

Application of Coping Strategy on Victims of Physical and Verbal Violence in Dating Relationships to Overcome Psychological Disorders in Adolescent Females in Makassar City

Husnun Imayah^{*1}, Syria², Sudirman Nasir³, Shanty Riskiyani⁴, Ida Leida Maria⁵

^{*1}Master Program, Department of Epidemiology, Faculty of Public Health, Hasanuddin University, Makassar, Indonesia

^{2,3,4}Department of Health Promotion and Behavioral Sciences, Faculty of Public Health, Hasanuddin University, Makassar, Indonesia

⁵Department of Epidemiology, Faculty of Public Health, Hasanuddin University, Makassar, Indonesia

Corresponding Author

Husnun Imayah

Email ID: husnunimayahmaya16@gmail.com

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ABSTRACT

Background: Dating violence (DV) is a social phenomenon that often affects teenagers, especially girls.

Objective: This study aims to describe the forms of physical and verbal violence experienced by adolescent girls and the coping strategies used to overcome the psychological impact of this violence.

Method: This study uses a descriptive qualitative approach with an in-depth interview method with 15 informants from various universities in Makassar City.

Results: The results of the study showed that victims experienced various forms of violence such as being hit, slapped, shouted at, and insulted, which resulted in the emergence of psychological disorders such as anxiety, trauma, depression, and low self-esteem. Coping strategies used include Emotion Focused Coping (EFC) such as escape-avoidance and positive reappraisal, and Problem Focused Coping (PFC) such as seeking social support and confrontive coping.

Conclusion: This study emphasizes the importance of psychological counseling and social support in helping adolescent girls cope with the impact of dating violence.

Keywords: *violence in dating, coping strategies, psychological disorders, adolescent girls*

1. INTRODUCTION

Adolescence is a transition period from childhood to adulthood marked by various complex physical, psychological, cognitive, spiritual, biological, and social changes (1). In this phase, adolescents begin to experience emotional changes such as the emergence of interest in the opposite sex (2), which encourages them to start a relationship for various reasons—from the need for attention, a place to share feelings, to the desire to get to know their partner's character more deeply (3). Although dating can train socializing and negotiating skills, the fact is that many adolescents experience conflict in relationships, which often develop into violence without them realizing it because it is considered a normal part of the dynamics of the relationship (2).

Dating violence is a common social phenomenon, and the victims are often women. Based on data from the UPTD PPA of Makassar City in 2024, it shows that the number of cases of violence until June 2024 was 245 cases with 49 cases of violence against women. While for the previous year's data, namely in 2023, there were 634 cases with 128 cases of violence against women. The highest cases of violence based on the relationship between the victim and the perpetrator were with a boyfriend/girlfriend relationship, namely 23.82% of cases, the second highest was with a parent relationship, namely 18.50% of cases, and the third highest was with a husband/wife relationship with 14.11% of cases. The age group with the highest number of cases of violence against women was in the 13-17 age group with 118 cases, and the second highest was the 18-24 age group with 112 cases, and the third highest was the 6-12 age group with 33 cases(1).

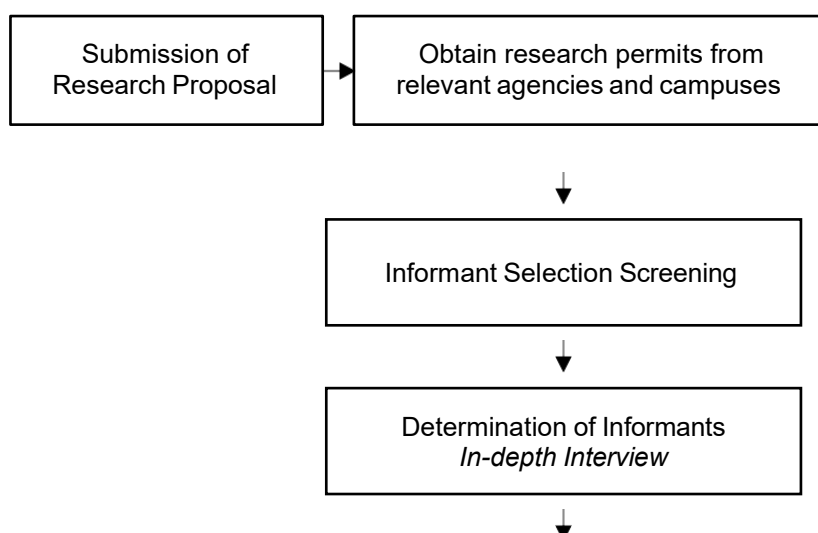
The causes of violence in dating can be triggered by various factors, including parenting patterns and an unpleasant family environment.(2,3). Lack of attention from parents can cause individuals to seek attention from outside the home, in this case, seeking attention from a partner, which is sometimes done in an inappropriate way to get that attention. Another factor is the influence of mass media.(3). Mass media consists of print media, electronic media and social media. Unwise exposure to social media can trigger violence in dating. Then, the dominant personality factor and gender roles. This means that gender inequality where men generally feel stronger and more powerful than women can be one of the factors in violence in dating.(4).

