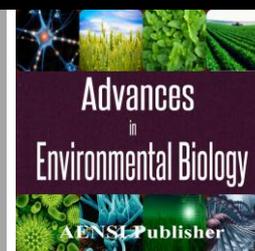




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Comparing adaptation styles (problem oriented and emotion oriented) and controlling anger among the women falling victim to violence and normal women

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ABSTRACT

This research was carried out with the aim of comparing adaptation styles (problem oriented and emotion oriented) and controlling anger among the women falling victim to violence and normal women in the city of Mahabad. The focus of the research was to identify and compare coping styles status and to control anger among the women falling victim to violence and normal women referring to forensic centers in Mahabad in 2011. The research, being causative –comparative, includes an administration of adaptation styles questionnaires, anger control and spouse abuse on a 60 people population. According to the findings obtained the women who are victims of violence, compared to normal women use the emotion oriented style and use problem oriented style, and also, controlling anger among the normal women is greater than the victim women; Thus, based on the results found, it can be said that there is a significant difference between adaptation styles (problem oriented and emotion oriented) and controlling anger among the women falling victim to violence and normal women.

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INTRODUCTION

Family, among all institutions, organizations and social entities has a significant and special importance. No society can claim to be healthy, unless it has healthy families and there is no social problems which is free of the family impact [1]. Of the most important social problems prevalent in families, is spouse abuse. Spouse abuse occurs with the practice of violence by one of the couples [2]. Violence is an act that is exercised by the intention of creating physical ache and injury, and psychological and emotional injury to the person. Spouse abuse is one of the most common home violence that happens in the form of physical sexual, mental and socio-economic violence[3]. Studies have shown that violence and mistreatment of women is considered as a prevalent social phenomenon in most countries [4]. The level of violence against women in all countries, even in most advanced countries wherein strong rules are imposed to avoid violence, is a matter of concern. According to the America medical association, 2 to 4 million women face violence yearly and any women during her life is exposed to violence with the likelihood of 20% to 30% [5]. Given the findings of the year 2005 by the organization in question, women that have experienced sexual and physical violence are found to be little healthier than women having no such experiences. They have also had major problems dealing with their daily work as well as low memory [6]. Also, based on survey findings by the world health organization in 2002, women experiencing home violence are found to be more likely to have chronic pains, circulatory illnesses, abdomen syndromes, optical damages and inability or reduced necessary physical ability for doing affairs than normal women who have not seen violence [7]. In accordance with the fact that violence against women is a grave social issue and involves unfavorable consequences for the victim women in all ethnic cultures and groups [8], hence, studies concerning spouse abuse looks necessary and this research is done with a look on this issue. As the population of the world increases and various problems appear in different social lives, vulnerable groups of the society are more exposed to dangers. One of the social crises of human society in the present century is the phenomenon of violence against women. Violence against women, in recent decades has been considered the most serious social problem beyond cultural, social and regional boundaries.

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Spouse abuse rate is reported %21-%41 in different countries [9]. Although, Iranian official statistics doesn't mention that statistics on violence against women, while research are indicative of an extended range of violence against women (Ahmadi, Ali Mohamadian and Golestan, BagheriYazdi, Shojaezade 2005). The spouse abuse rate in Iran is reported 30-80% [11]. Kim [12], in a research demonstrated rate of psychological, physical and sexual violence by husbands against women in South Korea is 26/4%, 29/5% and 3/7% respectively. Also, women who have experienced violence by their husbands are found to be more depressed, stressful and have disorders in social performance and lower self-esteem, compared to other women who have not experienced such violence.

Various research demonstrate that annually 1 in 8 married men have had physical aggression toward their wives and up to two million women are assaulted by their own men[13]. Theories related to spouse abuse have at a macro level emphasized on cultural factors and family structural characteristics (e.g. Proponents of women's rights and sociological perspectives) while at a micro level, they place emphasis on personal psychological traits and interpersonal traits of the agent and the victim(e.g. character, learning violence and learned helplessness). Personally speaking, in addition to concentration on agents' traits, investigating the characteristics of the victims always matters, because it is the interaction of these two that lead to these deeds.

