The Impact of Domestic Violence on Women's Self-Attitude in Kazakhstan

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Abstract- The purpose of the article was to study the problems of domestic violence of women and its consequences in Kazakhstan. The analysis of the results of the study of self-attitude and self-esteem of women subjected to domestic violence. Revealed there is a correlation between the level of self-attitude of domestic violence victims and the non-differentiated I-concept. 140 women participated in the present study, 70 women are control group which not subjected to domestic violence and 70 women of them who have currently reported domestic violence in the Crisis Center "Umit" in Nur-Sultan in the period from November 2017 to October 2019. Quantitative research method was used in terms of survey model by implementing a psychological test "The self-attitude test questionnaire (SA)" that assesses self-relation, differentiated by self-esteem, self-sympathy, self-interest, and expectations of self-reliance of participants. Also, during the study was used personal questionnaire "Who am I?" a variant of non-standardized self-report, approaching the projective methods of personality research. Descriptive statistics were used to analyze the answers in terms of their levels of the participants' self-esteem and self-relation and further, since it was revealed according to the results reflect the difference in the two groups by the values obtained from these scales, the Student's t-test for independent groups was used [2] was used to reveal whether there is any correlation between the components of the scale. The obtained results can be used to interventions and training of family for counselors in order to promote women's self-esteem and self-relation.

Keywords- Women, Domestic Violence, Self-Esteem, Self-Attitude, Self-Perception of Personality.

1. Introduction

Domestic violence is a complex socio-psychological and legal problem. It has attracted in recent years the increased attention of psychologists, lawyers, sociologists, economists and other representatives of social knowledge. According to the 2013 National Demographic and Health Survey (NBHS), "Domestic violence is a confrontation between family or household members that typically involves physical harm, sexual assault, or fear of physical harm. Family or household members include spouses, former spouses [1], those in (or formerly in) a dating relationship, adults related by blood or marriage, and those who have a biological or legal parent-child relationship. Domestic violence can include physical and sexual abuse, emotional abuse, economic abuse, coercion and threats, intimidation, isolation, jealousy, and blame." Violence against women in the family includes: domestic assault, marital rape, feticide, child marriage, female genital mutilation and sex- selective abortion (United Nation, 2014).

Platonova (2004) defines that- domestic violence is a system of behavior that aims to achieve power and control in family relationships. V. B. Shakin (2001) states that domestic violence is a repetitive cycle with increasing frequency: physical, sexual, verbal, emotional and economic abuse for the purpose of control, intimidation, instilling a sense of fear [3]. In a chronic situation of domestic violence, one person tries to control the behavior and feelings of another, resulting in the abused person may suffer psychological, social, physical, economic, sexual harm, damage or trauma.

P. Dale (1997) believes that the basis of any form of family violence, including sexual violence, is emotional violence (deprivation, rejection), which he calls "particularly insidious", [4] " causing significant damage to the development of the individual. According to G. Alimbekova (2009) "Physical violence in the family against a woman is not isolated, but mass-6.5% of women who are married are subjected to it once a month and more often. In his research Alimbekova confirmed that the hypothesis of laid outside the equality of men and women the basis of violence. Violence against women is more widespread in Kazakh families, where men are more likely to dominate the family. Living in rural areas increases the likelihood of family violence. Obviously, this is also due to the traditional distribution of roles between a man and a woman. One of the circumstances accompanying violence are the facts of restriction of the choice of the place of work of the wife imposed by the husband's self-defense [5].

According to aggressive actions of men against their wives and children are more common where the educational, socio-economic status of the husband is lower than that of the spouse (Galanti, 2003). In typical cases of family murders, the economic, material and official decline of the head of the family – the murderer, who is overly concerned with proving that he is really the

head of the family, is stated and proves this" fact " by aggressive actions (Berkovits L, 2001).

The head of state (K.Tokayev, 2019) in his message to the people of Kazakhstan stated the need for strict supervision of measures of domestic violence against women [6].

According to the Prosecutor General's office of the Republic of Kazakhstan, statistics on violence against women have increased in Kazakhstan. In 2016, the number of criminal offenses in the family was 2.8%, in 2017-4.7%. Compared to 2015, the number of crimes against women and children increased by 90% (Abdykadirova). On June 24, 2019, based on the data of the Ministry of internal Affairs and the Prosecutor General's office of the deputies of the Parliament, in Kazakhstan compared to 2015, in 2018, the statistics of violence against women and children increased by 90%, and the number of domestic violence-by almost 104%. According to the UN women Foundation, cited by the media, about 400 women die every year in Kazakhstan as a result of domestic violence (UN, 2009)

2. Self-esteem

Self-assessment of awareness of the personality of himself, his actions, motives and goals of his behavior, attitude to others, to other people, to himself [7]. L. S. Vygotsky (2005) considers self-esteem as a component of personality self-consciousness in the concept of activity and communication: "All processes of self-consciousness are mediated, as they develop in human activity and his communication with other people."