In dating, some forms of violence include verbal, physical, sexual, economic and cyber violence. Violence in verbal form for example cursing, humiliating a partner in public, shouting, excessive jealousy and so on. While violence in physical form is behavior that can hurt a partner's body parts, for example pulling hair, kicking, hitting, slapping, pinching and so on.(5).Dating violence (DV) can cause serious psychological trauma, including the risk of PTSD disorders characterized by self-blaming (9). DV actions are also regulated in Article 454 of the Criminal Code and the TPKS Law as a form of coercion against women through violence or trickery (10). To overcome its impact, victims need coping strategies, which are divided into two: emotion focused coping (such as escape- avoidance, positive reappraisal, seeking emotional support) and problem focused coping (such as confrontive coping, planful problem solving, and accepting responsibility) which focus on direct solutions to the source of stress (11).

The results of Raharjo et al.'s (2024) study of five victims of dating violence showed that in the emotion-focused coping aspect, the positive reappraisal sub-aspect was applied by three informants by getting closer to God, which made them feel calmer and able to think clearly. Meanwhile, in the confrontative coping sub-aspect, three informants showed extreme reactions such as throwing objects around and even self-harm as a form of response to emotional stress (12). This study aims to understand how dating violence occurs, the forms of violence experienced, its impact on victims, and the coping strategies applied by young women in Makassar City.

2. PARTICIPANTS & METHODS

The research method used is qualitative descriptive research. This research was conducted at several state and private campuses in Makassar City, namely Hasanuddin University, Makassar State University, UIN Alauddin Makassar, Indonesian Muslim University, Muhammadiyah University of Makassar, and Islamic University of Makassar. Data sources in this study include: primary data and secondary data. Data collection techniques used in this study are observation, interviews and documentation. Determination of informants using Purposive sampling technique is sampling based on certain criteria, namely being/having been in a relationship, dating for at least 3 months, having experienced/committed violence in dating as known through initial screening, having an age range of 18-25 years, being a student, and willing to be an informant. The instruments in this study are: 1) researchers as key instruments, 2) interview sheets and cellphones. Data analysis techniques used are data reduction, data presentation, and drawing conclusions. Data validity techniques in this study according to Sugiyono (2016) include: data credibility test, transferability test, dependability test and confirmability test. In this study, data credibility testing was used to test the validity of the data.



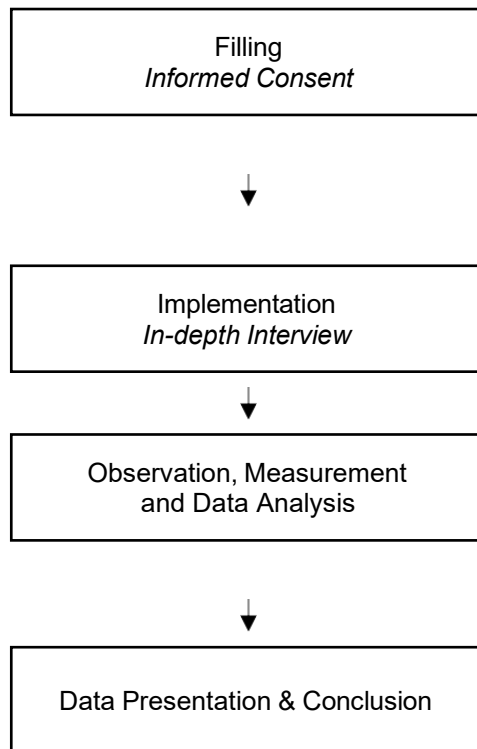


Figure 1.Research Procedures

Findings

3. CHARACTERISTICS OF INFORMANTS

The number of informants was 16 people who met the research criteria described in the table below.