In most cases, the occurrence of a violent event is because of weakness of the victim who's prone to violence that makes the agent act, thus, we can consider the victim an accomplice of the agent [14]. Thus, understanding the paradigm among the interpersonal relations and identifying the patterns to cope and identifying emotions of the female victims are necessary. Upon a consensus among the experts, anger is one of the main human emotions that devotes to itself most of its research [15]. Anger refers to an emotional state that is embodied by a lenient excitation, violent or expanded anger and sometimes occasional that results in the obstruction of peoples' needs or goals [16]. Anger and aggression endangers the health of interpersonal relations and creates family and social dysfunctions.

To David Meiss[17], the domination of anger is the most important factor of the collapse of families. In his view, anger destroys love and intimacy and transfers the most trivial differences to catastrophes. An angry person has an inflexible and wrong logic and this will make the solution of all problems impossible. Jacque and Alstom(2006), quoting [17] demonstrated that there is a close relationship between hostility and anger and mental and life quality; thus, anger and hostility will endanger a lower life quality and psycho-physical disorders. Khan, Welch and Zilmer [18] have stated that women falling victim to violence have problems in solving problems, self-esteem, anger, fear and adaptability. Women, exposed to continued violence face frustration because of severe anxiety and stress in employing coping styles. By coping, it is meant some efforts done to control and handle situations that look dangerous and stressful [19]. Lazarus and Folkamn (1984) have distinguished two coping forms : a centralized coping on problems and centralized coping on emotions . When people feel they can do something concerning a problem, they highly likely proceed to a centralized coping on problems.

Here, they assess the situation as changeable, specify the problems and make decisions as what to do for it . In case a solution doesn't become effective, people turn to emotions oriented coping which is personal and internal. More importantly, here the focus is to handle sadness under circumstances where people remain powerless. People that can cope effectively, based on situations, apply a combination of problem oriented and emotion oriented techniques while their styles are deliberate and intelligent followed by reverence in their own view. To the contrary, ineffectual coping is mostly emotion-oriented, impulsive and skips reality[20]. Zink, Jacque, Phabest, Regan and Fischer (2006), have demonstrated women falling victim to violence in confrontation with situation they recognize it as unchangeable, proceed to apply emotion-centered coping styles and aim to maintain the apparent facet of marital lives[21]. Women, exposed to continued violence face frustration because of severe anxiety and stress in employing coping styles. By coping, it is meant some efforts done to control and handle situations that look dangerous and stressful [19].

When they fail to seek social support from active coping strategies, they turn to avoidant coping styles[16]. In most research pertaining to violence against women, the characteristics of abusers (often men) are up to discussion while the role of women themselves and some of their behavioral and coping traits in this mistreatment relation are ignored. The innovative aspect of the current research is that the women 's contribution and role in this unpleasant social phenomenon are dealt with, hence studying behavioral characteristics and adaptation styles in women falling victim to violence and performing studies in this regard and comparing it with normal women could be of high importance . Now the main research question is : Is there any significant difference between adaptation styles and control of anger among the victim and normal women ?. On this ground, three hypotheses, based on that which is taken from the theoretical basics of the research, were prepared which are : there is difference between women falling victim to violence and normal women in terms of anger. There is difference between adaptation styles (problem oriented and emotion oriented) among women experiencing emotional, physical and sexual violence (distinctly) with normal women. Technically speaking, the term violence means, force, severity and difficulty . The Oxford dictionary applies this word as meaning rape, loss, damage, severity, hostility, threat, wrath, disrespect and resort to force.

The American national academy defines violence a behavior done by a person with the intent of threatening or bodily abuse [21]. For Gelles, Straus quoted by [23], " violence is a conscious conduct whose possible consequences are physical loss or pain to the latter" .Coakley presents a relatively comprehensive definition of violence and argues violence refers to some conducts done with the intent of destroying properties or hurting the latter and involves mere lack of attention to the health of others and himself probably. During the past 45 years, most researchers have striven to find a response for the question why spouse abuse occurs. Most initial explanations have been concentrative on psychiatry and psychological factors . For example, Snell, Rosenwald and Robey quoted by[24] claimed that the masochistic personality of women makes her man abuse her . In other words, due to the fact that women are pleased to be abused by their husbands, they face violence . This theory is rejected because it calls the victim as the doer of violence .Thus, new theories arise and all of them attempt to explain the spouse abuse phenomenon.

