

Irrational Beliefs and Psychological Violence Among Adolescents

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Assessing the connection between teenagers' psychological violence and illogical ideas was the aim of the research study. A proportionate stratified sampling technique was used to collect data from selected colleges of the Gujrat District. A sample of 1000 adolescents with an age range of 15-20 was approached for data collection. Irrational beliefs were measured with the help of 4 indicators (demandingness, awfulizing, limited frustration tolerance and global evaluation/ self-downing) and psychological abuse was measured with the help of seven indicators (verbal abuse, control and coercion, isolation, gas lighting, emotional manipulation, blaming and scapegoat and degradation and humiliation) on a 5-point Likert scale. The data analysis included descriptive statistics, correlation analysis, and multivariate regression analysis. Results indicate all factors were positively correlated with each other.

Keywords: Irrational Beliefs, Psychological Violence, Adolescents



Introduction:

Adolescence, a time of great growth and development in a person's life, is full of amazing prospects and potential as well as hazards and weaknesses. According to [1], adolescence is a transitional stage during which a child is neither seen as a child nor a member of the adult world. Therefore, adolescence is a time of transition from infancy to maturity, and adolescents are young individuals who are in this developmental stage. Teenagers enrolled in secondary schools are therefore considered to be in-school adolescents. Additionally, kids experience significant changes in their psychological, physiological, emotional, social, intellectual, and moral growth and well-being during their adolescent years.

According to [2], irrationality is a universal phenomenon that all people have; it manifests itself in all cultural contexts, persists even in the face of knowledge about rational thought, is resistant to change, and is ingrained in people from birth. Because of this inclination, it is not possible to conclude that humans are the helpless victims of irrationality; rather, humans possess a biological predisposition that enables them to resist, contest, and substitute a more rational mindset for this irrationality [3].

Conversely, irrational views lack logic, are not grounded in reality, and lack practicality [4]. Irrational or dysfunctional beliefs are characterized by their extreme exaggeration, lack of rationality, and distance from reality. Because these ideas are purely imaginary and unfounded in reality, they lead to emotional difficulties for the people who hold them, causing them to suffer from negative feelings and behaviors as well as psychological diseases [5][6]. Accordingly, human perception is mostly shaped by a few irrational ideas. Initially, there were twelve such beliefs, but these were eventually divided into four categories: demandingness, awfulizing, limited frustration tolerance, and global assessments of oneself and others.

First, demandingness is characterized by a strict pattern of demands that emphasize the need to adhere to a set of requirements that must be strictly followed. Should and must statements be typically included in these demanding beliefs as the highest expectations that must be met in all circumstances. According to [7], demandingness can be related to oneself, others, and different life situations.

Second, awfulizing is the state of seeing things so negatively that nothing appears worse than the situation that is being viewed. This portrayal of circumstances and events is polarized and exaggerated, with the worst outcomes imaginable [8]. People with this mindset are unable to support positivism and use inadequate coping mechanisms. According to REBT, demandingness is the root cause of awfulizing; when a person's demands connected to demandingness are not met, he becomes awfulized.

Thirdly, low frustration tolerance beliefs suggest that one cannot accept or bear unpleasant conditions. The hypothesis states that the demand that people make of themselves, other people, and situations seems to be the root of LFTs. Beliefs regarding low tolerance for irritation can make it harder for someone to handle challenging circumstances. It is often observed that LFTs are associated with the display of rage. Anger is usually the result of people's irritation when they feel that their aims and wishes are not being satisfied [9][10].

In conclusion, negative evaluative ideas stemming from excessive generalizations about oneself, others, and the world characterize global evaluations/self-downing beliefs. People who have this mentality often make firm, definitive, and conclusive conclusions without any supporting data. Negative evaluations of oneself, such as "if I fail to achieve xyz, I am a failure," are known as self-deprecating beliefs. Self-downing is the act of evaluating a certain behavior or trait to the exclusion of all other considerations, at the expense of one's self-interest [8].

Comparably, psychological violence refers to verbal acts like insulting, being impolite, and saying nasty things that make a person feel less confident, more afraid, unable to act, and powerless. Psychological violence encompasses actions intended to harass, intimidate, and

abuse in the form of verbal hostility, monitoring, taking away other people's rights, threatening or abusing authorities, and ruining the victim's property. Other individuals or groups may experience physical, mental, spiritual, moral, or social growth issues as a result of this activity [11].

