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Violencia intrafamiliar y bienestar psicológico en mujeres de dos distritos de Lima Este, 2020

Intrafamiliar Violence and Psychological Well-being in Women from Two Districts in East Lima - 2020

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Resumen

El presente estudio tuvo como propósito determinar la relación entre la violencia intrafamiliar y el bienestar psicológico en mujeres de dos distritos de Lima Este, asimismo es una investigación de tipo básica de nivel descriptivo correlacional, cuantitativo, diseño no experimental y transversal; la población correspondió a mujeres de Ate y Santa Anita, el muestreo fue no probabilístico por conveniencia y la muestra estuvo conformada por 300 participantes de 18 a 59 años, los datos se recolectaron mediante la escala de Violencia intrafamiliar (VIFJ4), y la escala de Bienestar Psicológico (BIEPS-A). Entre los resultados se encontró una correlación negativa entre las variables ($r = -.237^{**}$), así como entre las dimensiones de la violencia intrafamiliar: física, psicológica, sexual, social, patrimonial con el bienestar, mientras que la de género no hubo correlación y, en conclusión, las mujeres violentadas presentan dificultades para auto valorar la satisfacción personal, más emociones negativas y menos autonomía lo que hace que el bienestar psicológico baje. Palabras clave: Bienestar psicológico, mujeres, violencia intrafamiliar, violencia patrimonial, violencia social.

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Abstract

The purpose of this study was to determine the relationship between intrafamily violence and psychological well-being in women from two districts in East Lima. It is a basic research with a descriptive, correlational, quantitative, non-experimental and cross-sectional design. Sampling comprised 300 adult women from Ate and Santa Anita. A non-probabilistic STUDY for convenience and the data were collected using the Intrafamily Violence scale (VIFJ4), and Psychological Well-being SCALE (BIEPS-A). Among the results, a negative correlation was found between the variables ($r = -.237^{**}$), as well as between the dimensions of intrafamily violence: physical, psychological, sexual, social, patrimony with well-being, whereas gender violence did not show a correlation. In conclusion, the abused women have difficulties in self-assessing personal satisfaction, more negative emotions and autonomy, which makes psychological well-being go down.

Keywords: psychological well-being, women, domestic violence, patrimony violence, social violence

INTRODUCTION

The World Health Organization (2021) reports that 30% of women were physically and/or sexually raped by their partners or by another person outside their family environment at some point in their life. Likewise, the United Nations Office on Drugs and Crime (UNODC, 2018) indicated that 87,000 women were killed worldwide in 2017 and their partner or a family member killed 58% of them. This means that year around 137 women died daily around the world due to violence.

In January 2019, the National Program Against Family and Sexual Violence (2019) mentions that the Women's Emergency Centers (CEM) received 14,491 complaints throughout the country, 87% were denunciations of cases of violence against women, violence within the family group, and sexual violence. Women between 18 and 59 years old registered 96% of complaints, 47 cases of economic or patrimony violence were also presented, 6,269 cases of violence with psychological affectation, 5,516 of physical violence, and 530 cases of sexual violence (specifically 52 % for rapes). On the other hand, the National Institute of Statistics and Informatics (INEI, 2018) of Peru reported that 65,4% was the predominance of family violence against women, realized by the husband or partner. Psychological violence 61,5%, physical 30,6% and sexual 6,5% are the most prevalent. The annual prevalence of sexual and/or physical violence practiced by the husband or partner was 10,6%, which was more frequent in women between 20 and 24 years old (15,4%); all these collected data were performed on women aged 15 to 49 years.

Regarding well-being, it is one of the keys to the successful and optimal development of the person throughout life. According to the concept, that development involves changes in people's ability to adapt to meet their needs over time, the changes that occur in the second half of life require an effort to adapt to the new reality (Mayordomo et al., 2016).

