

**BEYOND BRUISES: THE FAR-REACHING EFFECTS
OF DOMESTIC VIOLENCE ON THE
WELL-BEING OF VICTIMS**

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Regional Science High School for Region I
Bangar, La Union

In partial fulfillment of the
requirements in the subject
Practical Research I

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DEDICATION

This work is a fruit of countless and arduous sacrifices,

Through the researchers' effort,

This work is heartily and proudly dedicated to the people who serve as an inspiration.

From *parents* and *guardians* to *classmates* and *circle of friends* whom

extended their help in the midst of problems while doing this work.

To the *faculty and staff* of Regional Science High School for Region 1, Ma. Cristina
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Above all, to our *God Almighty* who showered us *His* blessings in our everyday lives,

especially for the strength, courage, patience, wisdom,

time, and guidance in realization of this work.

M.L.G

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RESEARCH ABSTRACT

TITLE: **BEYOND BRUISES: THE FAR-REACHING EFFECTS OF DOMESTIC VIOLENCE ON THE WELL-BEING OF VICTIMS**

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Key Words: Domestic violence, Violence against women, battered wife, Effects of domestic violence on battered wife, domestic abuse, effect of domestic abuse on physical well-being.

ABSTRACT: Domestic violence represents a prevalent form of violence that inflicts various forms of harm upon its victims. This research aimed to enhance comprehension regarding the profound impact of domestic violence on victims' overall well-being and their coping mechanisms. Employing a qualitative phenomenological approach, the study involved three victims of domestic violence selected through purposive sampling, a non-probability sampling technique. Data was collected using validated semi-structured interview questions, and thematic analysis was employed for data analysis. Findings revealed that husbands were the primary perpetrators of domestic violence. Victims of domestic violence go through a plethora of different instances of abuse. This includes but is not limited to physical beatings, harsh verbal exchanges, behaviors intended to cause fear and control over the victim, cutting off the financial freedom, and infidelity, causing adverse effects on the victims' physical, mental, emotional, social, and spiritual aspects. Moreover, victims identified religion, their children, and their resilience as crucial

factors in surviving this ordeal. Results shows that the victims' faith in God proved to be their best asset that helped them get through such dire situations. The study emphasizes the resilience of victims and underscores the importance of raising awareness among the public about the challenges faced by domestic violence victims. Recommendations derived from this study includes conducting awareness campaigns that would help disseminate information regarding domestic violence to the public to make the community open their eyes to this issue. Emphasizing the legal support available for those affected by domestic violence would also help said victims.

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CHAPTER I

INTRODUCTION

Domestic violence is a pervasive problem that affects millions of individuals worldwide. Studies conducted in the past ten years have examined the devastating effects of domestic violence on victims' well-being in different aspects.

Domestic violence is the intentional use of force or strength on a person that has a negative impact on the person or society, as a whole. It can take the form of physical violence, rape, child marriage, denial of women's right to work, or denial of their right to vote. Gender, culture, religion, age, education, social standing, or ethnicity are all important factors to consider when considering domestic abuse. Factors such as property ownership, access to education, girl-child trafficking, and sexual abuse, as well as cultural traditions, can all be affected by domestic violence. (Okafor, 2020)

Several studies have highlighted the negative impact of domestic violence on the mental health of victims. For example, a study by Bair-Merritt et al. (2018) found that children who witnessed domestic violence had higher rates of depression, anxiety, and behavioral problems compared to those who did not witness violence. Similarly, a study by Follingstad et al. (2019) found that women who experienced domestic violence had higher rates of depression, post-traumatic stress disorder (PTSD), and anxiety than women who did not experience violence.

Other studies have examined the impact of domestic violence on victims' socialization. A study by Logan-Greene et al. (2020) found that victims of domestic violence were more likely to experience social isolation and difficulty forming social connections, which can lead to further negative psychological outcomes. Similarly, a study by DeKeseredy et al. (2018) found that domestic violence can affect victims' ability to trust others and form healthy relationships in the future.

The violence against women takes form as either physical and/or sexual intimate partner violence. It is estimated that 1 in 3 of women worldwide have been subjected to either of the forms. According to the World Health Organization about 30% of women globally, experience and/or experienced violence. Most of the violence experienced is intimate partner violence. Worldwide, almost one third (27%) of women aged 15-49 who have been in a relationship report that they have been subjected to forms of violence. About 33% of women in the South-East Asian region have reported cases of the prevalence of lifetime intimate partner violence. In addition to intimate partner violence, globally, 6% of women report having been sexual assault assaulted by someone other than a partner. (WHO, 2021)

According to the statistics as supplied by the Philippine Statistics Authority (2022), the age group where abuse is prominent for women is age 30-39. Moreover, 18% of the female population aged 15-19 have already experienced childbirth as a result of violence, specifically, sexual harassment. As per the documentations reported by the PNP and DSWD (2022), violence against women was at its highest peak during the years 2020-2021, the period where COVID-19 was a big risk. Citizens were required to stay in their households thus, serving as a catalyst to Domestic Violence. In the year 2021 alone, an

average of 1,000,000 women were in the care of DSWD, 2% of the total population of women in the Philippines. As the data from the Philippine Statistics Authority (2022) shows, majority of all the domestic violence reported include sexual and physical abuse, the latter being more prominent.

Similarly, violence against children was also on the rise during the years 2019-2021. In the year 2019; 2,855 cases were reported ranging from sexual abuse, neglect, physical abuse, abandonment, victims of child labor, sexual exploitation, and trafficking. The most prominent among these cases is sexual abuse and trafficking amassing 644 and 354 cases, respectively (DSWD, 2021).

Lockdowns during the COVID-19 pandemic and its social and economic impacts have increased the exposure of women to abusive partners and known risk factors, while limiting their access to services. Situations of humanitarian crises and displacement may exacerbate existing violence, such as by intimate partners, as well as non-partner sexual violence, and may also lead to new forms of violence against women. Although data are scarce, reports from China, the United Kingdom, the United States, and other countries suggest an increase in domestic violence cases since the COVID-19 outbreak began. The number of domestic violence cases reported to a police station in Jingzhou, a city in Hubei Province, tripled in February 2020, compared with the same period the previous year.

As distancing measures are put in place and people are encouraged to stay at home, the risk of intimate partner violence is likely to increase. For example; The likelihood that women in an abusive relationship and their children will be exposed to violence is dramatically increased, as family members spend more time in close contact and families

cope with additional stress and potential economic or job losses; Perpetrators of abuse may use restrictions due to COVID-19 to exercise power and control over their partners to further reduce access to services, help, and psycho-social support from both formal and informal networks (WHO, 2021).

Based on the study that looks at teachers' experiences assisting pupils who have been exposed to domestic abuse. Eleven primary and secondary school teachers were interviewed, and the results showed the significant effects of teachers' exposure to domestic violence on pupils, the necessity of other staff members' support, and the advantages of targeted professional development. The findings point to the need for improved protocols and policies to support teachers, better recognition of the effects of students' exposure to domestic violence on teachers, changes to the way information are communicated to teachers, and teacher training in relation to supporting students who have experienced domestic violence. (Davis et al., 2019)

Pre-school professionals contend that they lack sufficient awareness of the issue or of how to recognize the signs or indications that develop from family violence, according to Ann-Charlotte et al. (2018). Nonetheless, the majority of these professionals discuss their knowledge of many, both known and unknown, characteristics that are significant in the process of identifying kids who have been exposed to domestic violence. Some experts find it challenging to draw a connection between the problem of witnessing violence and child abuse, despite the fact that they believe it is crucial to identify and support these children. Also, it appears that an essential factor influencing the staff's preparedness to respond to signs and symptoms is whether and how children who have been exposed to domestic violence are viewed as included in the school's educational responsibilities.

Nikischer and Andrea (2019) research have discovered a connection between experiencing vicarious traumatization and/or compassion fatigue while working with potentially upsetting events and information, such as that connected to child sexual abuse, sexual assault, and domestic violence. There is a dearth of study on how trauma work may affect academics, despite the fact that the present body of literature covers a wide range of career fields that may be affected by trauma. Little attention has been given to the emotional health of professors and researchers, despite the fact that many higher education faculties educate about violence, crime, and death and that a portion of this group also does research and writes about these potentially upsetting subjects.

Wozolek & Boni (2020) contends that there is a hidden curriculum of violence, based on two collaborative interpretive studies, one with women in India who were survivors of domestic abuse and the other with gay youth and adolescents of color in the Midwest who were survivors of sexual assault. Affective resonances found within an assemblage of violence can be used to track this curriculum of violence. These lessons are powerfully demonstrated on the bodies of women and girls and their ways of being in a variety of settings, from the classroom to the communities where they are learn. This is essential because it can be challenging to overcome normalized aggression that are eventually perceived as just "business as usual" when victims/survivors of such violence are attempting to utilize their available power within a framework of agentic contingencies that actualize oppression.

Despite the wealth of research on the devastating effects of domestic violence, there is still a need for further research to fully understand the scope of the problem and develop effective interventions. Future research should examine the effectiveness of various

interventions, such as counseling and support groups, in helping victims of domestic violence recover from the psychological and social effects of violence. Additionally, future research should explore the role of societal and cultural factors in perpetuating domestic violence and hindering victims' recovery.

This study aimed to explore, discover, and develop a deeper understanding on the impact of domestic violence on the general well-being of the victim. Specifically, the following questions are to be answered:

1. What were the violence that victims of domestic violence have gone through?
2. What are the impacts of domestic violence on the well-being of the victim?
3. How did the victims of domestic violence cope with such experiences?
4. What intervention can be derived from the findings of the study?

This study focused on the impact on domestic violence on the well-being of the victims in the physical, mental, emotional, spiritual, and social aspects. The study was conducted on the month of March to June of year 2023 through face-to-face interview or questionnaire if the respondent is not comfortable with interviews. The researchers limited this study to gathering data from three (3) respondents.

Victims of domestic violence benefit from this study as the findings give the key information regarding their psychological issues that increases public awareness of challenges faced by the victims of domestic violence. The outcome also provides other ways on to manage the impacts of domestic violence on the well-being of victims.

Furthermore, by raising public awareness of the value of mental, emotional and physical health, this study helps everyone, especially those who are at risk. Overall, promoting the protection of human life for all.

To facilitate the understanding of this study, different terms are defined according to how they are used in this study;

Abuse- to treat a person with cruelty, or violence, especially regularly or repeatedly

Catalyst- someone or something that causes an event to happen.

Dearth- is a shortage or scarcity of something.

Domestic violence- violent or aggressive behavior within the home typically involving the violent abuse of a spouse or partner

Exacerbating- means to exacerbate a problem, an unpleasant circumstance, or a bad mood.

Hindering- construct obstacles that (someone or anything) must overcome, causing delay or impediment.

Humanitarian- concerned with or attempting to advance the welfare of people.

Intimate- a synonym for familiar and close.

Perpetrators- a perpetrator of a damaging, unlawful, or morally repugnant act.

Perpetuate- making something, usually an unfavorable circumstance or an incorrect notion, continue forever.

Prevalence- the quality of being common or pervasive.

Pervasive- covering a large area or a group of individuals.

