



Psychological Dating Violence And Its Effect On Mental Health Among Nursing Students.

Ms.Parul^{1*}, Ms.Ritika Tandon², Ms. Ashma Sharma³, Ms. Chaitali Shankar⁴

^{1*}(PG Tutor), Department Of Mental Health Nursing, Faculty Of Nursing, SGT University, Haryana

²(PG Tutor), Department Of Mental Health Nursing, Faculty Of Nursing, SGT University, Haryana

³Assistant Professor, Batra College Of Nursing, Delhi

⁴Tutor (Salokya College Of Nursing), Delhi

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ABSTRACT

Introduction: Psychological abuse encompasses the systematic and intentional utilization of various verbal and non-physical tactics aimed at exerting control, inflicting harm, weakening, or instilling fear in an individual's mental and emotional state.

Objectives: The study aimed to identify the level of psychological dating violence among selected nursing students, SGT University, Gurugram, Haryana, to determine the effect of psychological dating violence on mental health among selected nursing students and to seek the relationship between the level of psychological dating violence and its effect on mental health in terms of depression among selected nursing students.

Methodology: The quantitative research approach was adopted for the study with a descriptive cross-sectional research design and total enumeration sampling technique. The sample of the present study comprised of 136 nursing students studying in B.Sc and GNM first year, in a selected college of nursing, SGT University. The data was collected through Structured psychological dating violence scale and Beck's Depression inventory. Descriptive and inferential statistics were used to analyse the data.

Results: The study findings revealed that the majority of the nursing students i.e., 100(73.5%) were having mild violence, 32(23.5%) were having no psychological dating violence, More than half of the subjects i.e., (72.1%) were having minimal depression and 16 (11.8%) were having severe level of depression and there was a moderate positive and statistically significant relationship ($r=0.566$, $p<0.001$) between psychological dating violence and depression among nursing students.

Conclusion: It important to Strengthen guidance and counselling departments in educational institutions, which necessary to facilitate proper referrals and the early identification of psychological problems in adolescents and college students.

Keywords: Psychological dating violence, depression

Introduction

Dating violence, also known as dating abuse, is when at least one unmarried couple member threatens or uses violence against the other during a dating or courtship. It can also occur when a partner makes abusive or violent attempts to dominate or maintain dominance over the other.¹

Psychological abuse encompasses the systematic and intentional utilization of various verbal and non-physical tactics aimed at exerting control, inflicting harm, weakening, or instilling fear in an individual's mental and emotional state. Additionally, it involves distorting, confusing, or manipulating a person's thoughts and behaviors in their everyday existence, ultimately leading to a profound impact on their sense of self and overall wellbeing. Coercion, insulting others, verbal abuse, and harassment as well as social exclusion, intimidation, control, stalking, insults and humiliation are some examples of psychological violence, , are examples of psychological violence².

According to the National Survey of Teen Relationships and Intimate abuse, within a year of their relationships, 18% of teens reported experiencing physical abuse, 60% psychological violence, and 18% sexual violence. Since technology has advanced, teen dating violence is no longer just physical or mental abuse; instead, teens are

increasingly at risk of becoming the targets of cyber stalking because of unsolicited interactions through their email and social media accounts. On other hand according to National Domestic Violence Hotline presents the statistics where 35 per cent of minor girls are the victim of rape by their own partner. Around 57 per cent of nursing students have faced physical or mental abuse by their partners whereas 1 out of 3 experienced cyber abuse through their social media dating partners³.

The National Institute of Justice reports that 26.3% of youths who are dating have experienced cyber abuse, compared to 29.69% who have experienced physical abuse, 48.21% who have experienced psychological dating abuse, and 13.9% who have experienced sexual coercion by their own partner.³

In India, young people are first reluctant to discuss their dating relationships, second, they are unaware of psychological dating violence, and third, they hold themselves responsible for the physical, verbal, or emotional abuse, sexual assault, and cyber bullying committed by their dating partners. Numerous studies have revealed that even after a relationship ends, one person continues to stalk or torment the other by invading their privacy or sending them unending text messages, emails, etc.