Table 1.Informant Victim of Violence in Dating

No	Initials	Age	JK	Relationship status	Forms of violence experienced
1	K1	17	P	Currently Dating	Verbal Violence
2	K2	20	L	Currently Dating	Verbal Violence
3	K3	21	P	Separated 3 Months Ago	Verbal Violence
4	K4	18	P	Separated 1 Year Ago	Physical and Verbal Abuse
5	K5	24	L	Currently Dating	Physical and Verbal Abuse
6	K6	20	L	Currently Dating	Physical and Verbal Abuse
7	K7	20	P	Separated 8 Months Ago	Verbal Violence
8	K8	20	P	Separated 2 Months Ago	Physical and Verbal Abuse
9	K9	22	P	Currently Dating	Verbal Violence

Based on table 1, eight informants were victims of dating violence with an age range of 17–24 years, consisting of five women and three men. Their relationship status varies, from those who are still dating to those who have separated. The forms of violence experienced include verbal violence or a combination of physical and verbal violence. Verbal violence is the most dominant form, experienced by six informants, while three other informants experienced both physical and verbal violence. This condition shows that verbal violence is more common, although in some cases it can develop into physical violence.

Table 2. Informant of Perpetrators of Violence in Dating

No	Initials	Age	JK	Relationship status	Informant Couple	Forms of violence committed
1	P1	21	P	Separated 2 Years Ago	-	Physical Violence
2	P2	24	L	Currently Dating	K9	Verbal Violence
3	P3	20	L	Separated 1 Year Ago	K4	Physical & Verbal Abuse

Based on table 2, three informants who are perpetrators of violence in dating relationships, with ages between 20 and 24 years. Two of them are male and one is female. Their current relationship status includes still dating to separated. The types of violence committed include physical violence, verbal violence, and a combination of both. This indicates that the perpetrators come from various backgrounds and are not limited to one gender or certain relationship status.

Table 3. Informant of Family of Victims of Dating Violence

No	Initials	Age	JK	Last education	Work	Information
1	KK1	28	P	S1	State-owned Enterprises	Older brother
2	KK2	48	P	SENIOR HIGH SCHOOL	Employees housewife	Mother

Based on table 3, two informants from the victim's family, namely an older sibling and a mother. The victim's older sibling is 28 years old and works as a BUMN employee with a BA education background, while her mother is 48 years old, has a high school education, and is a housewife. Their participation in this study shows the importance of the family perspective in understanding the conditions and psychological impacts experienced by victims of dating violence.

Table 4. Psychologist and Legal Aid Institute Informants

No	Initials	Age	JK	Last education	Work	Information
1	L1	35	L	S1	UPTD PPA	Lawyer and Case Companion
				Employees	for UPTD PPA	
2	L2	32	P	S2	UPTD PPA	Clinical Psychologist UPTD
				Employees	PPA	

Based on table 4, two professionals from UPTD PPA as companions in cases of dating violence. L1, a 35-year-old man, works as a lawyer and case companion, while L2, a 32-year-old woman, is a clinical psychologist with a Masters degree. Their roles are important in providing protection, counseling, and rehabilitation services to victims, as well as being the main resource person in explaining the process of professional assistance.

4. CAUSES OF VIOLENCE IN DATING

The causes in this study, namely the background of dating violence, are various factors that influence the occurrence of violence in relationships, such as bad experiences in the past (for example, domestic violence), emotional problems or jealousy, imbalance of power between partners, and wrong communication methods. The results of the study showed that the causes of informants experiencing/committing violence to their partners were due to several factors. This can be seen in the following quote.

