

# A Comparative Study of The Socio-Psychological Adaptation Characteristics of Adolescents Depending on The Type of Experienced Violence

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**Abstract:** This article presents the results of an empirical study of the characteristics of socio-psychological adaptation of adolescents based on the types of violence they experience. An analysis of the results is conducted, and conclusions are presented.

**Keywords:** Socio-psychological adaptation, adolescents, emotional disorders.

**Introduction:** The family is a key subject of study in a variety of socio-psychological disciplines that examine problems arising within the family unit. As a closed system, the family acts as a core institution within society. Domestic violence, however, has only recently begun to receive widespread academic attention. According to WHO studies conducted between 2000 and 2018, 27% of women globally experience physical or sexual violence by an intimate partner. [1]. This issue is particularly relevant in Uzbekistan as well. According to 2021 data, law enforcement agencies received 39,343 reports of violence against women, of which 34,330 cases—or 87%—occurred within the family. [2]. Violence is a multifaceted phenomenon that tends to occur at different stages of a person's life. Depending on the criteria, it can take various forms and types.

According to numerous studies, violence is conditioned not only by innate natural aggression—a fundamental survival mechanism in human evolution—but is also influenced by a wide range of additional factors. Research on violence remains insufficient in scale, and further development in this field is necessary. In this article, the concept of domestic violence is considered in its physical manifestation. Violence is defined as a fully conscious act in which the aggressor actively seeks justification for their behavior. [3]. According to L. Berkowitz, it is a form of aggressive behavior and use of force intended to cause harm—ranging from verbal

insults and threats to physical assault and rape. [4]. It is worth noting that L. Walker was the first in her research to emphasize that for a family quarrel to be classified as domestic violence, it must occur at least twice. [5].

Violence is not only an act through which a person is forced to carry out the will of the abuser, but also a form of control over the individual, their thoughts, desires, and will.

In the global community, violence against women is typically categorized into economic, psychological, physical, and sexual violence.

Physical violence, in addition to beatings, can manifest in pinches, slaps, pushes, and so on. As for psychological violence, it may not cause harm to the woman's physical condition, but it inflicts much more significant damage to her psyche, potentially leading to more severe consequences than other forms of violence. Sole control over financial resources and restricting a partner's ability to make necessary expenditures is an example of economic violence. [6].

Children who witness domestic violence acquire psychological trauma, which in turn leads to emotional disturbances. These disturbances may not only manifest immediately after the incident but can also appear after a long period. Children, being constant observers of physical abuse and psychological pressure from a parent, live in chronic tension, anticipating the

next act of violence, and experience indirect violence themselves. Even if they do not directly witness the acts of domestic tyranny, they hear a lot and also sense the psychological tension of their mother, which ultimately leads to a state of chronic post-traumatic stress disorder (PTSD). Each category of children experiences PTSD and reacts differently depending on their age. In the future, these children have a high likelihood of repeating the path of their father or mother – developing a tendency toward victimization or becoming perpetrators of violence themselves. [7]

In addition to the victim of tyranny herself – the woman, children are often involved in the situation of violence, either as direct victims of abuse or as witnesses. As recent studies in the field show, there is a correlational relationship between the manifestation of violence against women and violence against children. [8] As a rule, aggressors do not limit themselves to physically abusing only their intimate partner; in such families, the child experiences a “double burden” of violence, which further exacerbates their psycho-emotional state — the so-called mixed violence.

The emotional disturbances acquired by children living in such conditions manifest across all areas of their lives, thereby shaping their further development.

Adolescence is one of the most challenging stages in personality formation due to its multitasking nature and physiological volatility, which make the psychological impact of violence during this period even more profound.

Within the framework of our study, the main objective was defined as the examination of the distinctive features of socio-psychological adaptation in adolescents, depending on the type of violence they experience — direct, indirect, or mixed. Categorizing the participants by the type of violence allows us to explore the nature of violence as a psychological factor influencing the extent of emotional disturbances.