In Peru, the Health Office (MINSa, 2018) mentions that women exposed to violence to higher levels of stress, and an impact will be made on the development of their well-being. Therefore, the Panamerican Health Organization in Peru (OPSP, 2020) mentions that mental health centers are being implemented to help the integral well-being of the inhabitants since one in three individuals shows some difficulty in mental health throughout their lives. In addition, it mentions that they serve abused women victims, as well as family members who are affected by family violence.

According to the National Observatory on Violence Against Women and Family Group Members (2018), there is a direct link between violence and mental health. Thus, more than half of women in situations of violence in El Salvador, Paraguay, Nicaragua, Jamaica, and Ecuador reported serious anguished or anxious feelings that prevented them from carrying out their work or obligations. 76% of victims indicated coexisting in fear, and between 64% and 68% feel fear they will suffer more violence. The enjoyment of mental health is essential for the development and well-being of everyone in the country and not only for those who have been affected by mental issues. Good mental health enables people to develop and show their potential, work productivity, to overcome normal life stresses, and contribute to their community.

The World Health Organization (WHO, 2002) indicates that the practice of violence occurs intentionally with the use of physical force, in the same way, it is practiced by threatening themselves, by your own person, another person, or the community. It will generate consequences, psychological injuries, contusions, wounds, fractures, or mutilations, and can even cause the death of the victims.

The United Nations Entity for Gender Equality and the Empowerment of Women (UN WOMEN, 2021) mentions that domestic violence is led to the partner or against women, and those acts are related to physical, psychological and sexual aggression, which are carried out by the spouse or ex-partner, regardless of the time and the formality of the relationship.

The ecological theory of Uriel Bronfenbrenner (2002) helps to explain intrafamily violence since it follows a thematic approach to both cultural, social, family, work, social, and individual life. The author points out that the individual's behavior is due to the reciprocal relationship of his characteristics and his abilities with his environment. Therefore, the behavior that develops is according to the way in which it socializes in those contexts. Heise (1998) indicates that the interaction occurs from the broader culture (macro system), the subculture (exosystem), the family (microsystem), and individual characteristics (ontogeny). Likewise, he argued that there is no explanation for the attack on the wife.

Likewise, García and González (2000) define psychological well-being as a construct where the person expresses his positive feeling and constructive thinking about himself that is related to the management of functioning in the physical, social and mental areas. In addition, it presents elements that are transitory and reactive, which are linked to the emotional part and cognitive expression, and are also influenced by the circumstances of environment and personality. In the same way, Cole et al. (1999) mention that it is the assessment of the individual towards his life, within the cognitive it is the satisfaction of life in specific areas (work, marriage, etc.). The other part is the affective one which is related to the intensity and frequency of negative and positive emotions, whose interaction includes the experiences of the human being.

Likewise, Molina and Meléndez (2006) consider that it is the result of achieved realities, possibilities, aspirations, and expectations, which are interpreted with satisfaction and joy when they are realized since they achieve the objective according to their coping skills. Finally, Casullo (2002) says that psychological well-being is the self-assessment of satisfaction with life, characterized by few negative emotions and good spirits.

Likewise, the theoretical model which supports psychological well-being is Carol Ryff's multidimensional model, this was elaborated on three theories which are: positive mental functioning, optimal human development, and the theory of the life cycle. Psychological well-being is the continuous assessment by the individual in a negative or positive way and it will depend on the perception it has. On the other hand, people with adequate psychological well-being will feel good about themselves, know their limitations, maintain affectionate relationships with others, take advantage of the opportunities of the environment that surrounds them, have personal freedom, purpose and are in continuous learning and development (Ryff, 1989). Likewise, Keyes (2005), referring to the six dimensions covered by the theoretical model, says that individuals have to develop their potentialities in order to work thoroughly.

The general objective of this investigation is to determine the relationship between domestic violence and psychological well-being in women from two districts of East Lima.

