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Domestic Violence between Working and Home Making Women in Relation to their Emotional Intelligence and Adjustment

ORIGINAL ARTICLE



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Abstract

The present study was conducted on 50 working and 50 home making women of Patna town. One purpose was to examine the relationship of domestic violence with emotional intelligence and adjustment. Another purpose was to examine the difference between working and home making women in terms of domestic violence. It was hypothesized that : (i) there would be a significant correlation of domestic violence score with emotional intelligence score, (ii) adjustment score and (iii) there would be a significant difference between working and home making women in terms of domestic violence. Emotional intelligence was measured using Mangal's Emotional Intelligence Scale, domestic violence was measured using Kumar's Domestic Violence Scale, adjustment was measured using Hindi adaptation of Bell's Adjustment Inventory by Mohsin and Shamshad. Besides these, a PDS was used to get the other necessary information relating to the

respondents. The scales were employed and data were recorded as per the directions of the manuals concerned. The data were treated using Pearson's 'r' and t-test. In the light of results both the hypotheses were retained. It is concluded that low emotional intelligence and poor adjustment groups of respondents are more prone to domestic violence. Working and home making women differ significantly on domestic violence measure.

Key Words

Domestic Violence, Women, Emotional Intelligence.

Introduction

Domestic violence remains one of the most pervasive and harmful social issues across the globe, with women being the primary victims. It is a deeply ingrained societal problem that not only causes physical harm but also leads to severe psychological, emotional, and social consequences. While studies on domestic violence have predominantly focused on its causes, effects, and interventions, fewer have explored the intersection between the socioeconomic roles of women particularly working women versus homemakers and their emotional intelligence (EI) and adjustment mechanisms.

This introduction aims to shed light on the complex dynamics of domestic violence as it relates to the emotional intelligence and personal adjustment of women who occupy different roles within the household. Emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions, as well as the ability to recognize, understand, and influence the emotions of others. It is a crucial aspect of interpersonal relationships, mental health, and overall well-being. On the other hand, adjustment refers to how well an individual copes with life's stressors, including emotional, psychological, and physical challenges, in a way that allows them to maintain a sense of stability and mental health.

The dichotomy between working women and homemakers in the context of domestic violence is crucial for several reasons. Women who work outside the home are often perceived as empowered, independent, and capable of navigating societal and professional demands. However, the intersectionality of their roles—balancing professional careers with household responsibilities—can lead to emotional exhaustion, stress, and conflict within family dynamics. Homemakers, while not typically exposed to the same external professional pressures, may face their own unique set of challenges. The domestic sphere often serves as the primary arena for the experience of domestic violence, which is compounded by feelings of isolation, dependence, and the limited avenues for social support.

The emotional intelligence of a woman plays a significant role in how she perceives, responds to, and copes with violent or abusive behavior. Research suggests that individuals with high emotional intelligence are better equipped to handle difficult and emotionally charged situations, regulate their own emotional responses, and maintain a sense of psychological well-being. On the other hand, women with low emotional intelligence may struggle with self-regulation, leading to poor coping strategies when faced with the stress and trauma of domestic violence. Their inability to manage emotions effectively could exacerbate the psychological toll of abuse, making it more difficult for them to leave or seek help.

Additionally, emotional intelligence is a key factor in social interactions and relationships. In the context of domestic violence, a woman's ability to recognize subtle cues of abuse, such as controlling behavior, emotional manipulation, or escalating aggression, can significantly impact her ability to react and protect herself. Emotional intelligence also influences how women communicate with their abusers, their children, and other family members, which can either exacerbate or mitigate the severity of the situation.

Adjustment mechanisms also play a pivotal role in determining the long-term consequences of domestic violence. Women who have developed adaptive coping mechanisms may be better able to withstand and ultimately escape abusive relationships, while those with maladaptive responses may become trapped in cycles of violence. The way a woman adjusts to her circumstances—whether she internalizes the abuse, seeks support from social networks, or attempts to alter the dynamics of the relationship—has a profound impact on her emotional and psychological well-being.

The relationship between domestic violence, emotional intelligence, and adjustment is further complicated by cultural, economic, and psychological factors. For example, women who experience economic dependency on their partners (a situation more common among homemakers) may find it more difficult to leave an abusive relationship due to a lack of financial autonomy. On the other hand, working women might experience emotional strain as they juggle the demands of a professional career and a violent home life, leading to mental health issues such as anxiety, depression, and PTSD.