The youth population accepts psychological dating violence as a normal component of relationship dynamics since they are not aware of it. Youth will learn about psychological dating violence through this study since the researcher will ask questions about it, which will eventually make the youth population more aware of it. Educating them on mental health difficulties that could arise as a result of psychological dating violence in today's society would also be beneficial. These concerns could ultimately have a negative impact on a person's personal, social, and professional lives.

The psychological dating violence is increasing day by day and this field has not much research related to mental health issues. To make people aware of mental health and prevent them from mental disorders like anxiety and depression. This study will make a big contribution in mental health nursing. Additionally, since youth represent the next generation and, therefore, the future of the nation, educating them about psychological dating violence and its preventive measures may help them avoid acquiring current or future mental problems.

Objectives

- To identify the level of psychological dating violence among selected nursing students, SGT University, Gurugram, Haryana
- To determine the effect of psychological dating violence on mental health among selected nursing students, SGT University, Gurugram, Haryana.
- To seek the relationship between the level of psychological dating violence and its effect on mental health in terms of depression among selected nursing students, SGT University, Gurugram, Haryana.

Methodology

The researcher adopted the quantitative research approach for the study. Descriptive cross-sectional study was adopted with non probability total enumeration sampling technique. The setting of the study was faculty of nursing, SGT University, Gurugram, Haryana. The present study's sample included 136 nursing students. The tool used in this study was organized into 3 sections. Section A included the Demographic profile of nursing students. Section-B includes the Structured psychological dating scale. It consists of 25 items that assess level of psychological dating violence. Section-C includes Beck depression inventory, that sought to gather information regarding dating violence effect on mental health in terms of depression nursing students. The tool is comprised of 21 questions. For this study, The reliability of the scale for measuring the psychological dating violence was calculated using the Cronbach's Alpha formula. Reliability was found to be 0.93. The tool was found to be reliable for the study. Beck Depression Inventory reported a coefficient alpha rating 0.92. test and retest reliability of $r = 0.93$. Descriptive and inferential statistics was used.

Ethical considerations: In this study, A research study approval letter was obtained from the authority of Faculty of nursing), SGT university, Gurugram, Haryana. Following that, each participant signed an informed consent form. A commitment to confidentiality was made to study participants. Data was collected between 20/06/2023 and 30/06/2023.

Results

The data presented in Table -1 shows the frequency and percentage distribution of demographic profile of the subjects. With regard to I have dated in past, most of the nursing students 82(60.3%) were not dated in past and 54 (39.7%) were dated in past. Most of the nursing students 89(65.4%) were not dating presently and 47 (34.6%) were dating presently. With regard to gender, most of the nursing students 86(63.2%) were female, and 49 (36%) were male and only 1(0.7%) were prefer not to say. For course of study, most of the nursing students 80(58.8%) were studying in GNM, and 56 (41.2%) were studying in B.Sc Nursing. With regard to religion, most of the nursing students 119(87.5%) were belongs to Hinduism and 12 (8.8%) were belongs to Muslim, only 2 (1.5%) were belongs to Sikh and Christian, only 1(0.7%) belongs to other type of religion. More

than half of the nursing students 90(66.2%) were belongs to nuclear family and 46 (33.8%) were belongs to joint family.

Table- 1 Frequency and percentage distribution of nursing students by their demographic profile n=136

S.NO	SAMPLE CHARACTERSTICES	OPTIONS	FREQUENCY(f)	PERCENTAGE (%)
1.	I have dated in the past.	No	82	60.3%
		Yes	54	39.7%
2.	I have been dating presently	No	89	65.4%
		Yes	47	34.6%
3.	Gender	Male	49	36.0%
		Female	86	63.2%
		Prefer not to say	1	0.7%
4.	Course of study.	GNM	80	58.8%
		B.Sc.Nursing	56	41.2%
5.	Religion	Hindu	119	87.5%
		Muslim	12	8.8%
		Sikh	2	1.5%
		Christian	2	1.5%
		Others	1	0.7%
6.	Type of family	Nuclear	90	66.2%
		Joint	46	33.8%
		Extended	0	0.0%