METHODOLOGY

The data that has been used for this research has been extracted from a cross-sectional study. There were 300 women from the districts of Santa Anita and Ate. All of the participants belong to the range between 18 and 59 years old. The type of sampling was non-probabilistic therefore, was intentional. Both districts are located in the East of Lima city, and these districts are among those which register high rates of violence in the Peruvian capital.

By means of Google Forms, the Intrafamiliar Violence Scale (VIF J4) (Jaramillo et al., 2013) and Scale of Psychological Well-being for adults (BIEPS A) (Casullo, 2002) were applied online and were distributed through Facebook. Participants were first provided with informed consent, followed by sociodemographic questions, and finally with the two-scale questionnaires. The data was transferred and filtered in the program Microsoft Excel.

The VIF J4 was applied individually and only to women over 18 years of age. This instrument measures the type of severity of domestic violence in a female population. The VIF J4 is divided into 6 dimensions: physical, sexual, psychological, gender, patrimony, and social violence. This is composed of 25 items with answers of a Likert scale type: never, almost never, sometimes, usually, and, always. Finally, a score from ≤ 35 to ≥ 68 points, which are classified as mild, moderate, and severe. BIEPS A measures the level of psychological well-being in adults, it was applied individually or collectively. This instrument has four measurements: autonomy, projects, acceptance/control, and social bonds. This scale has 13 questions with Likert scale type: agree, neither agree nor disagree, and disagree. Finally, a score of 13 will be obtained up to 39 points that will place the individual in levels, low, medium, and high.

The statistical analysis was performed using SPSS software version 25. First, the normality test was performed to know the distribution of the data, then the Spearman's rank correlation coefficient was used to calculate the strength of the correlation between the variables. Descriptive data such as frequency tables were also used.

RESULTS

Table 1

Correlation of domestic violence, its dimensions and psychological well-being

Correlación	Bienestar psicológico	
	Rho de Spearman	p-valor
Intrafamiliar Violence	-,237**	0.00
Physical violence	-.138*	0.17
Psychological violence	-,120*	,038
Sexual violence	-,190**	,001
Social violence	-,177**	,002
patrimony violence	-,130**	,024
Gender violence	-,107	,064

The correlation between intrafamiliar violence, physical violence, psychological violence, sexual violence, social violence, patrimony violence, and psychological well-being registered a medium negative correlation and the P valor was <0.05 . These results indicate when one variable increases and the other decreases. Even though, gender violence and psychological well-being didn't register a correlation because the p-value was >0.05 (Table 1).

Table 2

Level of intrafamiliar violence

Level	N° Women	%
Low	153	51
Medium	132	44
High	15	5
Total	300	100

In table 2 it can be seen that 153 (51%) of women have a low level of intrafamiliar violence. These are followed by 132 (44%) who show a medium level. The rest, 15 (5%) of women registered a high level.

Table 3

Level of psychological well-being

Level	N° Women	%
Low	88	29,3
Medium	155	51,7
High	57	19
Total	300	100

In table 3 it can be seen that the majority of the women 155 (51,7%) have a medium level of psychological well-being, 88 (29,3%) showed a low level and finally, 57(19%) registered high level.

The objective of the study was to determine the relationship between domestic violence and psychological well-being in adult women, in which a mean negative correlation ($r = -, 237^{**}$) was found between the variables. Likewise, 28.7% had low-level domestic violence and medium psychological well-being, this means that the less violence, the greater the psychological well-being, which confirms the hypothesis raised. Furthermore, this negative correlation agrees with Gaxiola and Gaxiola (2016). They analyzed psychological well-being and intimate partner violence, where they also found a negative correlation ($r = -.42^{**}$). This association assumes that exposure to violence is a risk to the psychological well-being and mental health of adults (Gil y Hernández, 2016).