Psychological- of, affecting, or originating in the mind; pertaining to a person's mental and emotional state

Psycho-social- pertaining to how social influences and personal thought and conduct interact.

Societal- pertaining to social interactions or society

Vicarious- Imaginatively experiencing another person's emotions or behaviors

CHAPTER II

METHODOLOGY

This section discusses the research method used to investigate and determine the psychological experiences of domestic violence victims. It includes information about who, what qualifications are required, why and how respondents are selected, as well as the research design, research gathering tool, and context of the data collection method.

Research Approach

In this study, a qualitative research approach was used since the methods were used to answer questions about the psychological experiences and their effect on the social well-being of domestic violence victims. Qualitative research is a method for gathering information and finding solutions to questions. In-depth qualitative interviews, participant and non-participant observation, field notes, focus groups, document analysis, and other methods are used by qualitative researchers to collect data.

A variety of methodological approaches are available to collect and evaluate qualitative data, including phenomenology, ethnography, grounded theory, ethical inquiry, case studies, discourse analysis, and others. Qualitative research is used in many academic fields, including market research, education, health care, political science, communication, journalism, anthropology, sociology, psychology, and management. Qualitative research seeks to comprehend a phenomenon in its natural context through the use of interviews and observations (Stevenson University, 2022). The goal of qualitative research is to interpret what participants have said in order to explain why they have said it. It is concerned with

participants' own experience of a life event. As a byproduct, methods that allow participants to express themselves freely and openly should be chosen. (Austin et al., 2014).

Research Design

A phenomenological type of qualitative research was used in particular because it is used to represent lived experiences and entails the integration of descriptive and interpretive process information on psychological experiences and their effects on the social well-being of domestic violence victims. The primary goals of phenomenological research are to seek reality from people's narratives of their experiences and feelings, as well as to produce detailed descriptions of the phenomenon (Yuksel and Yildirim, 2015). The primary goal of the approach is to arrive at a description of the nature of the phenomenon under investigation (Creswell, 2013).

A descriptive research design was also used because this method is used to describe a phenomenon and its aspects. This research is interested in what happened, how it happened, and why it happened. As a result, tools such as observation and survey are frequently used to collect data (McCombes, 2019).

Sample Size

The subjects of the study were the domestic violence victim at Balaoan, La Union. The data gathering was conducted with a total of three (3) respondents.

Sampling Technique

In order to select a participant for this study, non-probability sampling, specifically the purposive sampling method, was used. In qualitative research, non-probability sampling techniques are frequently used (McCombes, 2019). Non-probability sampling techniques are frequently used in qualitative research. The goal of this type of research is to gain an initial understanding of a small or under-researched population rather than test a hypothesis about a large population. A purposive sampling method is used in this case because, as Palinkas et al. (2015) studied, purposive sampling, according to them, is a sampling technique that is commonly used in qualitative research to identify and select information-rich cases related to the phenomenon of interest to the researchers. In contrast, combining sampling strategies may be more appropriate to the goals of implementation research and more consistent with recent advances in qualitative methods.

Research Instrument

An interview was conducted, particularly a semi-structured interview questionnaire. A semi-structured interview is a type of qualitative study method that merges a predetermined set of open questions with the opportunity for the interviewer to delve into particular themes or answers that are expanded upon (Barclay, 2018). This is done to ensure that more meaningful information is acquired from the respondents' responses to the prepared open-ended questions as well as the opportunity to ask follow-up questions. The responders were given a reading invitation, which formalized their decision to engage in the research study. The interview method was used by the researchers to elicit information from the individuals. The researchers created pertinent questions in

order to meet the standards for conducting the interview. The inquiries were centered on determining the consequences of the victims' domestic violence experiences. Additionally, online questionnaires have become a popular method for data gathering due to their simplicity, efficiency, and ability to reach a wider range of respondents (Yu, 2023). They provide advantages in terms of cost, speed, and convenience (Dursun et al., 2022). Vallejo et al. (2007) states that online questionnaires can be used for various purposes, such as surveys, research, and assessments. They can be designed to collect diverse data, including demographic information, opinions, attitudes, and behaviors. The reliability and validity of online questionnaires have been studied and found to be fairly equivalent to their paper-and-pencil versions.

Before conducting the interview, the researchers were instructed to get their interview questions approved by specialists with research-related knowledge. As validators, the researchers chose a math teacher, a science teacher, and a research teacher.

The five-point Likert scale was used to assess the validity of the interview questions used as the research technique in this study. The following is the scale:

Table 1. Validity Level of Interview Questions

Point Value	Statistical Range	Verbal Interpretation
5	4.51-5.00	Very High Validity (VHV)
4	3.51-4.50	High Validity (HV)
3	2.51-3.50	Moderate Validity (MV)
2	1.51-2.50	Poor Validity (PV)
1	1.00-1.50	Very Poor Validity (VPV)

A minimum average rating score of 2.51 was required for the interview questions to be adequate for gathering information that is consistent with the goal of the study. The researchers received an average rating of 4.33, indicating high validity, which signifies that the interview questions are adequate. Furthermore, the researchers took notice of the validators' remarks and recommendations.

Data Analysis Procedure

Thematic analysis is a qualitative data analysis process that involves reading over a set of data and looking for patterns in the meaning of the data to find themes. It is an active, reflexive process in which the researcher's subjective experience is important to making sense of the facts. In qualitative research, thematic analysis is common. It focuses on recognizing, analyzing, and understanding qualitative data patterns (Villegas, 2020).

Data Gathering Procedure

Interview questions were devised, prepared, and validated to collect data. Interview questions were validated by three teachers to verify that they are relevant, fair, and reliable measures of the skills, knowledge, and abilities required for the study. Purposive sampling was the primary sampling strategy used by the researchers in gathering respondents. Purposive sampling involves the researcher selecting individuals who have the desirable traits for the study. To ensure that participants are fully informed and safeguarded throughout the study, they were given a consent form and informed about the available time range for the interview prior to the interview.

To acquire the necessary information, the researchers conducted online interviews with the aid of Google Meet, and respondents were given the chance to choose to remain anonymous to ensure confidentiality. Respondents were the ones to choose a venue for the interview that is both comfortable and free of interruptions. Furthermore, the researchers asked the respondents for permission to record the audio of their responses to the interview questions, and if they were to refuse, the researchers instead took notes on their responses. Researchers can also observe physical and emotional responses such as their voice tone. To supplement, the researchers also utilized online questionnaires through Google Forms. Once the researchers had gathered all the necessary data and information, their responses were examined, and their conclusions were drawn based on this analysis.

Ethical Considerations

Before conducting the interview, the researchers obtained the respondent's agreement and approval. They respect the respondent's decision to accept or decline the invitation to participate in the study.

It is the researchers' responsibility to keep the respondent's identity secure and confidential. Their identities were kept secret, and only the respondent and the researchers were aware of them.

The researchers also took into account their cultural and religious backgrounds. They did not intimidate the interviewees during the interview, allowing them to reveal their true feelings. The study reflected all of the respondents' opinions. The researchers did not meddle with the outcome and were honest about the facts. The researchers categorized all

of the responses—no more, no less. They demonstrated truthfulness in all aspects of the study.

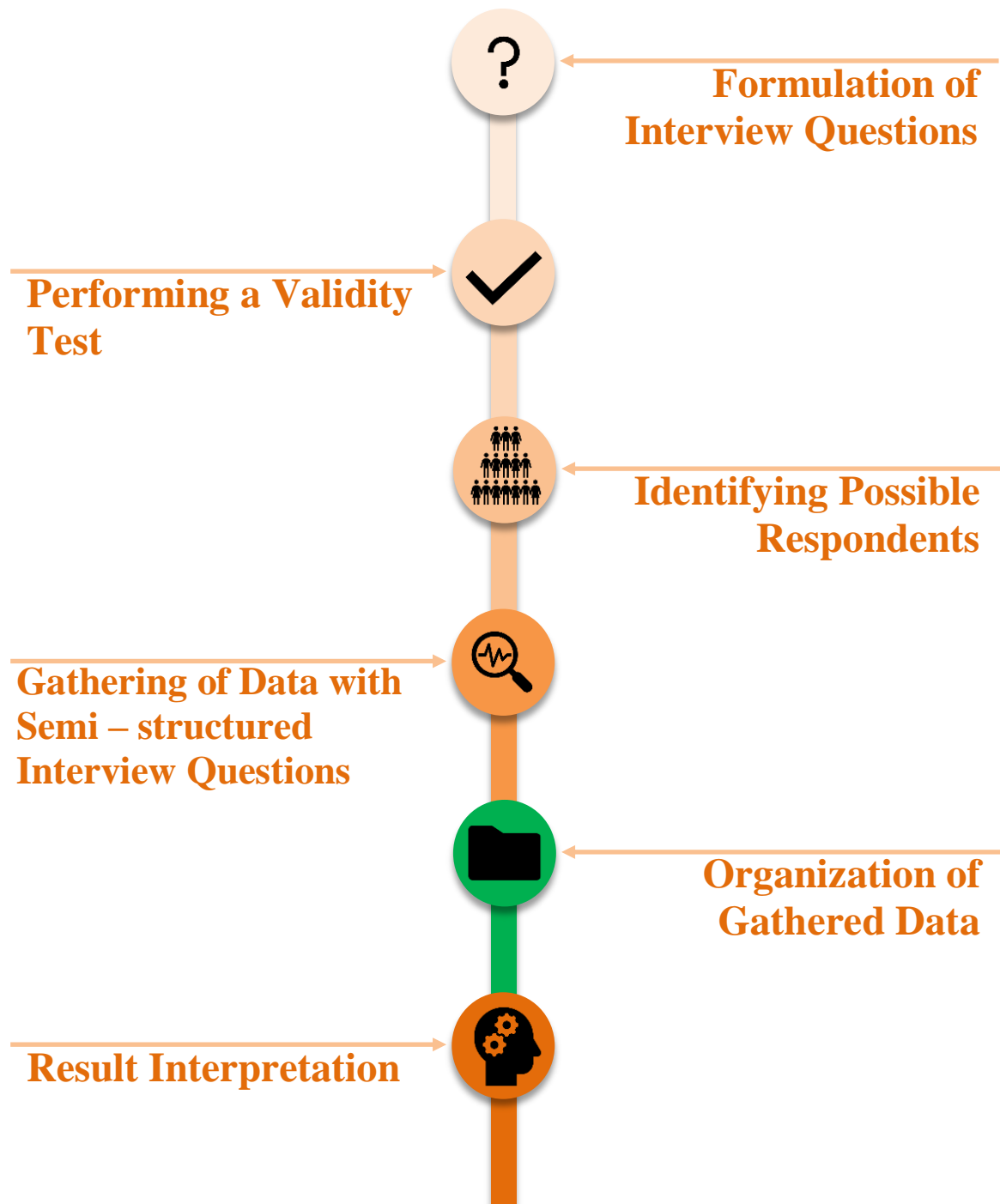


Figure 1. Flowchart of Data Gathering Process

CHAPTER III

FINDINGS AND DISCUSSION

Not usually do we encounter people that are open to talk about their past traumas. How much more for victims of domestic violence. In this study, the researchers seek to unfold the untold stories of victims of such violence.