To achieve this, a study was conducted in the cities of Tashkent, Bukhara, and Samarkand among students in grades 6–7 and 9–11 from schools No. 78, No. 160, No. 33, and No. 10, aimed at identifying the presence of violence in their families. Out of 1,732 students, 405 confirmed the existence of such experiences.

**Methodological tools:** an original questionnaire, an

interview for diagnosing violence (Volkova E.N., 2008), the "Animal Family" projective technique, and the Raymond-Rogers method “Determining Socio-Psychological Adaptation” adapted by A.K. Osnitsky.

The direct and indirect questions included in the original questionnaire help uncover the nature of the relationships between students’ parents, which can contribute to identifying indirect violence within the adolescent’s family. To ensure the accuracy of the results, students were informed of the anonymity of the questionnaire; however, the answer sheets were numbered, allowing for later identification of respondents.

The responses in Volkova E.N.’s questionnaire help detect the presence of violence directed specifically at the child, which may also be expressed in physical form. The use of veiled, third-person response options contributes to the transparency and reliability of the answers.

The “Animal Family” projective technique helps reveal the characteristics of family relationships as subjectively perceived by the adolescent. Conducting a qualitative analysis makes it possible to obtain additional insights into the child’s family situation and emotional state, which will subsequently serve as the foundation for a psychocorrectional program.

“Determining Socio-Psychological Adaptation”, adapted by A.K. Osnitsky, utilizes a questionnaire developed by Osnitsky himself. This questionnaire includes several scales that assess: adaptability–maladaptability, acceptance–rejection of self and others, emotional comfort–discomfort, internal vs. external locus of control, dominance–submissiveness, and problem avoidance.

We then categorized our participants according to the type of violence they had experienced. The findings revealed that 128 adolescents were subjected to mixed violence, 153 experienced direct violence, and 124 were witnesses to physical violence between their parents. For comparison, we also included results from 109 adolescents from well-functioning families.

As a result of the data analysis, we obtained the following findings:

### Analysis of Differences by Type of Violence According to the Method by C. Rogers and R. Diamond “Socio-Psychological Adaptation” (Adapted by K. Osnitsky) (N = 514)

Parameters	Mean ranks		
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	Mixed Violence (N = 128)	Direct Violence (N = 153)	Indirect Violence (N = 124)	No Violence (N = 109)	H (Kruskal- Wallis Test)	p (Significance Level)
• <b>Adaptability</b>	340,68	250,01	309,12	111,61	60,723	0,000**
• <b>Maladaptability</b>	276,21	199,31	301,08	267,62	36,713	0,000**
• <b>Self-Acceptance</b>	246,81	271,02	202,79	303,44	30,945	0,000**
• <b>Self-Rejection</b>	341,02	291,10	316,92	263,75	34,190	0,000**
• <b>Acceptance of Others</b>	149,94	265,93	228,43	367,18	32,305	0,000**
• <b>Rejection of Others</b>	342,89	307,48	211,44	139,46	40,806	0,000**
• <b>Emotional Comfort</b>	249,66	287,93	224,37	261,69	13,145	0,004**
• <b>Emotional Discomfort</b>	326,85	194,00	238,37	286,96	62,632	0,000**
• <b>Internal Control</b>	297,50	288,04	250,06	176,12	49,003	0,000**
• <b>External Control</b>	147,85	279,78	310,23	295,01	95,977	0,000**
• <b>Dominance</b>	265,12	270,75	298,26	183,59	37,907	0,000**
• <b>Submissiveness</b>	139,06	237,15	365,10	310,29	57,264	0,000**
• <b>Deceitfulness</b>	351,18	275,27	233,21	180,02	84,114	0,000**
• <b>Escapism</b>	293,13	235,57	243,22	262,69	12,019	0,007**

\* -  $p < 0,05$ ; \*\* -  $p < 0,01$

It can be stated that the specific features of social adaptation in adolescents with emotional disorders are manifested primarily in their interpersonal relationships and in their ability to regulate emotions. When comparing differences across types of violence, statistically significant distinctions were observed.

