

PSYCHOLOGY DISTRESS REVIEWED FROM YOUNG ADULTS WHO EXPERIENCE DATING VIOLENCE

Pradipta Christy Pratiwi

Department of Psychology, Faculty of Education, Universitas Negeri Semarang, Sekaran
Campus Building, Gunungpati, Semarang, Indonesia
pradiptacp@mail.unnes.ac.id

Sotya Paramarta Kerta Yasa

^{1,2} Department of Psychology, Faculty of Education, Universitas Negeri Semarang, Sekaran
Campus Building, Gunungpati, Semarang, Indonesia
sotyaparamarta2016@students.unnes.ac.id

ABSTRACT:

One of the ways that individuals usually do to be able to maintain a long-term relationship and be able to make adjustments with the opposite sex partner is to create a romantic relationship with their partner. However, in the course of romantic relationships, there are often differences of opinion that can eventually lead to a conflict, so it is not uncommon when in a romantic relationship there is dating violence when facing the conflict. Dating violence is often experienced by women who end up being survivors in the violence. Dating violence in a romantic relationship can lead to mental health problems individuals who experience it. This research used non-experimental quantitative methods. A total of 258 young adults in the study were selected by chance using incidental sampling techniques. The measuring instruments used in this study were DASS (Depression Anxiety Stress Scale) and BDI-II (Beck Depression Inventory-II). The results obtained in this study are that there are significance differences in psychological distress reviewed from the experiences of young adults who experience dating violence and who do not experience it; also there is a significance of psychological distress in women reviewed

from experiencing dating violence and who do not experience it.

Keywords: Psychological Distress, Dating Violence, Young Adults

INTRODUCTION:

Every individual is a social being. The meaning of the sentence is that each individual is a living being created to be paired and side by side. In this case, each individual also has a need to affiliate with others. Affiliate needs are the individual's need to have a good relationship with others, so that the individual has the goal to be able to maintain his/her interpersonal relationships. One of the stages of development that cannot be separated in the problem when building an interpersonal relationship is the stage of development of individuals who are entering young adulthood.

Young adulthood is the developmental period of individuals ranging in age from 18 to 40 years (Hurlock, 2012). According to Erikson (in Papalia, et al., 2007), individuals in young adulthood are entering the psychosocial stages of intimacy and isolation. Individuals of that age have the developmental task of building intimate relationships with others. This can be realized by creating and building a romantic relationship conducted by the individual along

with the opposite sex. According to William, Sawyer, & Wahlstrom (2006), the existence of romantic relationships aims as a process of introducing individuals with opposite-sex partners in order to create closer and intimate relationships, so that later the individual can create and establish long-term relationships with his partner. One of the ways that individuals usually do to be able to maintain a long-term relationship and be able to make adjustments with the opposite sex partner is to create a romantic relationship with their partner. Running a romantic relationship is also one of the individual's ways to complete his or her development task in finding a life partner. In the course of a romantic relationship, there are often differences of opinion that can eventually lead to conflict, so it is not uncommon when in a romantic relationship there is dating violence when facing the conflict.

Dating violence is an act that has an element of coercion, pressure, destruction, and physical and psychological abuse that occurs in dating (Hasmayni, 2015). Reported from the National Commission on Violence against Women or Komnas Perempuan (in Grace, et al., 2018), data obtained that the occurrence of dating violence in 2014 amounted to 1,748 cases. Then, in 2017 there were 2,171 dating violence as the second after violence against wives (Pratiwi, 2017). Based on a survey of 133 countries conducted by the World Health Organization (WHO) in the Global Status Report on Violence Prevention (2014), it was found that dating violence based on the highest regional areas occupied by regional regions of Asia (37.7%) and developed countries (23.2%). Dating violence is often experienced by women who end up being victims in the violence. The statement is in line with a survey conducted by the National Center for Injury Prevention and Control Division of Violence Prevention (2014),

that victims of dating violence who experience rape, physical violence, and or follow without the continued knowledge by couples are more common in women (22%) compared to men (15%). This may indicate that women are at greater risk of being survivors of dating violence.

