

Social Perceptions of Domestic Violence and its Implications for the Mental Health and Recovery Process of Victims

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ABSTRACT

Social perceptions of domestic violence have a major impact in shaping community responses and affecting the mental health of victims. This study examines how society perceives domestic violence and its impact on social support and psychological recovery of victims. The research was conducted through a literature study approach by analyzing various academic sources related to social perceptions, community responses, and psychological consequences of domestic violence. The results showed that negative perceptions, such as blaming the victim or considering domestic violence as a private matter, can inhibit victims from seeking help and increase the risk of mental disorders, including depression, anxiety and post-traumatic stress disorder. Positive social support from the surrounding environment can accelerate victims' psychological recovery and increase their likelihood of exiting harmful relationships. The study also identified challenges in the implementation of recovery policies and services, including limited access to legal aid and mental health services. Changing social perceptions in favor of victims as well as strengthening protection policies and public education are very important. With wider awareness and a stronger support system, it is hoped that victims of domestic violence can gain better access to recovery and justice.

INTRODUCTION

The phenomenon of domestic violence is a global issue that continues to be of concern to various parties, including governments, social organizations, and academics. Domestic violence occurs in developing countries, as well as in developed countries, with varying prevalence depending on cultural, social, and economic factors (World Health Organization, 2021). Communities often have a mixed understanding of domestic violence, with some still considering it a private matter that does not require external intervention. This can worsen the condition of victims who are physically, emotionally, or psychologically abused, as well as limit their access to legal assistance and protection. The normalization of domestic violence in some cultures also contributes to the stigma against victims, which ultimately impacts their mental well-being.

Social perceptions of domestic violence play an important role in determining the extent to which victims can obtain psychological support and

recovery. Social stigma and victim-blaming tendencies often discourage individuals who experience domestic violence from reporting the incident or seeking professional help (Flood & Pease, 2022). Many victims experience mental disorders such as depression, anxiety, and prolonged trauma that impact their quality of life (Murray & Graves, 2020). The inability to speak up or get help can cause deep psychological problems that affect their overall quality of life (Davies & Lyon, 2013). There is a perception that third-party intervention in domestic violence cases is an invasion of household privacy, which further exacerbates the victim's situation. This assumption hampers efforts to engage who can provide the necessary assistance. Understanding how social perceptions influence responses to domestic violence is an important aspect of mitigating the psychological impact on victims and formulating more effective policies.

One of the main problems in the issue of domestic violence is the strong normalization and justification of violence in society. Many individuals,

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especially in patriarchal cultures, still consider that domestic violence is a private matter that should not be interfered with by outsiders (Flood & Pease, 2022). This leads to victims feeling isolated and hesitant to seek help. The perception that women who experience violence should be patient or stay put for the sake of the children also further exacerbates the situation (Murray & Graves, 2020). These attitudes create social barriers that prevent victims from escaping dangerous environments.

Another issue is the social stigma faced by victims of domestic violence, especially women. Many victims are reluctant to report the violence they experience for fear of being blamed or labeled as the cause of the violence (Garcia-Moreno et al., 2019). Society often blames victims under the pretext that they have made little effort to repair the relationship or maintain the household. Victims experience psychological distress that leads to mental disorders such as depression, anxiety, and even post-traumatic stress disorder (PTSD) (World Health Organization, 2021). This fear of stigma is one of the main factors that cause many domestic violence cases to go unreported and victims to remain in a cycle of violence.

Lack of access to mental health services and adequate legal protection are also obstacles to addressing the psychological impact of domestic violence. Many victims do not have enough financial resources or information to get the psychological support they need (Ellsberg et al., 2019). In some legal systems, due process against perpetrators is weak, leaving victims with little hope for justice (Heise, 2018). The lack of training for health workers and law enforcement to handle domestic violence cases also worsens the situation, as many victims do not receive sensitive and appropriate treatment according to their needs.