In the "Adaptability" scale, the highest scores were found among adolescents who experienced mixed violence. This can be explained by the fact that enduring direct physical abuse in combination with witnessing parental acts of violence fosters a certain psychological resistance. As a result, repeated exposure to violence does not elicit a strong emotional response, which may be viewed as a consequence of prior traumatic experiences ( $H = 60.723$ ;  $p < 0.01$ ).

In contrast, individuals subjected to indirect violence displayed higher levels of maladaptability. This indicates that being forced to live in an environment characterized by despotism toward their mother undermines a child's ability to accept and adapt to their circumstances. The prevailing sense of hopelessness, typical for children in such environments, significantly hinders their adaptive capacity ( $H = 36.173$ ;  $p < 0.01$ ). [9]

On the Self-Acceptance scale, higher scores were observed in adolescents living in well-functioning families. A positive psychological climate within the family is crucial for the formation of an adequate self-esteem and self-relationship ( $H = 30.945$ ;  $p < 0.01$ ).

Children subjected to mixed violence scored higher on

the Self-Rejection scale, confirming that living in an abusive environment leads to a negative self-perception and the emergence of feelings of guilt and self-blame for the events occurring. [10] ( $H = 34.19$ ;  $p < 0.01$ ). High scores on the Internal Control scale further support this phenomenon—under the influence of self-blaming attitudes, an internal approach to events is formed ( $H = 49.003$ ;  $p < 0.01$ ).

The high score on the Acceptance of Others scale among respondents from well-functioning families also confirms that emotional intelligence is influenced by the family environment ( $H = 32.305$ ;  $p < 0.01$ ). The satisfaction of the basic need for safety, which is inherent in every individual, is one of the stages of personality development. [11]. Self-Acceptance is one of the signs of a healthy development process. In contrast, adolescents who became victims of mixed violence scored higher on the Intolerance of Others scale. This result can be explained by the fact that, despite their ability to adapt to external conditions, an internal dislike of others manifests at a personal level. Although outwardly they may maintain good relationships with others and adapt to the external world, many tend to perceive themselves as isolated within society, preferring protective mechanisms of rejection. This is also explained by their experience of violence ( $H = 40.806$ ;  $p < 0.01$ ).

On the Emotional Comfort scale, children who experienced direct violence scored higher than others, indicating a strong desire for emotional well-being. However, this need is not satisfied in the home

environment, but rather in the school setting, among peers. Since children from violent families tend to have higher adaptive abilities, their presence among peers allows them to feel more comfortable ( $H = 13.145$ ;  $p < 0.01$ ).

In the Emotional Discomfort scale, high scores were found in children who were victims of mixed violence. Due to the "double" pressure, these children exhibit a more pronounced emotional strain, leading to significant emotional discomfort and a strong desire to avoid any form of violence ( $H = 62.632$ ;  $p < 0.01$ ).

In the External Control scale, children who were victims of indirect violence scored higher than their peers, indicating a tendency to blame external circumstances for their problems and avoid responsibility ( $H = 95.977$ ;  $p < 0.01$ ). It is well known that in families with violence, one of the parents often uses the child as a tool for manipulation, attempting to influence the partner. This leads to the child's inability to objectively assess the situation and distinguish true cause-and-effect relationships.

[12]. The inability to recognize one's own flaws and mistakes can lead to the degradation of the individual, as it is the objective perception of one's actions that can ensure the emotional well-being of the adolescent in the future.

On the Dominance and Submissiveness scales, the highest scores were found in children who were victims of indirect violence, which indicates the formation of identity with the parent ( $H = 37.907$ ;  $p < 0.01$ ) and ( $H = 57.264$ ;  $p < 0.01$ ). Children unconsciously copy the adaptation strategy to circumstances based on what they have seen in their family.

The prevalence of scores on the Lying scale was observed in children living in families with mixed violence. This result allows us to conclude that the constant fear experienced by victimized children leads to providing socially desirable responses ( $H = 84.114$ ;  $p < 0.01$ ). On the Escapism scale, they also show a high level, which supports the notion that living in unsafe conditions predisposes children to avoid possible problems by any means ( $H = 12.019$ ;  $p < 0.01$ ).

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