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Women's Opinions on Emotional Violence in Intimate Relationships and Methods of Coping

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Abstract

The aim of this research is to determine women's views on emotional violence and coping methods in intimate relationships. The study group of the research consists of 15 people who live in Konya and have been exposed to emotional violence in their intimate relationships. In the research, semi-structured interview technique was used as the data collection method. The collected data were analyzed using the content analysis technique. Then, the themes of perceptions of emotional violence in intimate relationships, the reasons for the emotional violence of the partners, the effects of being exposed to emotional violence, the reactions given to the partner in the face of emotional violence, the ways of coping with emotional violence and the needs to combat emotional violence, and categories related to these themes were created. As a result of the research, the findings were discussed and suggestions were developed for the findings.

Key Words

Emotional violence • Woman • Methods of coping

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Violence and violent actions are among the increasing problems in today's world. Violence is any individual or group behavior that causes physical and mental harm, injury and disability (Mavili, 2014). Intimate partner violence begins in adolescence and early adulthood, mostly in marriage or cohabitation. Intimate partner violence, which is seen as physical-sexual or emotional abuse and controlling behaviors by one partner to the other partner, is generally directed at women by men (World Health Organization [WHO], 2010).

Intimate partner violence against women is an important but often neglected public health problem (Umubyeyi et al., 2014). Women who are exposed to violence are at risk of death, serious injury, medical chronic health problems, and mental health problems in many ways, both physically and emotionally (Wisner et al., 1999). The factors that cause violence to be not stopped are a greater threat than the existence of violence. In addition to socio-cultural factors, the inadequacy of opportunities is also among the factors that feed violence. It is of great importance to raise awareness about the dynamics that feed violence and the role of these dynamics on the continuation of violence (Kandemirci & Kağnıcı, 2014). Violence is often used to resolve a male identity crisis fueled by poverty or the idea of not being able to control women. The risk of violence is highest in the masses where violence is adopted as a socially sanctioned norm (Jewkes, 2002). Attributions regarding gender roles also have an impact on the continuation of violence against women. It is inevitable that the meaning attributed to masculinity and femininity is felt in opposite ways such as power and weakness, holding power and obeying the power, and that masculinity is seen as the opposite of femininity (Öztürk, 2014), and so women continue to be exposed to violence from their fathers, spouses or boyfriends.

Although different types of violence are experienced between individuals in intimate relationships, most of the research has focused on physical violence (Coker et al., 2000; FitzPatrick et al., 2020; Molina, 2020). For a more complete understanding of the experiences of violence in intimate relationships, it is necessary to consider the emotional and sexual violence as well as physical violence (Jackson, 1999). In a study by Foshee (1996), it was reported that mild, moderate and severe partner violence is maintained in equal amounts in both genders, but women are more exposed to psychological abuse, injury and sexual dating violence than men, and also, in a study conducted with female university students, the rate of exposure to emotional violence was stated as 34.8% (Dodaj et al., 2020). In a study on abuse in intimate relationships with Portuguese young adults, it was noted that 53.8% of individuals were subjected to psychological aggression and they were the victims of psychological violence most frequently in intimate relationships (Paiva & Figueiredo, 2004).

When we look at the literature, it is seen that the concept of emotional violence in intimate relationships is also expressed with concepts such as psychological violence, verbal violence and relational aggression (Yumuşak, 2013). Emotional violence is defined as deeds such as criticizing, humiliating and insulting the individual in the circle of friends (Kirtani et al., 2019); humiliation, blaming and manipulations (Saltzman et al., 2002); jealousy, threats, punishment by ignoring, disapproving, rejecting and cheating (Pérez-Marco et al., 2020). In many studies, it is observed that emotional violence is experienced at a higher rate than physical violence in intimate relationships (Dodaj et al., 2020; Goodman et al., 2003; Kurt et al., 2018). As can be understood from this information, emotional violence experienced in intimate relationships can be characterized as statements or behaviors, directed by one

partner, that negatively affect the self-perception of the other partner, hurt emotionally, and damage the social dignity.