K1 admitted that he experienced verbal violence because his girlfriend always forbade him from socializing with his friends.

"So at first, my boyfriend always forbade me from socializing, even with female friends. If I went out with my friends, he always told me to go home early and demanded to always be informed."

(K1, Victim, 17 Year Old Female, 02/09/2025) In contrast to K8, K8 experienced verbal abuse from her partner because she denied her partner who always criticized and compared her appearance with other

people.

"At first, he often criticized my appearance and always compared me to others. At first, I just accepted it, but eventually I

started to argue.”

(K8, Victim, Female, 20 Years, 20/2/2025).

In contrast to K3, he experienced and committed violence because he was caught communicating with other women and men.

“Initially, he saw my messages with other men, then he asked me why I was chatting with other men. After that, he started talking dirty and cursing with rude words. I explained that I would no longer reply to the chats, but he was still angry and hit and kicked me.”

(K3, Victim, Female, 21 Years, 02/12/2025). From the statements of informants in this study, it was found that each informant experienced/committed violence against their partner due to several factors such as socializing too often, not giving news, taking a long time to reply to messages, always criticizing and comparing their partner with other people, being caught communicating with other women/men, being difficult to control/rebellious and cheating.

5. FORMS OF PHYSICAL VIOLENCE

Physical violence in this study is an act involving the deliberate use of physical force to hurt or threaten the safety of a partner's body in a dating relationship, such as hitting, kicking, strangling and so on. The results of this study indicate that several respondents experienced physical violence. This can be seen from the following quote:

K5 admitted to experiencing physical violence such as being scratched and slapped. *“...Then, when he was angry, he would often commit physical violence, such as scratching and slapping me. However, because I loved him so much, I couldn't bear to retaliate.”*

(K5, Victim, Male, 24 Years, 02/16/2025)

In contrast to K4, he experienced physical violence from his ex-partner, FL, such as being slapped and pushed.

“After a while, he started throwing things at me. I kept asking to separate, but he wouldn't do it at all. Eventually, I didn't really respond to him anymore. Until one day, he came to see me, then saw my chat with another man. After that, he immediately slapped and pushed me.”

(K4, Victim, Female, 18 Years, 02/13/2025)

This was confirmed by P3, former partner of K4.

"The climax happened when I checked her phone and saw her chat with another man. At that time, I immediately slapped her, then pushed her until she fell."

(P3, Perpetrator, Male, 25 Years, 02/14/2025).

RK also admitted that after receiving verbal violence, he also received physical violence such as being hit, slapped and kicked.

“...then continued with hand actions such as hitting, slapping, and even kicking.”

(K6, Victim, Female, 20 Years, 02/17/2025)

Furthermore, P1 admitted to committing physical violence against his partner by hitting him.

"I also hit his ear and punched him directly. Because of my anger, I pinched him until his hand was bruised, and his ear was bleeding."

(P1, Perpetrator, Female, 21 Years, 11/02/2025)

Based on the research results, the most common form of physical violence experienced/perpetrated was being hit (4 victims and 1 perpetrator) and being slapped (4 victims, 1 perpetrator).

6. VERBAL VIOLENCE

Verbal violence in this study is the use of language or speech that is demeaning, insulting, or threatening to hurt or control a partner, such as shouting, cursing, mocking, bullying, insulting and so on. The results of this study indicate that several informants experienced verbal violence. This can be seen from the following quote:

K1 admitted to experiencing verbal violence such as being hurled dirty and rude words.

“He called me, but I didn't pick up. After that, he sent a chat and started accusing me by saying, ‘Where are you? With whom? Why didn't you pick up my phone?’ He never did any physical violence, but he always said rude things, insulted me, and cursed me by calling me stupid and idiotic.”

(K1, Victim, Female, 17 Years, 12/02/2025)

This was confirmed by KK1's brother K2 that:

"Yes, he often confides in me and I often hear his arguments over the phone. From the stories I've heard, he's often called harsh words."

(KK1, Victim's Brother, 28 Years, 12/02/2025)

P2, as the perpetrator, admitted that he often hurled harsh words and threats at his partner.