Domestic violence is a pervasive problem that affects individuals and families worldwide. The physical and psychological effects of domestic violence on victims can be far-reaching, leading to long-term physical and mental health consequences. Studies conducted in the past have highlighted the detrimental effects of domestic violence on the well-being of victims. Research suggests that domestic violence can have significant physical health consequences for victims. A study by Bacchus et al. (2018) found that women who experience domestic violence are more likely to report chronic health conditions such as asthma, diabetes, and chronic pain. Domestic violence can also have significant psychological consequences for victims. A study by Basile et al. (2020) found that victims of domestic violence are more likely to experience symptoms of depression, anxiety, and post-traumatic stress disorder (PTSD).

14 themes had emerged from the answers of the respondents entitled “Partner in Life?”, “The Circle of Violence”, “A Sign of Failed Marriage”, “Breaking Vows”, “The Violence That is Tranquil”, “The Bruising Sunset of Marriage”, “Complete Family, But at What Cost?”, “Developed Illness”, “Contused and Fatigued”, “Monochromatic Hued

Emotions”, “The Pillar of Hope, Love, and Peace”, “Bask in the Light of Faith and Trust”, “Family Defines Strength”, and “A Battle-scarred Survivor’s Words”.

“Partner in Life?”

The section entitled “Partner in Life?” discusses one of the most common instances of violence or experiences that victims of domestic violence share.

According to various studies, husbands are the most common perpetrators of domestic violence. The study of Hartono et al. (2023) found that domestic violence occurs because the perpetrator feels annoyance and anger towards his wife who often scolds him as a husband. Gebresilassie (2019)’s study showed that out of 2663 sampled women involved in the study, about 765 (28.5%) experienced domestic violence perpetrated by their current husband or partner. The study of Syawitri and Afdal (2020) also found that domestic violence perpetrated by the husband is motivated by power relations in the household. However, it is important to note that domestic violence can also be perpetrated by women against men, as highlighted in the study of Odunsi and Mohammed (2021) entitled *“As Wives Too Beat Husbands: Another Look at the Socio-Legal Narratives of Domestic Violence”*. Nonetheless, McCarry (2019) states that domestic abuse is most commonly perpetrated by men against women. This is supported by the study of Masaiti et al. (2022) which found that wives with a higher level of education than their husbands were more likely to experience different forms of domestic violence than those with a lower or the same educational level as their husbands. Emotional violence is also a variable in studies related to domestic violence in husband and wife relationships, as noted by

(Rahimah, 2022). Overall, while domestic violence can be perpetrated by both men and women, husbands are the most common perpetrators of domestic violence.

One respondent answered *“Violence from my husband, physical abuse, emotional abuse, verbal abuse. Quarreling with my husband due to conflicts like being a womanizer, gambling from night to morning”* Similarly, another respondent said *“Beating when husband is drunk”*. According to these responses, we can imply that the most usual suspect of domestic violence are the husband of the victims themselves. In comparison to this study, a study from WHO (2022) involving 24,000 women in 10 countries reported that 13%–61% women experienced physical violence by a partner, 6%–59% faced sexual violence, and 20%–75% suffered at least one emotionally abusive act from a partner in their lifetime.

“The Circle of Violence”

The section entitled “The Circle of Violence” discusses one of the most common types of violence or experiences that victims of domestic violence share.

According to one respondent, *“Physical abuse, Verbal abuse, psychological violence, and economic violence”*. Similar to what the first respondent said, another respondent stated *“Physical beating and harsh words”*. Another one also said *“Verbal abuse, financial, mental, social.”*. This implores that the most common types of violence that victims experience include Physical, Mental, Verbal, Psychological, Social, and Economic or Financial violence.

According to various studies, the most common types of violence that domestic violence victims experience are physical violence, emotional/psychological violence, and

sexual violence. Other forms of violence that victims may experience include verbal abuse, economic deprivation, neglect of the household, and digital abuse.

As stated by the study of Jawarkar et al. (2016), Physical abuse is noted as being the most prevalent type of domestic violence, followed by emotional abuse and sexual abuse. The study of Karystianis et al. (2019) have also found that the most prevalent sort of abuse was 'emotional/verbal abuse' (33.46%; 117,488), followed by 'punching' (86,322; 24.58%) and 'property damage' (22.27%; 78,203). 'Bruising' was the most common type of injury experienced (29.03%; 51,455 occurrences), followed by 'cut/abrasion' (28.93%; 51,284 events) and 'red marks/signs' (23.71%; 42,038 events). Domestic violence can take many forms, including physical, emotional, economic, psychological, and digital abuse. Economic abuse is a type of abuse in which one intimate partner has control over the other's access to money resources. It is an attempt to make one's spouse financially dependent on the abuser by restricting one's access to money or prohibiting one from attending school or working. It also entails denying the spouse access to money, a phone, or a car. Making the abuser account for every penny he or she spends at home. Food, clothing, medication, and shelter are also denied (Onyinyechukwu & Akuezilo, 2020).

“A Sign of Failed Marriage”

The section entitled “A Sign of Failed Marriage” discusses the thoughts and feelings victims of domestic violence when experiencing said violence.

A respondent said *“Abusive behavior of my husband. He over controls me physically, mentally, emotionally, often blaming me of a certain act that I did not do. He always hurt my feelings by telling lies.”*. Another one also said *“It is traumatic and*

stressful”. These statements suggest that victims of domestic violence feel traumatized and stressed when experiencing domestic violence. Domestic abuse trauma can cause a variety of physical and mental health symptoms, including depression, suicidal thoughts, panic attacks, substance misuse disorders, and problems with sexual and reproductive health(“The Connection Between Domestic Violence and PTSD”), agreeing to the findings of this study.

“Breaking Vows”

The section entitled “Breaking Vows” discusses thoughts and feelings victims of domestic violence before experiencing violence. This section is entitled Breaking Vows for the reason that, in marriage husband and wife make promises to each other that they need to fulfill as long as they are together, but in this case the lifetime partners of the respondents decided not to do so.

One of the most common vows made in marriage is that both would vow to be faithful towards each other and that it would only be their lifelong partners, and, vowing not to hurt one another, under the marital law harming your partner is a violation to your marital vow s.

A respondent said *“Fear of being beaten to death.”* Another one also said *“I always feel scared every time he comes home from work because that’s also the start of the nagging, shouting ...even upon waking up in the morning, he always says harsh words.”* Imploring that their husbands indeed broke their vows.

Upon experiencing violence from their husbands, the respondents started to be overly cautious of their husbands in fear that they will be again subjected to domestic violence. According to the study of Nazerke Syundyukova (2018) nine out of ten women are often afraid of their husbands.

“The Violence That is Tranquil”

The section entitled “The Violence that is Tranquil” discusses thoughts and feelings victims of domestic violence during the enactment of violence. This section is titled as such because aside from physical violence that the participants experienced they were also subjected to verbal abuse.

Apart from physical violence being the most common type of violence experienced by Filipino women, followed by sexual abuse, women are also put through verbal violence wherein would result a degrading mental health. (Rivano, E., & Rivano, R. , 2022)

A respondent said *“He doesn’t beat me physically..., but the constant nagging and having no freedom to say what I think and share my thoughts on matters that need my decisions, he never consider them, especially on our finances. ... i regret it now not being able to have my financial freedom and he keeps telling me every day that I am not of help, that we ate just being fed by him”*. Another respondent also said *“I confront him,..., then after that he then have high voice, we fight with words, we exchange bad words.”*

Words do not leave bruises but instead gives scars to ones unguarded heart. Although there were no statements made saying that the respondents were hurt by actions, it could be concluded that the occurrence indeed hurt them. According to the study of Debbie Allnock and Pam Miller (2013) people who are exposed to violence tend not to

disclose what they're feeling since they might be ashamed or embarrassed or even afraid of the consequences of speaking out. Disclosing what you have gone through under abuse is a difficult journey since people might have had negative experiences at some point wherein mostly the people they told had responded poorly.

“The Bruising Sunset of Marriage”

This section entitled “Bruising Sunset of Marriage” discusses the thoughts and experience of the respondent after the violence. It was termed as such for the reason that every sunset or every end of marriage there should be no scars nor bruises left but in this case where the respondents marital life seems to be ending that seems to be the case.

Marriages require effort, dedication, and love, but they also require respect in order to be truly happy and successful. A marriage founded on love and respect does not arise by accident. Both spouses must contribute (University of Rochester). Being put through violence may it be in any form signifies the end of marriage (Ysolt Usigan, 2023), being exposed abuse brings aftermath, physically and emotionally.

A respondent said *“I cried every time he’s verbally assaulting me, I’m just human, I should just ignore or complacent about it but like I said I’m just human...the atmosphere in the house is no longer a happy place to live in.”*, similarly *“I got bruises”*, and lastly *“He will tell me to get out and never come back. He will tell me that I am not that important anymore. We will not talk to each other for quite some time, 3 days of not talking to each other.”* in which we could conclude that when one is subdued in violence it leaves bruises physically and mentally as previously stated.

“Complete Family, But at What Cost?”

Violence can be hidden from the public eye for some time but could possibly bring serious health consequences for the individual, family, and society in terms of psychological and physical forms of domestic violence. According to the study of Zlatka Rakovec-Felser (2014) in a theoretical basis, domestic abuse gives root to risk factors and possible effects on mental and physical health, not only on in conflicts involved parties, but also on family as a whole, and especially on the children that is growing up in such a problematic domestic circumstance.

Many domestic violence victims don't speak out because they fear being judged and pressured by others and some believe that they could love the abuse out of their partners and that is why some stay in an abusive relationship but there is more to that. According to Jason Whiting (2016) there are 8 reasons why women stay in a abusive relationship. Firstly, it is because of their distorted thoughts. Being subjected to abuse is traumatizing and often leads to confusion, doubts, and even self-blame. Usually, perpetrators accuse and harass victims which wears them down and causes despair and guilt. Second, it is because of their damaged self-worth. The damage to oneself is the result of a degrading treatment. Many battered wife felt down and of no value claiming that the perpetrators made them worthless and alone and that they did something wrong and deserved it. Third, it is because of fear that they stayed in the relationship. Bodily and emotional threat of harm is powerful, abusers use this to keep women trapped since female victims compared to male are more likely to be terrorized and traumatized. Fourth, they wanted to be a savior. Women stay in a violent relationship because they desire to help or love their partners with hope that they could change them. It is also because of pity and sympathy that they prioritize their

husbands need than their own. Fifth, family expectations and experience. Many shared past experiences with violence and how it distorted their sense of self or healthy relationship. Sixth, sometimes battered wives stay because of financial constraints. Many have posted and shared the reason they stayed is because of financial limitations, and these were often connected to caring for children. Seventh, it is sometimes because of isolation. Isolation is a common tactic of manipulative partners to separate victim from family and friends. It can be done physically and emotionally. Lastly, battered wives stay because of their children. Most mothers tend to always put their children first and sacrificing their own safety to provide what is best for their children. In most cases women stay to give their children a complete family sometimes unlike their own experience but what this cost is them being turned into a battered wife.

In this section entitled “Complete family, but at what cost?” discusses the thoughts and experiences of victims about how being subjected to domestic violence affect their well-being.