Individuals who are victims of interpersonal violence resort to various strategies to reduce or eliminate threats to their physical safety and emotional well-being. However, little is known about the relationship between women's coping strategies and mental health (Kocot & Goodman, 2003). Foster et al. (2015) describe coping as an individual's efforts to manage a problem. The ability to cope with violence in intimate relationships varies depending on the context of the relationship, conditions and availability of resources. Lazarus and Folkman (1984) classified coping strategies under two headings as problem-focused coping and emotion-focused coping. While problem-focused coping includes planning, taking direct action, seeking help, reviewing alternative activities, and forcing oneself (Carver et al., 1989); emotion-focused coping includes the individual's active identification, evaluation and expression of her/his emotions (Baker & Berenbaum, 2007). While the aim in problem-focused coping is stated as managing or changing the problem, the aim in emotion-focused coping is stated as regulating the individual's emotional response (Meléndez et al., 2012).

The purpose of this research is to reveal women's views on emotional violence in intimate relationships and ways of coping. When the literature is examined, no study has been found that specifically addresses the perceptions of emotional violence experienced by women in intimate relationships and how they deal with this violence. Revealing women's perceptions of emotional violence in intimate relationships can provide a better understanding of women's awareness. In addition, knowing the ways women resort to cope with the emotional violence they are exposed to in intimate relationships will also contribute to understanding whether women can use effective coping situations. With this study, it is aimed to present new information to the literature by revealing the thoughts of female individuals about emotional violence in intimate relationships and what kind of ways they resort to cope with emotional violence. In order to achieve this aim, answers to the following questions were sought:

1. What does emotional violence mean to you?
2. What do you think are the reasons for the emotional violence between partners?
3. What are the effects of emotional violence in your intimate relationship on you?
4. Can you tell us about your reactions to your partner in the face of emotional violence?
5. What have you done to cope with emotional violence?
6. What do you need in order to effectively combat the emotional violence you experience?

Method

Research Model

Qualitative research technique was used in this study. In the qualitative research method, techniques such as document analysis, observation and interview are used, aiming to reveal the underlying causes of social reality and individuals' behaviors (Gürbüz & Şahin, 2016). In researches in which the qualitative method is used, there is a goal of reaching a deep understanding about the subject studied. In this respect, the researcher gives importance to the

subjective perspective of the individuals participating in the research while following the truth by acting like an explorer (Karataş, 2015).

Research Pattern

In this study, phenomenology design was used to examine women's views on emotional violence and coping methods in intimate relationships. With the phenomenology design, individuals are studied to understand their personal experiences, to discover the relationship of individuals with a certain event or process and their participation in these situations (Smith et al., 2009).

Study group

In this study, criterion sampling method, one of the purposeful sampling methods, was used. This sampling method was chosen, as it increases the meticulousness of the study and the reliability of the data and results in terms of providing deeper and more detailed information about women's views on emotional violence and coping in intimate relationships (Yıldırım & Şimşek, 2005) and in terms of better matching the research objectives (Campbell et al., 2020). A certain criterion was determined to select suitable participants for purposeful sampling. The selection criterion for the study group was determined as female individuals who have experienced emotional violence in their intimate relationships and who want to voluntarily participate in this research. The research group consisted of a total of 15 women living in the central districts of Konya.

Data Collection Tools

In the study, semi-structured interview technique was used as the data collection method and a semi-structured interview form consisting of open-ended questions was developed by scanning the literature on the subject of emotional violence. In order to ensure the validity of the interview form, the relevant form was given to three faculty members in the field of Psychological Counseling and Guidance, and the form was revised in line with the opinions of the faculty members. Afterwards, pilot applications were made and the interview forms were made ready for application by making corrections according to all these results.

Data Collection Process

The applications were performed in accordance with the interview technique and the note-taking method, which is one of the two basic methods followed in recording the data obtained through the interview, was used (Yıldırım & Şimşek, 2005). Before starting the interview, the participants were informed that the process would proceed in line with the purpose of the research, the principle of voluntariness and confidentiality. Written interview forms were used during the interviews and open-ended questions were asked to the participants. Individual interviews, in which participants' answers to open-ended questions were noted, took approximately 20-25 minutes.