According to most authors Zakharov (1989), Stolin (1983), Berne (1986) and others, the effective nature of self - esteem is manifested in the unity of its two components-cognitive and emotional.

N. N. klimentyeva (2012) argues that the Self image is the most important structural component of personality and is a product of the process of self-consciousness of two interrelated components: cognitive and emotional-evaluative. The Self image is conditioned by those activities and social relations in which the personality is included [8].

V. M. Zlobin (2005) stated that the image of I is the installation component identity, which is a result of dynamic processes of self-knowledge, self-esteem, of self-evaluation and implementation of actions, based on perception of expected ratios of significant others .

So looking at the theoretical approaches to the concept of "image I", it should be noted that the image I is a generalized subjective view of self-knowledge and self-attitude in his relations with others and other personal views.

3. Research related to self- esteem of women subjected to domestic violence

Domestic violence has a negative impact on the self-attitude and self-esteem of the victim which lead to irreversible changes in personality affecting physiology, behavior problems, as well as to a decrease in appetite and inability to focus and distortion of perception of reality. Fear, high level of anxiety, social incompetence, constant

memory of violent events significantly reduces the self-esteem of women victims of violence.

Mohamed (2003) stated involvement of being in an injurious relationship may be a complicated process that's related with changes within the self. It illustrates the significance of endogenous variables in keeping up injurious connections. The women low self-esteem allows the abuser to continue domestic violence. A woman who recognizes herself as nothing but trouble will not only accept the violence towards her, but will participate in abuse actively [9].

The Shevchenko (2012) study confirmed the hypothesis that women with low levels of education and low self-esteem are more likely to become a victim of domestic violence. Factors that reduce the risk of violence are the environment of mutual understanding and support in the family, which contributes to non-violent conflict resolution, increasing the level of education and self-education of women.

De Beer (2001) stated that the low self-esteem allows the offender to abuse her more because, deep down, the victim believes she deserves it.

The role of self-esteem is crucial for life satisfaction as well as for healthy personality development and deals with survival. Negative impact on a person's self-esteem has violence and it also leads to mistrust of the victim to others. (Branden 2001).

As stated by Hendrix (2004), self-rejection measure in such situations is the degree to which a partner (the woman) will not demand respectful attitude towards her. It was also revealed that the longer woman stays in an unhealthy relationship, the lower her self-esteem. The self-doubt about making it on their own also has contribution to the women's decisions to stay with abuser (Okrun, 1996). Yet, majority of healthcare practitioners have insufficient training to deliver the help that is necessary for the sufferer [10]. (Akyuz et al. 2012; Sahin et al. 2010;). Despite the fact that domestic violence serious problems in Kazakhstan, studies in this area are still lacking.

Aims of the study

The purpose of the study is to determine the attitude and self-esteem of women subjected to violence In line with these objectives the following research tasks are examined:

1. The study of the self-attitude of women victims of domestic violence as an aspect of conscious self-assessment.
2. Formation of "I-concept" of women-victims of violence depending on the features of self-attitude.
3. to analyze the relationship between the self-attitude and I-concept of women.

Method
Setting and participants

The crisis center "Umit" was opened in 2013 on the basis of the Resolution of the Goverment in Nur-Sultan. The work of the Crisis Center is carried out in accordance with the "Standards of social services for victims of domestic

violence" of December 21, 2016, No. 1079. The Crisis Center accepts victims of domestic violence from the age of 18-58 years, including their minor children who have been subjected to ill-treatment, who have applied both on their own initiative and by the direction of the education, health care and internal affairs agencies. Terms of stay in the Center are from 1-6 months by decision of the Commission at the Office of Employment and Social Protection of the city of Nur-Sultan [11].

The distribution of participants according to their social-demographic characteristics

Women victims of domestic violence are aged 18 to 58 years. The average age of this group is 35.0 years. In addition, according to the analysis, the number of unmarried service recipients is 42.5%, the number of unmarried civilians is 38.75%, the number of divorced persons is 12.5%, the number of unmarried persons is 6.25%. 91.25% (63 people out of 70) service recipients indicated that they had become a victim of physical violence, 80% (54 people out of 70) were victims of economic violence, 92.5% (64 people out of 70) were victims of psychological violence, 12.5 % (12 out of 70 people) are victims of sexual violence. Only 13 % of women are employed, whereas 87% are unemployed. Victims do not use drug, 20% of women drink alcohol seldom. Mostly women living in the Center do not have a permanent job. In most cases, marriages are not officially registered [12].

