

Research Paper

## Role of Counseling on Victims of Domestic Violence Suffering from Depression and Suicidal Ideation

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### ABSTRACT

**Background:** Domestic violence if considered a disease would be declared a national epidemic based on the magnitude of its incidence. Among the sevenfold fatal consequences depression and low self-esteem are typical by-product of domestic violence which can lead to suicidal ideation which is an indicator of people reporting suicidal thoughts, suicidal attempt or commits suicide. **Aim:** The study aims at improving the capacity to enhance positive self-image and to improve their psychological well-being. **Methodology:** It was a hospital based study (IGH, Rourkela). By using purposive sampling technique a total of 20 female participants were selected, further participants were divided equally into control and experimental groups. Tools used were domestic violence scale for screening, Beck Depression Inventory, Suicidal Ideation Questionnaire and PGI Wellbeing Scale. Therapeutic package planned included Baseline assessment; Therapeutic alliance; Catharsis; Dealing with emotions; Learning to generate and formulate alternatives and Enhancing self-efficacy. **Result:** Obtained result indicates improvement in the group of experimental subjects. They exhibited positive self-image. After counseling sessions they were able to face their fears and gain control as a self-empowering act. **Conclusion:** The study concludes that once the individuals learn to control their negative emotions like negative self-image their psychological well-being flourished.

**Keywords:** Domestic violence, Suicidal Ideation, Counseling.

Domestic violence if considered a disease would be declared a national epidemic based on the magnitude of its incidence. Intimate partner violence, spousal abuse, or domestic abuse is the abusive behavior of one partner toward another in an effort to gain as well as maintain

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control. The stated behavior can vary in its frequency as well as severity and may incorporate physical or sexual violence, as well as emotional, psychological, or financial abuse. Moreover, domestic violence affects all manner of romantic relationships and can negatively impact family, friends, and others. Domestic violence occurs in every culture, country and age group and affects people from all socioeconomic, educational and religious backgrounds plus it takes place in same sex as well as heterosexual relationships.

Historical research and records give evidence regarding the ever changing position of women from Vedic era to modern era. Vedic era can be stated as the golden era, so far as the personal freedom of women and their equality of status in the family and society are concerned. Thereafter in the post-Vedic period the status and honorable position of a woman was gradually deteriorated and various restrictions were put on the woman's rights and privileges. The position of woman was further degraded in the medieval period. Many social evils like Sati Pratha, Child marriage, female infanticide, Polygamy and system of Devadasi were rampant. Then from British period to post independent period to modern period women's status moved through many ups and downs. It is more than 60 years since the Independence of our country but women are still treated as commodity. Different kinds of domestic violence i.e. Sati pratha, female-infanticide, female-feticide, forced abortion, forced prostitution, marital rape, dowry death, bride-burning, bride-beating, cruelty, bigamy, etc. are still very much prevalent in our country.

A domestic violence counselor supports the victims and work to stop the cycle of violence. They also help the victims develop the skills they need to walk away from a abusive relationships and live successfully on their own. After all, many people who experience abuse in childhood become enablers, involving themselves in a series of relationships that escalate into abuse and violence. Others become perpetrators. Many more people carry scars from long ago violence. It affects their ability to function normally in the workplace and develop healthy relationships. Counselors help such individuals develop self esteem, identify relationship patterns and potential red flags, and behave with an appropriate level of assertiveness.

### **METHODOLOGY**

#### *Aim*

The study aims at improving the capacity to enhance positive self-image, decreased depression and suicidal ideation and improve their psychological well-being of individuals with domestic violence females.

#### *Objectives*

**The objectives of the study are following:**

1. To study the efficacy of counseling for reducing the depression symptoms individuals with Domestic Violence females.

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2. To study the efficacy of counseling for reducing the suicidal ideation individuals with Domestic Violence females.
3. To study the efficacy of counseling for enhancing the general well-being individuals with Domestic Violence females.

### ***Research Design:***

This is intervention based research design and the study was pre and post test design with control group.

### ***Sample:***

A total of 20 female participant of Domestic Violence were selected for the study (Ispat General Hospital Rourkela). Patients were selected through purposive sampling technique and were divided into experimental group and control group equally.

### ***Venue:***

Ispat Genral Hospital, Steel Authority of India Ltd. Rourkela.