Dating violence can include physical, emotional, and or verbal violence by a person against his or her partner committed in a dating relationship. Dating violence can be done directly and indirectly. In this case, direct dating violence is done by hitting a partner, having unwanted sexual intercourse, and so on. Meanwhile, dating violence which is done indirectly can be sending electronic messages containing hurtful words. According to Straus, et al (in Putri, 2012), there are four dimensions in dating violence, namely negotiation, psychological aggression, psychal assault, and sexual coercion. Then, according to Grace, et al (2018), there are several factors that can influence the occurrence of dating violence, namely the age of the individual, gender inequality, ethnicity and culture, jealousy, the influence of individual friends, violence experience in childhood, and the tolerance of individuals to violence.

According to Zulfah (2007), many people think that dating is a good time without violence. In fact, doing dating activities can often cause dating violence that can apparently have an impact on the emergence of psychological stress, such as depression, anxiety, or stress experienced by the individual. Based on research conducted by Hasmayni (2015), it was obtained that there is a link between dating violence and psychological severity in early adult women, the higher the dating violence experienced, the higher the severity of the psychological condition (depression, anxiety, stress) can happen. The results of the study are

also in line with the results of research conducted by Sulianti (2005), obtained the result that the more often individuals experience dating violence, the higher the severity of stress will be experienced.

According to Caron & Liu (in Mahmood & Ghaffar, 2014), psychological stress is a negative state of mental health that can affect individuals directly or indirectly with other physical and mental health conditions. Psychological distress can be shaped like depression, anxiety, stress, and so on (Lahey, in Winefield, et al., 2012). Depression is a deep sense of sadness and is accompanied by feelings of self-blame (Azzahra, 2017). Then, anxiety is an emotional state that has characteristics of physiological distress, unpleasant feelings, and a feeling that something bad will happen (Nevid, et al., 2005). Furthermore, according to Lazarus & Folkman (in Khairunnisa, 2016), stress is a relationship between an individual and an environment that is judged by an individual as something that can burden a person's abilities, thus endangering his or her well-being. According to Matthews (in Sekararum, 2012), there are two factors that influence the emergence of psychological distress, namely intrapersonal and interpersonal factors. The appearance of psychological stress can be characterized by a feeling of inability to overcome problems, experiencing emotional changes, having a sense of discomfort, the appearance of obstacles in communication (Azzahra, 2017).

Based on the exposures mentioned, the phenomenon of dating violence has now become an important thing to research and discuss. This is because the occurrence of dating violence can lead to persecution and the emergence of psychological stress experienced by survivors of the violence. Therefore, researchers are interested in conducting research that aims to find out the psychological

distress reviewed from experiencing dating violence.

METHODS:

The focus of the discussion to be revealed in this study is psychological distress in individuals who experience dating violence. According to Caron & Liu (in Mahmood & Ghaffar, 2014), psychological stress is a negative state of mental health that can affect individuals directly or indirectly with other physical and mental health conditions. Psychological stress can be shaped like depression, anxiety, stress, or anguish (Lahey, in Winefield, et al., 2012). Depression is a deep sense of sadness and is accompanied by feelings of self-blame (Azzahra, 2017). Then, anxiety is an emotional state that has characteristics of physiological distress, unpleasant feelings, and a feeling that something bad will happen (Nevid, et al., 2005). Furthermore, according to Lazarus & Folkman (in Khairunnisa, 2016), stress is a relationship between an individual and an environment that is judged by an individual as something that can burden a person's abilities, thus endangering his or her well-being.

The instruments used in this study are DASS (Depression Anxiety Stress Scale) and BDI-II (Beck Depression Inventory-II). DASS scale is one of the research instruments developed by Lovibond S.H and Lovibond P.H in 1995. DASS research instrument consists of 42 question items which include 3 subvariables, namely physical, emotional/ psychological, and behavioral (Crawford & Henry, 2005). DASS research instrument consists of 14 items related to depressive symptoms, 14 items related to anxiety symptoms, and 14 items related to stress symptoms. Meanwhile, BDI-II scale created by Beck in 1976 as a research instrument used to test the correlation of depression and BDI-II. According to Beck (in

Kurniawan & Noviza, 2017), the BDI-II scale is an interval measurement scale that evaluates 21 items to determine the level of depression experienced by participants.