"The most common form of violence is verbal violence. Harsh words, insults, even threats are often uttered, to the point where it feels like it has gone beyond the bounds of reasonableness."

(P2, Perpetrator, Male, 24 Years, 02/17/2025)

P3 also admitted to often belittling and cursing his partner.

"If something doesn't go my way, I yell at him, put him down, and curse at him."

(P3, Perpetrator, Male, 25 Years, 02/14/2025)

Based on the research results, the most frequently experienced/perpetrated form of verbal violence was being hurled dirty and rude words (4 victims, 2 perpetrators). Then being shouted at (2 victims and 1 perpetrator).

7. PSYCHOLOGICAL IMPACT

The psychological impact in this study refers to the emotional, cognitive, and behavioral effects experienced by individuals as a result of dating violence. This includes changes in mental and emotional well-being that arise from the experience of violence by a partner. The results of the study showed that informants experienced different psychological impacts due to the physical and verbal violence they experienced. Here is an excerpt:

K1 admitted to feeling anxious after experiencing violence from his partner.

"I felt disappointed and hurt because this was not something that usually happened. Usually, when he curses me, I feel anxious. The anxiety makes it difficult for me to sleep and I lose my appetite because I keep thinking about him. I also become more sensitive to my family when I am fighting with him."

(K1, Victim, Female, 17 Years, 02/09/2025)

This was confirmed by KK1's older brother K1, that:

"From what I see, since he started talking, he has become more sensitive and seems more temperamental."

(KK1, Victim's Brother, 28 Years, 12/02/2025)

K3 also felt traumatized due to the violence perpetrated by her partner.

"I was really traumatized. At first, I locked myself away and isolated myself, but because this relationship had been going on for five years, I kept holding on until I finally got tired and let it go. Every night, I had insomnia and had trouble sleeping."

(K3, Victim, Female, 21 Years, 12/02/2025)

Unlike K4, K4 started to distance himself from his friends.

"At first, I just felt anxious and always afraid when walking and meeting him. However, since being treated like that, I often suddenly cry. After that, I started to rarely go out of my room and hang out with my friends."

(K4, Victim, Female, 18 Years, 02/13/2025)

This was confirmed by KK2, mother K4, that:

"I was suspicious because he often seemed to lock himself away, it turned out he had a problem that he was keeping to himself."

(KK2, Victim's Mother, 48 Years, 02/16/2025)

Based on the research results, the most psychological impact experienced was anxiety as many as 6 informants, then trauma as many as 5 informants. And the informant who experienced the most psychological impact from dating violence was the victim informant 8, namely K8 (anxiety, trauma, self-isolation, low self-esteem and depression). All descriptions put forward by the informants in this study are the results of their respective personal perceptions and experiences. The statement is not the result of a diagnosis or psychiatric medical examination conducted by a professional, but rather comes from the informant's direct narrative during an in- depth interview.

8. COPING STRATEGIES

Coping strategies in this study, namely referring to various methods and actions used by individuals to overcome or manage stress caused by violence in dating. Broadly speaking, coping strategies are divided into two, namely emotion focused coping (EFC) and problem focused coping (PFC). Emotion focused coping is a strategy that tends to focus on emotional responses. Problem focused coping is an effort to overcome stress or burden directly on the source of stress, either by changing the problem faced, maintaining behavior or changing environmental conditions.

The results of the study showed that the coping strategies used by the victims were different. There were some informants who used the Emotion Focused Coping strategy but also used the Problem focused coping strategy. And there were also those who combined the two. Here is the quote:

K1 in dealing with the impact of violence experienced is to use the Problem focused coping strategy (seeking social support) by telling the family about the problem.

"I always tell my family, but they don't want to interfere too much in my relationship. The solution they often give is to take me out for a walk. My hobby is traveling, so when I go out with friends or family, I can forget about the problems I'm facing for a bit."

(K1, Victim, Female, 17 Years, 02/09/2025)

This was confirmed by the victim's older brother.

"Whenever he is sad, I always take him out to eat. I also often listen and give advice as much as I can."