A respondent answered, *“I am not the only one affected by domestic violence, my children are also affected with this violence done to us by my husband, the father of my children. They are affected emotionally and mentally. I feel drained, I feel stressed, I feel humiliated. There are times that come in my mind to commit suicide of what I am suffering from my husband who is a womanizer, but because of what I am suffering now, I tend to be strong, I learned to continue the wheel of my life because of my children. I need to be strong for them, With the help of other people, my friends. I can stand and face these sufferings with GOD at my side.”* Another respondent said, *“It’s physically and mentally draining. If not because of my son, I should have left him already, but because I don’t want*

a broken family, I sacrifice my own happiness and peace of mind. I hate being in this situation, I am tired of crying and being pressured, but like my family and friends say, life must go on for me for the sake of my only son.” These statements implore that even though they are being put through violence they persevere because of their children and that they believe everything would eventually pass because God is there to guide them.

“Developed Illness”

Violence has detrimental impacts on a victim’s health. Battered women may experience persistent pain, gastrointestinal issues, psychosomatic symptoms. And eating issues in addition to the initial wounds from the assault. Despite the fact that psychological abuse is frequently regarded as less serious than physical abuse, advocates and health care professionals all over the world are increasingly realizing the terrible impact that domestic violence can have on both physical and mental health.

Mental health conditions like anxiety, depression and post-traumatic stress disorder are all linked to domestic abuse. Sexually transmitted infections, such as HIV/AIDS, and unintended or early pregnancies are more common among mistreated women. They have a higher chance of abusing drugs and alcohol since they have experienced trauma (The Advocates of Human Rights, 2013)

Violence has been shown to have a variety of biological impacts, including those on the brain, neuroendocrine system, and immunological system. Consequences include a rise in the prevalence of anxiety, depression, post-traumatic disorder, and suicide as well as a higher risk of cardiovascular disease and early mortality (Rivara et.al., 2019)

This section entitled “Developed Illness” discusses the correlation of the respondents’ answers on how being subjected to domestic violence affect their mental well-being.

A respondent shared, *“I feel so much depression and anxiety and the mental health of my children. I also experience bipolar disorder.”*, Another respondent answered, *“Every time the beating starts, I always wish I just die to end my misery, in fact I even tried to kill myself to the point that I no longer want to live.”*, The last respondent also mentioned, *“I came to a point of giving up, it’s a mental torture of being not appreciated, of not being loved and cared by the man I chose to spend my life with. To his eyes I am worthless...until now I haven’t found the answer why he’s already treating me this way. I gave up my career because he asked me to and now, he’s complaining I don’t even help him financially. The cold treatment he is giving me is mentally draining.”*, They express feelings of mental anguish and worthlessness as a result of their partner’s lack of appreciation, affection, and care. Furthermore, they have given up their work at the behest of their partner, only to be chastised for not contributing financially. The participant is treated to a mentally draining cold treatment.

The individual’s present relationship has a negative impact on their physical and mental well-being. It is crucial that they seek treatment and support in order to address the abusive situation, prioritize their own well-being, and protect the safety and mental health of their children.

Every aspect of our emotional, psychological, and social wellbeing are included in our state of mental health. It affects our attitudes, sentiments, and actions. It also affects

how we make decisions, connect with others, and handle stress. Children, adolescents, and adults should all prioritize their mental health (MentalHealth.gov, 2020)

The World Health Organization defines mental health as “more than just the absence of mental disorders or disabilities.” Maintaining peak mental health includes not just avoiding active mental illness, but also maintaining overall well-being and happiness. They also stress the significance of preserving and repairing mental health on an individual level, as well as in many groups and nations around the world, almost every year.

According to the National Alliance on Mental Illness, one out of every five adults in the United States suffers from mental illness. According to the National Institute of Mental Health, and estimated 11.2 million adults in the United States, or about 4.5% of adults, had a severe psychiatric disorder in 2017 (Felman, 2020)

The health effects of violence differ depending on the victim’s age, gender, and the type of assault. Violence can take many different forms, and each one can have a cumulative negative impact on a person’s health. Women who were depressed were about 6 times more likely to have experienced physical, emotional, or sexual abuse than women who are not depressed, according to an Australian research of 1,257 female GP patients (Parker, 2018).

“Contused and Fatigued”

Violence has a direct impact on women’s health and can even lead to death. Physical, mental and behavioral health effects can persist long after the violence has ended.

Although the prevalence and forms of violence against women in low- and middle-income countries may differ from those in high-income countries, health effects appear to

be similar in all settings. However, the nature and severity of the effects of violence vary and can be influenced by situation-specific factors such as: poverty; inequality between men and women; Cultural or Religious Practices. Access to health, legal and other support services. Conflicts and natural disasters. HIV/AIDS epidemic. The same applies to legal and political framework conditions.

The health effects of violence can be immediate and acute, chronic over time and/or fatal. Studies consistently find that the more severe the abuse, the greater the impact on women's physical and mental health. Moreover, adverse health effects can persist long after the abuse ends. The consequences of violence tend to be more severe when women experience multiple types of violence (such as physical and sexual violence) and multiple incidents over a long period of time. Examples of physical effects include bruises, lacerations, gastrointestinal disturbances, femicide, and more (WHO, 2012)

In this section entitled "Contused and Fatigued" discusses the thoughts of the respondent on how being subjected to abuse affect their physical health.

A respondent answered, *"I always feel abdominal pain, my blood pressure getting higher"*, another respondent shared, *"I loss so much weight, I refuse to eat, don't have enough sleep."*, the last respondent also mentioned *"Although he doesn't hit me physically, the constant nagging and crying almost every day, I lost my appetite, I can't sleep well and rest well during the day because I need to work and work inside the house to make out house always in proper order to avoid him throwing harsh words like: "nagdodonya kayon siak pay la nga agsapsapol ti mabanbannog!" While I fact when he comes home from work*

all he has to do is eat and sleep.... we are not sleeping together anymore, he doesn't want it. We have separate rooms."

From the statements of the respondents it could be concluded that aside from receiving bruises and scars that is obtained by being put through such experience it also deteriorates ones physical well-being in forms of many illnesses.

“Monochromatic Hued Emotions”

Domestic violence can have a significant impact on the emotional health of victims. Studies have shown that exposure to domestic violence can lead to psychological and emotional trauma, depression, anxiety, and post-traumatic stress disorder (PTSD). Victims of domestic violence may also experience feelings of shame, guilt, and low self-esteem, as various studies have shown.

Medical or behavioral difficulties (72%) and psychological problems (58%), were the most common effects of DV on women. Seeking separation (56%) and doing nothing (41%), were the most common reactions to DV. More than 90% of abused women's children had psychological or behavioral issues (Barnawi, 2017).

Domestic violence manifested itself in various forms in Pakistan, ranging from shouting to the use of weapons, including non consensual sex, with only 3.2% of women reporting no type of domestic violence. In rural Pakistan, the prevalence of physical abuse against women was 56%, while in urban settings, the lifetime prevalence of physical, sexual, and psychological abuse were 57.6%, 54.5%, and 83.6%, respectively. Domestic violence has a negative impact on women's health as well as their psychological and

emotional well-being, in addition to physical damage. Victims of intimate partner violence reported increasingly negative effects on their mental health, including depression, posttraumatic stress disorder, and anxiety, when compared to those who had never experienced intimate partner violence. A meta-analysis found that the weighted mean prevalence of mental health issues among abused women was 47.6%, 17.9%, 63.8%, 18.5%, and 8.9% for depression, suicidality, PTSD, alcohol abuse, and drug abuse, respectively. Other researchers indicated that domestic violence is associated to numerous mental problems such as anxiety, depression, PTSD, eating disorders, and even psychosis. In rural Pakistan, 98% of women expressed mental strain as a result of their husbands' mistreatment Hussain et al. (2020).

It is important for victims of domestic violence to seek support and counseling to address the emotional and psychological effects of the violence.

In this section, entitled “Monochromatic Hued Emotions”, discusses the thoughts of the respondent on how being subjected to domestic abuse affect their emotional health.

A respondent stated *“I feel lonely, I feel anger, fear, confusion and anxiety, I feel that I am not loved anymore. I always cry every time we fight.”* Another added *“I feel useless, I lost my self-confidence.”* Additionally, another said *“The situation I’m in is obviously painful as it is. He keeps on hurting me verbally and its tiring. The way he finds fault in all I do is hurtful already. I don’t even know how to feel loved and cared for anymore by the same person I have chosen to love for all the days of my life”*

Analyzing the statements from the respondents, we can infer that Domestic Violence indeed influences the emotional health of the victim negatively. It brings a plethora of different issues and disorders.

“The Pillar of Hope, Love, and Peace”

This section entitled as “The Pillar of Hope, Love, and Peace” seeks to discuss how being put through domestic abuse affects the victims’ social life or how they connect with other people and other family members.

The effects of family violence on a person's worldview can also lead to obstacles such as self-blame, shame, isolation, a lack of confidence and autonomy, the normalization of violence, or the desire for a change in the perpetrator's conduct and an improvement in the family's situation. Psychologists and other mental health experts frequently emphasize the value of a strong social support network. Experts usually advise people to seek help from friends and family when attempting to achieve their goals or dealing with a crisis. Research has also shown a correlation between social relationships and a variety of elements of health and wellness. Clearly, social groups can sometimes have a negative influence in this regard when peer pressure and influence leads to poor or even dangerous health choices. However, group pressure and support can also lead people to engage in healthy behaviors as well. Poor social support has been connected to depression and loneliness, as well as altered brain function and an increased risk of the following: alcohol usage, cardiovascular illness, depression, and suicide (Cherry 2023).

Social group membership has a normative influence on behavior, often determining whether people eat a healthy diet, exercise, smoke, drink, or use illegal substances,(Crookes, D.M., et al., 2016).

When you have social anxiety disorder, your life may be disrupted by avoidance caused by fear and anxiety. Your relationships, daily routines, job, studies, and other activities may be negatively impacted by extreme stress. Although taking medication and developing coping mechanisms in psychotherapy might help you build confidence and enhance your social skills, social anxiety disorder can be a persistent mental health problem.(Mayo Clinic,2021)

According to one respondent *“I feel low self-esteem. I like to stay inside rather than going somewhere. My eldest son is not sociable. He wants to be alone, if we fight(husband) he just go inside the room and listen to loud music so he will not hear our fight.”*, And the other respondent said, *“I always fear to interact with other people, I am ashamed of the situation I am in.”*, While the last respondent said, *“This situation I am in makes me closer to my family and my friends. Without their support and advice, I know I have not endured this far...my son and I have become the best of friends, it’s good that he is always there for me.”*, Respondents' responses show a variety of experiences and opinions on self-esteem, social relationships, and the influence of family and friends. The first respondent has low self-esteem and prefers to isolate themselves when disputes at home emerge. Because of their current situation, the second respondent expresses anxiety and humiliation when dealing with others. During difficult circumstances, the final respondent finds refuge and support in their family and friends. They underline the good impact of this support structure, especially the deep attachment they have formed with their son. These comments

reflect the various ways people view and cope with self-esteem issues and interpersonal obstacles, emphasizing the importance of human relationships in navigating tough situations.