Feminist theory(Equality of man and woman):

This view emphasizes on [1] experience of gender and [2] determines that woman stands in the society in a secondary rank [3] is committed to end this difference. The theory of equality of man and woman considers not only woman's life but also the lives of men in comparison with those of women and the quality of interaction between two sexes with one another. On the ground of this theory, use of force by the husband is a reflection of powers, authority and higher social position of men. This has created a belief among men that they're entitled to abuse their wives .Thus, put an end to masochism requires a renewed structure of power relation between man and woman in a society [25].

Trigger theory:

According to this theory, the violence victim provides the ground, reasons for stimulation and use of violence by the violence doer . In fact, violence against women is mostly justified by the sentence" she deserved it". Couples that clash verbally to solve their problems are likely to experience violence and fighting and when they lack strong verbal skills, they make it up with violence [26,27].

Network theory:

This view reaffirms the couples' relations and kinsmen network and states as inter network relations are weaker and flimsier, the better couples do their duties . Hence, if the network is strong, couples themselves cannot adapt necessary decisions ; for they have to act based on conditions and networks relations and accept the latter's engagement in their lives [28].

Culture of violence theory:

This theory maintains that the ground for various mistreatments, e.g. spouse abuse, child abuse and elderly abuse is accepted violence by the society.

For example, societies have recognized violence a tool for solving conflicts at a personal,national and global level. According to this theory, violence at any level of the society is accepted as a legal and legitimate and rational tool for solving problems. So it is possible for man to use violence at home to solve problems and to annoy his wife. Thus, to avoid spouse abuse in cultural variables of the society that encourages violence, renewed structure looks a necessary [29].

Sex-role theory:

In accordance with this view, the woman's sexual role in the process of socialization in children leads to abuse in adulthood after marriage .This theory contains relatively simple explanations for spouse abuse. The role played by men and women will put men in a situation to abuse women and put woman in situation to be abused. Thus, holding off spouse abuse requires renewed structure,1.Roles to be played by men and women, 2.Process of socialization leading to these roles [30].

Intergeneration transfer theory:

This theory is based on the social learning theory. Accordingly, based on this theory, men abusing their own childhood in the family will learn to express their anger through violent ways. On the ground of Intergeneration transfer theory, people experiencing violence at home during childhood or are witnesses to it are highly likely to use violent during adulthood. In other words, men who have been abused by their fathers or have seen their mothers abused by their fathers are more likely to abuse their wives and children. The intergeneration transfer theory maintains that mistreatment transfers from one generation to another and as a result those belonging to families that accept violence for solving problems are likely to use force to solve problems in families they create and this violence is transferred to later generations. Thus, preventing mistreatment requires physical and psychological punishment of the child and spouse to be prevented and intergeneration violence to be avoided [30].

Peterson, Hyer and Seligman (1993) quoted by [31], relate spouse abuse with learned helplessness. For them women mistreated will experience reactivity and confusion. Under such circumstances, a feeling of control loss in a violent situation could lead to learned helplessness. On the other hand, a woman abused might learn her attempts to avoid violent conditions are fruitless and what she does won't help the problem. Some of these theories take roots in sociology while some others are psychological, however both realms are significant for explaining spouse abuse. Straus (1977), states: an explanation of spouse abuse by psychological, cultural and social factors are like watching TV with some wires, TV lamps and other components in hand.

You can once have a picture of when they're combined together. Thus, a combination of personal, cultural and social factors are involved in situations that culminate in spouse abuse [32].

Social learning theory:

According to this theory, behavior is learnt both from mimicry (imitating the behavior by the members of the family and others) and direct experiences. From the beginning, young girls learn that women's sexual role is lower than men's and women are always dependent on men. However, they too learn they have limited tools against violence at a womanhood stand. Boys learn their sexual roles, i.e. the role of an adult and become aware that men and boys are superior to women and could dominate women. They also learn they can be violent against women as faults and shortfalls occur on ten part of women [33].