Analysis and Interpretation of Data

The obtained data were analyzed by content analysis technique. The purpose of content analysis is to make sense of the data obtained during the research process and to create realistic results (Bengtsson, 2016). For this purpose, the collected data were first conceptualized and then arranged logically according to the concepts formed, and themes

that explained the data were determined. In this study, considering the relevant literature, themes and categories were created in line with the opinions obtained from the female participants. Afterwards, quotations from the participant's views on the sub-categories that make up the themes are included.

Results

In this study, women's views on emotional violence in intimate relationships and ways of coping were analyzed and 6 themes were created in line with these views. These themes are perceptions of emotional violence, the reasons for emotional violence by partners, the effects of exposure to emotional violence, the reactions given to partner in the face of emotional violence, the ways of coping with emotional violence, and the needs to combat emotional violence. These 6 themes were then categorized and opinions on each category were included. Themes, the categories related to the themes, the number of individuals expressing their opinions on the categories and sample participant views are presented in detail by tabulating.

Perceptions of Emotional Violence Theme

The theme of women's perception of emotional violence consists of 6 categories. These categories are; being insulted, ignoring, suppression, offending, humiliation and shouting. Of the 15 women participating in the research, 7 of them expressed their opinions in the category of being insulted, 6 of them in ignoring, 5 of them in suppression, 3 of them in offending, 2 of them in being insulted and 1 of them in shouting. Sample participant views on these categories are shown in Table 1.

Table 1

Categories and Sample Opinions on Perceptions of Emotional Violence

Categories	N	%	Sample Participant Opinions
Being insulted	7	46.6	“When someone is verbally insulted in front of another person...”
Ignoring	6	40	“Ignoring the individual, despising that person...”
Suppression	5	33.3	“Compulsory sanctions, forcing the person to actions that s/he does not want to do, under pressure ...”
Offending	3	20	“Withdrawing love and attention, not paying attention.”
Humiliation	2	13.3	“An individual's humiliating her/his partner.”
Shouting	1	6.6	“Screaming loudly, trying to intimidate.”

Reasons for Emotional Violence by Partners Theme

There are 7 categories related to the reasons why emotional violence is used against each other in women's intimate relationships. These categories are feelings of inadequacy, desire to dominate, inability to communicate properly, anger control problems, history of domestic violence, physical health problems and socio-cultural differences. Of the female participants, 7 of them expressed an opinion on feelings of inadequacy, 5 of them on desire to dominate, 5 of them on inability to communicate, 5 of them on anger control problems, 4 of them on history of domestic violence, 2 of them on physical health problems, and 1 of them on socio-cultural differences. Sample participant opinions regarding these categories are presented in Table 2.

Table 2

Categories and Sample Opinions on Reasons for Emotional Violence

Categories	N	%	Sample Participant Opinions
Feelings of inadequacy	7	46.6	"If the individual sees himself as inferior to his partner, he applies emotional violence to his partner in order to satisfy himself and to get rid of his complex."
Desire to dominate	5	33.3	"They always want everything in the way they like, they do it because of the feeling of domination. That's the reason in the first place anyway..."
Inability to communicate properly	5	33.3	"Not being able to express myself and my problems also creates a problem. Even if I explain it well, he does lend his ears..."
Anger control problems	5	33.3	"My husband is actually a good person at heart, but his inability to control his anger is a problem..."
History of domestic violence	4	26.6	"Probably because of growing up as an abused, battered, deprived, and ignored children whose need for love was not satisfied enough."
Physical health problems	2	13.3	"His toxic goiter disease; we would be terrified when his eyes popped up and he walked towards us..."
Socio-cultural differences	1	6.6	"Not being in equal conditions and families, not being able to receive equal education, and violence in the family may be the reasons"

Effects of Exposure to Emotional Violence Theme

5 categories were formed from the opinions expressed by women on the effects of exposure to emotional violence in intimate relationships, and these are depressive symptoms, feelings of inadequacy, difficulty in emotion regulation, social isolation and physical health problems. Ten of the participants presented an opinion on the category of depressive symptoms, 6 of them on feelings of inadequacy, 4 of them on difficulty in emotion regulation, 3 of them on social isolation and 2 of them on physical health problems. Sample participant views of these categories are given in Table 3.