Research on social perceptions of domestic violence and its impact on mental health is very important due to the high number of domestic violence cases that still occur in various countries. The World Health Organization (2021) reports that one in three women in the world experience intimate partner violence in her lifetime. However, many cases go unreported because victims face social, cultural and structural barriers that discourage them from seeking help (Garcia-Moreno et al., 2019). Societal perceptions that still tend to normalize domestic violence contribute to the recurring cycle of violence. If society's understanding of the psychological impact of domestic violence is not improved, victims will find it increasingly difficult to get the support they need to recover mentally and emotionally (Hardyansah et al., 2021; Udjari et al., 2021).

The urgency of this research also relates to policies and interventions that must be more effective in addressing domestic violence. Previous studies have shown that social stigma against victims can hinder their access to legal and mental health services (Ellsberg et al., 2019). If community perceptions do not change, law enforcement and rehabilitation efforts for victims will not be optimal. A lack of understanding of the impact of domestic violence on mental health can cause victims to experience prolonged trauma, which has the potential to reduce individual productivity and increase social burden in the long term (Heise, 2018). This research is needed to identify existing patterns of social perceptions and how they affect victims' recovery so that they can form the basis for more inclusive and evidence-based policies.

This study aims to analyze how social perceptions of the community influence responses to victims of domestic violence, both in terms of support and stigma received. This study also aims to understand the impact of these social perceptions on victims' mental health, including their levels of stress, anxiety and depression. By exploring the relationship between social perceptions and the psychological state of victims, this research is expected to provide insight into the social dynamics that occur and the implications for the mental well-being of individuals who experience domestic violence.

RESEARCH METHOD

This research uses a literature study approach to analyze how social perceptions of domestic violence influence community responses and their impact on victims' mental health. The literature study was chosen because it allows researchers to review findings from previous research as well as theories relevant to the issues discussed (Snyder, 2019). This study collected and analyzed literature from academic journals, books, and research reports related to domestic violence, social perceptions, and victims' mental health. The sources used came from trusted databases such as Google Scholar, PubMed, and ScienceDirect to ensure the credibility of the data used (Boote & Beile, 2005).

The analysis was conducted using the thematic synthesis method, where studies were categorized based on similar themes and patterns found. This approach helps to identify how different perspectives on social perceptions of domestic violence develop in different societies and how these social aspects contribute to the psychological state of victims (Braun & Clarke, 2006). This study also compared the results of various cross-cultural studies to understand

whether social and cultural factors have a role to play in shaping perceptions and their impact on victims' mental health.

To maintain the validity of the research, a critical evaluation of each source used was conducted, considering aspects of methodology, relevance and credibility of the authors (Gough, 2007). This study also considered a diversity of perspectives, including research highlighting the viewpoints of victims, perpetrators, as well as community and government policy responses to domestic violence cases. The research is expected to provide a comprehensive picture of the relationship between social perceptions and victims' mental health, as well as the contribution of existing literature to understanding this phenomenon.

RESULT AND DISCUSSION

The Influence of Social Perception on Social Responses to Victims of Domestic Violence

Societal perceptions of domestic violence play an important impact in determining how victims are treated and how cases of violence are handled. In some cultures, domestic violence is still considered a private matter that should be resolved within the family without outside intervention (Kumar et al., 2021). This view leads to a lack of social support for victims and creates barriers for them to report the violence experienced. According to Overstreet dan Quinn (2013), the social stigma against domestic violence victims often makes them feel isolated and afraid of negative consequences if they disclose the violence they have experienced.

One of the negative effects of social perceptions that tend to blame victims is the normalization of domestic violence. When society considers that domestic violence is normal in domestic relationships, victims are reluctant to seek help for fear that they will not receive adequate support (Gracia, 2014). In some cases, victims who report violence actually receive negative treatment, such as being considered defaming the family or being considered humiliating their partner (Murray & Graves, 2020). As a result, many victims choose to remain silent and stay in abusive relationships.

Cultural factors and gender norms also influence how society values domestic violence. In many patriarchal societies, men often have the dominant position in the family, while women are expected to obey and tolerate their husbands' actions, including violence (Jewkes et al., 2015). Violence against women may be perceived as an "acceptable" part of control within the household. This further exacerbates the situation for victims, as they experience physical and emotional abuse, and face social judgment that compounds their suffering.