Systemic theory:

In this view family is considered a system that has open, closed and impermeable boundaries. Exchange in this system occurs by negative or positive feedbacks and latent goals in the system impact the feedbacks. For instance, it is possible for violence to be effective in direction of attaining goals or survival of an instrumental systems. Positive feedbacks bring about an increase in violent behaviors while negative feedbacks reduce such behaviors [33].

Social supervision theory:

This theory places emphasis on crime and violent conducts in humans, whether they are internally motivated or are created through environmental conditions and factors. That which is in question in this theory is two principles that people are inclined to use force in order to attain authority against others. The second principle is social supervision acts as an obstacle on the way of authority and violence, because since humans are inclined to crime and abnormal conducts without social crises, the society must establish the mechanisms needed to supervise these conducts. [35].

Functionalism theory and sources of power:

Here, in family, contrary to other groups, hierarchy is not ranked based on authority and qualification rather it is adjusted on gender, age and economic power that of course financial and economic power are specific to men who are older than women. Disproportion in this inhomogeneous group engenders latent and patent conflicts that destroys suitable family characters. Removing family conflicts, using power instruments are in some cases possible through violence [33].

Social structure theory (tension – conflict):

Based on the social structure theory, pressure and tension existing in families are inappropriately distributed. People living in small houses, having insufficient income and number of their children is high, will have many problems and illnesses and are affected by new situational tensions. As tensions and stressful situations, threatening families increase, the more likely violence in their families will increase. However, it cannot be postulated that tension-creating situations will always led to violence, because the possibility of such conducts will once increase that the violent person through observation and experience understands that the exercise of violence would be a proper reaction to conflict situation. Besides, they must put faith in the legitimacy of such a conduct and speculate that, as violence is used, he would be positively strengthened [33].

Methodology:

In accordance with the aim of the research, the nature of this study is descriptive and it is ex post facto and is done with causative – comparative methods. In accordance with hypotheses presented and questionnaire data, a survey was mostly carried out in the form of a research design. In line with utilizing the method mentioned and in later steps of the stage of the research, data collections measurement indices, sampling and statistical analysis are specified and implemented. The statistical population includes all the women referring to the Mahabad's forensic centers in 2011. From among women acquiring scores higher than the average in the spouse abuse questionnaire, 30 people were selected as the group of women as victims by way of sampling method in access and 30 women whose scores were less than the average in the spouse abuse questionnaire and were equaled with the former group in terms of demographic variables were selected as the comparative group. Because, the

method used in this research is a survey and because questionnaire is the most applied techniques for collecting survey data [34], collection of data were done by standard questions which are:

a) Spouse abuse questionnaire:

It has 44 items. It measures emotional violence (20 items), physical violence (10 items) and sexual violence (14 items). Physical violence includes beating, physical injury ; emotional violence includes belittling, not meeting economic and mental needs, ridiculing and any destroying conducts while sexual violence involves coercion to establish sexual affair and exercise of any conducts outside of norms in having sexual affairs . According to diagnosis criteria available in psychiatry and psychological sources , doing an instance of other cases mentioned is repeatedly considered as a mistreatment . The credibility of this questionnaire was 0/92 with a Cronbach alpha which is an acceptable coefficient. Scoring was performed by way of Lickert(0,1,2,3).

b) Lazarus strategic questionnaire:

It was designed based on a list of coping strategies by Lazarus and Folkman in 1980 and was revised in 1985. Coping strategies is a collection of personal cognitive and behavioral efforts practiced to interpret and modify a stressful situation that leads to reduced suffering arising thereof and it meanwhile assesses an extended range of thoughts and conducts people employ when facing an internal or external stressful conditions. This questionnaire was standardized on a sample of 750 middle aged couples and a sample of 763 high school second and third grade students.

The Cronbach alpha coefficient is 0/61 to 0/79 in the scales . In the Lazarus coping strategies, the highest score is 100 and has 8 subtests which are :1.**Direct confrontation** :The person, using efficient problem oriented coping styles, applies cognitive skills for problem solutions, 2,**Distancing** : The person tries to distance from stressful issues without solving them that could in long term lead to stress and exacerbated general health, 3. **Self –control**:Using effective coping styles appropriate with changes and stresses.