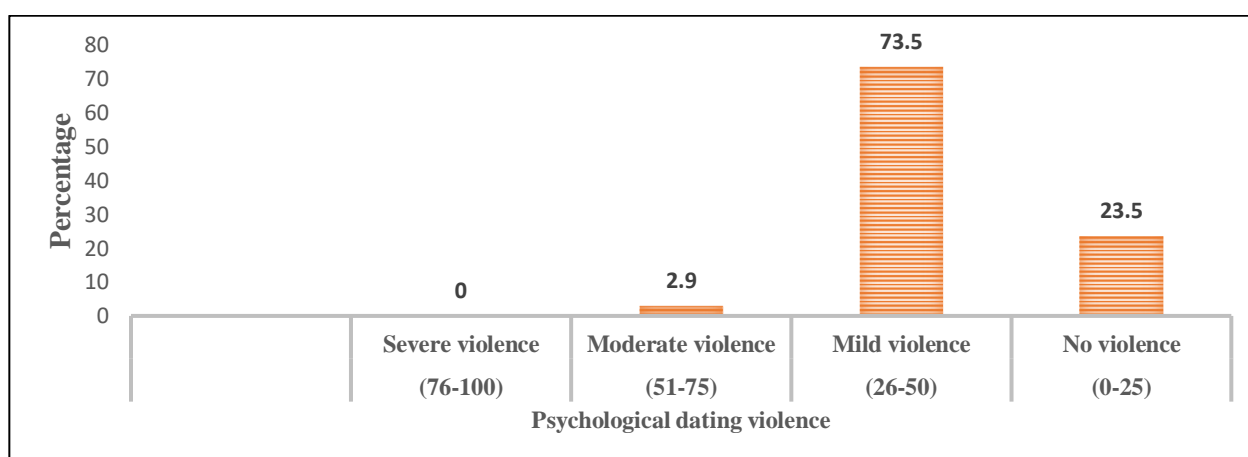


Figure No.1 A column graph illustrating the percentage distribution by their level of psychological dating violence.

The mean (SD) score of psychological dating violence was 14.6 (14.8) .In Figure-1, out of 136 nursing students, 32(23.5%) were having no psychological dating violence 100(73.5%) were having mild violence, , 4 (2.9%) were having moderate level of psychological dating violence.

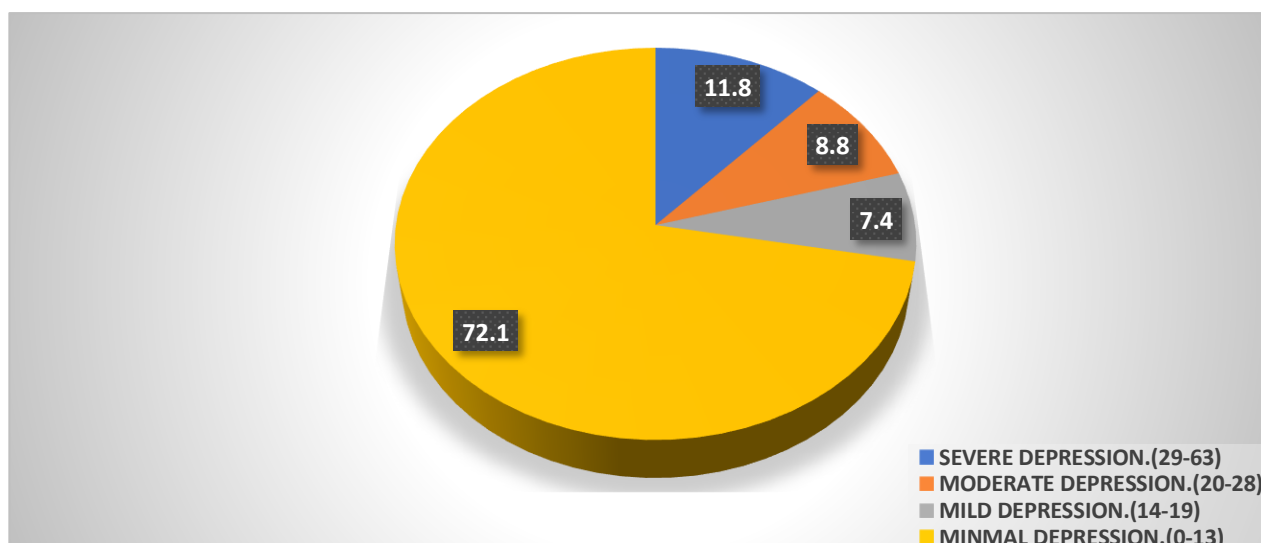


Figure No.2 A Pie graph showing the percentage distribution of nursing students by their level of depression.