Negative social perceptions of victims also result in low community involvement to help them. When people have the view that domestic violence is a private matter, they tend to be reluctant to intervene or report cases of violence to the authorities (Taylor & Sorenson, 2017). This exacerbates impunity for perpetrators, as they feel that their actions will not have serious legal consequences. This indifference also reinforces the cycle of violence, where unsupported victims find it increasingly difficult to leave harmful relationships.

Social perceptions also influence policy and legal responses to domestic violence. In countries where domestic violence is still considered a purely domestic issue, law enforcement against perpetrators is often weak and does not provide sufficient deterrent effect (Heise, 2012). This perception often leads to communities feeling no obligation to get involved, even if they witness violence or hear about it. Many victims face difficulties in obtaining legal protection or access to support services due to a lack of attention from government and law enforcement officials. This shows how social views that trivialize domestic violence can hamper systemic prevention and response efforts. It is important to change the social perception of domestic violence and encourage the community to care, engage and support victims in their efforts to break out of the cycle of violence.

Changes in social perceptions can have a positive impact on social responses to victims. Public awareness and education campaigns about the impact of domestic violence have been shown to increase public sympathy for victims and encourage active participation to help them (Flood & Pease, 2009). With an increased understanding that domestic violence is not only an individual problem, but also a social problem that needs to be addressed together, the community becomes more proactive in providing support to victims and demanding stricter policies against perpetrators.

Overall, societal perceptions of domestic violence have a significant influence on how victims are treated and how the social system responds to these cases of violence. Victim-blaming and normalizing views of violence can hinder victims' efforts to get help and strengthen impunity for perpetrators. However, as social perceptions change in favor of victims, communities can play a more active role in supporting them and encouraging legal systems and public policies that are more responsive to this issue. Efforts to change social perceptions through education and advocacy are essential to reduce the negative impact of domestic violence and increase protection for victims.

The Impact of Social Perception on the Mental Health of Domestic Violence Victims and Recovery Efforts

Social perceptions of domestic violence play a significant impact in determining the psychological state of victims and the effectiveness of recovery efforts. In societies that tend to blame victims or consider domestic violence as a private matter, victims often experience severe psychological distress, such as feelings of guilt, shame, and helplessness (West et al., 2016). These perceptions create an unsupportive environment for victims, which ultimately worsens their mental health conditions. Fear of social stigma also discourages victims from seeking professional help, prolonging their psychological suffering.

One of the main impacts of negative social perceptions is the increased risk of mental health disorders in victims. Studies show that victims of domestic violence are more prone to depression, anxiety, post-traumatic stress disorder (PTSD), and even suicidal tendencies (Dillon et al., 2013). When victims do not receive adequate support from their surroundings, they tend to experience feelings of alienation and lose hope for their future (Lagdon et al., 2014). This accumulation of protracted stress can have an impact on the victim's physical health, including sleep disturbances, chronic fatigue and a reduced immune system.

Victim-blaming social perceptions can exacerbate the effects of the trauma experienced. Many victims feel that they have no choice but to stay in an abusive relationship due to social pressure or fear of negative reactions from family and society (Hamby & Grych, 2013). This attitude prolongs victims' exposure to violence, further exacerbating the psychological impact they experience. Furthermore, the normalization of domestic violence in some cultures also inhibits victims from realizing that they are being abused and therefore they do not seek necessary help.

Lack of social support is also a factor that worsens the recovery of domestic violence victims. Studies show that victims who receive emotional support from family, friends or the community have higher recovery rates than those who experience social isolation (Goodman et al., 2009). However, when society tends to reject or ignore the victim's experience, the healing process becomes much more difficult. Mistrust of the legal system and weak enforcement against perpetrators of domestic violence also further inhibit victims from escaping violent situations and seeking the help they need.

When social perceptions of domestic violence favor victims and support their recovery efforts, the negative impact on mental health can be minimized. Communities that have a better understanding of domestic violence are more likely to provide the empathy and support needed for victims to recover psychologically (Clements et al., 2006). Public awareness and education programs on the impact of domestic violence have been shown to reduce stigma and increase victims' willingness to seek professional help (Lipsky et al., 2006). Therefore, changes in social perceptions have a direct impact on the effectiveness of victim recovery.