Being surrounded by kind and helpful individuals helps people feel themselves as more capable of dealing with the challenges of life. In addition, research has shown that having strong social support during a crisis might help lessen the repercussions of trauma-induced diseases such as PTSD (Brady et al., 2016).

According to Web MD's medical contributors (2021), Friends can help you cope with traumas like divorce, serious illness, job loss, or the loss of a loved one. They can also encourage you to change or avoid unhealthy lifestyle habits like excessive drinking or lack of exercise. Friends not only prevent loneliness, but they can also: Increase your sense of belonging and purpose, Boost your happiness and reduce your stress, Improve your self-confidence and self-worth, Help put your problems in context to develop a stronger sense of meaning and direction.

Your general health is significantly supported by your friends as well. Adults with strong social ties are less likely to experience serious health issues like depression, hypertension, and an unhealthy body mass index (BMI). Indeed, research has shown that older persons with strong social ties and relationships are more likely to live longer than their contemporaries who have fewer connections. (Mayo Clinic, 2022)

“Bask in the Light of Faith and Trust”

Trusting God is more than a sentiment; it is a decision to believe what He says even when your feelings or circumstances would have you believe otherwise. Your situation and sentiments are highly important and merit careful consideration. Both of them matter to God. However, relying solely on those things is not a solid foundation for living. They are subject to change at any time, even instantly. Contrarily, God remains constant. He is deserving of your faith because he is the same today as he was yesterday. (Brittany Yesudasan)

In a two-way spiritual interaction where we talk to God and also listen to Him, prayer is devoting our focus to God. Prayer is similar to a child talking to their father. A child naturally asks his father for the items they need, as well as for advice or direction. We do not pray alone, but rather with Christians from all eras and regions of the world. Christians pray in the name of Jesus Christ and by the power of the Holy Spirit to connect with God and other people. As we pray, we present each God hears our prayers and answers them to spread justice and love across the world (Diocese of London).

“I am strong because of God. I can face all these trials because of God. I became more closer to God. I cry when I pray. I talk to God and wipe all my burdens in my heart.” “It brings me closer to God, because I know there’s no one I can rely on except Him.” “The closer I get with God. I talk to Him every day. The more I have faith in Him.” These are the respondent's responses. Talk to God, pray, and put your trust in him.

Studies on the benefits of spirituality, especially prayer, on mental health have been conducted recently. In a leaflet published by the Mental Health Foundation of the United

Kingdom, Dr. Deborah Cornah claims that research conducted over the course of eleven studies demonstrated links between religion, spirituality, and mental trauma-related health issues like PTSD. Trauma can increase one's level of faith and according to two further research in the same literature, spirituality and aid in survival. Better mental health and trauma recovery are all related to having positive attitudes, coping mechanisms, being prepared to face life's obstacles, and having a religious background. The positive effects that prayer can have on a person's mental health have been the subject of additional research in a number of different sectors as a result of this study. People may have an anchor to which they can attach in order to absorb and digest earlier terrible events if they are able to reach out to something greater than themselves (Davis, 2020).

“Family Defines Strength”

A family is a close-knit, reasonably stable domestic unit that is related by blood, marriage, or adoption. Families live together and are responsible for one another's social and financial well-being. The most significant primary group present in any civilization, it is also the smallest and most fundamental social unit. It is the closest group to which a child is exposed. It is the most resilient group, having a significant impact on a person's life from conception to death.

Family is the most fundamental social group, formed when marriage began to form clan ties. It is a small social unit that typically consists of a father, mother, one or more children, and occasionally close or distant relatives. We all grow up in homes and will eventually be part of a family. (Sujan, 2021).

At its best, the family fulfills a few significant roles for each member. Most significantly, it provides emotional and psychological stability because of the warmth, love, and friendship that comes from living together. encourages communication between partners, who then foster communication with their offspring (Barnard, 2021).

The respondents said that their family is the reason why they overcame the challenges they faced with the help of their family and friends. A respondent said that *“I need to face all the challenges in life because of our CHILDREN. I need to be healthy for my Children.”*. The other respondent also mentioned that *“Love of my children, to give them a complete family despite the struggles I am facing every day.”*. The last one said, *“It’s all because of love of family to be intact and not to give my son a broken family that made me endured or sacrifice everything to stay in this relationship.”*. All of them had one thing in common and that is to be strong for their children so that they won't have a broken family or so that they have a complete family.

The word "family" can mean many different things. These definitions seem more accurate. more appropriate to convey ideas like related or cohabitation than what constitutes a family, from common ancestors and bloodlines to a family of parents and children. In terms of technical vocabulary, textbook definitions may be accurate, yet they lack the Stability, affection, trust, and support that have important meanings (L'amore, 2019).

“A Battle-scarred Survivor’s Words”

Religion can play a significant role in the lives of victims of domestic violence. Studies have shown that religious beliefs can provide hope and resilience to women who

have been victims of domestic violence. Religious language can also be used to sever the connections between domestic violence and religious norms. For many religious victims, their faith sustains them through long periods of domestic crisis, empowering them to ultimately flee their abuser and seek refuge and safety where they can begin a new life free of abuse.

Religious involvement, identity, and acknowledgement of domestic violence within faith communities among those who regularly attend services, pray, and identify as religious are key targets for action to address domestic violence and improve population health. Faith-based interventions that engage religious leaders, communities, and psychologists have been shown to be effective in responding to domestic violence.

In addition to seeking formal services assistance, victims of domestic violence have also used religious approaches as a coping strategy. However, it is important to note that patriarchal beliefs within some religious communities can perpetuate abuse through norms, and addressing these beliefs is crucial in addressing domestic violence.

While religion can provide hope and resilience to victims of domestic violence, it is important to address patriarchal beliefs and acknowledge domestic violence within faith communities to effectively address the issue.

Resilience is a self-healing technique that produces beneficial emotional effects. Religious beliefs are some of the possible reasons for the development of resiliency strategies among women who have been victims of Domestic abuse (Dehghani-Firoozabadi et al., 2016). The results of the study of Dehghani-Firoozabadi et al. (2016) showed that there is correlation between religious attitude and resilience among women

who have been subject to domestic violence. Women who had experienced domestic violence showed more religious attitudes and a higher level of resilience. It shows that resilience and effective characteristics exist among women who have experienced domestic violence. Particular emphasis should be placed on resilience and religious attitudes (given the importance of religion in Iranians' lives).

Victims of high-risk domestic abuse may return to their husbands if they do not have the appropriate support to confront life's problems, particularly after separation. Human rights violations include violence against women. As a result, different action plans are required to resist the varied pressures of social injustice they have experienced (Yusof et al., 2021).

The research of Yusof et al. (2021) tells us that filling in time, positive thinking, requesting formal service aid, religious approaches, and communicating difficulties with informal channels all helped victims of domestic violence lower their stress and anxiety. It is critical to educate and empower domestic abuse victims about their rights in order for them to break free from the vicious cycle. It is intended that by recognizing their rights as individuals, they will be able to access better social support systems and overcome their current barriers to greater social functioning. As a result, social workers must give continual support, including empowering/allowing victims to be aware of their rights, which are the most important parts of professional social work practice. To overcome the obstacles of violence, the victims also used the Islamic way to seek spiritual peace. Compulsory prayers, *du'a*, reciting the Qur'an, and meditation for peace of mind were examples of coping mechanisms. Simultaneously, the sufferers emphasized the concept of "accepting fate" for everything that had transpired and "*tawakkal*" when attempting to

navigate their way back to health. As a result, after revealing all of their agony to God, all victims are comforted because they believe God can end their misery.

When asked about what the respondents can advise to people who have encountered domestic violence and are struggling to overcome the same challenges they've met, the following answers were encountered. Respondent 1 said *"My advice to those who are suffering violence like these, we need to be strong. We need to have faith in God. We tend to low down our pride for the good of our children. To husband and wife, you need to talk. Talk to the things that may cause this violence. Listen to one another. Love and pray to God. Another stated "To just hold on to God and the children. Seek family and friend's comfort, it will help a lot to be able to voice out what's happening inside the family and what we are going through. Above all be strong, pray that this too shall pass."* Another added *"Have faith in God. Despite these struggles, I'm still thankful that he doesn't hit or violate me physically, despite the cold treatment, indifference and harsh/hurtful words I hear every day from my husband, I still remind myself to stay strong for the sake of my son, that one reason alone can inspire me to sacrifice my own happiness, peace of mind and mental well-being. Keep praying and hold on to the saying: God makes miracles everyday 😊."* With these answers, we can infer that victims of domestic violence find religiousness as a very effective coping mechanism, religion plays a significant role in the lives of victims of domestic violence, and that it serves as a source of hope and fuels perseverance.

Information Dissemination Campaign

Addressing Domestic Violence

Domestic Violence

It refers to a pattern of abusive behavior that occurs within intimate relationships, typically between partners or family members. Domestic violence is a pervasive issue affecting individuals across different cultures, socioeconomic backgrounds, and genders.

Problem

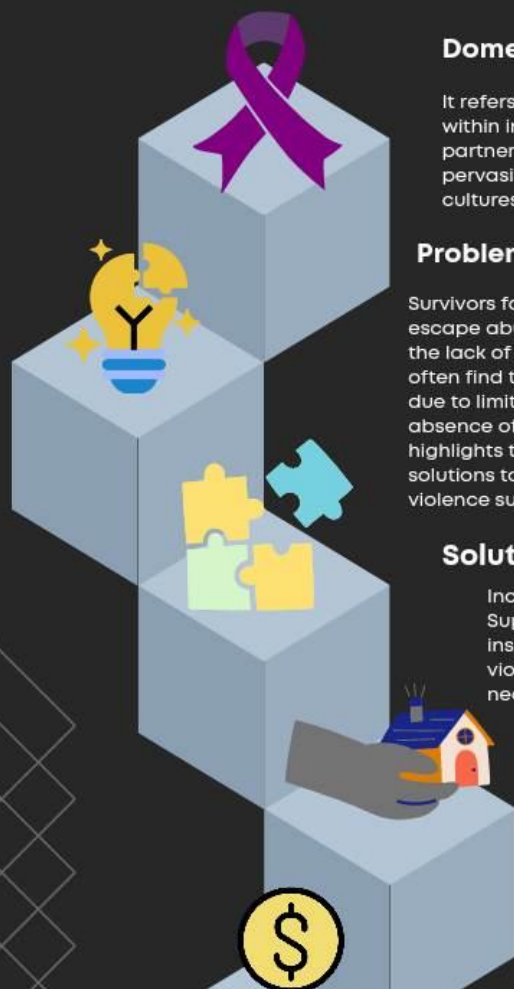
Survivors face numerous challenges when attempting to escape abusive situations, and one significant obstacle is the lack of safe and accessible housing options. They often find themselves trapped in abusive relationships due to limited resources, financial dependency, and the absence of secure housing alternatives. This problem highlights the urgent need for more comprehensive solutions to ensure the safety and well-being of domestic violence survivors.

Solutions

Increasing Availability of Safe Housing and Support Services. To address the issue of insufficient housing options for domestic violence survivors, a multifaceted approach is necessary.

Shelter Expansion

Governments, NGOs, and community organizations should work together to expand the availability of emergency shelters and transitional housing specifically designed for domestic violence survivors.



