

Healthcare and Health Management & Cardiology and Cardiac Surgery

August 27-28, 2018 | London, UK

Domestic violence and mental health: A coping strategy among the women survivors residing with the abusive partner

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Domestic violence is a global issue, and major source of morbidity and mortality. The consequences of domestic violence are associated not only with direct injuries and physical health problems but also with a range of psychosocial and mental health problems. Coping and the recovery environment are thought to be critical for the psychosocial adjustment of battered women. The paper attempts to address the complexities of the relationships between context and her ways of coping after filing the complaint and staying with the abuser and his family. The study was carried out among the women survivor of domestic violence registered complain with Family Counseling Centre, MSSK in Alwar district, India and

staying with husband and his family. Sixty women survivors were interviewed at MSSK with their consent. Spirituality was a stronger predictor of positive mental health and a better coping strategy. Results highlight the complexity of the associations between domestic violence, coping strategies, and mental health among the women survivor. This study adds to the limited knowledge on domestic violence and mental health among the women survivor in India by exploring the strategies women use to cope with domestic violence. It shed light on the coping strategies for battered women are urgently needed to inform intervention, prevention, and advocacy efforts.

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