Table 3

Categories and Sample Opinions on the Theme of the Effects of Exposure to Emotional Violence

Categories	N	%	Sample Participant Opinions
Depressive symptoms	10	66.6	“Humiliation, feelings of worthlessness, emotional exhaustion...”
Feelings of inadequacy	6	40	“I felt sad, helpless and humiliated, incompletely despised.”
Difficulty in emotion regulation	4	26.6	“Nervous discharge, crying, I used to tremble, shiver and cry...”
Social isolation	3	20	“I was withdrawn, I felt lonely...”
Physical health problems	2	13.3	“I have headaches and stomachaches after crying fits...”

Reactions Given to the Partner in the Face of Emotional Violence Theme

7 different categories emerged from the opinions expressed by women regarding their reactions to emotional violence in intimate relationships. These categories are; shouting, submission, sulking, seeking justice, crying, trying to calm down. Of the 15 women who participated in the study, 7 of them expressed their views on shouting, 6 of them on submission, 5 of them on sulking, 4 of them on seeking justice, 4 of them on crying and 2 of them on trying to calm down. Sample participant opinions regarding these categories are given in Table 4.

Table 4

Categories and Sample Opinions Regarding the Reactions Given to the Partner in the Face of Emotional Violence

Categories	N	%	Sample Participant Opinions
Shouting	7	46.6	“Unfortunately, I react by shouting and responding to what is done with the same game.”
Submission	6	40	“I did not react, I bowed in silence...”
Sulking	5	33.3	“I also got angry with my husband and shouted, I cried until my anger subsided, then I got offended for a long time and did not speak.”
Seeking justice	4	26.6	“I also raised my voice, tried to express myself, I am seeking my rights.”
Crying	4	26.6	“First I beat him with my words and then I cried.”
Trying to calm down	2	13.3	“I acquiesced, I tried to calm down...”

Methods of Coping with Emotional Violence Theme

Eight different categories emerged regarding the theme of women's methods of coping with emotional violence in intimate relationships. These categories are keeping silent, ending the relationship, crying, trying to calm down, self-expression, self-improvement, seeking expert help and seeking social support. Of the participants, 3 of them expressed an opinion on the category of keeping silent, 3 of them on ending the relationship, 3 of them on crying, 2 of them on trying to calm down, 2 of them on self-expression, 2 of them on self-improvement, 1 of them on seeking expert help, and 1 of them on seeking social support. Sample participant views regarding these categories are shown in Table 5.

Table 5

Categories and Sample Opinions on the Theme of Coping Methods with Emotional Violence

Categories	N	%	Sample Participant Opinions
Keeping silent	3	20	"I kept silent out of fear. I didn't make a sound when he was angry, I tried to talk when he calmed down, but he was always right, he would shout again, he would not apologize."
Ending the relationship	3	20	"I left the house and then got divorced."
Crying	3	20	"I cried from anger, I cried until my anger subsided..."
Trying to calm down	2	13.3	"I suggested to myself that everything would be fine, I tried to calm down"
Self-expression	2	13.3	"I talked about how I felt, I wrote on papers and left them, I expressed my feelings..."
Self-improvement	2	13.3	"I devoted myself to my work and my lessons. Working has been my greatest therapy."
Seeking expert help	1	6.6	"I started getting help from a family counselor..."
Seeking social support	1	6.6	"I shared it with my family and friends, I talked to them, they always supported me, they told me to be patient, everything would be alright one day..."

Theme of Needs to Combat Emotional Violence

There were 6 different categories related to the theme of women's needs to combat emotional violence in intimate relationships. These categories are meeting psychological needs, developing effective communication skills, developing emotion regulation skills, self-confidence, social support, getting expert help and financial power. 5 of the individuals stated that they needed to meet their psychological needs, 4 of them needed developing effective communication skills, 4 of them needed developing emotion regulation skills, 3 of them stated that they need self-confidence, 3 of them needed social support, 2 of them needed getting expert help, and 1 of them felt she needed financial power. Sample participant views regarding these categories are shown in Table 6.