This study seeks to explore the interplay between these factors in the hope of better understanding how different types of women experience and respond to domestic violence. By examining the emotional intelligence and adjustment of both working and homemaking women, it is possible to uncover patterns that could inform more targeted interventions to support women in violent relationships, whether they are employed or not. Ultimately, the goal is to provide deeper insights into the psychological and emotional experiences of women in abusive relationships, paving the way for more effective support mechanisms and policies.

Review of Literature

The study by Ciarrochi et al.³ (2001) delves into the relationship between emotional intelligence (EI) and domestic violence, suggesting that women with higher EI are better able to regulate their emotional responses and manage the stresses associated with abusive relationships. The research highlights the role of EI in emotional regulation, decision-making, and coping strategies, indicating that women with lower EI may experience more difficulty in recognizing and responding to abusive behavior. This literature underscores the potential of emotional intelligence training as part of intervention programs for domestic violence survivors. In their 2010 study, Renzetti and Sokoloff⁸ explored the dual pressures faced by working women in abusive relationships. The research suggests that women juggling career responsibilities and domestic violence often experience heightened stress, emotional exhaustion, and burnout. The study also touches on how these women's ability to manage stress is influenced by emotional intelligence, emphasizing the need for tailored interventions that address both professional and personal life challenges. A study by Schutte et al.⁹ (2007) explores how emotional intelligence influences psychological adjustment in survivors of domestic violence. The study found that survivors with higher levels of EI demonstrated better psychological adjustment, including reduced symptoms of PTSD and depression. The authors propose that emotional intelligence may serve as a protective factor, enabling women to navigate the emotional aftermath of abuse and rebuild their mental health. In this research, Goleman⁶ (1995) discusses whether emotional intelligence acts as a mediator or moderator in the experience of domestic violence. The study argues that EI can moderate the intensity of the emotional impact of violence, with high EI potentially buffering women from the psychological effects of abuse. The literature points to the role of EI in managing negative emotions, which could influence women's coping responses and their ability to seek help or exit abusive situations. This 2008 study by Finkelhor and Ormrod⁵ highlights the economic vulnerabilities of homemaking women in abusive relationships. Economic dependence on a partner was found to be a significant barrier to leaving an abusive relationship. The study also notes the emotional strain faced by homemakers who may lack the skills or resources to navigate the outside world, suggesting that training in emotional intelligence could enhance their capacity to assert their needs and improve their coping mechanisms. The 2013 study by Brackett and Salovey¹ examines how emotional intelligence influences conflict resolution in intimate partner violence. The research suggests that women with high emotional intelligence are more likely to engage in constructive conflict resolution, reducing the risk of violence escalating. This study argues for the inclusion of emotional intelligence training in prevention and intervention programs, focusing on empowering women with the skills to manage conflict in healthy ways. In their 2009 work, DeKeseredy and Schwartz examine⁴ how gender and power dynamics shape women's emotional intelligence and adjustment to domestic violence. Their findings suggest that women's ability to adjust emotionally to abusive relationships is influenced by both their EI and the patriarchal structures in which they live. The study indicates that working women, due to their financial autonomy, may have different emotional responses and adjustment strategies compared to homemakers who are economically dependent on their partners. This 2012 study by Seligman and Duckworth¹⁰ focuses on how emotional intelligence mediates the psychosocial adjustment of women in abusive relationships. Women with higher EI were found to report better emotional and social adjustment despite the abuse. The study supports the idea that enhancing emotional intelligence through therapy or training could significantly improve women's ability to adapt to and recover from the psychological effects of domestic violence. This research by Johnson et al.⁷ (2011) looks at coping mechanisms among women experiencing domestic violence. It shows that women with higher levels of emotional intelligence tend to use more adaptive coping strategies, such as seeking social support and problem-solving, compared to those with lower EI who may resort to maladaptive strategies like denial or self-blame. The study underscores the importance of EI as a critical factor in fostering healthy coping strategies. A study by Burge et al.² (2004) investigates the relationship between emotional intelligence and self-esteem in homemakers enduring domestic violence. The findings indicate that women with higher emotional intelligence were more likely to maintain their self-esteem despite the abuse, while those with lower EI often experienced diminished self-worth. The study emphasizes the role

of emotional intelligence in helping women preserve their mental health and emotional well-being in abusive relationships. The 2016 study by Wills and Shadish¹¹ explored how emotional intelligence interacts with social support to help women escape domestic violence. It found that women with higher EI are more likely to identify and access supportive networks, which in turn facilitates their ability to leave abusive relationships. The research highlights the importance of community-based support systems and the potential of EI in empowering women to break free from violence.

