is related to the child's pattern of solving problems when faced with the same conditions (imitation). If this continues, it is feared that they will grow into a person who lacks feelings.

## Method

This research is a descriptive research using qualitative methods. The approach used is phenomenology. The research subjects were determined through a purposive sampling technique, namely people or parties who experienced acts of domestic violence with 2 respondents. The research instrument in this study, namely by conducting open interviews or unstructured interviews. Besides that, to strengthen the data, the researcher also used the observation method. As for data analysis with data collection, data reduction, data presentation, verification and conclusion. Data validity uses source and time triangulation.



Figure 1 Research Approach

## Result and Discussion

Psychological dynamics is described as an individual's ability to manage attitudes, behaviors and perceptions in resolving a conflict. Walgito explained that there are several components of the human self that can influence and shape behavior in everyday life, namely: a). The Cognitive Component relates to one's knowledge, views, and beliefs, b). The Affective Component relates to one's feelings, c). The behavioral component relates to a person's tendency to act <sup>8</sup>. Meanwhile, the most frequent and dominant thing for victims of domestic violence is indecision in making decisions for themselves in dealing with situations of violence from their husbands. The characteristic of guilt is common in survivors of violence, often it is even the wife who feels that she is the one responsible for all of her husband's abusive behavior. Female victims of domestic violence usually experience prolonged and continuous (constant) emotional stress because they have been trapped in the cycle of violence without being able to break the cycle. The psychological dynamics of women victims of violence include: distress, feeling guilty, feeling powerless, deep anger, shame, anxiety, sleep disturbances.

The results of this study can be discussed how the dynamics of the psychology of women victims of domestic violence. The first Subject is a housewife and works as a masseuse. While subject 2 is the child of the subject. Based on the results of the study, the subject was married for approximately 28 years and already had 2 children. Subject began to experience violence the first year of marriage. At first it was just harsh words without any physical

violence. But entering the 10th year of marriage, the subject's husband started hitting, dragging, grabbing the subject when fighting or when there was something the husband didn't like with the subject's actions. The subject did not dare to resist because he was threatened with being beaten or grabbed. When the subject fights, the husband will be even harder in carrying out domestic violence, be it hitting, shooting. The forms of violence experienced by the subject include physical violence, verbal violence, sexual violence and economic violence.

The physical and verbal violence experienced by the subject has been going on for 20 years. Meanwhile, the subject experienced economic violence when he entered the 10th year of marriage. For sexual violence, the subject does not remember when it started but more or less coincided with the start of the physical violence experienced by the subject. In 2019, the subject had made peace efforts with her husband with the intention that the husband would change and understand his wife better. But in the end there was no change for the better of the subject and husband. In January 2022 a final effort was made with mediation between the husband, the subject and their children. However, in this mediation effort the authors found new facts that are sadder, because in addition to violence from the husband. Subjects also received verbal and economic violence from their children. The subject's efforts to get out of the trap of domestic violence have been carried out for years, but due to family and environmental constraints, it is still difficult for the subject to get out of this household. In the dynamics of the psychology of the wife as a victim, there are 4 aspects examined in this study, namely coping strategies, self-efficacy, self-acceptance and intrapersonal relationships.

Related to the coping strategy, because the subject's efforts to divorce cannot be passed, with the help of counselors and women's protection agencies, the subject learns to manage his emotions or what is commonly called coping. Emotion-focused and problem-focused coping. Distress or stress that is bad for the body must be removed or channeled so that it does not accumulate and become toxic to the body. To channel this distress, the subject spiritually approaches God by giving alms more frequently, reciting the Qur'an, night prayers and sunnah fasting. This is done by the subject to control her emotions with the circumstances around him. According to the subject by increasing the worship of God, she is able to pass all of His tests. Besides spiritually, the subject manages emotions by working.

Because by working the subject is able to think clearly without any distractions. While coping that focuses on problems is when the subject is beaten by the husband, the subject will do something that is resistance. The resistance here is not by hitting the husband back but by the subject trying to obey all the husband's orders after that the subject will slowly talk. The second aspect is self efficacy. The subject was able to change her previous habit of blaming himself to be able to survive and get through. This is evidenced by the results of the subject interview.

