

Association between Domestic Violence and Married Women Mental Health in Bookan, Iran

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Abstract---Different studies show that one of the effective and major factors affecting on women mental health is the issue of domestic violence. Physical, mental, sexual and economical violence are most prevalent violence among domestic violence. The main aim of this study was to determine the association between domestic violence and married women mental health in Bookan, Iran. This study was an analytical case control study. Case group consisted of 190 women who had history of domestic violence referred to Administration of Justice in Bookan. Control group consisted of 190 women who were randomly selected. Sampling was carried out using simple alternative method. The data obtained using family violence questionnaire and the Standard questionnaire GHQ-28. The present study shows that being in a violent and forceful condition has a severe impact on individual mental health and causes psychological problems. We have shown that women exposed to their husband violence suffer from psychical problems mostly resulting from psychological problems in origin.

Keywords---Domestic violence, Married women, Mental health, Iran.

I. INTRODUCTION

DIFFERENT studies show that one of the effective and major factors affecting on women mental health is the issue of domestic violence [1]. The violence has many negative outcomes for its victims including physical and psychological problems. The studies have shown that physical complaints such as headache, abdominal problems, chronic pains, the uterine bleeding, the stimulated intestine syndrome, the genealogical signs and the sexual contagious diseases in female victims of the violence are of higher prevalence. The other negative results are psychological disorders such as depression, anxiety, physical signs, sensitivity in interpersonal relationships and low self – respect. Although the family is the smallest unit of the society, it is the most effective unit of the support and education. In families based on affection and rationality, there is the sense of tranquility, assurance,

soundness and satisfaction. The family is like a mirror which reflects the society appearance [2]. Different researchers show that the family discrepancies are related to the society discrepancies.

Although married individuals are generally healthier than single ones, in US 30 percent of married couples have problems. The violence in families is an old problem [3]. In this respect, the domestic violence is a term applied for all family misbehaviors. This is the most common applied term related to violence against women in the family[4].

In general, domestic violence is a set of behaviors to controlling another person's feelings and behaviors. The family violence victims, who are mostly women often threatened physically, sexually and economically [4]. Domestic violence is always reported in all countries and social and economical communities, but the access to its information and statistics is a hard task. Women in most cultures have a low social and economical status, therefore the violence against them in family is hardly recognized. The studies show that women, who are hurt by their husbands, commit suicide 5 times more than others and are exposed to various mental disorders 6 times more than other people [5]. This study aims at determine the frequency of different kinds of family violence and its relationship with the women mental health.

II. MATERIAL AND METHODS

A. Protocol of Study

This study was an analytical case control study. Case group consisted of 190 women who had history of domestic violence referred to Administration of Justice in Bookan. Control group consisted of 190 women who were randomly selected. Sampling was carried out using simple alternative method. The data obtained using family violence questionnaire and the Standard questionnaire GHQ-28.

B. Statistical Analysis

Descriptive statistical analysis was carried out using SPSS 19.

III. RESULTS

Table I shows the age range in control and case groups.

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TABLE I
AGE RANGE IN CASE AND CONTROL GROUPS.

Age (Years old)					
16_25	26_35	36_45	46-55	>56	
39	68	64	12	7	190
10.3%	17.9%	16.8%	3.2%	1.8%	(Control)
81	71	32	5	1	190
21.3%	18.7%	8.4%	1.3%	.3%	(Case)
120	139	96	17	8	380
31.6%	36.6%	25.3%	4.5%	2.1%	100.0%

The results show that the higher proportion of married women exposed to domestic violence was in the age range 16-25 years old.

Table II shows the various types of domestic violence in case and control group.

TABLE II
THE DOMESTIC VIOLENCE IN CONTROL AND CASE GROUPS.

		Case group	Control group
		percentage	percentage
Physical violence	never	0/5%	28/7%
	rarely	12/6%	20/3%
	sometimes	30/5%	1/1%
	usually	6/1%	0
	always	0/3%	0
Sexual violence	never	0	16/1%
	rarely	6/6%	30%
	sometimes	32/4%	3/9%
	usually	10/5%	0
	always	0/5%	0
Mental violence	never	0	5/5%
	rarely	0/3%	36/3%
	sometimes	15/8%	7/4%
	usually	28/9%	0/8%
	always	5%	0
Economical violence	Never	0/5%	15/5%
	rarely	11/8%	27/1%
	Some times	27/9%	6/1%
	usually	9/2%	1/3%
	always	5%	0

Our findings show that various types of domestic violence were observed in case group including physical, sexual, mental and economic violence. Physical and sexual violence are were higher than other types of violence in case group.

IV. DISCUSSION

The present study shows that being in a violent and forceful condition has a severe impact on individual mental health and causes psychological problems. We also got benefits of some theories. These theories are not about a special kind of violence, but are generally about violence. One of the most familiar and accepted theory is learning violence by observing it. Observational learning theory of Albert Bandura in 1973 says that when a child who has different patterns of aggressive behaviors in family, on TV or in the community learns to show the same behavior later. Fear, anxiety, depression, violence, enmity, aggression, low self-confidence, social separation, solitude, self – destruction behavior and incorrect behavior are all results of seeing and being exposed to violence [6]. These aren't characteristics of a healthy person. From Alfred Adler's

perspective, a healthy person dares to take actions to achieve his / her goals. This person is fresh, attractive and has positive and true social relationship, knows his / her goals, is optimistic and exceptionable, tries to remove his / her faults and weaknesses. This individual has desirable and intimate family relationships [5]. Violence changes individual's behavior. The affected person becomes alone, loses the motivation and goal of life and self – confidence, gets depressed, anxious and scared, stays away from society and she / he faces disorders in social affairs. This factors cause weakness and diseases that appear in individual body, but they are resulted from mental factors not physical one. The results also show that increase in violence against women decreases the women mental health.

V. CONCLUSION

We have shown that women exposed to their husband violence suffer from psychical problems mostly resulting from psychological problems in origin. Removing the domestic violence play a pivotal role in married women health.

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