Table 6

Categories and Sample Opinions on the Theme of Needs to Combat Emotional Violence

Categories	N	%	Sample Participant Opinions
Meeting psychological needs	5	33.3	"I need to love and be loved. Because I am an emotional person and I want my emotional void to be filled."
Developing effective communication skills	4	26.6	"Trying to understand the other party, acting by thinking about the reasons, plus and minuses, acting by anticipating what the other person will be angry about, what he will react to, what he will get angry with,..."
Developing emotion regulation skills	4	26.6	"We should not act impulsively and think without action, we should think about the result. Doesn't everything start with the first spark anyway? If we show the compassion we show others to ourselves and our family, if we can make love feel in our most gentle and sweetest way, power of love gains, not the power of violence."
Self-confidence	3	20	"I need self-confidence and standing on my own legs. If I don't allow it, no one can use violence against me. So I have to be strong, have self-confidence and have confidence in myself."
Social support	3	20	"I need family support, I need to talk to someone about the current situation and get better."
Getting expert help	2	13.3	"I need to talk to an expert; no matter what I do I can't find a solution on my own..."
Financial power	1	6.6	"I need to be strengthened in all aspects, both financially and spiritually..."

Discussion and Conclusion

Although individuals meet many psychological needs such as love and belonging in intimate relationships, they can also direct violent actions towards their partners. Many studies show that emotional violence is experienced at a higher level than physical and sexual violence (Doyle, 2020; Dönmez et al., 2012; Merrill et al., 2020; Paiva & Figueiredo, 2004; Thompson et al., 2006). Although some of the violence is perpetrated by women, mostly men resort to violence and violence against women is still among the top problems that cannot be overcome in today's world (Akkaş & Uyanık, 2016; Schwartz, 2005). In order to prevent violence against women in intimate relationships, it is important to reveal women's thoughts about emotional violence and what methods they use to deal with this violence. In this study, women's perceptions of emotional violence in intimate relationships, the causes of emotional violence, the effects of exposure to emotional violence, reactions to emotional violence, ways of coping with emotional violence and the needs to combat emotional violence effectively were examined.

It is seen that the perceptions of being insulted, ignoring, suppression, offending, humiliation and shouting about the categories obtained from women's views on emotional violence overlap with behaviors involving emotional violence in the literature (Doyle 2020; Domenech Del Rio & Sirvent Garcia Del Valle, 2017; Eskici & Saatçioğlu

Tinkir, 2019; Follingstad and Edmundson, 2010; Pérez-Marco et al., 2020; Tenkorang et al., 2017). In a study on experiences of intimate partner violence, women reported that they were exposed to humiliation, humiliation, restriction of communication with family and friends, threats of physical harm, being banned from leaving the house, or being locked up in the house (Doyle, 2020). Regarding the emotional violence experienced in intimate relationships; behaviors such as sadistic behaviors, threats with the aim of intimidation, isolation, humiliation, verbal abuse, monitoring, and controlling personal decisions are expressed (Follingstad & Edmundson, 2010). In addition to these, behaviors such as insulting, belittling, deliberately intimidating, threatening to hurt someone they care about (Domenech Del Rio & Sirvent Garcia Del Valle, 2017), controlling, defaming, deprivation, intimidation, indifference, and guilt (Montminy, 2005) are also expressed in the scope of emotional violence. Research findings indicate that the women's perceptions of emotional violence are compatible with the literature.