This, on the other hand paves the way for a healthy mental environment that it would make possible proper understanding and appraisal of the stressful situation so as to choose an efficient coping strategy.4.**Seeking social support**: Using social support for reducing tensions resulting from pressure, particularly external pressures, if combined with self –esteem will help the person effectively. 5.**Accepting responsibility**: Responsibility acceptance by the time of stressful conditions will help the person to be effective in dealing with the problem,6.**Escape-avoidance**: Avoidant coping is realized an effective short term strategy, but it obstructs a physiological comfort and increase helplessness signs like depressions, 7.**Planned problem solving** : Here, coping styles are directly investigated and usually through suitable solutions for the problem, psychological comfort is achieved, 8.**Renewd positive appraisal** : It provides the person with necessary dynamic facilities for an active confrontation with stressful situation. This situation calls for all personal potential abilities for a positive confrontation and problem solving and increases the possibility of his success.

c) Self deterrent questionnaire:

To control anger, the self- deterrent questionnaire by Winberger and Shwarter(1990) was used for all ages . The self- deterrent scale is a self- reporting instrument that assesses the level of emotional deterrence and the ability to restrain anger . The deterrence scale has a general scale and 4 sub scales . The sub scales of this test which are similar but distinct structures are : Restraining anger, controlling impulsivity, respecting others and shouldering responsibility. Subjects express their agreement or disagreement in a 5 degree Likert scale with any of the phrases and the subjects ' score is estimated by adding up the scores pertaining to phrases relevant to any sub scale. The internal consistency of the test was 0/85 to 0/88.

Phrases pertaining to each sub scale is as follow: Restraining anger:6,10,20,22,25, 28 and 30, controlling impulsivity: 2,3,8,12,15,18,24,27, respecting others: 1,5,7,11,16,19, 26 and responsibility : 4,9,13,14,21,23,29.

To analyze data, the descriptive and inferential statistics were used .In the descriptive statistics, the frequency distributing table and in the inferential statistics, the multi variable variance analysis was used .Data obtained were analyzed by SPSS and books and theses as well as papers were made use of.

Findings:

Since, this research was administered on women, two groups were equal and similar in terms of gender while in terms of age, the highest frequency in both groups was related to the 26-35 year old range .Most subjects in the normal women group were having high school or diploma degrees while the women victims to violence were having junior school or elementary degrees. With respect to descriptive statistics, various statistics are used and most important of all is the estimation of central indices and dispersion. In this section, a description of scores of the two groups of subjects with respect to problem oriented and emotion oriented component, anger control and spouse abuse (emotional, physical and sexual) is provided.

Table, 1: A description of subjects' scores in two groups with respect to problem oriented and emotion oriented component, anger control and spouse abuse (emotional, physical and sexual)

Scales	Groups	No.	Average	Average standard	Standard deviation
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				error	
Problem oriented style	Normal	30	47/633	1/136	6/222
	Victims	30	41/766	0/945	5/177
Emotion oriented style	Normal	30	45/166	1/654	9/063
	Victims	30	59/733	2/240	12/272
Anger control	Normal	30	84/300	2/726	14/932
	Victims	30	93/133	2/154	11/802
Questionnaire components on spouse abuse	Emotional violence	8	38/000	1/625	4/591
	Physical violence	8	26/250	1/064	3/011
	Sexual violence	7	29/571	1/525	4/035
	Emotional, physical and sexual violence	7	79/857	2/815	7/448

Table, 1 indicates that in the problem oriented style, the average normal women's scores (47/633) is greater than that of the victim women(41/766) while in the emotion oriented style, the average victim women 's scores (59/733) was greater than that of the normal women (45/166).

In the inferential section, the Levene's test was first carried out to investigate the presumption of groups variances equality in the society, then, results of the multi variable variance analysis were mentioned in the form of Spss software tables and statistical results were explained . Results of the Levene's test on the basis of the presumption of groups variances equality are provided in table (2).