(KK1 (Victim K1's Sister), Female, 28 Years, 12/02/2025)

K4 also acknowledges that:

"I never consulted a psychologist because I felt ashamed to even tell my friends. But I dared to tell my mother because I needed someone to listen. When I broke up, I poured out all my sadness to her, and she comforted me and paid more attention to me." (K4, Victim, Female, 18 Years, 02/13/2025) This was confirmed by KK2, the mother of victim K4.

"When I knew the problem, I slept with him for a few days, listened to his stories, and paid more attention to him."

(KK2 (Mother of Victim K4), 48 Years, 02/16/2025)

In contrast to K5, he overcomes his problems by using the Emotion Focused Coping (Accepting Responsibility) strategy, namely by realizing that he is the one responsible for his relationship.

"In the end, I just accept everything my girlfriend wants and follow her wishes because I love her so much. I also always make time for her by doing positive things together, like watching, going for a walk, or exercising."

(K5, Victim, Male, 24 Years, 02/16/2025)

K2 also admitted that he overcame the problem with the Emotion Focused Coping strategy (Escape-avoidance strategy), namely by doing activities to divert his thoughts and feelings of anxiety.

"I thought, if his emotions continued to escalate, the situation might get worse. So, I chose to just keep quiet and sulk. Usually, after that, he would apologize on his own. I also never told my friends or family about this, let alone go to a psychologist, because I felt ashamed to share my problems with others. To divert my anxiety, I preferred to do other activities and keep myself busy with sports."

(K2, Victim, Male, 21 Years, 10/02/2025)

K6 used two strategies in dealing with his problems. First, RK and AG used the Problem focused coping strategy (seeking social support), namely by telling their families and meeting psychologists.

"I rarely talk to my family, but with friends, I share more often. They even call me out more often than if I just stayed at home."

(K6, Victim, Female, 20 Years Old, 02/17/2025)

Next, K8 used the problem focused coping strategy (seeking social support), namely by talking to friends and family.

"I listen to advice from friends, communicate better with family."

(K8, Victim, Female, 20 Years, 02/20/2025)

In addition, K8 also uses the Problem Focused Coping (Confrontive Coping) strategy, namely being assertive by fighting back.

"If he calls me names, I respond with the same words."

(K8, Victim, Female, 20 Years, 02/20/2025)

9. DISCUSSION

a. Causes of violence in dating

Based on the research results, the violence in dating experienced by the informants was caused by a number of interrelated factors, such as prohibition on socializing, jealousy, not giving news, late reply to messages, and being caught communicating with the opposite sex. These factors are exacerbated by emotional instability and poor communication patterns, which reflect power relations and insecurity in the relationship. As in the cases of K1, K3, K4, and K5, verbal and physical violence emerged as a form of control and response to suspicion or jealousy. The confessions of P2 and P3 as perpetrators also emphasized that acts of violence are often triggered by unfulfilled expectations in communication, which is in accordance with the Expectancy Violation theory, where the inability to manage emotions over violations of expectations can trigger aggression.(6).

In addition, the results of the study also showed that some perpetrators and victims have limitations in social skills such as empathetic communication, conflict resolution, and self-regulation. This inability has an impact on how they deal with conflict, such as expressing anger or avoiding communication, which actually makes the situation worse. This is reinforced by the study of Kalokerinos et al. (2022), which states that individuals with low social skills are more prone to violence in relationships(7). Violence also tends to occur repeatedly and form a cyclical pattern, as seen in the couple P2 and K9, who continue to be trapped in conflict even though the reasons for the delay in communication have been explained rationally. Thus, the causes of dating violence in adolescents do not stand alone, but are the result of the interaction between unstable emotions, minimal social skills, and unrealistic relational expectations.

b. Physical violence

Physical violence in dating is an aggressive act that aims to physically harm a partner, ranging from slapping, punching, pushing, to pinching or jerking the hand, which although seemingly mild, reflects the perpetrator's desire to control the partner (13, 14). The results of the study showed that informants experienced physical violence such as being thrown objects, slapped, pushed until they fell, scratched, hit, kicked, and pinched. This finding is in line with research by Mariyati et al. (2022) which noted that students experienced violence such as being beaten, having their hair pulled, and being thrown objects (22). Research by Bertok et al. (2021) in Slovenia also revealed that 16.7% of female adolescents and 12.7% of male adolescents admitted to being victims of physical violence in dating, while 21.1% of female adolescents and 6.0% of male adolescents stated that they had committed such violence (23), indicating that physical violence in dating is a real and significant issue among adolescents.