Adolescents live in a community where interactions are formed in settings such as schools, businesses, and residential areas. This community includes relationships with friends, groups, couples, and families. Negative communities tend to pay less attention to teenagers in the environment, and it is possible to identify community traits that are related to both victims and perpetrators of violence. The lack of strong community-wide punishments against dating violence is the root cause of violence in the community. Thus, a supportive environment is needed. Adolescent behavior is influenced by the role parents play in raising their children. Parents who play a passive role don't focus on their child's development, which causes them to act out, have low self-esteem, and feel down because they don't help adolescents develop their emotional intelligence [12].

Adolescent behavior has changed in modern day due to technological advancements, which have made it simple for teenagers to connect with peers and share ideas that can alter their attitudes and ways of thinking. According to [13], adolescents are more likely to participate in undesirable behavior due to the presence of external forces in cyberspace.

Physical violence has been viewed as "more harmful" than psychological abuse, and there has been a propensity to classify violence along a continuum. This propensity results from the fact that psychological violence is more difficult to identify since, in contrast to physical abuse, it does not leave behind visible scars or bruises [14]. When a victim has questions about their views or fails to connect current issues to a psychological trauma that occurred years ago, service providers may fail to connect their presenting difficulties to past psychological abuse [15]. A strict paradigm that considers the effects of one type of misuse to be more detrimental than another is something that researchers warn against. Over time, the incidence, length, and intensity of abuse, including psychological violence, may rise [15].

Although the type of violence and its effects may vary depending on the age of the victim, researchers who have studied the same individuals over time have discovered that victims of psychological violence typically have significant adjustment and psychological issues throughout their lives [16]. An increasing amount of evidence indicates that children who are indirectly exposed to violence against a parent or other caregiver, either by witnessing or hearing it, may experience adverse outcomes [17]. One of the most pernicious effects of being exposed to intimate partner abuse is this experience, which is sometimes referred to as "vicarious victimization." Both immediate and long-term physiological and psychological repercussions may result from it [18]. Compared to non-victims, children who witness or hear violence between carers have greater rates of despair, anxiety, and frustration and may develop posttraumatic stress disorder (PTSD) [17][19][20]. These kids also set an example by acting disrespectfully and using domineering strategies to achieve their goals.

In addition, psychological and other types of maltreatment cause children to suffer from emotional and mental distress. It was discovered in the 2003 CIS that all of the other types of child abuse, including physical violence, neglect, sexual abuse, emotional abuse, and exposure to family violence, were accompanied by emotional harm (such as symptoms of nightmares, bedwetting, or social disengagement after the violence) [21]. More precisely, children exhibited evidence of emotional injury in 19% of instances falling under the categories of physical violence and neglect. Additionally, 35% of cases of emotional maltreatment and 27% of cases of sexual abuse were found to involve emotional injury. Emotional injury was found in 14% of instances involving exposure to domestic violence.

The emotional suffering brought on by marital violence is the subject of a large portion of studies on adult psychological violence. According to studies, women were far more likely

than men to suffer health consequences and seek treatment, even though men and women had identical reactions to marital violence [22]. Furthermore, according to GSS data, women are significantly more likely than males to report feeling afraid as a result of domestic violence (30% vs. 5%) [23]. According to two studies that looked at the effects of psychological violence, men are more likely to acquire PTSD than women who have experienced abuse [17]; [22]. Nonetheless, studies indicate that men's and women's coping mechanisms and reactions to violence tend to be different. According to research, externalising activities like drug misuse are more common among men as a reaction to traumatic experiences. Instead of coping with the consequences of the misuse, people can choose to seek treatment for an alcohol issue [17].

In conclusion, psychological violence can have a wide range of symptoms, some of which are hard to identify. Although the violence does not leave physical scars, it has a significant and frequently enduring effect on the victim that may worsen or change throughout their lifetime. In Pakistan, there is our limited number of studies on this topic. By exploring relationships, this study aims to contribute to the development of evidence-based interventions and policies to mitigate psychological violence among adolescents and provide awareness to parents and society about irrational beliefs by considering the country's unique cultural, social, and economic context.

Objectives:

- To determine the relationship between irrational beliefs and psychological violence among adolescents.
- To determine differences between irrational beliefs and psychological violence among adolescents based on gender.

Methodology:

The purpose of this study is to find the relationship between irrational beliefs and psychological violence among adolescents. The current study also sheds light on the predictive role of irrational beliefs on adolescents' psychological violence as well as the role of demographic variables.