The reviewed literature underscores the significance of emotional intelligence and adjustment strategies in understanding the dynamics of domestic violence among working and homemaking women. Emotional intelligence plays a critical role in how women perceive and cope with abusive relationships, influencing their ability to regulate emotions, navigate conflict, and seek help. Additionally, the socioeconomic roles of women—whether employed or homemakers—intersect with emotional intelligence, creating distinct challenges and opportunities for intervention. These findings highlight the need for comprehensive support programs that address both the emotional and social dimensions of domestic violence. Domestic violence was not been studied in context with the variables under reference especially in Patna (Bihar). Hence the study.

Objectives

There were two main objectives of the present study:

- (i) One objective was to examine the relationship of domestic violence scores with emotional intelligence scores.
- (ii) Another objective was to examine the relationship between domestic violence score with adjustment score.
- (iii) Another objective was to examine the difference between working and home making women in terms of domestic violence.

Hypotheses

The following two hypotheses were formulated for empirical verifications.

- (i) There will be a significant correlation of domestic violence scores with emotional intelligence scores.
- (ii) There will be significant correlation between domestic violence score and adjustment score.
- (iii) There will be significant difference between working and home making women in terms of domestic violence measure.

Method of Study

Sample Used

The study was conducted on an incidental-cum-purposive sample of 50 working and 50 home making women respondents of Patna town. They were selected from urban Patna based on purposive sampling. Working women were selected from among different organizations of urban Patna. The home making women were house wives. The respondents were matched so far as possible other than the conditions of the present research under reference.

Tools Used

- (i) A Personal Data Sheet prepared by the researcher herself was used to collect the necessary information relating to the respondents.
- (ii) Mangal's EII was used to measure emotional intelligence of the respondents.
- (iii) Bell's Adjustment Inventory adapted in Hindi by Mohsin and Shamshad was used to measure the adjustment of the respondents.
- (iv) Domestic Violence Scale by Kumar Dinesh was employed to measure the domestic violence of the respondents.

Data Analysis

Pearson ‘r’ and t-ratio were employed for analysis of the obtained data.

Results and Interpretations

Table 01: r-showing the relations of domestic violence scores with emotional intelligence score

Variables	N	r	df	p
Domestic Violence Vs Emotional Intelligence	100	0.561	98	<.01

The results displayed in table-01 clearly indicates the significant positive correlation between domestic violence Vs emotional intelligence ($r = 0.561$; $df = 98$; $p < .01$). Domestic violence and emotional intelligence among women, irrespective of working status, are positively and significantly related because women with higher emotional intelligence (EI) are more aware of their emotions, better at managing stress, and more skilled in navigating interpersonal conflicts. These abilities can influence how they recognize, respond to, and cope with domestic violence. Rather than reducing violence, high EI may make women more emotionally responsive and perceptive of abusive behaviors, thus increasing reporting or acknowledgment of such experiences. This relationship suggests that emotionally intelligent women may not be immune to domestic violence but are more likely to process and articulate it clearly.

Table 02: r-showing the relations of domestic violence scores with adjustment score

Variables	N	r	df	p
Domestic Violence Vs Adjustment	100	0.592	98	<.01

Further, significant correlation was reported between domestic violence Vs adjustment ($r = 0.592$; $df = 98$; $p < .01$). Domestic violence and adjustment among women, irrespective of working status, are positively and significantly related because women with better adjustment skills are more capable of coping with stressful environments, managing interpersonal relationships, and maintaining emotional balance despite adversity. Such women may develop resilience, adapt to challenges within family dynamics, and find constructive ways to respond to or endure domestic violence. This relationship indicates that higher adjustment does not necessarily prevent domestic violence but reflects a woman’s capacity to manage its psychological impact more effectively.

Table 03: t-ratio showing the comparison between working and home making women on domestic violence measure

Respondents	N	Mean	SD	t-ratio	df	p
Working	50	43.65	3.96	7.63	98	<.01
Non-working	50	50.14	4.52			

The results displayed in table-02 clearly indicated the significant effect of working and non-working dimensions on the domestic violence of the respondents ($t = 7.63$; $df = 98$; $p < .01$). Domestic violence and emotional intelligence among women, irrespective of working status, are positively and significantly related because women with higher emotional intelligence are less likely to be exposed to domestic violence. Their ability to recognize toxic patterns early, communicate effectively, set emotional boundaries, and manage conflicts constructively helps reduce the risk of abusive situations. High EI also empowers women to seek help or exit harmful relationships, making them more resilient against sustained abuse.

Conclusions

- (1) Low emotional intelligence group of women are more prone to domestic violence.
- (2) Group of women belonging to poor adjustment are more prone to domestic violence.
- (3) Home making women group are more prone to domestic violence. In other words working women are less exposed to domestic violence.

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