When the literature is examined, it is seen that there are studies (Eskici & Saatçioğlu Tinkir, 2019; Gilbar et al., 2020; Jezl et al., 1996; Khosravi et al., 2011; Lohman et al., 2013; Molina, 2020; Semahegn & Mengistie, 2015) supporting the categories (feelings of inadequacy, desire to dominate, inability to communicate properly, anger control problems, history of domestic violence, physical health problems and socio-cultural differences) obtained from the answers given by women regarding the reasons for emotional violence by their partners in intimate relationships. In a study on early maladaptive schemas and intimate partner violence with women, it was revealed that verbal and psychological abuse in married life was associated with schema domains of guilt and shame, emotional deprivation and insecurity (Khosravi et al., 2011). In a study on intimate partner violence, it was revealed that the risk of perpetrating psychological violence increases as the dominance feature and exposure to violence in childhood increase (Gilbar et al., 2020). In another study, it was observed that as self-esteem decreases, psychological violence perpetrated in a dating relationship increases (Jezl et al., 1996). A different study stated that being exposed to psychological violence from parent to child during adolescence is an important predictor of intimate partner violence in adulthood (Lohman et al., 2013). Molina (2020) stated that the psychological violence experienced in the family origin in childhood affects the victimization of partner psychological violence. In addition, it was reported that inadequacy in interpersonal problem-solving skills, inability to empathize, and inadequacies in communication skills (Eskici & Saatçioğlu Tinkir, 2019) and variables such as history of domestic violence, place of residence, and educational status (Semahegn & Mengistie, 2015) are related to emotional violence. Based on this information, it is understood that the categories created regarding the reasons for the emotional violence between the partners are supported.

According to the research findings, the categories obtained from the opinions of women on the effects of exposure to emotional violence in intimate relationships are depressive symptoms, feelings of inadequacy, difficulty in emotion regulation, social isolation and physical health problems. These categories are consistent with the findings in the literature (Cankardaş Nalbantçılar, 2018; Coker et al., 2000; Domenech Del Rio and Sirvent Garcia Del Valle, 2017; Kurtulmuş, 2018; Matheson et al., 2015). Coker et al. (2000) noted that women who experienced emotional violence were significantly more likely to report poor physical and mental health condition. In a study conducted with women who were exposed to intimate partner violence, it was revealed that psychological harassment, intimidation and verbal abuse leads to deterioration in self-esteem, self-efficacy and general mental well-being

(Matheson et al., 2015). In a study on psychological violence between spouses, women stated that they experienced emotions such as sadness, inadequacy and anger and could not stay calm (Kurtulmuş, 2018). In another study, it was revealed that as the experience of psychological violence in intimate relationships increased, depression, post-traumatic stress disorder and loss of general control increased (Cankardaş Nalbantçılar, 2018). In addition to this information a study, (Domenech Del Rio & Sirvent Garcia Del Valle, 2017) revealing that women exposed to controlling behaviors were significantly more likely to report sadness, crying for no reason, mood swings, irritability, and persistent fatigue, supports the findings of this research.

It is seen that the reactions of the women participating in the research towards their partners who perpetrate emotional violence in intimate relationships are in the form of shouting, submission, sulking, seeking justice, crying, and trying to calm down. Looking at the literature, there are studies supporting these findings (Özer, 2019; Semahegn & Mengistie, 2015; Waldrop & Resick, 2004; Watson et al., 2001). Semahegn and Mengistie (2015) stated that the majority of women remained silent in the face of emotional violence. In a study conducted with women who were victims of violence in Antalya, it was determined that the participants behaved towards accepting violence, responding to violence and sharing violence. It was revealed that they engage in behaviors such as being patient and silent, not reacting, and crying in relation to accepting violence; shouting and leaving home in relation to responding to violence; and sharing with their parents, relatives and mental health specialists in relation to sharing the violence they have experienced (Özer, 2019). In another study on the responses to violence in dating relationships, it was reported that individuals reacted by responding, taking offensive actions, seeking informal help, threatening to leave, and crying (Watson et al., 2001). It is seen that this information is in parallel with the categories obtained from the opinions of women regarding their reactions to their partners. When we look at the findings obtained from the research, the reactions of women towards their partners who perpetrate emotional violence are mostly in the direction of accepting violence.