### ***Tools Used***

#### **1. Beck's Depression Inventory-II (BDI-II):**

Aaron T. Beck et. al., developed scale in 1961 and BDI-II was published in 1996. It is a 21-items self-report instrument for measuring the severity of depression in adults and adolescents aged 13 years and older. Each item is rated on 4 point scale. Items are rated from 0-3 (0=not present), (1=Mild), (2=Moderate) and (3=Severe). Total score is obtained by summing the ratings for each statement. Score of 0-9 is sub clinical, 10-18 indicate mild depression, 19-29 indicates moderate depression, and more than 30 indicates severe depression. The BDI-II demonstrates high internal consistency (0.92 for outpatients) and test-retest reliability (.93 for outpatients over a 1-week period).

#### **2. Suicidal Ideation Scale (BSI) (Beck et al., 1991) :**

The Beck Scale for Suicidal Ideation (BSI; Beck and Steer, 1991) is a self-report measure based on the semi-structured interview, the Scale for Suicidal Ideation or SSI (Beck et al., 1979). The SSI was developed for use with adult psychiatric patients. The BSI is a 21- item self-report questionnaire. The authors of the BSI suggest that the instrument is best used to detect and measure severity of suicidal ideation, which is considered to be an indication for suicide risk (Beck and Steer, 1991). However the authors suggest that "endorsement of any BSI item may reflect the presence of suicide intention and should be investigated by the clinician" (Beck and Steer,1991). The BSI is one of the more thorough instruments for assessing severity of suicidal ideation, and one of the only assessment devices for assessing passive suicidal ideation. The total score yields a severity score, but individual items can be used as screens for active suicidal ideation, passive ideation, and past attempts. The first five items in the scale are the screening items. Patients scoring positively in even one of the screening items are rated on the rest of the items and those who do not score positively even

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on one of the items are rated on the last two items (items 20 and 21). The scale has a inter rater reliability of 83% and internal reliability with Cronbach's alpha of 89%.

### **3. PGI General Well-being Measure (Dr. Snatosh K. Verma & Ms. Amita Verma, 1989)**

Dr. Santosh K. Verma & Ms. Amita Verma developed the PGI General Well-being Measure. General well-being defined and conceptualized, the general well-being may show some degree of positive correlation with quality of life, job satisfaction/ general satisfaction level, sence of achievement etc. and negative related with neuroticism, psychoticism, and other such variables. It consists with 20 items to be enclosed in yes (This can be self administered or can be verbally answered also. Items are such that they do not cause any embarrassment to the subject in the presence of others. This scale is available in Hindi language too. The authors of Hindi medium are (Moudgil, Verma, Kaur and Kaur, 1986). A score of 1 is given for 'yes' and 0 for 'no' response. Thus the range of scores may vary from 0 to 20. High score indicate better well-being. Test-retest reliability was measured by K.R.-20 formula and was found to be .98 (Verma and Verma, 1989) while test re-test reliability was .91 for English Version and .86 for Hindi version (Moudgil et al. 1986).

### ***Procedure***

Initially participants giving consent were selected for the study. A total of 20 individuals with Domestic Violence female participants were included in the present study and were divided into experimental and control group. After this a pre-assessment was done administering Domestic Violence Scale use for screening of the participants after that Beck Depression Inventory, Suicidal Ideation scale and PGI General well being measure was used. Then participants of experimental group were given total 16 sessions of counseling. Therapeutic package planned included Baseline assessment; Therapeutic alliance; Catharsis; Dealing with emotions; Learning to generate and formulate alternatives and Enhancing self-efficacy. These sessions were conducted twice in a week. Post assessment was conducted after 2 months for both the groups (Beck Depression Inventory, Suicidal Ideation scale and PGI General well being measure). At the end of the study participants of the control group were also given similar treatment.

### ***Statistical Analysis***

Chi-square test was used to evaluate socio-demographic data and Mann- Whitney U test was used to compare the obtained data. SPSS-20 was used to analyze the obtained data.