The subjects in this study were young adults with age range of 18-30 years. The number of subjects contained in this study was 285 respondents obtained by incidental sampling. Hartono (2011) mentioned that incidental sampling is a technique of determining samples based on coincidence, i.e. anyone who incidentally meets with researchers can be used as a sample when viewed by individuals who accidentally found it suitable as a data source.

Data Analysis:

This research used Kolmogorov Smirnov to test normality on different psychological distress tests reviewed from experiencing dating violence. In addition, the researchers also used Mann Whitney-U to test hypotheses in conducting different psychological distress tests on women reviewed from experience dating violence. This is because the scattered data is not distributed normally. Furthermore, the study also used Rank Spearman Correlation to test the research hypothesis on depression and BDI correlation tests. This is because scattered data is not distributed normally.

RESULTS AND DISCUSSIONS:

Based on the different measurement of DASS reviewed from the experience of dating violence towards 258 respondents, it is shown by the following table:

Table 1. Differences of DASS reviewed from experience dating violence

Ranks				
	DV	N	Mean Rank	Sum of Ranks
DASS	Yes	92	184,76	16998,00
	No	166	98,87	16413,00
	Total	258		

Table 1 contains DASS difference data reviewed from the experience of dating violence. Based on the data, the result of mean rank states that psychological distress in people who have experienced dating violence is higher than in people who have never experienced dating violence that is $184.76 > 98.87$.

Table 2. Significance of DASS differences reviewed from the experience of dating violence

Test Statistics ^a	
	DASS
Mann-Whitney U	2552,000
Wilcoxon W	16413,000
Z	-8,856
Asymp. Sig. (2-tailed)	,000

a. Grouping Variable: DV

Table 2 contains about the results of the significance of DASS differences towards young adult individuals reviewed from experiencing dating violence. Based on the data, the results are obtained that the significance shows a figure of $0.000 p < 0.05$, so that H_a is accepted and H_0 is rejected. Thus, it can be concluded that there are significant differences in the psychological distress reviewed from experiencing dating violence.

Table 3. DASS differences in women reviewed from experience dating violence

Ranks				
	dv	n	mean rank	sum of ranks
dass	yes	88	146,85	12923,00
	no	127	81,08	10297,00
	total	215		

Table 3 contains about the results of DASS differences in women reviewed from experiencing dating violence. Based on the data, the results are obtained that the mean rank of

DASS women who experienced dating violence is greater than in women who have never experienced dating violence which is $146.85 > 81.08$, so it can be concluded that women who have experienced dating violence have a higher psychological distress than women who have never experienced dating violence.

Table 4. Significance of DASS differences in women reviewed from experience dating violence Test Statistics^a

	DASS
Mann-Whitney U	2169,000
Wilcoxon W	10297,000
Z	-7,624
Asymp. Sig. (2-tailed)	,000

a. Grouping Variable: DV

Table 4 contains about the results of the significance of DASS differences in women reviewed from experiencing dating violence. Based on the data, the results are obtained that the significance shows a figure of $0.000 p < 0.05$, so that H_a is accepted and H_0 is rejected. Thus, it can be concluded that there are significant differences DASS in women reviewed from experiencing dating violence.

Table 5. Correlation of Depression and BDI-II Correlations

		BDI	Depresi
BDI	Correlation	1,00	,688**
	Coefficient	0	
	Sig. (2-tailed)	.	,000
	N	258	258
Spearrho	Correlation	,688	1,000
	Coefficient	**	
	Sig. (2-tailed)	,000	.
	N	258	258

** . Correlation is significant at the 0.01 level (2-tailed).

Table 5 contains about the data of correlation results between depression and BDI. Based on the data, the results obtain that the correlation coefficient value is 0.688. In this case, the correlation level between depression and BDI can be said to fall into a strong category. The correlation coefficient has a positive value, so it can be concluded that if depression increases, then BDI will also increase. Conversely, if depression decreases, then BDI will also decrease. Based on the value of significance, a value of $0.000 p < 0.05$ is obtained so that H_a is accepted and H_0 is rejected. Thus, it can be concluded that there is a significant correlation between aspects of depression in DASS and BDI. Therefore, both measure the same thing, namely depression.

