



## RESEARCH ARTICLE

### STRESS, COPING ABILITY AND ASSOCIATED FACTORS TOWARDS INTIMATE PARTNER VIOLENCE AMONG WOMEN

<sup>1</sup>Shiny Mary, D. and <sup>2</sup>Reena Evency, A.

<sup>1</sup>Associate Professor, St. Xavier's Catholic College of Nursing, Nagercoil, Tamil Nadu, India; <sup>2</sup>Principal, St. Xavier's Catholic College of Nursing, The Tamil Nadu Dr. M.G.R Medical University, Chennai, Tamil Nadu, India

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##### \*Corresponding author:

Shiny Mary, D.

#### ABSTRACT

The study aimed to assess the stress, coping and associated factors towards intimate partner violence among women. A quantitative research approach with non-experimental descriptive research design was adopted. 30 participants were selected using non probability convenient sampling method. Among 30 Women, 10 (33.33%) had mild stress, 6 (20%) had moderate stress and 14 (47%) had severe stress. Also 30, 16 (53.33%) had good coping ability. All 30 (100%) women had associated factors towards intimate partner violence among women were assessed and all (30) women had presence of all factors. Anti-violence strategies was demonstrated to all the women who had intimate partner violence.

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## INTRODUCTION

No country can truly flourish if it stifles the potential of its women and deprives itself of the contribution of its half of the citizen. Gender Equality that begins in the minds of people is the perception of treating another person at par with himself or herself. As per the United Nations Human Rights Commission, one third of women globally experience violence at least once in their lifetime and there is a surge upwards of 25% in the year 2020. Globally about 12 million girls are married before the age of 18. In India the situation is still worst. Every 26 minutes a women is molested. Every 34 minutes a rape takes place, every 42 minutes a sexual harassment incident occurs. Every 43 minutes a woman is kidnapped. And every 93 minutes a woman is burnt to death over dowry. The adolescent birth rate is 12.2/1000 women in the age group 15-19 years and about 18.4% of women Aged 15-49 years are reported to be subjected to physical/sexual violence by a current or former intimate partner. The World Health Organization (WHO) defines Intimate partner violence as "any behavior within an intimate relationship that causes physical, psychological or sexual harm to those in the relationship, including acts of physical aggression, sexual coercion, and psychological abuse and controlling behaviors. As per National Family Health Survey weighted prevalence of physical, Sexual, emotional, or any kind of IPV ever-experienced by women were 29.2%, 6.7%, 13.2% and 32.8%. Therefore, based on existing evidences, it is recommended to offer adequate screening and find out the factors towards intimate partner violence. So that women can speak up against IPV, and are offered timely help to prevent long-term physical and mental health consequences. The crime rates against women in states like TamilNadu with metropolitan cities like Chennai is 13.4% (NCRB-2020). Even though the crime rates in Kanyakumari district are low,

the nearing districts like Tirunelveli and Madurai show a surge in the crime rates of 152 and 139 respectively (The Hindu - 2022). So the researchers aimed to conduct a study to assess the stress, coping and associated factors towards intimate partner violence among women.

#### Statement of the problem

A descriptive study to assess the Stress, Coping Ability and Associated Factors towards Intimate Partner Violence among Women In Kanyakumari District.

#### Objectives

- To assess the prevalence of intimate partner violence among women.
- To assess the stress, coping ability and associated factors towards intimate partner violence.
- To find out the relationship between stress and coping ability towards intimate partner violence among women.
- To find out the association between selected demographic variables with their stress and coping ability towards intimate partner violence among women.
- To educate the women regarding anti violence strategy towards intimate partner violence.

## METHODOLOGY

A quantitative research approach with non-experimental descriptive research design was adopted. Conceptual framework was based on health promotion model. Thirty participants were selected using non probability convenient sampling method from Villukuri at

Kanyakumari District. Prevalence, Stress and Coping ability, associated factors were assessed by structured interview through Battering scale, Stress Rating Scale Coping Ability Rating scale and questionnaire respectively. Tools were developed by the investigator with the expert's opinions and suggestions. The data gathered were analyzed based on the objectives through descriptive and inferential statistics using SPSS 23.0 version.