Data Collection Tools

For the implementation of the objectives of the study were used personal questionnaire of self-attitude research (SA) which developed in 1989 by S. R. Pantileev. It is used in such practical areas of psychology as counseling, psychotherapy, as well as individual and group correction, as they are most closely related to the impact on the self-esteem of the client or patient.

The method consists of 110 statements that correspond to 9 scales of the questionnaire. Two variants of answers are used — "I agree" and "I do not agree".

SA personal questionairre was standardized on a sample of 260 subjects[3]. There are data[3] on satisfactory retest reliability (restest interval 7-10 days, coefficients from 0.57 to 0.90 on separate scales).

The Twenty Statements Test (TST) is an instrument used to measure self concept. It was devised in 1954 by Manfred Kuhn & Thomas McPartland, with the aim of finding a standardized way to measure assumptions and self-attitudes. The test takes the form of a survey, with respondents asked to give up to twenty responses to the prompts, "Who am I?" or "I am..." it is not mandatory that respondents give twenty answers [13].

Kuhn (1960) has stated that responses to the twenty statements test should be grouped into five categories: social groups and classifications; ideological beliefs; interests; ambitions; and self-evaluations.

Data analysis

Since the primary objective of the present study was to explore the self-attitude of subjected women descriptive statistics were used. Further, since it was revealed according to the results reflect the difference in the two groups by the values obtained from these dimensions, the Student's t-test for independent groups was used.

Results

The personal questionnaire of self-attitude was used for women who have been victims of domestic violence and the statistics of the results are given below (Table 1).

As shown in the table 1 the women who have experienced domestic violence are on the 1st dimension introverted and the 9th dimension is at a high level, and the second is self-confidence at a low level.

The dimension of **"Introversion"** is high, therefore, women who have been subjected to domestic violence, characterized by pronounced protective behavior, corresponds to generally accepted norms for behavior and relationships with the outside world. Women avoid open communication with themselves. The reason for this may be a lack of reflective skills, superficial attitude to yourself or not wanting to open up to others, not to hide the presence of personal problems.

The "**self-confidence**" dimension is low. That is, women who have been abused by their families are dissatisfied with their abilities and doubt their abilities. They do not believe in their problem-solving skills, disbelieve in their ability to overcome difficulties and obstacles, question the ability to achieve the goal. Avoid contact with people, concerned with their problems, feel the inner tension.

The dimension of **"self-government"** has an average value. Women who are victims of domestic violence are associated with the degree of adaptation of "me" to the situation. In a familiar and expected everyday situations that can change, women can adapt and control themselves [14]. And in new cases for them, the regulatory capabilities of the" I " weaken, and the adaptation of the environment to the consequences becomes stronger. This is evident from the fact that when husbands scream in the family, make noise women tolerate with their partners' attitude.

The dimension of **"Reflected self-attitude"** is equal to the average value. Women suffering from domestic violence are characterized by a selective attitude of the environment towards themself. Women who are victims of domestic violence usually choose the attitude of the environment towards it. From the point of view of women, the positive attitude of the environment towards them is reflected only in their specific qualities, behavior; and other personal views can cause adverse consequences and irritation.

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Table 1. The Results of the Descriptive Statistics of experimental group

	N	Minimum	Maximum	Average	Std. deviation
Introverted	70	5,00	10,00	8	High value
Self confidence	70	2,00	5,00	3	Low value
Self-government	70	3,00	7,00	5	Medium value
Reflected self	70	3,00	8,00	6	Medium value
Self worth	70	4,00	6,00	3	Low value
Self-acceptance	70	3,00	7,00	5	Medium value
Self attachment	70	4,00	8,00	8	High value
Internal conflict	70	3,00	9,00	6	Medium value
Self-incrimination	70	4,00	10,00	8	High value

The **"self-Worth"** scale is low. Women victims do not value their spiritual "mine", doubt the uniqueness of their personality. Self-distrust weakens the ability to resist the effects of the environment. Low self-esteem of women leads to the fact that the she perceives the physical and psychological violence exerted on her as a "normal state". Unable to defend herself. Over sensitivity to condemnation or criticism of social environment has led women to become touchy and vulnerable, who don't believe in their independence.

The dimension of **"self-Acceptance"** is average. Women are characterized by having selective self-concept. They do not accept all their strengths, do not criticize all their shortcomings.