The phenomenon of dating violence can often occur in a relationship due to tension or conflict. This is because when facing conflicts in a relationship, individuals often use psychological, physical, or sexual violence as a medium to overcome ongoing conflicts (Grace, et al., 2018). Dating violence in a relationship can negatively affect an individual. One of the negative impacts that arise from the existence of dating violence is the emergence of psychological distress. The appearance of psychological distress can be characterized by the presence of feelings of inability to overcome problems, experiencing emotional changes, having a sense of discomfort, the appearance of obstacles in communication (Azzahra, 2017). Based on table 1, it can be concluded that people who experience dating violence have higher psychological distress than people who do not experience dating violence. It is also supported by the data produced in table 2 which states that there are significant differences in individual psychological distress reviewed from the experience of experiencing dating violence. The results of the study are in line with the results of

research conducted by Hasmayni (2015), that the higher the dating violence experienced, the higher the severity of psychological conditions can appear (depression, anxiety, stress).

In this case, psychological distress is a negative state of mental health that can affect individuals directly or indirectly with other physical and mental health conditions (Caron & Liu, in Mahmood & Ghaffar, 2014). Psychological distress can be in form of depression, anxiety, and stress (Lahey, in Winefield, et al., 2012). Depression is a deep sense of sadness and is accompanied by feelings of self-blame (Azzahra, 2017). Dating violence can cause feelings of sadness because a romantic relationship turns out not to be able to run happily. In addition, individuals who experience dating violence sometimes have feelings to blame themselves. This is because the individual feels that he/she is the cause of the conflict in his romantic relationship which then has an impact on the dating violence. The appearance of deep feelings of sadness and feelings of self-blame due to dating violence can make individuals end up depressed. It is also supported by research conducted by Hasmayni (2015), that there is a significant relationship between dating violence and depression that is $p < 0.818$, individuals who experience dating violence can cause the individual to experience depression.

Moreover, dating violence can also cause psychological stress in the form of anxiety (Kaukinen, Buchannan, & Grover, 2015). In this case, anxiety is an emotional state that has characteristics of physiological distress, unpleasant feelings, and a feeling that something bad will happen (Nevid, et al., 2005). Individuals who experience dating violence often experience physical and psychological impacts that can be unpleasant, unsafe, and terrorized. In addition, individuals who

experience dating violence also often feel discouraged because the individual is not able to handle conflicts with his/her partner in a healthy manner, so the romantic relationship he or she has will run badly and stressfully (Sony, 2009). This is in line with research conducted by Hasmayni (2015), that there is a significant relationship between dating violence and anxiety that is $p < 0.832$, individuals who experience violent dating can cause the individual to experience anxiety.

Furthermore, dating violence can also cause psychological stress in the form of stress. According to Lazarus & Folkman (in Khairunnisa, 2016), stress is a relationship between an individual and an environment that an individual considers to be a burden on one's abilities, thus endangering his or her well-being. Individuals who experience dating violence in their romantic relationships can feel burdened with their relationship. This is because the individual who experiences dating violence feels that he or she is in an event that is dangerous, so he/she felt that it can attack his or her well-being. This is in line with research conducted by Hasmayni (2015), that there is a significant relationship between dating violence with stress that is $p < 0.525$, individuals who experience dating violence can cause the individual to experience stress.

Dating violence is more commonly experienced by women as the victim (Astutik & Muhammad 2019). This is because women are often considered weak and have a position below men (Grace, et al., 2018). According to Ervita & Utami (2002), a woman is usually considered as a weak, submissive, passive creature, putting the interests of men first, so it is considered appropriate to accept arbitrary treatment. Based on the results of the data from table 3, it can be concluded that women who experience dating violence have higher

psychological stress than women who do not experience dating violence. It is also supported by the data produced in table 4 which states that there are significant differences in psychological distress against women reviewed from the experience of experiencing dating violence. In this case, women who have experienced dating violence often feel depressed, remorseful, consider themselves inferior, and more emotional (Astutik & Muhammad 2019). However, often women who have experienced dating violence still maintain their relationship. It is due to the emphasis on gender in dating is increasing, so it can have an impact on the emergence of psychological stress because by maintaining the relationship means also maintaining the existence of violent events in the romantic relationship that is being undergone. Thus, women who experience dating violence can have a higher psychological distress compared to women who do not experience dating violence.