## RESULTS AND DISCUSSION

Surveying on the prevalence of intimate partner violence among women showed that, among 108 women, 30 of them experienced intimate partner violence severely. Till today women could not achieve gender equality goals completely.

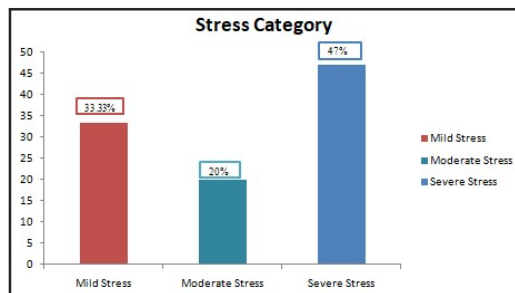


Figure 1. Percentage distribution of stress towards intimate partner violence among women

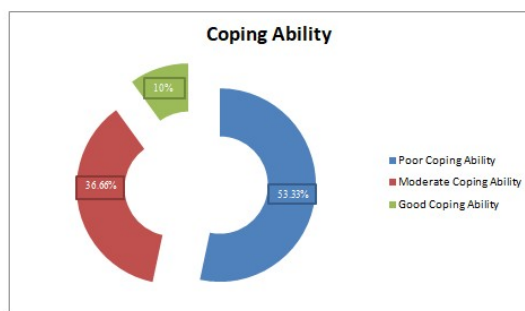


Figure 2. Percentage distribution among women according to their level of coping ability towards intimate partner violence.

Inspecting the stress towards intimate partner violence among women revealed that, among 30 women, 10 (33.33%) had mild stress, 6 (20%) had moderate stress and 14 (47%) had severe stress. Strengthened the women by educating them about the strategies to make desired changes with their partner to sort out gender inequality. Analyzing the coping ability towards intimate partner violence stated that, among 30, 16 (53.33%) had poor coping ability, 11 (36.66 %) had moderate coping ability and 3 (10%) had good coping ability. Special efforts as well as counseling were implemented to develop self-respect and mental health. Regarding the associated factors towards intimate partner violence analyzed that, all 30 (100%) women had factors such as partner related factors, familial factors, educational factors, marital factors, economical factors, sexual factors, emotional status and low self-esteem. Encouraged the women to practice problem solving skills and avoid negative behaviours to prevent the factors and its consequences. Finding the relationship between stress and coping identified that, there is a negative relationship between stress and coping. If stress increases, coping ability decreases. Women and men have the responsibility to maintain healthy marital relationship to overcome the stress. Assessing the association between the demographic variables with stress and coping found that, type of family, occupation, family income, number of children and number of brother in law had association with stress. Age in years, religion, education, occupation and number of sister in laws had association with coping ability. Inequalities in education, age gaps, employment status were having strong association with intimate partner violence. Prevention strategy is a fundamental initiative to prevent intimate partner violence and enhance gender equality around the world.

Table 1. Frequency and percentage distribution of associated factors towards intimate partner violence among women