The dimension of **"Self-attachment"** is high. Women who are victims of domestic violence reflect the high rigidity of the "I-concept", that is, they do not want to change their qualities, requirements to themselves, and most importantly, how they see and appreciate themselves. The realization of opportunities for self-development and self-improvement prevents a low level of self-esteem. Personal development is hampered by a high level of personal anxiety, perception of the surrounding world as a threat to self-esteem [15].

The dimension **"internal conflict"** is equal to the average value. That is, the attitude of women to themselves, depends on the degree of adaptation to the situation. In familiar and predictive situations, there is a positive background attitude, women recognize their advantages and appreciate their achievements. Unpredicted difficulties that create additional obstacles increase the underestimation of their achievements. These are the thoughts of women in rehab-opinions can be clearly traced. In other words, sometimes these women think that their husbands still stalk them outside the rehab center and can cause danger. They think of returning to their husbands, supposing that there will be some positive changes [16].

The dimension of **"Self-incrimination"** is high. Women who are victims of domestic violence believe in their guilt of all the failures and obstacles in their lives [17]. They are looking for all the weaknesses in themselves. Problems in the family, conflicts, strengthening of psychological protection, including revenge for self-defense in the form of reprimand, accusation or relief of suffering.

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Table 2 The Results of the Descriptive Statistics of control group

	N	Minimum	Maximum	Average	Std. deviation
Introverted	70	3,00	10,00	5	Medium value
Self confidence	70	4,00	9,00	6	Medium value
Self-government	70	3,00	9,00	5	Medium value
Reflected self	70	5,00	10,00	8	High value
Self worth	70	4,00	10,00	6	Medium value
Self-acceptance	70	3,00	9,00	8	High value
Self attachment	70	1,00	8,00	5	Medium value
Internal conflict	70	1,00	7,00	3	Low value
Self-incrimination	70	1,00	6,00	3	Low value

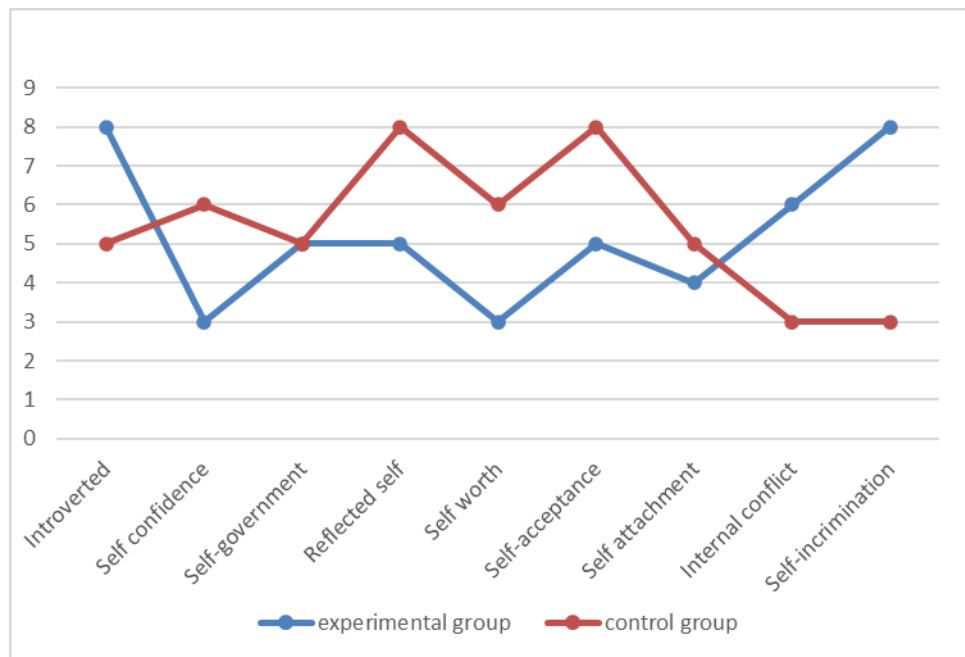Corresponding author at: Zhanna Kalmatayeva, Abai Kazakh National Pedagogical University, Kazakhstan

Fig1. The graphic illustrates the difference between the self-attitude of women victims of domestic violence and women in a normal family towards themselves.