According to the data obtained from the study, it is understood that women resort to ways such as keeping silent, ending the relationship, crying, trying to calm down, self-expression, self-improvement, seeking expert help and seeking social support in coping with emotional violence in intimate relationships. When the literature is examined, it is seen that there are similar findings (Goodman et al., 2003; Kurtulmuş, 2018; Sayem et al., 2015; Zink et al., 2006). It was revealed that women seek help from their parents, siblings, and their partners' parents, get help from social services at the point of self-development, and resort to coping methods such as applying to the court to file a divorce case by getting legal support. (Sayem et al., 2015). In a study that also included women who experienced psychological violence at a rate of 98.5% in intimate relationships, it was reported that women use strategies such as ending the relationship, refusing to do what the partner said and resisting, leaving the house, trying to be quiet, trying not to cry, talking to family members, preparing an escape plan, seeing a mental health professional-nurse or doctor, and seeking legal help (Goodman et al., 2003). In a study on coping with violence in intimate relationships with women aged 55 and over, women stated that while they struggle with violence, they reevaluate themselves, their spouses and their relationships, refocus their energies on certain roles, set limits for their spouses, and reach out to friends, family and community organizations for help (Zink et al., 2006). In another study, it was stated that the individual who was subjected to psychological violence accepted this situation after a while, felt more helpless after

accepting it, couples became intolerant towards each other as time progressed, and women generally started to seek professional help (Kurtulmuş, 2018). Considering the information obtained from the research findings, it is understood that women resort to both emotion-focused and problem-focused ways of coping with emotional violence in intimate relationships.

According to the research findings, the needs of women to effectively combat emotional violence in intimate relationships emerged as meeting psychological needs, developing effective communication skills, developing emotion regulation skills, self-confidence, social support, getting expert help and financial power. Looking at the literature, it is seen that there are findings parallel to the research findings (Beşpınar et al., 2020; Horn et al., 2016; Kurtulmuş 2018; Rothman et al., 2007; Waldrop & Resick, 2004). In their study, Horn et al. (2016) stated that although it is difficult to understand, a woman can still love her partner, value her relationships, despite being subjected to violence, that most of the women exposed to violence desire to live in peace with their husbands, and therefore, it is necessary to take into account the strength of women's feelings towards men when dealing with intimate partner violence. In another study, it was pointed out that some factors are restrictive in women's efforts to actively cope with violence, and these factors are related to the determination to protect the relationship and the responsiveness of potential sources of help such as family, friends, police and courts. It was stated that women who receive more positive responses from these sources have more confidence in their power to change their situation of combating violence (Waldrop & Resick, 2004). In a different study, as a result of the interviews conducted with 21 women employed in a health institution, among the victims of intimate partner violence, it was revealed that women's employment plays a positive role in combating violence, such as improving women's financial situation, increasing self-esteem, developing social commitment, and providing motivation (Rothman et al., 2007). In a study investigating the reactions of women to violence with the resources they have, it was stated that providing women with resources such as education and a job where they can earn regular income enables them to turn towards to reactions that foster their social and mental well-being in the face of violence (Beşpınar et al., 2020). In a study conducted with adults, the finding that a healthy relationship education program consisting of relationship experience, relationship quality, communication/conflict resolution skills training reduces physical and emotional abuse in intimate relationships supports the findings of this research (Antle et al., 2011). Considering the research findings, it is striking that women need support in terms of psychological, social, financial and professional help in order to effectively combat emotional violence.

In the light of the findings revealed in the study, some suggestions can be presented. In this study, women's views on emotional violence in intimate relationships and their methods of coping with emotional violence are included. In new studies, male individuals' views on emotional violence and methods of coping with emotional violence can be studied. Informative seminars can be given by field experts in order to increase awareness of emotional violence in intimate relationships and to activate social sensitivity. Informative studies can be carried out by preparing psycho-education programs on effective methods of coping with emotional violence in intimate relationships by field experts. Individuals who are exposed to emotional violence in intimate relationships can be offered psychological support through individual or group therapy. Women who are exposed to emotional violence in intimate

relationships can be supported by public institutions and non-governmental organizations for their social and financial support needs.

Ethic

The authors presented their research results honestly and without fabrication, falsification, or inappropriate data manipulation. The research is original and has not been plagiarized and has not been published in any other journal. The method regarding the research findings is explained clearly and precisely. Both authors who conducted the research took collective responsibility for the study. Authorship of research publications and contributions of individuals to study and reporting are accurately reflected. There are no sources of financing and no related conflicts of interest.

Author Contributions

This article was written with the joint contributions of two authors.

Conflict of Interest

The authors declare that have no conflict of interest.

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