N=30

Sl. No	Associated factors	Frequency (f)	Percentage (%)
1	<b>Partner related factors</b>		
	i) Partners age		
	a. Same age	2	6.7
	b. Younger age	2	6.7
	c. Elder age	26	86.7
	ii) Partner's Education		
	a. Literate	18	60
	b. Illiterate	12	40
	iii) Partner's Employment status		
	a. Government employee	0	0
	b. Private employee	6	20
	c. No job	2	6.7
	d. Fisher man	22	73.33
2.	iv) Habit of Alcoholism		
	a. Drunkard	27	90
	b. Abstainer	3	10
	v) Drug Abuse		
	a. Illegal drug use	0	90
	b. Not using any drug	30	10
	vi) Habit of smoking		
	a. Smoker	22	73.33
	b. Non smoker	8	26.7
	<b>Family factors</b>		
	i) Mother in law		
	a. Alive	22	66.7
	b. Dead	8	33.3
	ii) Father in law		
	a. Alive	12	40
	b. Dead	18	60
	iii) Relation with mother-in-law		
	a. Satisfactory	16	72.7
	b. Un Satisfactory	6	28
3.	iv) Relation with sister in law		
	a. Satisfactory	7	46.66
	b. Un Satisfactory	8	53.33
	v) Relation with brother in law		
	a. Satisfactory	5	26.31
	b. Un satisfactory	14	73.68
	<b>Educational factors</b>		
	i) Education of father-in-law		
	a. Literate	0	0
	b. Illiterate	12	100
	ii) Education of mother-in-law		
	a. Literate	4	18.18
	b. Illiterate	18	81.81
	iii) Education of sister in-law (1)		
	a. Literate	1	12.5
	b. Illiterate	7	87.5
	iv) Education of sister in law (2)		
	a. Literate	2	28.5
	b. Illiterate	5	71.42
4.	v) Education of brother in law (1)		
	a. Literate	5	41.66
	b. Illiterate	7	58.3
	vi) Education of brother in law (2)		
	a. Literate	4	57.17
	b. Illiterate	3	42.85
	<b>Marital Factors</b>		
	i) Style of Marriage		
	a. Love Marriage	5	16.7
	b. Arranged Marriage	24	80
	c. Love sum arranged marriage	1	3.33
	ii) Type of Marriage		
	a. Consanguineous	2	6.66

	b.Non consanguineous	28	93.33
	iii) Age at marriage		
	a.18 – 23 years	19	63.33
	b.23.1 – 28 years	11	36.66
	c.28.1 – 33 years	0	0
	d.Above 33 years	0	0
5.	<b>Economic factors</b>		
	i) Husband income per month		
	a.Below Rs. 10,000	10	33.33
	b.Rs.10,001 – Rs. 20,000/-	13	43.33
	c.Rs. 20,001 – Rs. 30,000/-	7	23.33
	d.Above Rs. 30,000/-	0	0
	ii) Bread winner		
	a.Father in – law	0	0
	b.Mother in – law	0	0
	c.Husband	30	100
	d.Wife	0	0
6.	<b>Emotional status</b>		
	i) Emotion		
	a.Happy and peaceful	21	70
	b.Insult and belittling	9	30
	ii) Concentration in work		
	a.Trouble in concentration	12	40
	b.Normal	18	60
7.	<b>Sexual Factors Sexual relationship</b>		
	a.Satisfied	29	96.66
	b.Un satisfied	1	3.33
8.	<b>Self Esteem</b>		
	a.Shame	2	6.66
	b.Hopelessness	8	26.66
	c.Feeling of belonging	3	10
	d.Self confidence	17	56.66

**Table 2:Correlation between stress and coping ability towards intimate partner violence among women.**

N=30

Sl. No	VARIABLES	CORRELATION COEFFICIENT
1	Stress	-0.85
2	Coping Ability	

## CONCLUSION

Focusing on Gender Equality as the need for a sustainable tomorrow, the researcher selected Intimate Partner Violence as an essential component to be eradicated from the community to have tremendous impacts on health and well being of women.

It is one of the common forms of violence against women that is performed by husband or male partner. Violence between intimate partners is a costly public health issue. IPV is preventable through continued research and evaluation of promising approaches. Through this research, the investigator identified the level of stress, coping ability and associated factors towards intimate partner violence among women.

Strengthening economic supports for families and promoting household financial security can reduce IPV to a great extent. Supporting the development of healthy, respectful and nonviolent relationship has the potential to reduce the occurrence of IPV and prevent its harmful and long lasting effects on women where they live. So the investigator educated and demonstrated anti violence strategy to come out from intimate partner violence. Therefore women are effective and powerful leaders and change makers to voice against gender inequality.

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