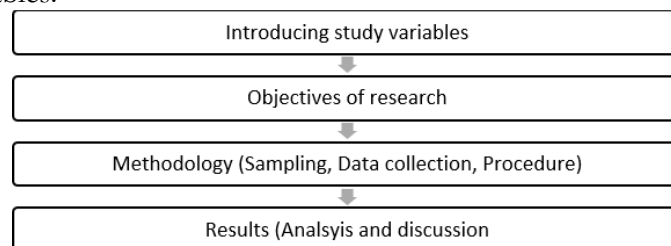


Figure 1. Methodology flow diagram

Sample:

A proportionate stratified sampling technique was used to collect data from selected colleges of the Gujrat District. A sample of 1000 adolescents with an age range of 15-20 was approached for data collection.

Inclusion and Exclusion Criteria:

Adolescents with significant cognitive or intellectual disabilities, adolescents who refused to provide information, and adolescents with chronic or mental health conditions were excluded from the research. Adolescents currently enrolled in colleges residing in a specified geographic region were included for data collection.

Table 1. Enrolled adolescents' data

Demographic variables		<i>f</i>	%
Gender			
	Male	500	50%
	Female	500	50%

Age			
	15-16	245	24.5
	17-18	402	40.2
	19-20	353	35.3
Division			
	1st	335	33.5
	2nd	262	26.2
	3rd	263	26.3
	4rth	140	14.0
Marks %			
	45-55	245	24.5
	56-65	254	25.4
	66-75	263	26.3
	76-85	140	14.0
	86-95	98	9.8
Class			
	1st year	350	35.0
	2nd year	144	14.4
	3rd year	402	40.2
	4rth year	104	10.4
Residential status			
	Rural	543	54.3
	Urban	457	45.7
Family system			
	Joint	475	47.5
	Nuclear	525	52.5
Sector			
	Public	658	65.8
	Private	342	34.2

Procedure:

The authorities of the several educational institutions from which the sample was to be gathered granted permission. Teens were chosen from a variety of educational institutions and briefed about the relevance, goal, and voluntary nature of the study. Before data collection, informed consent was guaranteed. Adolescents from several institutions were given scales. Self-administered questionnaires were used. Instructions on how to complete the scale were given to the responders. They were told to carefully read the things before answering. Additionally, participants were told to select the option that best suited their viewpoint. After the investigation was over, participants were told they could reach the researcher at the phone number or email address provided on the permission form if they were interested in the study's results. Respondents were finally thanked and appreciated for their assistance and collaboration with the study. Additionally, consent was obtained from the director of each institute where the data was gathered. Confidentiality was guaranteed, and participation was entirely optional.

Instruments:

Informed Consent and Demographic Sheet:

Before collecting demographic information, informed consent was obtained from all participants through a comprehensive consent process. Following the informed consent process, participants completed a demographic variable sheet that gathered information on their socio-demographic characteristics. The demographics form was comprised of Age,

gender, education, residential area, father's education, mother's education, family system, and educational institute. Demographic information was collected to provide context for the study's findings and to examine potential relationships between adolescents' characteristics and the variables under investigation.

Irrational belief scale:

Irrational Belief Scale (RBS) is a 19-item self-report measure designed to assess irrational thinking patterns. The scale is comprised of four factors. Participants rate each item on a 5-point Likert scale, ranging from 1 (Strongly Disagree) to 5 (Strongly Agree).

Psychological Violence Scale:

The Psychological Violence Scale (PVS) is a 37-item self-report measure designed to assess experiences of psychological violence. The scale consists of seven factors rated on a 5-point Likert scale ranging from 1 = Strongly Disagree to 5 = Strongly Agree.

Operational and conceptual definitions:

Irrational belief:

Irrational belief is a thought or conviction that is not supported by empirical evidence or logical reasoning, leading to a distorted view of reality, oneself, or others, which causes emotional distress or maladaptive behaviors. Irrational beliefs were measured with the help of four indicators, comprising demandingness, awfulizing, limited frustration tolerance, and global evaluation/self-downing on a 5-point Likert scale comprised of 19 items, where a high score indicates a higher level of irrational beliefs.

Psychological violence:

Psychological violence is also a sort of emotional abuse that refers to behaviors that intentionally cause emotional harm, distress, or trauma. Often involves a power balance, where one person exerts control over another. Psychological violence was measured with the help of seven indicators, comprising verbal abuse, control and coercion, isolation, gas lighting, emotional manipulation, blaming and scapegoating, and degradation and humiliation on a 5-point Likert scale comprised of 37 items where a high score indicates a higher level of psychological violence.