As you can see in the picture, the most obvious difference in the two groups is the dimension **1** "Introversion"**, 4** dimension "Reflected self-attitude"**, 6** – dimension of "self-Acceptance" and **9**-dimension of "Self-incrimination" [18]**.**

Now, to reflect the difference in the two groups by the values obtained from these dimensions, the Student's t-test for independent groups was used. On the introversion dimension, T=4,274, 1,994 (P ≤0.05), 2,648 (P ≤0.01), therefore, women who are victims of domestic violence are more withdrawn than women in a normal family. "Reflected self-attitude" of the next 4th scale T=2.363 there is a difference between the two groups, but not at a significant enough level. The scale 6 of self-acceptance t=2,086show that the difference between the two groups is not enough [19]. And the 9th scale on self-incrimination T=3,589. therefore, illustrate that there is a sufficient difference between the two groups. That is, women who are victims of violence do not have confidence in themselves than women in a normal family, tend to blame themselves.

The results obtained were analyzed with the results from the The Twenty Statements Test "TST". Women's self-esteem as a measure of domestic violence was the following in the analysis.
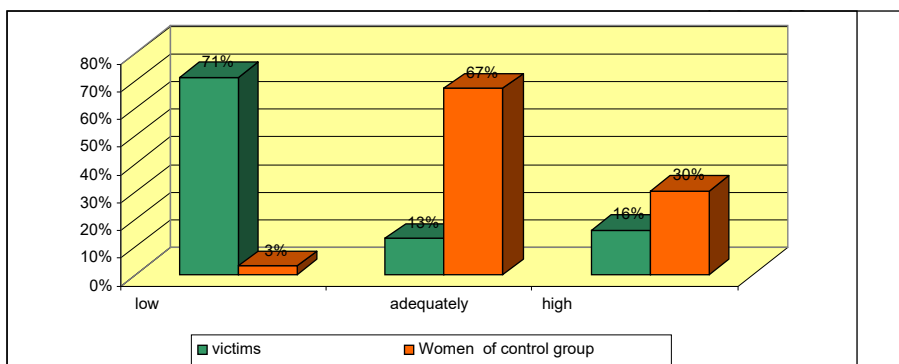
The results of the "Self-esteem" parameter can be found in Figure 2.

In the experimental group, inadequate self-esteem is 71% higher than in the control group [20]. It can be seen from the answers given by the respondents: I am unhappy, I can not be happy, I am afraid I can not correctly discipline my children, I'm scared, I do not talk to people, I want to change my character, I want to change myself, I made a mistake, and so on [23].

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the differentiated I-Concept of Victim women were 82% of the respondents compared to the control group. That is, women who are victims of domestic violence cannot distinguish their I-concept from others. An example of this is the answer of one respondent. She gave answer only about her children; how she is happy about them and that she dedicates her live to them, and lives   for them [21]. Respondents do not describe their own personal qualities, and show uncertainty, anxiety, isolation.

4. Results by the uniqueness parameter:

In the experimental group there is a "social-me" image is high, ie I am a mother of four children, I am a person, I am a woman and so on. "Communicative-Me" have only negative characteristics: I can not communicate, stand alone, can not handle myself, and so on. Characteristics of "physical-me" are very low, which may be due to the lack of attention or neglect of victims of physical state. Characteristics of "Material-Me" have not been mentioned by women who have experienced violence. Because most women suffer from material problems.

 "Active Me" respondents did not give any responses to their favorite affair or interest [22]. We can see that in everyday life, women who have been abused by domestic violence have not allowed them to engage in hobby or interest.
Women who reflected on "reflective-me" were more likely to have negative self-attitudes than positive personal qualities. However, women who describe their personal qualities were few.

 Women who reflected on "Perspective-Me" primarily mentioned that they want to change their lives and that they live for their children [24]. As for the control group, they are reflective-Me, active Me, and perspective-Me are high. Summing up, women victims of domestic violence are characterized by having low self-esteem, pronounced defensive behavior, lack of reflection skills, having negative self-identification, low personalized differentiation, not being able to resist casual difficulties. As a result of these qualities, women who are not mature in their I-Concept have low self-esteem [25].

It is characteristic of adequate self-esteem for women of the control group. Their self-esteem is positive, they believe in their power, ability, energy, capability, and ability to control their lives. Their I-concept is formed reasonably [26]. In addition, our study suggests that there is a link between self-sufficiency of women who have been victims of domestic violence and the unbalanced I-concept. Finally, it can be said that the problem of domestic violence for the Republic of Kazakhstan is latent, as in other countries [27]. The mentality of the Kazakh people does not allow for the occurrence of family situations, especially family conflicts, as well as social stereotypes in the society, to tell relatives and friends of women who have been subjected to domestic violence. Such socio-cultural peculiarities weaken the fact that women who have been victims of domestic violence are more likely to overcome the difficult situation.

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