Table 2: Results of the Levene's test on the basis of the presumption of groups variances equality

Components	F	Freedom degree 1	Freedom degree 2	Sig.
Problem oriented style	1/782	1	58	0/187
Emotion oriented style	3/193	1	58	0/079
Anger control	3/199	1	58	0/078

As seen in table, 2, the presumption of groups variances equality in the society is supported (0/187,0/079, $p < 0/087$). Results of multi variable variance analysis of the average scores in problem oriented and emotion oriented styles among the women victims of violence (emotional, physical, sexual and combined) with normal women are presented in table (3).

Table 3: Results of multi variable variance analysis of the average scores in problem oriented and emotion oriented styles among the women victims of violence (emotional, physical, sexual and combined) with normal women

Variable	Source of changes	Square sum	Freedom degree	Average sum	F coefficient	Sig.	Eta square	Statistical square
Problem oriented style	Groups	529/544	4	132/386	3//859	0/008	0/219	0/871
	Error	1887/056	55	34/310	-	-	-	-
	Total	122302/000	60	-	-	-	-	-
Emotion oriented style	Groups	3758/969	4	939/742	8/372	0/000	0/378	0/998
	Error	6173/881	55	112/252	-	-	-	-
	Total	174993/000	60	-	-	-	-	-

Table, 3 of the results of the variance analysis, offers a comparison of average problem oriented style and emotion oriented scores among the victims to violence (emotional, physical, sexual and combined) with normal women. According to the information set forth in the table, the F level observed in the problem oriented style (3/859) and in the emotion oriented style (8/372)with a freedom degree of (4 and 55) is greater than the table F (3/72) at the alpha level of $p < 0/01$, 0/01. This in accordance with the average scores of the groups, indicates a difference between normal and victim women as to the normal women using problem oriented style more and little application of emotion oriented style against the victims of violence(emotional, physical, sexual and combined) is actual and significant.

Thus, the null hypothesis is rejected and the research hypothesis is supported and one can say with 99% certainty that there is a significant difference between problem oriented and emotion oriented adaptation styles among the two groups of women.

Table 4: Results of multi variable variance analysis of the average scores of questionnaires on anger control among the women victims of violence (emotional, physical, sexual and combined) with normal women

Variable	Square sum	Freedom degree	Average square	F coefficient	Sig.	Eta square	Statistical square
Restraining anger	250/349	14	62/587	2/762	0/036	0/167	0/723
Controlling impulsivity	349/201	4	87/300	3/164	0/021	0/187	0/788
Respecting others	615/910	4	153/977	2/815	0/034	0/170	0/732
Accepting responsibility	204/505	4	51/126	3/139	0/021	0/186	0/784

Table(4) of the results of the variance analysis, offers a comparison of average scores on anger control questionnaire among the victims to violence (emotional, physical, sexual and combined) with normal women. According to the information set forth in the table, the F level observed in the component of anger restraint(2/762), impulsivity control(3/164), respect for others(2/815) and responsibility acceptance(3/139) with the freedom degrees of 4 and 55 is greater than the table F (2/56) at the alpha level of $p < 0/05$, 0/05. This in accordance with the average scores of the groups, indicates a difference between normal and victim women as to the normal women restraining more their anger against the victims of violence(emotional, physical, sexual and combined) is actual and significant.

Thus, the null hypothesis is rejected and the research hypothesis is supported and one can say with 95% certainty that there is a significant difference between anger control among the two groups of women .

Table 5: Results of variance analysis of the average scores in problem oriented and emotion oriented styles among the women victims of violence (emotional, physical, sexual and combined) (distinctly) with normal women

Variable	Groups	Square sum	Freedom degree	Average sum	F coefficient	Sig.	Eta square	Statistical square
Problem oriented style	Emotional	150/612	1	150/612	3/945	0/055	0/099	0/489
	Physical	209/421	1	209/421	6/110	0/018	0/145	0/672
	Sexual	239/035	1	239/035	6/030	0/019	0/147	0/666
Emotion oriented style	Emotional	884/386	1	884/386	10/563	0/003	0/227	0/885
	Physical	1208/596	1	1208/596	14/098	0/001	0/281	0/955
	Sexual	666/104	1	666/10	6/918	0/013	0/165	0/725