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**RESULT AND DISCUSSION**

**Table-1: Comparison of experimental and control group on Suicidal Ideation Scale**

Subjects	Experimental Group M $\pm$ SD			Control Group M $\pm$ SD			Mann Whitney			
	Pre	Post	Difference Pre-Post	Pre	Post	Difference Pre-Post	Mean Rank		U value	Z value
Variable							Exp	Cont		
<b>Suicidal Ideation Scale</b>	22.00 $\pm$ 0.66	12.60 $\pm$ 2.22	9.40 $\pm$ 2.01	22.40 $\pm$ 1.07	20.90 $\pm$ 1.10	1.50 $\pm$ 0.52	15.50	5.50	.000	3.84**

\*\* Significant at 0.01

Table 1 showed that pre assessment along with post intervention assessment scores and comparison between experimental and control group of domestic violence participants on Suicidal Ideation Scale. It has been understandable from the table that experimental group of domestic violence participants improved after the counseling and exhibited reduced suicidal ideation thoughts as compared to control group. Thus, the findings also suggests that participants of experimental group perceived less severity of suicidal ideation thoughts after the 16 sessions of counseling in compare to control group on Suicidal Ideation Scale. The findings of the study have been supported by similar findings of previous studies as Peterman and Dixon 2003, Peter et al., 2016, Motivational Interviewing is reducing the means restriction counseling with patients at risk for suicide.

**Table-2: Post Intervention Assessment and comparison between experimental and control group on Beck Depression Inventory**

Subjects	Experimental Group M $\pm$ SD			Control Group M $\pm$ SD			Mann Whitney			
	Pre	Post	Difference Pre-Post	Pre	Post	Difference Pre-Post	Mean Rank		U value	Z value
Variable							Exp	Cont		
<b>Beck Depression Inventory</b>	34.80 $\pm$ 2.20	23.50 $\pm$ 3.02	11.30 $\pm$ 3.36	35.20 $\pm$ 2.29	33.00 $\pm$ 2.66	2.20 $\pm$ 0.48	15.50	5.50	0.00	3.84**

\*\* Significant at 0.01

Table-2 illustrates the baseline assessment and post intervention assessment scores as well as comparison between experimental and control group on Beck Depression Inventory (BDI). It has also been revealed that experimental group of domestic violence participants improved after counseling and exhibited reduced depressive symptoms of hopelessness, pessimism, guilt feeling and irritability and suicidal ideation as compared to control group of domestic violence participants. Thus, the findings suggests that participants of experimental group perceived less severity of depression symptoms after the 16 sessions of counseling in compare to control group on Beck Depression Inventory. The obtained findings of the present study are supported by Bennett et al., 2004, Sullivan et al. (1999), Harris, (1986), Hamberger, (1989) and DeMaris, (1987). They have also concluded that the study supported by similar

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findings of previous studies such as Iverson et al., 2011 and Ghandour et al., 2015 suggest that counseling is very much helpful for reducing the depressive symptoms of hopelessness, helplessness, sleep related problems, pessimism, guilt feeling and irritability after intervention.

**Table-3: Comparison of experimental and control group on PGI General well being measure**

Subjects Variable	Experimental Group M±SD			Control Group M±SD			Mann Whitney			
	Pre	Post	Difference	Pre	Post	Difference	Mean Rank		U value	Z value
							Exp	Cont		
<b>PGI-GWB</b>	6.40 ± 0.51	11.80 ± 0.63	5.40 ± 0.69	6.00 ± 0.81	7.60 ± 0.96	1.60 ± 1.10	15.50	5.50	0.00	3.89**

\*\* Significant at 0.01

Table - 3 show the baseline assessment and post intervention assessment scores and comparison between experimental and control group of domestic violence participants on PGI General well being measure. The findings suggest that participants of experimental and control group had scored similar on PGI GWBM on pre test assessment. The score of post assessment suggest that experimental group had an improved general well-being after the intervention in compare to control group as they scored higher than the participants of control group. In other words significant difference was found between experimental and control group of domestic violence patients on PGI general well-being measure after the application of counseling. These finding suggest by Walker (2015), Dienemann (2002 and McFarlane 2000). Hamberger,(1994). Cascardi, 1992. The above findings are also supported by the study conducted by Howard et al. (2003) found that of the 500 women in their study, all displayed higher well-being scores after counseling at a domestic violence agency.

### CONCLUSION

Throughout the world's history domestic violence has been a culturally recognized but often denied social evil. As such domestic violence is a global phenomenon and India is no exception for this unfortunate situation. The present study was an attempt to help the domestic violence victims to understand the vicious cycle of violence as well as depression. The study concludes that once the individuals learn to control their negative emotions like negative self-image their psychological well-being flourished.

Note: Parents in the control group also received similar treatment after the study was over.

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