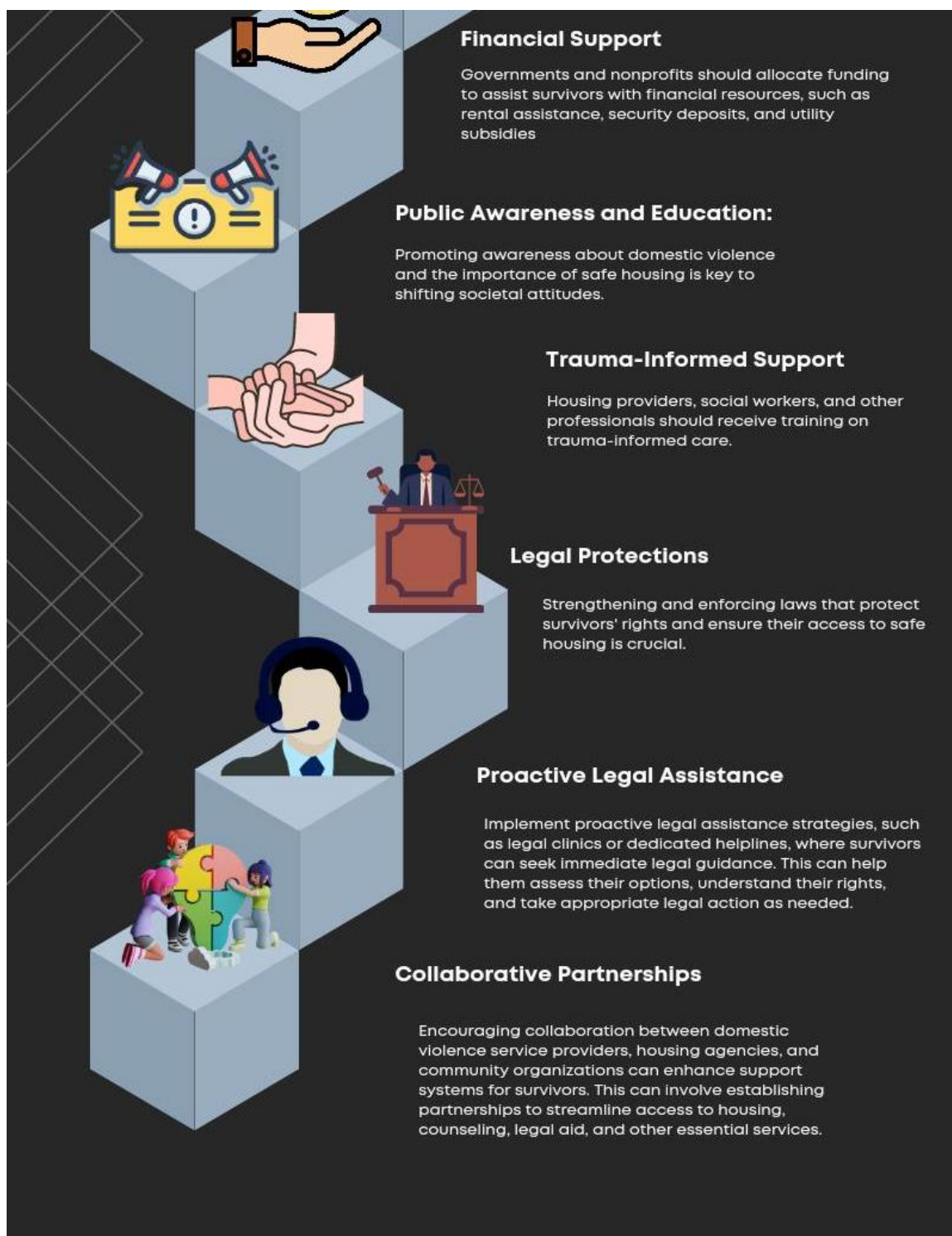


Figure 2. Intervention Material

CHAPTER IV

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Domestic violence has far-reaching and devastating repercussions for people, families, and society as a whole. Being a victim of domestic violence is difficult since they will have to face numerous dangers in their daily lives at their very own home.

According to the study's findings, it has been shown that domestic violence has a negative impact on many elements of victims' lives, and they have something in common when it comes to overcoming the problems they confront in their daily lives. Moreover, the victims were subjected to a variety of events during the assault. According to their responses, they all had negative experiences while their abusers were at home. Furthermore, the researchers discovered that the respondents who experienced different types of domestic violence faced difficulties with their overall well-being.

Based on the findings, overall well-being can be summarized as including physical and mental health, emotional health, social relationships, and spiritual relationship with God. Firstly, concerning mental health, the respondents exhibited a range of detrimental thoughts, including anxiety, depression, and even thoughts of self-harm, all stemming from the abuse they endured. Secondly, in terms of physical well-being, some victims suffered from physical abuse, resulting in various forms of pain and health complications such as bruises and significant weight loss. Thirdly, their emotional well-being was deeply affected as they experienced an array of negative emotions like fear, profound loneliness, and a pervasive sense of worthlessness, leading them to shed tears whenever they confronted their struggles. Fourthly, regarding their social relationships, certain respondents harbored

feelings of shame due to the abuse inflicted by their spouses, with one individual particularly plagued by low self-esteem. However, in contrast, the final respondent enjoyed positive relationships with others, apart from her husband. Lastly, when it came to their spiritual connection with God, all victims reported that their relationship with the divine grew stronger in the face of these challenges, and they found solace and strength by relying on their faith.

Despite the difficult nature of the obstacles they faced, the victims made every effort to overcome or cope with them. The researchers unveiled the methods employed by these individuals to resolve such difficulties, drawing from their responses. The researchers ascertained that exhibiting strength for those around them, particularly the children, constitutes one of the pivotal factors in triumphing over these challenges. Additionally, fostering open communication with friends, coupled with prayer and unwavering faith in God, emerged as some of the most effective methods to the far-reaching effects of domestic violence on the well-being of victims.

Based on these findings, it is evident that domestic violence is a significant and pervasive issue that requires urgent attention. The future researchers can use this study as a guide to venture more about the effects of domestic violence on the victims. By addressing the issue comprehensively, promoting education, empowering survivors, and creating a supportive environment, we can work towards a future free from domestic violence. It is also suggested to conduct further studies along this subject to also consider areas that are not covered by this study. Moreover, the information dissemination

infographics must be used to raise awareness and gain knowledge on how to possibly end domestic violence in the future.

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APPENDICES

APPENDIX A

Invitation Letter for the Respondents



REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

Ma. Christina East, Bangar, La Union



LETTER TO THE RESPONDENT

Madame:

You are being asked to take part in a research study. Before you decide to participate in this study, it is important that you understand why the research is being done and what it will involve. Please read the following information carefully. Please ask the researcher if there is anything that is not clear or if you need more information.

The purpose of this study is to give enlightenment to the issues connected to Domestic Violence for the people to understand. This research seeks to give awareness about the most-concerning issue of Domestic Violence. This study aims to explore, discover, and develop a deeper understanding on the impact of domestic violence on the general well being of the victim.

Your participation in this research is entirely voluntary. It is entirely up to you whether or not to participate in this study. If you choose to participate in this study, you will be required to sign a consent form. After signing the consent form, you may withdraw at any moment and without explanation. Withdrawing from this study will have no effect on your relationship with the researcher, if you have one. If you leave the research before the data collection is finished, your data will either be returned to you or destroyed.

We look forward for a favorable response regarding this humble request in the name of noble cause of research.

Thank you and may the Lord bless you with thousand folds.

Very truly yours,

Galangco, Mark Gian L.

Lopez, Rozchiel Ghrayze F.

Torres, Gwyneth Rae A.

Grade 11 Researchers

APPENDIX B

Consent Form



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

CONSENT FORM

Beyond Bruises: The Far-Reaching Effects of Domestic Violence on the Well-being of Victims

- I confirm that my participation in this research project is voluntary.
- I understand that I will not receive any payments for participating in this research interview.
- I understand that I can withdraw permission to use data from my interview within two weeks after the interview, in which case the material will be deleted.
- I understand that I have the right to decline to answer any question or I can stop the interview at any time.
- I confirm that the research interview will last approximately 20-30 minutes.
- I understand that all information I provide for this study will be treated confidentially. I understand that the researcher will not identify me by name in any reports using information obtained from this interview and that my confidentiality as a participant in this study will remain secure.
- I have read and understood the explanation provided to me.
- I have been given a copy of this consent form.
- I can request a copy of the transcript or other data collected during the research interview and may make edits I feel necessary to ensure the effectiveness of any agreement made about confidentiality.
- I agree that the researchers may publish documents that contain quotations by me.

By signing this form, I agree to the terms indicated above.

Respondent:

 Signature over printed name

 Date Signed

APPENDIX C

Validation Tool for Interview Questions



Region I

La Union Schools Division Office REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

RESEARCH INSTRUMENT VALIDITY TESTING TOOL

Research Title:	Beyond Bruises: The Far-Reaching Effects of Domestic Violence on the Well-being of Victims
Proponents:	Galangco, Mark Gian L. Lopez, Rozchiel Ghayze F. Torres, Gwyneth Rae A.
Research Problem with Specifics:	<p>This study aims to explore, discover, and develop a better understanding on the impact of domestic violence on the general well-being of the victim. Specifically, the following questions are to be answered;</p> <ol style="list-style-type: none"> 1. What are the experiences that victims of domestic violence have gone through? 2. What are the impacts of domestic violence in the aspects of physical, social, emotional, mental, and spiritual well-being of the victim? 3. How did the victims of domestic violence cope with their experiences? 4. What intervention can be derived from the result of the study?

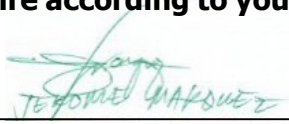
Rate the Research Interview Questions according to its Content Validity. Put a check (✓) mark as your rating for the instrument.

Criteria		5	4	3	2	1
		Very highly valid	Highly Valid	Valid	Somewhat Valid	Not Valid
Content Validity	The test fully represents what it aims to gather.	/				

Comments & Suggestions:

Questionnaire can answer the objectives of the study. Organize your questionnaire according to your SOP. Add more questions to answer your SOP.

Validator:



 Signature over printed name

 April 13, 2023
 Date Validated

(Attach Research Instrument here)

Interview Questions:

1. What instances of violence have you experienced in your home?
 - 1.1 What are the types of violence that you have experienced?
2. Kindly describe your thoughts and experience on domestic violence.
 - 2.1 Before the violence?
 - 2.2 During the violence?
 - 2.3 And after the violence?
3. How did your experience on domestic violence affect your well-being? Kindly describe your thoughts and experiences;
 - 3.1 How did it affect your mental health?
 - 3.2 How did it affect your physical health?
 - 3.3 How did it affect your emotional health?
 - 3.4 How did it affect your social life or how you connect with other people? Your other family members?
 - 3.5 How did it affect your spiritual relationship with God?
4. What are the things you did to overcome the challenges you experienced during the violence? And what are the reasons that made you push through it?

5. What can you share or offer as advice to people who have encountered domestic violence and are struggling to overcome the same challenge you met?