When analyzing the relationship between the dimension of physical violence with psychological well-being, a mean negative correlation of ($r = -.138^*$) was found. Here it is evidenced that 45.3% of women have a low level of physical violence and a medium level of psychological well-being; however, 79% have low physical violence. In this sense, García, et al. (2014) when studying intimate partner violence, social support, and psychological well-being also obtained a negative correlation ($r = -0.20^{**}$) between physical violence and psychological well-being. However, Silva (2019) found a low and positive relationship between family functioning and psychological well-being. This explains that families must provide favorable resources for stability and a security environment to their members. However, this is not fulfilled when there are episodes of violence, where family functioning is affected and therefore psychological well-being as well, much more if one takes into account that the development of the individual occurs through the different environments in which it develops and they influence change, cognitive, moral and relational development (Bronfenbrenner, 2002).

In relation to the psychological violence dimension and psychological well-being, a medium negative correlation was obtained ($r = -.120^*$); where 33.3% of women registered a low level of psychological violence and a medium level of psychological well-being. Likewise, 60% of participants obtained low levels of psychological violence. García, et al. (2014) found as well a negative correlation between the dimension of humiliation and psychological well-being ($r = -0.31^{**}$). It should be noted that humiliation has to do with making criticisms, which reduces self-esteem. Similarly, Carranza (2018) found a negative correlation between psychological maturity and violence in the partner, indicating that the people who have better psychological and physical conditions are those who relate in the best way to the interpersonal level. Also, Naughtn et al. (2017), in Ireland, studied exposure to domestic violence and abuse, and they found a significant relationship between psychological domestic violence and psychological well-being. From what is described in previous lines, psychological violence does affect well-being, and also opens the door to other types of violence.

Regarding the sexual violence and psychological well-being dimension, a negative correlation was obtained ($r = -.190^{**}$); 35.3% also had a low level of sexual violence and a medium level of psychological well-being, and in general sexual violence was low (65%). In that direction, García, et al. (2014) registered a negative correlation in the dimension of sexual violence and psychological well-being ($r = -0.03$); which is similar to this study since both are negative. Also, Gil and Hernández (2016) found that women exposed to violence showed severe depression of somatic, anxiety, insomnia, and social dysfunction symptoms. Along these lines, Virhuez (2019), when studying sexual violence and resilience, found a moderate level (47.9%). Baltazar et al. (2020) demonstrated a low level (60.4%) which agrees with the following study. Given this, Naz and Malik (2018) conclude that both physical and sexual violence has devastating effects on psychological well-being, as consequences experience post-traumatic stress, depression, and anxiety that impact the mental and physical health of women, as well as many sexual and reproductive problems, substance use, such as alcohol, drugs, and tobacco.

Regarding the dimension of social violence and well-being, a mean negative correlation of ($r = -.177^{**}$) was obtained; and 35.7% have a low level of social violence and a medium level of psychological well-being. In addition, 26% were found in the average level of social violence. In this sense, Taboada (2016) in his research carried out in Madrid on psychological well-being and assertiveness in women who suffer violence and who do not, that there is a negative correlation. The aforementioned study also presents higher assertiveness scores in non-abused women and higher scores of psychological well-being in battered women. Thus, it can be said that assertiveness is favorable for reducing violence, while the psychological well-being of raped women can vary depending on whether they are receiving help or treatment, so these two variables intervene for social violence to develop.

In the dimension of patrimony violence and psychological well-being, a negative correlation of ($r = -.130^*$) was obtained and 40% had a low level of patrimony violence and a medium level of psychological well-being, while patrimony violence was low (73%). In this context, Adams and Beeble (2019), in Washington, studied intimate partner violence and psychological well-being and found that economic abuse plays a significant role in psychological well-being in the face of intimate partner violence. Also, in the province of Huaraz, Castillo et al. (2018) studied violence against women and self-esteem in women in which they found a negative correlation between the variables and in the dimension of economic violence ($r = -.075$), which is consistent with this study, so psychological well-being will be affected in their autonomy and decision-making since by not having a heritage that guarantees their survival, they will have to continue with their aggressor.