c. Verbal abuse

Verbal violence is a form of aggression through speech that aims to demean, insult, or intimidate someone, including the use of harsh, sarcastic words, insults, threats, to a harsh tone of voice or to humiliate in public (24). In the study, of the nine informants, three of them only experienced verbal violence, while the other six experienced it together with or before physical violence occurred. The verbal violence experienced included being cursed at, belittled, shouted at, insulted, compared, and threatened, which shows that this form of violence is often the beginning of other, more severe violence. This finding is reinforced by Juansyah et al. (2020) who identified forms of verbal violence such as cursing, expelling, threatening, and baseless accusations (24), as well as Muarifah et al. (2020) who added that actions such as mocking, sneering, and comparing are also common forms of verbal violence that damage the victim's self-esteem (25).

d. The Impact of Violence in Dating

The impact of violence in adolescent dating is not only physical, but also has profound and long-lasting psychological effects. The results of the study showed that victim informants experienced various impacts such as anxiety, sensitivity, trauma, isolation, stress, low self-esteem, and depression. This finding is in line with research by Ryani et al. (2024) which identified significant impacts of dating violence including depression, anxiety, trauma, decreased self-esteem, difficulty establishing relationships in the future, deviant behavior, and suicidal tendencies (14). Research by Alimi et al. (2021) added that victims can experience prolonged fear, difficulty sleeping, nightmares, and continue to feel alert and haunted by traumatic experiences (27). In addition, a systematic review by Penunuri et al. (2023) found that victims of dating violence are at high risk for depression, anxiety, suicidal ideation, and decreased emotional well-being; even perpetrators also show similar symptoms, such as hostility and anxiety (31). Malherbe et al. (2023) also emphasized that dating violence is closely related to mental disorders such as PTSD, substance abuse, eating disorders, and suicidal tendencies, and emphasized the need for a comprehensive approach to address these impacts (32).

e. Coping Strategies

Various coping strategies are used by individuals to deal with stress in relationships, with each strategy having different effects depending on how the individual responds to the stress they face. The results of the study showed that the coping

strategies used by informants were different, namely 8 informants used Problem Focused Coping (PFC) (Confrontive Coping, and Seeking Social Support). A total of 6 informants also used Emotion Focused Coping (EFC) (Accepting Responsibility, Escape-Avoidance Strategy and Positive Reappraisal Strategy).

1) Problem Focused Coping

a) Confrontational Coping

Confrontational Coping is a coping strategy characterized by an aggressive approach to dealing with problems, including taking risks to change situations that are considered unfair or detrimental (33). This strategy involves direct action such as confronting the source of stress firmly or explicitly expressing disagreement (34). In a study, 1 informant was found to apply Problem-Focused Coping, especially Confrontive Coping, by fighting back when receiving unpleasant treatment such as harsh words. This attitude shows the individual's active efforts to overcome problems through confrontation in order to defend themselves or change the situation. This finding is in line with Safrianty's research (2020), which found that several informants showed courage in defending themselves against violence, for example by fighting back physically or verbally when experiencing beatings from their partner (35). This is confirmed by the results of research by Matheson et al. (2023) which shows that individuals who experience violence in dating tend to confront the perpetrator, voice disagreement, dare to end the relationship, and seek legal and social protection (36).

b) Seeking Social Support

Problem-Focused Coping The next one used is Seeking Social Support, which is a coping strategy in the form of an individual's efforts to reduce stress by seeking information or advice from those closest to them. *when* feel they do not have enough knowledge to solve the problem (33). The study showed that 6 informants coped by telling their family members such as mothers and siblings, close friends, and even psychologists. This finding is in line with the research of Tandya et al. (2024) which showed that informants dared to tell their friends and cousins about the violence they experienced to seek advice and solutions (34). Indirayani and Eryani (2020) also stated that victims with good social support were able to interpret the experience of violence more positively, establish closer relationships with family and friends, and become more open and focused on social relations (37). This change in coping strategy helps individuals feel more appreciated by their social environment (38). Syafranty's (2020) study also found that victims asked friends for advice regarding romantic relationship problems, with varying responses—some supported them subtly and some were indifferent because they were bored