The recovery of domestic violence victims also requires a multidisciplinary approach that includes mental health services, social support, and legal policies that support victims. Counseling services and psychological therapies are essential to help victims overcome the trauma they have experienced and rebuild their confidence (Warshaw et al., 2009). However, the effectiveness of these therapies relies heavily on the support provided by the community and the victim's family. If the surrounding environment remains negatively stigmatized, victims will feel reluctant to attend therapy or open up about their experiences.

Social aspects also play a role in accelerating the recovery of domestic violence victims. Support groups consisting of fellow survivors of violence can provide a sense of community and emotional validation for victims, which helps them feel less alone in their struggle (Tutty, 2015). Public policies that strengthen victim protection, such as shelters for domestic violence victims and access to affordable mental health services, can increase the likelihood of successful recovery for victims.

Social perceptions of domestic violence play a crucial role in determining the extent to which victims can access help and obtain optimal psychological recovery. Societies that still view domestic violence as a domestic matter or hold victims responsible for the violence they experience tend to worsen victims' psychological conditions. This internalization of social stigma often makes victims feel guilty, ashamed, and reluctant to seek help, thus prolonging the cycle of violence they experience. Studies show that social stigmatization of domestic violence victims can increase the risk of mental health disorders, including depression, anxiety and post-traumatic stress disorder (PTSD).

Society's lack of understanding of the psychological impact of domestic violence also exacerbates the situation, as victims not only face trauma from the

violence they experience, but also social pressure that pressures them to remain silent and not report the perpetrator. In an unsupportive environment, victims often feel like they have no choice but to stay in an abusive relationship, further deteriorating their mental state and well-being. Therefore, changing the social perception of domestic violence is not only a moral issue, but also an urgent need to protect the mental health and human rights of victims.

To achieve a more progressive and victim-supportive change in social perception, a strategy is needed that includes education, policy advocacy, and strengthening support systems for victims. Public education on domestic violence should be emphasized in various platforms, ranging from the formal education system to social campaigns based on mass media and digital media. Effective education programs not only increase public understanding of the destructive impact of domestic violence, but also help instill the values of gender equality and respect for individual rights in interpersonal relationships. Stronger policy advocacy is needed to ensure that laws and regulations that protect victims of domestic violence are actually enforced without compromise. This includes improving victims' access to protection services, including safe houses, psychosocial services, as well as effective legal channels to prosecute abusers.

Furthermore, strengthening community support systems also plays an important role in building an environment that is more empathetic and responsive to victims' needs. Community-based support groups, easily accessible psychological counseling, and the involvement of professionals to handle domestic violence cases holistically can help accelerate the recovery process of victims. With the synergy between education, policy, and community support, social perceptions of domestic violence can change from normalizing violence to a culture that favors justice and the welfare of victims. Only with a comprehensive and sustainable approach can efforts to end the cycle of domestic violence and protect the mental health of victims be truly realized effectively.

CONCLUSION

The conclusion that can be drawn from this study is that social perceptions of domestic violence have a significant impact on the community's social response as well as the mental health of victims. In a society that still normalizes violence or blames the victim, individuals who experience violence often feel isolated, ashamed, and afraid to seek help. These negative social perceptions exacerbate psychological

impacts such as depression, anxiety, post-traumatic stress disorder, and even suicidal tendencies. When people have a better understanding of domestic violence and show empathy and support for victims, they are more likely to recover and seek help. A major factor affecting the effectiveness of technology implementation in education is also closely related to gaps in access and infrastructure. Without equitable access to technology, it is difficult to optimize efforts to improve 21st century skills through technology-based learning.

Therefore, it is necessary to change social perceptions in favor of victims of domestic violence through education and progressive policy advocacy. Increasing public awareness of the impact of domestic violence, as well as the need for support for victims, are important steps to reduce stigma and improve their psychological recovery. Protection systems and legal policies must be strengthened so that victims feel safer to report their cases. In technology-based education, efforts to equalize access to technology must be considered so that every individual has an equal opportunity to acquire 21st century skills. With the synergy between policy, education, and social support, it is hoped that there will be better changes to address domestic violence and to improve the effectiveness of technology-based learning.

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