Table, 5 of the results of the variance analysis, offers a comparison of average problem oriented style and emotion oriented scores among the victims to violence (emotional, physical, sexual and combined) (distinctly)with normal women. According to the information set forth in the table, the F level observed in the problem oriented style (3/945) and in the emotion oriented style (8/372)with a freedom degree of (1 and36) is smaller than the table F (4/11) at the alpha level of, 0/05. Thus, there is no significance between the two groups with respect to problem oriented adaptation style. While in the emotion oriented adaptation style, the F observed (10/563) with the freedom degree of (1, 36) is greater than the table F(7/39) at the alpha level of $p < 0/01$, 0/01. This in accordance with the average scores of the groups, indicates a difference between normal and victim women as to the normal women using problem oriented style more and little application of emotion oriented style against the victims of violence(emotional, physical, sexual and combined) is actual and significant. Thus there is with 99% a significant difference between the problem oriented adaptation style among the two groups of women .

Concerning physical violence, the F observed in the problem oriented (6/110) with the freedom degree(1 and 36) is greater than the table F(4/11) at the alpha level of $p < 0/05$, 0/05. One can say with 95% certainty that the difference between the two group is significant . In the emotion oriented style, the F observed (14/098) with the freedom degree of (1, 36) is greater than the table F (7/39) at the alpha level of $p < 0/01$, 0/01. And one can say with 99% certainty the difference is significant .This in accordance with the average scores of the groups, indicates a difference between normal and victim women as to the normal women using problem oriented style more and little application of emotion oriented style against the victims of violence(emotional, physical, sexual and combined) is actual and significant.

Respecting the sexual violence, the F observed in the problem oriented (6/030), emotion oriented(6/918) with the freedom degree of(1, 35) is greater than the table F (4/13) at the alpha level of $p < 0/05$, 0/05.This in accordance with the average scores of the groups, indicates a difference between normal and victim women as to the normal women using problem oriented style more and little application of problem oriented style against the victims of violence(emotional, physical, sexual and combined) is actual and significant.

Conclusion:

In accordance with the aim of the research, the nature of this study is descriptive and it is ex post facto and is done with causative –comparative methods. In accordance with hypotheses presented and questionnaire data, a survey was mostly carried out in the form of a research design .This research has three hypotheses that are going to be discussed.

First hypothesis: There is a significant difference between adaptation styles (problem and emotion oriented) among the normal and victim women.

Statistical analysis of table, 3, reveals that this hypothesis is supported at the significance level of 0/01. In today's world, there are many stresses that could hurt people a lot. These stressful conditions exist in most situations and if man doesn't learn how to cope with them, he'll face many physical and mental problems. Stressful conditions that the person experiences might force him to retaliatory efforts. Because of this, the person's internal environment, i.e. thoughts he has towards these events and response he shows against them might lead to similar results. Peoples' vulnerability against stress differs. Peoples' difference is because of their differences in life conditions and the way they respond to different life conditions [37].

Research have been carried out in the area of comparative investigations of adaptation styles where the results of this research are in line with the following research . Khan, Welch and Zilmer[18] demonstrated the women falling victim to violence have problems with problem solving, self-esteem, fear and adaptation . Robertz [38] showed that women facing continued violence fail in practicing coping styles because of stress and anxiety. EmamHadi et al, [13], showed in a research, that all sub components of emotional self- consciousness, an expression of being, self-respect, self-actualization, independence, empathy, interpersonal affairs, problem solving, test of reality, adaptability, endurance of stress, control, cheerfulness and optimism are found to be more practiced by normal women than the latter group .

Itesampour[39], revealed that there is a significant relation between the type of spouse abuse and sexual disorders and self-esteem . Spouse abuse can lead to sexual dysfunctions and reduced self confidence among women and disrupted interpersonal affairs.

Second hypothesis: There is a significant difference between the normal and victim women with respect to controlling anger. Statistical analysis of table 4. Indicated that this hypothesis is supported at the significant level of 0/05. Anger is an unpleasant emotional state whose main characteristic is a high physiological arousal in the form of increased heartbeat, breathing rise, the eye ball getting smaller, a contraction of muscles, and adrenalin tumors increase. . Anger could happen because of internal and external changes and events .The person might be annoyed by a special person, spouse, family members and his colleagues.