*"Now I don't blame any party, but I'm trying to change myself. In the past, when I got domestic violence, I would keep everything to myself and cry, if now I am smarter, Sis. When I know my husband will be angry and will do domestic violence, I will treat my husband sweetly so he doesn't get angry. Like I make coffee, buy his favorite food like that. If it's like that, I won't be angry Sis" (S. 10 August 2022).*

The third aspect is related to self-acceptance. The subject being able to accept her present and past self is proof that she is able to make peace with himself and continue with her future. Based on the results of the interview the subject stated that:

*"I have accepted my condition Ms. I pray more often to worship God so that those above can help me. Because I asked for help anywhere, there was no answer, Ms. So just give up and ask for the same as above".*

The fourth aspect is intrapersonal relationships. Here what is meant by intrapersonal relationships is how the subject's relationship with the people around her such as neighbors and relatives of the subject. Based on the results of interviews with the subject, she has a relatively good relationship with her neighbors and siblings. However, because of the domestic violence case that happened to her yesterday, her siblings had her own perception of her and her husband, but the subject understood this and didn't mind it. The subject has good relations with relatives and neighbors who are still going well. This is supported by the results of subject interviews,

*"I am fine with them, Sis. But maybe it's because of yesterday's case that I was a bit shocked, but it's okay, you know that."*

*"I hope it stays good like this. Yes, because we meet every day and it's close to Ms.'s house. If it's not good, you'll even become an enemy".*

There are separate reasons why the subject does not let go of her husband or get divorced from her husband, namely 1) the social stigma that views widows and divorce as negative things, 2) the subject's feeling of not being able to bear their children (compassion), 3) threats from husbands when there is resistance from the subject. So that indirectly makes the subject become powerless or powerless to fight against her husband.

Based on these aspects, the subject forms a gradual psychological dynamic from the beginning who blames himself to a subject who is able to endure problems and has good self-acceptance. Being able to adapt to things that hurt him is what makes him strong. Forming oneself to be a strong person and having good self-acceptance is not an easy thing. It takes practice, understanding and good emotional control as well. Because nothing is instant in everything.

In addition to the psychological dynamics, there is also the influence of domestic violence on children's emotional development. Because this violence has been going on for a

long time and is being observed by their children, indirectly the subject's children also develop the mindset that all things can be obtained with violence. Cognitively and emotionally, domestic violence has a very bad impact on families, especially children. Children who are used to seeing violence in the home will find it difficult to create an attachment with their parents. The attachment meant is the existence of a reciprocal relationship between children and parents in creating a warm relationship at home. Because warmth is a fundamental component in parent-child relationships that can develop children's emotions and feelings of empathy. In this study, children were unable to develop feelings of attachment to their mothers and fathers. As stated above, children develop superior feelings towards their mothers and have negative emotions towards their mothers. The first child develops many negative emotions, such as treating her mother like saying harshly, snapping, and even threatening. While the second child develops negative feelings by always asking for things without taking into account the mother's condition. These children developed this feeling since they were small. This is a task for the psychologist and counselor who handles this case because at this stage family therapy and therapy for perpetrators of domestic violence must be carried out. As for the subject's children need to be given emotional therapy.

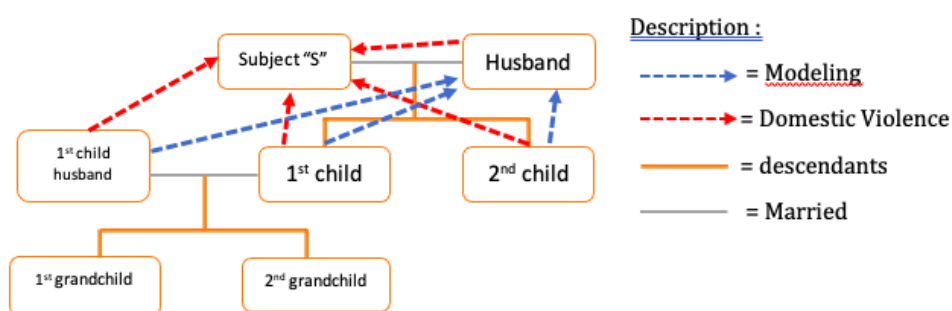


Figure 2 Subject's Family Relationship

## Conclusion

Domestic violence is any act against a person, especially a woman, which results in physical, sexual, psychological misery or suffering, and/or neglect of the household including threats to commit acts of coercion, or unlawful deprivation of liberty within the household sphere. The impact is that domestic violence that has been going on for a long time forms a gradual psychological dynamic from the beginning that blames oneself to a subject who is able to endure problems and has good self-acceptance. Being able to adapt to things that hurt him is what makes him strong. Forming yourself to be a strong person and have good self-acceptance. While the influence on child development, the mindset appears that everything can be obtained with violence.

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