

INTIMATE PARTNER VIOLENCE IN WOMEN: AN INTERVENTIONAL STUDY



THESIS
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CHAPTER-5

SUMMARY, MAJOR FINDINGS AND

CONCLUSIONS

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The aim of the Present study was to study Intimate Partner Violence in Women and effects of intervention.

AIMS:

1. To assess and compare the level of Depression, Anxiety and PTSD between Single and double earning group.
2. To assess and compare the level of Depression, Anxiety and PTSD between up to 12th class educated and more than 12th class educated group.
3. To assess and compare the level of Depression, Anxiety and PTSD between up to 7 yrs and more than 7 yrs of marriage group.
4. To see the effect of intervention on Depression, Anxiety and PTSD in the single earning group.
5. To see the effect of intervention on Depression, Anxiety and PTSD in the double earning group.
6. To see the effect of intervention on Depression, Anxiety and PTSD in the up to 12th class educated group.
7. To see the effect of intervention on Depression, Anxiety and PTSD in the more than 12th class educated group.
8. To see the effect of intervention on Depression, Anxiety and PTSD in the up to 7 yrs of marriage group.
9. To see the effect of intervention on Depression, Anxiety and PTSD in the more than 7 yrs of marriage group.
10. To compare the level of Depression, Anxiety and PTSD between Single and double earning post intervention group.
11. To compare the level of Depression, Anxiety and PTSD between up to 12th class educated and more than 12th class educated post intervention group.
12. To compare the level of Depression, Anxiety and PTSD between up to 7 yrs and more than 7 yrs of marriage post intervention group.

HYPOTHESES:

1. There would be no significant difference on the level of Depression, Anxiety and PTSD between Single and double earning pre intervention group.
2. There would be no significant difference on the level of Depression, Anxiety and PTSD between up to 12th class educated and more than 12th class educated pre intervention group.
3. There would be no significant difference on the level of Depression, Anxiety and PTSD between up to 7 yrs and more than 7 yrs of marriage pre intervention group.
4. There would be reduction in Depression, Anxiety and PTSD in the single earning group after the intervention.
5. There would be reduction in Depression, Anxiety and PTSD in the double earning group after the intervention.
6. There would be reduction in Depression, Anxiety and PTSD in the up to 12th class educated group after the intervention.
7. There would be reduction in Depression, Anxiety and PTSD in the more than 12th class educated group after the intervention.
8. There would be reduction in Depression, Anxiety and PTSD in the up to 7 yrs of marriage group after the intervention.
9. There would be reduction in Depression, Anxiety and PTSD in the more than 7 yrs of marriage group after the intervention.
10. There would be no significant difference on the level of Depression, Anxiety and PTSD between single earning and double earning post intervention group.
11. There would be no significant difference on the level of Depression, Anxiety and PTSD between up to 12th class educated and more than 12th class educated post intervention group.
12. There would be no significant difference on the level of Depression, Anxiety and PTSD between up to 7 yrs and more than 7 yrs of marriage post intervention group.

VARIABLES

Independent Variable

- Psychological Intervention

Dependent Variables

- Depression
- Anxiety
- PTSD

RESEARCH DESIGN

The present study used pretest-posttest group design.

Pre Test (N=120)					
Earning N=40		Education N=40		Years of marriage N=40	
Single (N=20)	Double (N=20)	Up to 12 th class (N=20)	More than 12 th class (N=20)	Up to 7 yr (N=20)	More than 7 yr (N=20)
WAST BDI-II HAM-A PCL					
Psychological intervention Post Test (N=90)					
Earning N=32		Education N=31		Years of marriage N=27	
Single (N=15)	Double (N=17)	Up to 12 th class (N=14)	More than 12 th class (N=17)	Up to 7 yr (N=14)	More than 7 y (N=13)
BDI-II HAM-A PCL					

SAMPLE:

Around 230 women were taken up for the study on the basis of incidental sampling and interviewed. WAST (WOMAN ABUSE SCREENING TOOL¹) was applied on them. Around 186 out of them served high on WAST. Through Purposive Sampling 120 women who gave consent for further testing were taken for the study and intervention was given to them.

GROUPS	EARNING		EDUCATION		YEARS OF MARRIAGE	
	Single	Double	Up to 12 th class	More than 12 th class	Up to 7 yrs	More than 7 yrs
N	20	20	20	20	20	20

MEASURES:

- 1) **Woman abuse screening tool 1(WAST)-** The Woman Abuse Screening Tool 1 (Brown et al. 2000) which consists of 8 questions, was developed and pilot tested using purposive samples of abused and non abused women. A WAST score of 13 or more than (out of 24) is the recommended cutoff for identifying IPV.
- 2) **Demographic Questionnaire -** Demographic information of the participants was assessed using an information sheet that all participants completed prior to all measures of the proposed study. The information was related to name, age, gender, earning status, educational status and years of marriage.
- 3) **Beck's Depression Inventory -** Beck Depression Inventory is a widely utilized 21-item self-report scale in both clinical and research studies (Beck et al., 1996) was originally developed in 1961 The Beck Depression Inventory-II is a depression rating scale that can be used in individuals that are ages 13 years and older, and rates symptoms of depression in terms of severity on a scale from 0 to 3 based on the 21 items.