People not experiencing their anger are pessimistic towards anything and have difficulties with others . They are less successful .in some cases the gravity of anger is so huge that is followed by negative consequences like aggression, family violence, drug abuse and physical pain(Disgirseppe and Chip, 2003[41]). Anger restraint reduces physical stimulation. In the area of anger level and controlling it, there are studies which are in line with the results of this research. Mo'tamedi and Aamirpour[42] in a research titled the impact of thinking styles on expression patterns and anger restraint among students found out thinking styles have been effective on the ways of expression and anger control. Panaghi et al[17], in a research titled the role of personality and demographic traits in spouse abuse could lead to the fact that neurosis is mostly correlated with violence.

Muhamadi [43] examining the efficacy of educating anger management on reducing violence patterns in couples' relations found out that violence could be reduced by training anger control. Besharat[44], in a research with the subject of perfection and anger maintained that there is a positive correlation between self -centered and society centered perfection with anger indices while there is a negative correlation with containment indices.

Third hypothesis: There is a significant difference between adaptation styles (problem oriented and emotion oriented) among the women falling victim and normal women distinctly. A statistical analysis of table, 4. Indicates that in this hypothesis, the difference between women falling victim to emotional violence with normal women with respect to emotion oriented style is confirmed at the significance level of 0/05. While the two groups are not significantly different in the problem oriented style .The difference between women falling victim with normal women with respect to adaptation styles is significant and also, there is significant difference between the scores of the victim women with normal women concerning the adaptation styles.

Research has indicated that assessments and documents are of value in most anger cases. Personal reports in this area suggest that people become angry often after an appraisal threatening or depriving a situation or stimulus. Emotional violence refers to a state wherein there is emotional mistreatment, contempt and ridicule, mistrust and isolation of the person and physical violence has an extended range that involves battery and homicide [38].

Results of this hypothesis are in line with the following results: Narimani and Aghamohamadian[45], examining the level of violence by men against women and variables relating to it within families residing in Ardabil found out that being introvert, self -sufficiency, anxiety and depression of women are directly related with men's violence. Panaghi et al, [17], demonstrated that women hurt obtain lower scores in social support and mental health while they obtain higher scores in coping strategies. Moezzi[46] in a research titled "spouse abuse and its relation with mental health among the women in Chaharmahal and Bakhtiari" concluded that there was a significant difference among three aspects of physical complaints, depression and aggression.

Ghasanfari[27], in investigating the familial pattern relation and family violence against women in Lorestan concluded that the mental and physical violence is prevalent among the women experiencing violence. Kadivar

and Kheibaz[47] in a study titled coping styles against crisis and commitment to suicide among the female students suggested that the female girls committing suicide were more using coping styles against the emotion oriented style and little used problem oriented styles. Zink et al demonstrated that the victim women utilize emotion oriented styles in dealing with conditions that they assume to be incomprehensible and attempt to maintain the life apparent form.

Kim [12], in a research demonstrated rate of psychological, physical and sexual violence by husbands against women in South Korea is 26/4%, 29/5% and 3/7% respectively. Also, women who have experienced violence by their husbands are found to be more depressed, stressful and have disorders in social performance and lower self-esteem, compared to other women who have not experienced such violence. Michell and Hormson (983 quoted by [35]) found out that victim women have depression, stress, social disorder and lower mental health. They use more active coping strategies and use little avoidant styles. Fisher et al, 2005, quoted by [10], in a study titled as investigating the relation of health and family violence among the Australian women concluded that family violence affects negatively the mental health of the women, engendering disorders in nerves and psyche, depression and mental disruptions.

Noteworthy, it should be said that the research had some limitations: Subjects, in the spouse abuse questionnaires might have mentioned their own beliefs and thoughts instead of writing their own real deeds and conducts and since there was no suitable scale for measuring spouse abuse, the researcher had to make use of that was available. Some subjects were inclined to exaggerate where this state would have been limiting throughout the research. In this research, there were unwanted variables including socio-economic situation, educational conditions and families; that should be considered in generalizing the findings of the research.

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