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

RESEARCH INSTRUMENT
VALIDITY TESTING TOOL

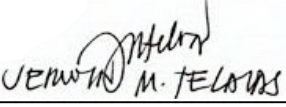
Research Title:	Beyond Bruises: The Far-Reaching Effects of Domestic Violence on the Well-being of Victims
Proponents:	Galangco, Mark Gian L. Lopez, Rozchiel Ghrayze F. Torres, Gwyneth Rae A.
Research Problem with Specifics:	<p>This study aims to explore, discover, and develop a better understanding on the impact of domestic violence on the general well-being of the victim. Specifically, the following questions are to be answered;</p> <ol style="list-style-type: none"> 1. What are the experiences that victims of domestic violence have gone through? 2. What are the impacts of domestic violence in the aspects of physical, social, emotional, mental, and spiritual well-being of the victim? 3. How did the victims of domestic violence cope with their experiences? 4. What intervention can be derived from the result of the study?

Rate the Research Interview Questions according to its Content Validity. Put a check (✓) mark as your rating for the instrument.

Criteria		5	4	3	2	1
		Very highly valid	Highly Valid	Valid	Somewhat Valid	Not Valid
Content Validity	The test fully represents what it aims to gather.		/			

Comments & Suggestions: ____ Questions are very much aligned with the statement of the problem.

Validator:



 Signature over printed name

 April 13, 2023
 Date Validated

(Attach Research Instrument here)

Interview Questions:

1. What instances of violence have you experienced in your home?
 - 1.1 What are the types of violence that you have experienced?
2. Kindly describe your thoughts and experience on domestic violence.
 - 2.1 Before the violence?
 - 2.2 During the violence?
 - 2.3 And after the violence?
3. How did your experience on domestic violence affect your well-being?
 Kindly describe your thoughts and experiences;
 - 3.1 How did it affect your mental health?
 - 3.2 How did it affect your physical health?
 - 3.3 How did it affect your emotional health?
 - 3.4 How did it affect your social life or how you connect with other people? Your other family members?
 - 3.5 How did it affect your spiritual relationship with God?
4. What are the things you did to overcome the challenges you experienced during the violence? And what are the reasons that made you push through it?

5. What can you share or offer as advice to people who have encountered domestic violence and are struggling to overcome the same challenge you met?



Region I
La Union Schools Division Office
REGIONAL SCIENCE HIGH SCHOOL FOR REGION I


RESEARCH INSTRUMENT
VALIDITY TESTING TOOL

Research Title:	Beyond Bruises: The Far-Reaching Effects of Domestic Violence on the Well-being of Victims
Proponents:	Galangco, Mark Gian L. Lopez, Rozchiel Ghrayze F. Torres, Gwyneth Rae A.
Research Problem with Specifics:	<p>This study aims to explore, discover, and develop a better understanding on the impact of domestic violence on the general well-being of the victim. Specifically, the following questions are to be answered;</p> <ol style="list-style-type: none"> 1. What are the experiences that victims of domestic violence have gone through? 2. What are the impacts of domestic violence in the aspects of physical, social, emotional, mental, and spiritual well-being of the victim? 3. How did the victims of domestic violence cope with their experiences? 4. What intervention can be derived from the result of the study?

Rate the Research Interview Questions according to its Content Validity. Put a check (✓) mark as your rating for the instrument.

Criteria		5	4	3	2	1
		Very highly valid	Highly Valid	Valid	Somewhat Valid	Not Valid
Content Validity	The test fully represents what it aims to gather.		/			

Comments & Suggestions: ____The Questions have been designed to explicit relevant responses to the research inquiries but some minor adjustment may be necessary_____
 _____.

Validator:

 EMILIA V. VIZCARRA, Ph.D.

 Signature over printed name

 April 13, 2023

 Date Validated

(Attach Research Instrument here)

Interview Questions:

1. What instances of violence have you experienced in your home?
 - 1.1 What are the types of violence that you have experienced?
2. Kindly describe your thoughts and experience on domestic violence.
 - 2.1 Before the violence?
 - 2.2 During the violence?
 - 2.3 And after the violence?
3. How did your experience on domestic violence affect your well-being?

Kindly describe your thoughts and experiences;

 - 3.6 How did it affect your mental health?
 - 3.7 How did it affect your physical health?
 - 3.8 How did it affect your emotional health?
 - 3.9 How did it affect your social life or how you connect with other people? Your other family members?
 - 3.1 How did it affect your spiritual relationship with God?
4. What are the things you did to overcome the challenges you experienced during the violence? And what are the reasons that made you push through it?

5. What can you share or offer as advice to people who have encountered domestic violence and are struggling to overcome the same challenge you met

APPENDIX D

Interview Questions



Region I

La Union Schools Division Office

REGIONAL SCIENCE HIGH SCHOOL FOR REGION I

Interview Questions

1. What instances of violence have you experienced in your home?
 - 1.1 What are the types of violence that you have experienced?
2. Kindly describe your thoughts and experience on domestic violence.
 - 2.4 Before the violence?
 - 2.1 During the violence?
 - 2.2 And after the violence?
3. How did your experience on domestic violence affect your well-being? Kindly describe your thoughts and experiences;
 - 3.1 How did it affect your mental health?
 - 3.2 How did it affect your physical health?
 - 3.3 How did it affect your emotional health?
 - 3.4 How did it affect your social life or how you connect with other people? Your other family members?
 - 3.5 How did it affect your spiritual relationship with God?
4. What are the things you did to overcome the challenges you experienced during the violence? And what are the reasons that made you push through it?

5. What can you share or offer as advice to people who have encountered domestic violence and are struggling to overcome the same challenge you met

APPENDIX E

Level of Validity of Interview Questions

Point Value	Statistical Range	Verbal Interpretation
5	4.51-5.00	Very High Validity (VHV)
4	3.51-4.50	High Validity (HV)
3	2.51-3.50	Moderate Validity (MV)
2	1.51-2.50	Poor Validity (PV)
1	1.00-1.50	Very Poor Validity (VPV)

Validator 1 Score: 5

Validator 2 Score: 4

Validator 3 Score: 4

Average Validity Score: 4.33

APPENDIX F

TRANSCRIBED DATA

Questions	Responses	Descriptive Codes
Question No. 1: What instances of violence have you experienced in your home?	Respondent 1: <i>“Violence from my husband, physical abuse, emotional abuse, verbal abuse. Quarreling with my husband due to conflicts like being a womanizer, gambling from night to morning”</i>	Abuse from husband
	Respondent 2: <i>“Beating when husband is drunk”</i>	Abuse from husband
	Respondent 3: <i>“I am not physically abused; I am more of verbally abused. My husband nags almost every day, every little thing in the house, he makes it big for argument. He doesn’t see any good in me, he despises my whole being. I don’t feel my worth anymore as a wife. He always audits after giving our budget for the house, our food. I don’t have financial freedom.”</i>	Abuse from husband
Theme/s: “Partner in Life?”		
Question No. 1.1: What are the types of violence that you have experienced?	Respondent 1: “Physical abuse, Verbal abuse, psychological violence, and economic violence”	Physical, verbal, psychological, and economic abuse
	Respondent 2: <i>“Physical beating and harsh words”</i>	Physical and verbal abuse
	Respondent 3: <i>“Verbal abuse, financial, mental, social.”</i>	Verbal, financial, mental, and social, abuse
Theme/s:		

“The Circle of Violence”		
Question No. 2: Kindly describe your thoughts and experience on domestic violence.	Respondent 1: “Abusive behavior of my husband. He over controls me physically, mentally, emotionally, often blaming me of a certain act that I did not do. He always hurt my feelings by telling lies.”	Manipulates my being
	Respondent 2: <i>“It is traumatic and stressful”</i>	Traumatic
	Respondent 3: <i>“It’s very tiring and stressful. I no longer have peace of mind. I hate the everyday nagging, harsh words, painful words, that I also cry every day. After all the efforts of serving his needs, he doesn’t appreciate it at all. He always finds mistake in all I do. I feel unloved by my own husband. I feel worthless as a person as a wife.”</i>	Peace of Mind Unloved Worthless
Theme/s: “A Sign of Failed Marriage”		
Question No. 2.1: Kindly describe your thoughts and experience before the violence?	Respondent 1: <i>“My husband did something wrong. Like texting/chatting with his other woman texting sweet words like “I love you” and “I miss you”. ”</i>	Husband’s infidelity
	Respondent 2: <i>“Fear of being beaten to death”</i>	Fear of death Anxiety
	Respondent 3: <i>“I always feel scared every time he comes home from work because that’s also the start of the nagging, shouting ...even</i>	“Scared” Abusive husband

	<i>upon waking up in the morning, he always says harsh words”</i>	
Theme/s: “Breaking Vows”		
Question No. 2.2: Kindly describe your thoughts and experience during the violence?	Respondent 1: <i>“I confront him, and he will lie to me saying that he did not text a girl, then after that he then have high voice, we fight with words, we exchange bad words.”</i>	Lie Bad words
	Respondent 2: <i>“To die and be taken away from my kids.”</i>	Death Children
	Respondent 3: <i>“He doesn’t beat me physically because he knows I will going to sue him, but the constant nagging and having no freedom to say what I think and share my thoughts on matters that need my decisions, he never consider them, especially on our finances.im a plain housewife now although I am a nurse by profession because he never wants me to work, and i regret it now not being able to have my financial freedom and he keeps telling me every day that I am not of help, that we ate just being fed by him”</i>	Constant Nagging Plain housewife No financial freedom
Theme/s: “The Violence that is Tranquil”		
Question No. 2.3: Kindly describe your thoughts and experience after the violence?	Respondent 1: <i>“He will tell me to get out and never come back. He will tell me that I am not that important anymore. We will not talk to each other for quite some time, 3 days of not talking to each other.</i>	Separation Lack of Communication
	Respondent 2:	Bruises

	<i>"I got bruises"</i>	
	Respondent 3: <i>"I cried every time he's verbally assaulting me, I'm just human, I should just ignore or complacent about it but like I said I'm just human...the atmosphere in the house is no longer a happy place to live in."</i>	Crying <i>"I'm just human"</i> Happy place to live in
Theme/s: "The Bruising Sunset of Marriage"		
Question No. 3: How did your experience on domestic violence affect your well-being? Kindly describe your thoughts and experiences;	Respondent 1: <i>"I am not the only one affected by domestic violence, my children are also affected with this violence done to us by my husband, the father of my children. They are affected emotionally and mentally. I feel drained, I feel stressed, I feel humiliated. There are times that come in my mind to commit suicide of what I am suffering from my husband who is a womanizer, but because of what I am suffering now, I tend to be strong, I learned to continue the wheel of my life because of my children. I need to be strong for them, With the help of other people, my friends. I can stand and face these sufferings with GOD at my side."</i>	Children are also affected The effects on kids Suicidal thoughts Wheel of life for the children
	Respondent 2: <i>"It is stressful and traumatic, it remove all my self-confidence, I feel like a worthless person"</i>	Felt Worthless
	Respondent 3: <i>"It's physically and mentally draining. If not because of my son, I should have left"</i>	Draining Dont want a broken family Life must go on