In the dimension of gender violence and psychological well-being, there was no significant correlation since the p-value was greater than 0.5 ($p: 0.064$).

Regarding the levels of intrafamily violence, low (51%), medium (44%), and high (5%) levels were obtained. In this framework, Sarmiento (2018) reported 46.7% low level; 36.7% a moderate level, and; 16.7% a severe level, so there is some similarity in the three levels according to this research. On the other hand, Virhuez (2019) shows a high level (48.4%), a moderate level (36.9%), and a low level (14.7%). Because this study was developed in Carabayllo, which is a growing district and where there are high rates of poverty, unemployment, and interpersonal violence, high percentages of domestic violence are expected. On the other hand, Baltazar et al. (2020) obtained a record of 71.8% at the medium level, 20% at the moderate level, and 10% at the severe level. Here, levels of intrafamiliar violence are also evident, since it was a population of young university students from Junín where culture, beliefs, and social factors influence in a certain way so that violence is expressed. In the current work the university students (59,3%) and institute students (21,5%) of women possess higher education which according to the United Nations Organization for Women (2013), it is a protective factor against intrafamily violence. This can be explained because better-educated women can easily be economically independent and also can take better decisions. This means that when they face an act of violence, they can file a complaint and in the same way, face the aggressor, overcome adversity and move on with their life.

Regarding the levels of intrafamiliar violence by dimensions, it was found that the frequency is low. Also, it was found percentages to keep attention, such as psychological violence is 29.7%, sexual 30.3%, and social violence 26% all at the medium level. In this sense, Montaña et al. (2019) obtained levels of psychological violence, moderate (65%). Unlike this research, the level was low. This can be explained because this study it was done in a general way, while the other study it was only for raped women. Likewise, Baltazar et al. (2020), obtained a medium level of psychological violence (72.8%), what is observed is a prevalence of this violence in different populations. On the other hand, Virhuez (2019), whose findings were that patrimony violence was at a high level (57.1%) and Montaña et al. (2019) at a moderate level (50%) and severe (35%), which disagrees with the present study since the low predominating level. However, this violence is current in different families just that is not seen as direct violence but as indirect violence since it affects more material goods, which goes unnoticed and is sometimes difficult to identify and punish.

Regarding the levels of psychological well-being, it is evidenced that 51.7% have a medium level, 29.3% have a low level, and 19% have a high level. In this framework, Quispe and Chinarro (2015), had 74% in medium level, high 22,5% and, low 3,5%. Here it is observed that the most prevalent well-being is the environment, as in this research, this can be explained because both studies have a similar population, which are people with higher education, which makes psychological well-being emerge since their projects of life are being realized which produces satisfaction. In that direction, Rivera (2018) registered a high level (75%), medium (19%), and low (6%), as well as, Quenta (2018) with a high level of 59.2%, an average level of 37.9% and low level of 3%. In general, psychological well-being in many research works (Renner & Copps, 2018; Gaxiola y Gaxiola (2016); Renner y Hartley (2018) shows a positive correlation with the variables of help or support. For example, the research of Renner and Copps (2018) found that the people who received legal support services found that the measures adopted helped women to experience a decrease in mental health symptoms and an increase in well-being.

DISCUSION

The objective of the study was to determine the relationship between domestic violence and psychological well-being in adult women, in which a mean negative correlation ($r = -, 237^{**}$) was found between the variables. Likewise, 28.7% had low-level domestic violence and medium psychological well-being, this means that the less violence, the greater the psychological well-being, which confirms the hypothesis raised. Furthermore, this negative correlation agrees with Gaxiola and Gaxiola (2016). They analyzed psychological well-being and intimate partner violence, where they also found a negative correlation ($r = -.42^{**}$). This association assumes that exposure to violence is a risk to the psychological well-being and mental health of adults (Gil y Hernández, 2016).