(35). Social support from the environment and family has been shown to play an important role in helping victims of violence survive and recover, by providing emotional support, constructive advice, and motivation to seek professional help. This support can improve emotional well-being and be key in helping victims leave abusive relationships. In addition, Yang et al.'s (2024) study compared the coping strategies of adolescents in South Korea and the United States, and found that Korean adolescents used Seeking Social Support more often, which was positively correlated with increased self-esteem in both countries (39).

2) Emotion Focused Coping

a) Accepting Responsibility

Accepting Responsibility is a coping strategy in dealing with stress, where individuals admit mistakes and show self-awareness of the problems that occur (33). This strategy involves the ability to control themselves when in a stressful situation and understand the impact of the problem (40). With this strategy, individuals can see problems from another perspective and find more effective solutions, while accepting the consequences of every action taken in dealing with stressful situations (41). In the study, 1 informant was found who applied this strategy by realizing that he was also responsible for the relationship he was in; he realized that the verbal violence perpetrated by his partner occurred due to the lack of time he had, so he took the initiative to change his behavior to prevent repeated violence. This finding is in line with research by Wang et al. (2020), which shows that informants try to overcome problems through concrete solutions and self-improvement, not just relying on repeated apologies (38). In addition, Yoviana et al. (2023) revealed that adolescent victims of sexual violence use various coping strategies, one of which is accepting responsibility which shows self-reflection and a desire to understand traumatic events more deeply (42).

b) Escape-Avoidance Strategy

Escape-Avoidance is a coping strategy carried out by individuals by avoiding or running away from problems and stressful situations, with the hope that the pressure will go away on its own without having to be faced directly (33). This strategy can be manifested in various behaviors, such as daydreaming, overeating, consuming alcohol, smoking, using drugs, or doing activities that divert attention (34, 43). The results of the study showed that 5 informants implemented this strategy by doing positive activities, such as hanging out with friends or family, exercising, and other fun activities as an escape from emotional stress. This finding is in line with Safrianty's research (2020), which found that informants diverted attention from stress by looking for friends to talk to, gathering, or going for a walk, and trying to find positive meaning from the experience of violence they experienced (35). Although often associated with avoidance, this strategy in some cases also includes positive

activities that help maintain emotional well-being. Research by Bravo et al. (2023) strengthened these findings by showing that adolescent victims of dating violence also use Escape-Avoidance Coping such as keeping themselves excessively busy, consuming addictive substances, sleeping excessively, and distractive activities such as compulsive gaming, scrolling through social media, or binge-watching as an effort to escape from emotional pain (44).

c) Positive Reappraisal Strategy

Positive Reappraisal Strategy is a coping strategy in which individuals try to view problems from a positive and negative perspective. It is a form of wisdom from stressful situations (33). This strategy involves the ability to interpret experiences as valuable lessons that can encourage personal growth and improve psychological well-being. In the study, 1 informant was found to use this strategy by interpreting difficult situations as opportunities to get closer to God and learn to love and appreciate themselves. This approach helps individuals face stress more calmly and build constructive meaning from their experiences. This finding is in line with research by Rahmadani et al. (2024), which shows that victims of violence are able to find wisdom in traumatic experiences as a process of becoming a more resilient person, and strengthen the belief that all events are part of God's best plan (40). Thus, this strategy not only helps to overcome stress, but also strengthens psychological resilience, increases spirituality, and deepens self-acceptance. Research by Crapolicchio et al. (2023) supports this by showing that individuals who have a positive view of themselves, optimism, and hope for the future tend to experience lower depressive symptoms (45). Meanwhile, Miller et al. (2024) found that individuals who were able to carry out positive reappraisal of past experiences showed better psychological adjustment in adulthood (46).

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