- 4) **The HAM-A (1988)** – It was one of the first rating scales developed to measure the severity of anxiety symptoms, and is still widely used today in both clinical and research settings. The Hamilton Anxiety Rating Scale (HAM-A) is a psychological questionnaire used by clinicians to rate the severity of a patient's anxiety.
- 5) **The Posttraumatic Stress Disorder Checklist (PCL)** - The PCL (Weathers et al, 1993) is an easily administered self-report rating scale for assessing the 17 DSM-IV symptoms of PTSD. Respondents rate each item from 1 ("not at all") to 5 ("extremely") to indicate the degree to which they have been bothered by that particular symptom over the past month.

PROCEDURE

The present study was divided into three phases –

Phase 1 – Pre intervention – Firstly According to the screening test and demographic variable all the participant are selected for the group category. All suitable measures for measuring depression, anxiety and PTSD were administered.

Phase 2 –Intervention – A well-researched and designed psychological Intervention comprised of 10 sessions was used.

Phase 3 – Post Intervention - Post tests were administered on all the experimental groups to measure depression, anxiety and PTSD. All the participants were thanked for their presence and cooperation during the intervention. After collecting the post test scores, data was subjected to statistical analysis.

STATISTICAL ANALYSIS

- 1) Descriptive Statistics
- 2) t-test

MAJOR FINDINGS

On the basis of obtained results through statistical analysis, it was found that group

Intervention has positive impact on depression, anxiety and PTSD among women's of intimate partner violence. Intergroup comparisons of the t-values of the pre and post experimental condition showed decrement in depression, anxiety and PTSD. Results of our study reveal the following data:-

PART- I

- t test comparison of the pre test in earning group comparison shows that single earning group showed more depression, anxiety and PTSD than double earning group.
- t test comparison of the pre test in less and more educated group comparison shows that up to 12th class educated group showed significantly more depression and anxiety but PTSD scores show significant statistical difference.
- t test comparison of the pre test in years of marriage group comparison shows that up to 7 yrs of marriage group showed more depression and PTSD. No significant difference was found in anxiety between up to 7 yrs and more than 7 yrs group.

PART- II

- t-values of the pre and post experimental condition of single earning group showed significant reduction in depression, anxiety and PTSD.
- t-values of the pre and post experimental condition of double earning group showed significant decrement in depression, anxiety and PTSD.
- t-values of the pre and post experimental condition of up to 12th class educated group showed significant reduction in depression and PTSD and no significant difference was found in anxiety.
- t-values of the pre and post experimental condition of more than 12th class educated group showed significant decrement in depression, anxiety and PTSD.
- t-values of the pre and post experimental condition of up to 7 yrs of marriage group showed decrement in anxiety and no significant difference was found in depression and PTSD.
- t-values of the pre and post experimental condition of more than 7 yrs of

marriage group showed decrement in depression and PTSD and no significant difference was found in anxiety.

PART- III

- t value comparison after the intervention in between single and double earning group shows that double earning group has more effect of intervention on depression and anxiety than single earning group.
- t value comparison after the intervention in between less and more educated group shows statistically significant difference on depression and anxiety in the groups and not statistically significant difference on PTSD.
- t value comparison after the intervention in between years of marriage group shows that depression and PTSD was significantly more in group which was married up to 7 yrs and anxiety was more in the group which were married for longer period than 7 yrs.

CONCLUSION

It can be concluded that Psychological intervention specifically designed to meet the objectives of the present research was found to be effective. Intervention is found effective for the women of IPV as significant decline in the level of depression, anxiety and PTSD was found after the psychological intervention.

IMPLICATIONS

1. Intervention may be very effective for the women of Domestic Violence as it may be given to them on regular basis.
2. Group intervention programme is very effective in the area of domestic violence as this problem is rising very rapidly so intervention can be used in the sector that are working for this issue.
3. Group intervention was designed for the women of Domestic violence, it can also be used for other types of sample in future.
4. The present study designed an effective group intervention for the treatment and prevention of depression, anxiety and PTSD.

5. Counselors/psychologists may explore the possibilities of combining other alternative treatments for better results, faster recovery and lesser re-lapses.

LIMITATIONS:

1. Sample Size is not large.
2. There is a lack of research in some points.
3. Some of the Women discontinued the session.
4. No control group was taken in the present study.
5. Use of too many psychological tools which were in English was another limitation as majority of the subjects were Hindi speaking

RECOMMENDATIONS FOR FUTURE RESEARCH

1. Similar study need to be administered on a larger sample to substantially establish the efficacy of Intervention over any other treatment in isolation.
2. Similar studies to see the effect of intervention and medication should be undertaken so as to examine their comparative advantages.
3. Family, friends and peers should play constructive role in helping the Women from mental disorder and preventing chances of any relapse what so ever.
4. Future studies should include follow up data collection at 1 month, 3 months, and months after the treatment. This follow-up data collection would allow for exploration of the variability and stability of the findings over time.
5. A control group should be taken in future studies.