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In relation to the psychological violence dimension and psychological well-being, a medium negative correlation was obtained ($r = -, 120^{*}$); where 33.3% of women registered a low level of psychological violence and a medium level of psychological well-being. Likewise, 60% of participants obtained low levels of psychological violence. García, et al. (2014) found as well a negative correlation between the dimension of humiliation and psychological well-being ($r = -0.31^{**}$). It should be noted that humiliation has to do with making criticisms, which reduces self-esteem. Similarly, Carranza (2018) found a negative correlation between psychological maturity and violence in the partner, indicating that the people who have better psychological and physical conditions are those who relate in the best way to the interpersonal level. Also, Naughtn et al. (2017), in Ireland, studied exposure to domestic violence and abuse, and they found a significant relationship between psychological domestic violence and psychological well-being. From what is described in previous lines, psychological violence does affect well-being, and also opens the door to other types of violence.

Regarding the sexual violence and psychological well-being dimension, a negative correlation was obtained ($r = -.190^{**}$); 35.3% also had a low level of sexual violence and a medium level of psychological well-being, and in general sexual violence was low (65%). In that direction, García, et al. (2014) registered a negative correlation in the dimension of sexual violence and psychological well-being ($r = -0.03$); which is similar to this study since both are negative. Also, Gil and Hernández (2016) found that women exposed to violence showed severe depression of somatic, anxiety, insomnia, and social dysfunction symptoms. Along these lines, Virhuez (2019), when studying sexual violence and resilience, found a moderate level (47.9%). Baltazar et al. (2020) demonstrated a low level (60.4%) which agrees with the following study. Given this, Naz and Malik (2018) conclude that both physical and sexual violence has devastating effects on psychological well-being, as consequences experience post-traumatic stress, depression, and anxiety that impact the mental and physical health of women, as well as many sexual and reproductive problems, substance use, such as alcohol, drugs, and tobacco.

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Regarding the levels of intrafamily violence, low (51%), medium (44%), and high (5%) levels were obtained. In this framework, Sarmiento (2018) reported 46.7% low level; 36.7% a moderate level, and; 16.7% a severe level, so there is some similarity in the three levels according to this research. On the other hand, Virhuez (2019) shows a high level (48.4%), a moderate level (36.9%), and a low level (14.7%). Because this study was developed in Carabayllo, which is a growing district and where there are high rates of poverty, unemployment, and interpersonal violence, high percentages of domestic violence are expected. On the other hand, Baltazar et al. (2020) obtained a record of 71.8% at the medium level, 20% at the moderate level, and 10% at the severe level. Here, levels of intrafamiliar violence are also evident, since it was a population of young university students from Junín where culture, beliefs, and social factors influence in a certain way so that violence is expressed. In the current work the university students (59,3%) and institute students (21,5%) of women possess higher education which according to the United Nations Organization for Women (2013), it is a protective factor against intrafamily violence. This can be explained because better-educated women can easily be economically independent and also can take better decisions. This means that when they face an act of violence, they can file a complaint and in the same way, face the aggressor, overcome adversity and move on with their life.

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Regarding the levels of psychological well-being, it is evidenced that 51.7% have a medium level, 29.3% have a low level, and 19% have a high level. In this framework, Quispe and Chinarro (2015), had 74% in medium level, high 22,5% and, low 3,5%. Here it is observed that the most prevalent well-being is the environment, as in this research, this can be explained because both studies have a similar population, which are people with higher education, which makes psychological well-being emerge since their projects of life are being realized which produces satisfaction. In that direction, Rivera (2018) registered a high level (75%), medium (19%), and low (6%), as well as, Quenta (2018) with a high level of 59.2%, an average level of 37.9% and low level of 3%. In general, psychological well-being in many research works (Renner & Copps, 2018; Gaxiola y Gaxiola (2016); Renner y Hartley (2018) shows a positive correlation with the variables of help or support. For example, the research of Renner and Copps (2018) found that the people who received legal support services found that the measures adopted helped women to experience a decrease in mental health symptoms and an increase in well-being.

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