One of the psychological stresses that can evoke from dating violence is depression. According to the World Health Organization (in Utami, et al. 2018), depression is a common mental disorder characterized by depressed moods, loss of interest and feelings of pleasure, feeling lack of energy, low concentration, barriers to eating or sleeping, and feelings of self-blame. One of the research measuring instruments that can be used in detecting the presence of depressive disorders in individuals experiencing dating violence is BDI-II. Based on data from table 3, the results found that there is a significant correlation between depression and BDI-II. These results are supported by the research conducted by Grothe, et al (in Sorayah, 2014), which tested the reliability and validity of BDI-II in outpatients in low-income Americans and Africans. The result of the study is that there is the reliability of BDI-II which

shows a high consistency of 0.90 and results that BDI-II can reflect the level of depression in individuals. Therefore, it can be concluded that in this study if depression experienced by individuals increases, then BDI-II will also increase.

The limitations in this study are the disproportionate number of female and male respondents and they are dominated by female respondents. The consequence of this study is that it is unable to conduct additional analysis on the comparison of psychological distress reviewed from gender.

CONCLUSION:

Some of the objectives contained in this study are to find out the differences in psychology distress reviewed from the experience of experiencing dating violence and differences in psychology distress in women reviewed from the experience of experiencing dating violence. The results obtained in this study are that there are significance differences in psychological stress reviewed from the experience of experiencing dating violence. In this case, individuals who experienced violent experiences in dating had a higher psychological stress compared to individuals who did not experience dating violence. Also, there is significance of DASS in women reviewed from the experience of experiencing dating violence. In this case, women who experienced dating violence had higher psychological stress compared to women who did not experience dating violence.

Based on the analysis and conclusions obtained, then the researchers give some recommendations namely to conduct a comparison analysis based on gender by considering the number of subjects proportionally. Furthermore, it can also develop a variety of other research approaches in the

context of psychological distress and dating violence.

REFERENCES:

- 1) Austik, D. P., & Muhammad, S. (2019). Perempuan Korban Dating Violence. Character: Jurnal Psikologi, 6(1), 1-13.
- 2) Azahra, F. (2017). Pengaruh Resiliensi Terhadap Distress Psikologi Pada Mahasiswa. Jurnal Ilmiah Psikologi Terapan, 5(1), 80-96.
- 3) Crawford, J., & Henry, J. (2005). The Short – Form Version of the Depression Anxiety Stress Scales (DASS-21): Construct Validity and Normative Data in 1 Large Non-Critical Sample. Australia: The British Psychological Society.
- 4) Ervita, & Utami, P. (2002). Memahami Gender Dan Kekerasan Terhadap Perempuan. Yogyakarta: Community Base Crisis Center.
- 5) Grace, S., Pratiwi, P. C., & Indrawati, G. (2018). Hubungan Antara Rasa Percaya Dalam Hubungan Romantis Dan Kekerasan Dalam Pacaran Pada Perempuan Dewasa Muda Di Jakarta. Jurnal Psikologi Ulayat, 5(2), 169-168.
- 6) Hartono. (2011). Analisis Data Statistika Dan Penelitian. Yogyakarta: Pustaka Pelajar.
- 7) Hasmayni, B. (2015). Dampak Psikologi Dating Violence Remaja Di SMA Tugama Medan. Jurnal Diversita, 1(1), 1-6.
- 8) Hurlock, E. (2012). Psikologi Perkembangan, Suatu Pendekatan Sepanjang Rentang Kehidupan (Terjemahan). Jakarta: Erlangga.
- 9) Kaukinen, C., Buchannan, L., & Grover, A. (2015). Child Abuse And The Experience Of Violence In College Dating Relationships: Examining The Moderating Effect Of Gender And Race. Journal of Family Violence, 30(8), 1079-1092.
- 10) Khairunnisa, D., Hidayati, N. O., & Setiawan. (2016). Tingkat Stres Pada Remaja Wanita Yang Menikah Dini Di Kecamatan Babakancikao Kabupaten Purwakarta. Jurnal Ilmu Keperawatan, 4(2), 67-76.
- 11) Kurniawan, Y., & Noviza. (2017). Psikoterapi Interpersonal Untuk Menurunkan Gejala Depresi Pada Perempuan Korban Kekerasan Dalam Rumah Tangga. Jurnal Psikologi dan Kesehatan Mental, 2(2), 96-102.
- 12) Mahmood, K., & Ghaffar, A. (2014). The Relationship Between Resilience, Psychological Distress, And Subjective Well-Being Among Dengue Fever Survivors. Global Journal Inc, 14(10), 13-24.
- 13) National Center for Victims of Crime. (2014). Bulletins for Teens: Dating Violence.
 - a. Diakses pada 9-3-2021 (18.58) <https://victimsofcrime.org/help-for-crime-victims/get-help-bulletins-for-crime-victims/bulletins-for-teens/dating-violence>.
 - b. victims/get-help-bulletins-for-crime-victims/bulletins-for-teens/dating-violence.
- 14) Nevid, J. S., & dkk. (2005). Psikologi Abnormal Edisi Kelima Jilid 1. Jakarta: Erlangga.
- 15) Papalia, D., S.W, O., & R.D, F. (2007). Human Development 10th ed. New York: McGraw Hill Companies.
- 16) Pratiwi, P. C. (2017). Upaya Peningkatan Self-Esteem Pada Dewasa Muda Penyintas Kekerasan Dalam Pacaran Dengan Cognitive Behavior Therapy. Jurnal Psikologi Ulayat, 4(2), 141-159.
- 17) Putri, Y. Z. (2012). Hubungan kekerasan dalam pacaran dan self-esteem pada perempuan dewasa muda. Diakses 12-3-2021 (20.41) <http://lib.ui.ac.id/naskahringkas/201508/S44811yuanita%20zandy%20putri>
- 18) Sekararum, A. (2012). Interpersona Psychotherapy (IPT) Untuk Meningkatkan

- Keterampilan Sosial Mahasiswa Universitas Indonesia Yang Mengalami Distress Psikologis. Depok: Tesis Magister, Program Studi Psikologi Profesi Universitas Indonesia.
- 19) Sony, S. (2009). *Tenn Dating Violence*. Yogyakarta: Kanisius.
- 20) Sorayah. (2014). *Uji Validitas Konstruk Beck Depression Inventory-II (BDI-II)*. Jakarta: UIN Syarif Hidayatullah.
- 21) Sulianti. (2005). *Stres Ditinjau Dari kekerasan Dalam Pacaran (Dating Violence) Pada Perempuan Dewasa Awal*. Surabaya: Undergraduate thesis, Widya Mandala Catholic University .
- 22) Utami, A. W., et.al. (2018). Hubungan Kemungkinan Depresi Dengan Kualitas Hidup Pada Lanjut Usia Di Kelurahan Surau Gadang Wilayah Kerja Puskesmas Nanggalo Padang. *Jurnal Kesehatan Andalas*, 7(3), 417-423.
- 23) WHO. (2014). *Global Status Report on Violence Prevention*. WHO Library
- a. *Cataloguing-in-Publication Data*. ISBN 9789241564793. Diakses 9-3-2021
- b. (18.37) http://www.who.int/violence_injury_prevention/violence/world_report/n
- 24) William, B. K. (2006). *Marriages, Families, and Intimate Relationships: A Practical Introduction*. USA: Pearson Education.
- 25) Winefield, H., Gill, T., Taylor, A., & Pilkington, A. (2012). Psychological Well-Being And Psychological Distress: Is It Necessary To Measure Both? *Psychology of Well-Being: Theory, Research, And Practice*, 2(3), 1-14.
- 26) Zulfah . (2007). *Kekerasan Dalam Pacaran: Sebuah Fenomena yang Terjadi Pada Remaja*. Diakses pada 20-3-2021 (18:54) <http://www.kesrepro.info/?q=node/252>