	<i>him already, but because I don't want a broken family, I sacrifice my own happiness and peace of mind. I hate being in this situation, I am tired of crying and being pressured, but like my family and friends say, life must go on for me for the sake of my only son."</i>	Children are also affected
Theme/s: "It's Not Just Me"		
Question No. 3.1: How did it affect your mental health?	Respondent 1: <i>"I feel so much depression and anxiety and the mental health of my children. I also experience bipolar disorder."</i>	Depression Anxiety Bipolar disorder
	Respondent 2: <i>"Every time the beating starts, I always wish I just die to end my misery, in fact I even tried to kill myself to the point that I no longer want to live."</i>	Suicide Thoughts and Attempt
	Respondent 3: <i>"I came to a point of giving up, it's a mental torture of being not appreciated, of not being loved and cared by the man I chose to spend my life with. To his eyes I am worthless...until now I haven't found the answer why he's already treating me this way. I gave up my career because he asked me to and now, he's complaining I don't even help him financially. The cold treatment he is giving me is mentally draining."</i>	Mental Torture Worthless Gave up the career Cold Treatment Mentally Draining
Theme/s: "Developed Illness"		
Question No. 3.2:	Respondent 1:	Pain

How did it affect your physical health?	<i>"I always feel abdominal pain, my blood pressure getting higher"</i>	
	Respondent 2: <i>"I loss so much weight, I refuse to eat, don't have enough sleep."</i>	Lose weight Not Enough Sleep
	Respondent 3: <i>"Although he doesn't hit me physically, the constant nagging and crying almost every day, I lost my appetite, I can't sleep well and rest well during the day because I need to work and work inside the house to make out house always in proper order to avoid him throwing harsh words like: "nagdodonya kayon siak pay la nga agsapsapol ti mabanbannog!" While I fact when he comes home from work all he has to do is eat and sleep.... we are not sleeping together anymore, he doesn't want it. We have separate rooms."</i>	Can't sleep No appetite Separate rooms
Theme/s: "Contused and Fatigued"		
How did it affect your emotional health?	Question No. 3.3: Respondent 1: <i>"I feel lonely, I feel anger, fear, confusion and anxiety, I feel that I am not loved anymore. I always cry every time we fight."</i>	Various negative emotions
	Respondent 2: <i>"I feel useless, I lost my self-confidence."</i>	Various negative emotions
	Respondent 3: <i>"The situation I'm in is obviously painful as it is. He keeps on hurting me verbally and its tiring. The way he finds fault in all I do is hurtful already. I don't even know how to feel loved and cared for anymore"</i>	Painful Tiring What is Love? Various negative emotions

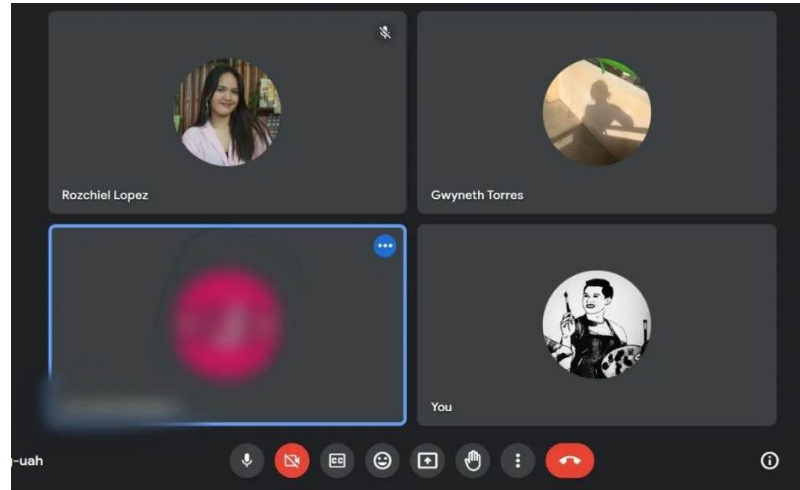
	<i>by the same person I have chosen to love for all the days of my life”</i>	
Theme/s: “Monochromatic Hued Emotions”		
Question No. 3.4: How did it affect your social life or how you connect with other people? Your other family members?	Respondent 1: <i>“I feel low self-esteem. I like to stay inside rather than going somewhere. My eldest son is not sociable. He wants to be alone, if we fight(husband) he just go inside the room and listen to loud music so he will not hear our fight.”</i>	Low self-Esteem Not sociable Loud Music
	Respondent 2: <i>“I always fear to interact with other people, I am ashamed of the situation I am in.”</i>	Fear of people Ashamed
	Respondent 3: <i>“This situation I am in makes me closer to my family and my friends. Without their support and advice, I know I have not endured this far...my son and I have become the best of friends, it’s good that he is always there for me.”</i>	Closer with Family and Friends Best of Friends
Theme/s: “The Pillar of Hope, Love, and Peace”		
Question No. 3.5: How did it affect your spiritual relationship with God?	Respondent 1: <i>“I am strong because of God. I can face all these trials because of God. I became more closer to God. I cry when I pray. I talk to God and wipe all my burdens in my heart. I need to be strong with all those violence I am suffering right now.”</i>	Strong because of God Closer to God
	Respondent 2:	Closer to God

	<i>"It brings me closer to God, because I know there's no one I can rely on except Him."</i>	
	Respondent 3: <i>"The closer I get with God. I talk to Him every day. The more I have faith in Him because I know if not because of Him, I may never come this far in this rotten relationship with my husband."</i>	Talking with God Faith in Him
Theme/s: "Bask in the Light of Faith and Trust"		
Question No. 4: What are the things you did to overcome the challenges you experienced during the violence? And what are the reasons that made you push through it?	Respondent 1: <i>"I overcome this violence through the help of my friends. I seek advice not one, two or three friends but to many friends. I told them the violence I am experiencing I ask them to help me pray for my children. Life must go on, I need to be strong, I need to face all the challenges in life because of our CHILDREN. I need to be healthy for my Children. I need to face to fight my rights for the future of my children."</i>	Friends' Advice For the children Face the fight
	Respondent 2: <i>"Love of my children, to give them a complete family despite the struggles I am facing every day."</i>	Love for the children
	Respondent 3: <i>"It's all because of love of family to be intact and not to give my son a broken family that made me endured or sacrifice everything to stay in this relationship...I guess with this thought in mind, I could endure and surpass any challenges more...it's all because of my son that</i>	Sacrifice For the children Push through life

	<i>makes me willing to push through this called life.”</i>	
Theme/s: “Family Defines Strength”		
Question No. 5: What can you share or offer as advice to people who have encountered domestic violence and are struggling to overcome the same challenge you met?	Respondent 1: <i>“My advice to those who are suffering violence like these, we need to be strong. We need to have faith in God. We tend to low down our pride for the good of our children. To husband and wife, you need to talk. Talk to the things that may cause this violence. Listen to one another. Love and pray to God”</i>	Be Strong Talk it out Love and pray to God
	Respondent 2: <i>“To just hold on to God and the children. Seek family and friend's comfort, it will help a lot to be able to voice out what's happening inside the family and what we are going through. Above all be strong, pray that this too shall pass.”</i>	Hold on to God and the Children Be strong Pray that it shall pass
	Respondent 3: <i>“Have faith in God. Despite these struggles, I'm still thankful that he doesn't hit or violate me physically, despite the cold treatment, indifference and harsh/hurtful words I hear every day from my husband, I still remind myself to stay strong for the sake of my son, that one reason alone can inspire me to sacrifice my own happiness, peace of mind and mental well-being. Keep praying and hold on to the saying: God makes miracles everyday ☺.”</i>	Stay Strong For the sake of the son God makes miracles everyday
Theme/s: “A Battle-scarred Survivor's Words”		

APPENDIX G

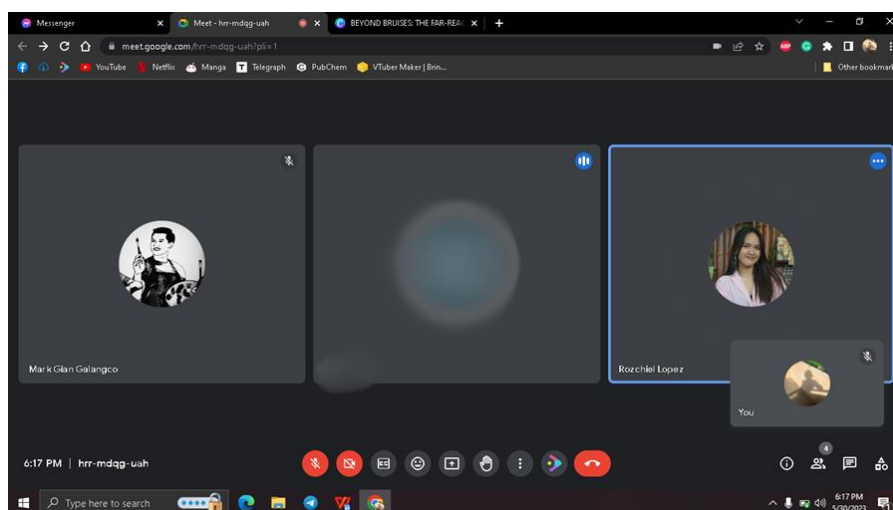
DOCUMENTATION



Respondent 1



Respondent 2



Respondent 2

Consent Form and Interview Questionnaire

Questions Responses Settings

2 responses

1. How confident are you in your self-confidence?

The situation in it is obviously painful as it is the longer in hurting me verbally and the longer this way the harder I feel in all the in hurtful already. I don't even know how to feel loved and cared for anymore by the same person. I have chosen to live for all the days of my life.

2. How did it affect your social life or how you connect with other people? Your other family members?

2 responses

I always find it hard to interact with other people in advance of the situation I am in.

This situation can in make me closer to my family and my friends without their support and advice. I never I have not realized this far. My son and I have become the best of friends. It's good that he is always there for me.

Google Forms Responses

Consent Form and Interview Questionnaire

Questions Responses Settings

By signing this form, I agree to the terms indicated below:

- ☐ I confirm that my participation in this research project is voluntary.
- ☐ I understand that I will not receive any payments for participating in this research.
- ☐ I understand that I can withdraw permission to use data from my interview within two weeks after the interview, to which case the material will be deleted.
- ☐ I understand that I have the right to decline to answer any question or I can stop at any time.
- ☐ I confirm that it will last approximately 20-30 minutes.
- ☐ I understand that all information provided for this study will be treated confidentially. I understand that the researcher will not identify me by name in any reports using information obtained from this and that my confidentiality as a participant in this study will remain secure.
- ☐ I have read and understood the explanation provided to me.
- ☐ I have been given a copy of this consent form.
- ☐ I can request a copy of the transcript or other data collected during the research and may make edit if not necessary to ensure the effectiveness of any agreement made about confidentiality.
- ☐ I agree that the researcher may publish documents that contain questions by me.

Google Forms Responses

Curriculum Vitae





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Researcher

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Civil Status: Single

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SHS: Regional Science High School For Region I
Primary: Garitan Integrated School

Curriculum Vitae





**LOPEZ, ROZCHIEL
GHRAYZE F.**
Researcher

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SHS: Regional Science High School For Region I
Primary: Cantoria Central School

Curriculum Vitae





TORRES, GWYNETH
RAE A.
Researcher

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Civil Status: Single

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