Based on figure 2 shows the frequency and percentage distribution of nursing students by their level of depression. it can be seen that 98(72.1%) were having minimal depression , 10(7.4%) were having mild level of depression, 12 (8.8%) were having moderate level of depression, and 16 (11.8%) were having severe level of depression.

The data presented in Table-2 shows the Pearson correlation 'r' between psychological dating violence and depression among nursing students. The computed 'r' value was (0.566) which was more than the table value (0.168) at df 136. It indicates that there was moderate positive and statistically significant relationship ($r=0.566, p<0.001$) between psychological dating violence and depression among nursing students.

TABLE- 2 Mean, Standard Deviation, and 'r' value for correlation of the level psychological dating violence with depression

n=136				
VARIABLE	MEAN	STANDARD DEVIATION	'r'	Table value
Psychological dating violence	14.6	14.8	0.566	0.168
Depression	9.4	12.2		

* $r(136)=0.566, p<0.001$ level

Discussion

Psychological abuse is the persistent, deliberate use of verbal and non-physical means to manipulate the mind and spirit, causing injury, incapacity or intimidation. and/or influencing, surprising or influencing, changing people's thoughts and behaviors in daily life. affect their sense of self and health. The main aim of the study were to assess the occurrence of psychological dating violence and its effect on mental health among nursing students, SGT University.

The recent study revealed that the majority of nursing students i.e., 32(23.5%) were having no psychological dating violence 100(73.5%) were having mild violence, , 4 (2.9%) were having moderate level of psychological dating violence.

The current study's findings are consistent with Katz, Jennifer & Arias, Ileana & Beach, R.. adopted descriptive study to know Psychological Abuse, Self-Esteem, and Women's Dating Relationship. Results of the study reported that 90 percent of college women had experienced mental illness at some point in their relationships⁴. The current study's findings are consistent with Kisa S, Zeyneloğlu S, "adopted cross-sectional study 2019 ,to determine the frequency and predictors of victimization and perpetration of dating violence among nursing and midwifery students. The study's conclusions showed that a large majority of the participants had been exposed to dating violence"⁵.

The current study's findings are contrary to Toplu-Demirtaş, E., & Fincham, F. D. "conducted an exploratory study to determine the prevalence of, and gender differences in, self-reported physical, sexual, and psychological violence perpetration in dating relationships (i.e., those that are not engaged or married), According to the study's findings, (80.1%) were having no psychological violence"⁶.

This study documented the effects of psychological violence on the psychological well-being of depressed students. The results showed that (72.1%) had minimal depression, (7.4%) had mild depression, (8.8%) had moderate depression and (11.8%) had severe depression.

The current study's findings are consistent with Eshelman L, Levendosky AA., 2012 undertook a study to ascertain the link between mental health symptoms and physical, sexual, and psychological abuse. The results showed that the most victimized group showed the worst symptoms of depression and anxiety. Additionally, persistent abuse was associated with more psychological symptoms and more physical damage.⁷

The current study revealed that there was a moderate positive and statistically significant relationship ($r=0.566, p<0.001$) between psychological dating violence and depression among nursing students.

Based on research by Tarriño-Concejero L, García-Carpintero-Muñoz M de LÁ, Barrientos-Trigo S, Gil-García E, the findings of this study aim to explore a variety of homosexual (DV) relationships. anxious. Stress and anxiety in university students. The results showed that all DV types were positively associated with depression, anxiety, and stress, except for physical stress DV⁸.

Nursing implications : The findings of the study have many implications for nursing education like Priority should be placed on preparing nurses to recognize the needs of adolescents and college students in the nursing programme and Strengthening guidance and counseling departments in educational institutions is necessary to facilitate proper referrals and the early identification of psychological problems in adolescents and college students.

Limitation of the study: The fact that this study was conducted in a nursing college with a small sample size limits the generalizability of the findings.

Conclusion:

By addressing these issues early on and implementing appropriate interventions, we can work towards breaking the cycle of violence and improving the mental health and well-being of adolescents and youth who have experienced intimate partner violence. The nurses need to be updated with skills to recognize the signs and symptoms of psychological dating violence among college students.

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