Analysis:

SPSS Version 29 was used for data analysis. The data analysis includes descriptive statistics, correlation analysis, and multivariate regression analysis. Descriptive statistical analysis was used to summarize and describe the dataset. Correlational analysis was used to find the relationship between variables regression analysis was used to find the effects of irrational beliefs on psychological violence of adolescents. T-test and ANOVA were used to determine differences on the basis of demographic variables.

Results:

This section contains an interpretation of the resulting data and tables.

Table 2. Correlation analysis between irrational belief and psychological violence among adolescents (N=1000)

Variables	n	M	SD	1	2	3	4	5	6	7	8	9	10	11	12	13
Demandingness	5	11.90	4.11	1	.83**	.68**	.65**	.86**	.62**	.53**	.21**	.17**	.46**	.48**	.51**	.56**
Awfulizing	5	11.67	4.30		1	.76**	.67**	.90**	.67**	.60**	.23**	.13**	.52**	.53**	.56**	.61**
LFT	5	12.87	5.91			1	.83**	.93**	.75**	.66**	.25**	.13**	.55**	.56**	.62**	.67**
GE/SD	4	9.46	4.73				1	.89**	.67**	.60**	.23**	.12**	.50**	.52**	.56**	.61**
Irrational Total	19	45.90	17.15					1	.76**	.67**	.26**	.15**	.57**	.59**	.63**	.69**
Verbal Abuse	8	17.51	8.33						1	.80**	.26**	.18**	.71**	.70**	.77**	.84**
CAC	4	8.65	3.81							1	.48**	.22**	.85**	.87**	.96**	.94**
Isolation	5	11.07	5.01								1	.39**	.43**	.46**	.48**	.59**
Gas lighting	3	7.55	2.40									1	.37**	.34**	.28**	.41**
EM	6	13.27	4.37										1	.90**	.88**	.91**
BAS	6	12.64	4.37											1	.89**	.91**
DAH	5	10.43	4.07												1	.94**
Violence Total	37	81.16	26.52													1

Table 3. Multivariate Multiple Regression (MMR) between Irrational Beliefs and Psychological Violence among Adolescents (N=100)

Dependent Variable	Parameter	B	Std. Error	t	Sig.	95% Confidence Interval		Partial Eta Squared
						LB	UB	
Verbal Abuse	Intercept	1.15	.52	2.21	.02	.13	2.18	.00
	Demandingness	.23	.07	3.17	.00	.09	.38	.01
	Awfulizing	.25	.08	3.20	.00	.10	.41	.01
	LFT	.66	.05	11.19	.00	.54	.77	.11
	GE/SD	.20	.06	3.17	.00	.08	.33	.01
CAC	Intercept	2.16	.27	7.89	.00	1.62	2.7	.05
	Demandingness	.00	.04	.23	.81	-.06	.08	.00
	Awfulizing	.18	.04	4.46	.00	.10	.27	.02
	LFT	.25	.03	8.10	.00	.19	.31	.06
	GE/SD	.09	.03	2.87	.00	.03	.16	.00
Isolation	Intercept	7.71	.47	16.20	.00	6.78	8.65	.20
	Demandingness	.00	.06	.08	.93	-.12	.14	.00
	Awfulizing	.11	.07	1.61	.10	-.02	.26	.00
	LFT	.10	.05	1.89	.05	-.00	.20	.00
	GE/SD	.06	.06	1.04	.29	-.05	.18	.00
Gas lighting	Intercept	6.36	.23	27.32	.00	5.91	6.82	.42

	Demandingness	.10	.03	3.13	.00	.04	.17	.01
	Awfulizing	-.03	.03	-.82	.41	-.10	.04	.00
	LFT	.01	.02	.55	.58	-.03	.06	.00
	GE/SD	.00	.02	.30	.76	-.04	.06	.00
EM	Intercept	6.86	.35	19.51	.00	6.17	7.55	.27
	Demandingness	.01	.05	.27	.78	-.08	.11	.00
	Awfulizing	.20	.05	3.84	.00	.10	.31	.01
	LFT	.23	.04	5.84	.00	.15	.31	.03
	GE/SD	.08	.04	1.95	.05	.00	.17	.00
BAS	Intercept	5.94	.34	17.13	.00	5.26	6.62	.22
	Demandingness	.05	.05	1.14	.25	-.04	.15	.00
	Awfulizing	.19	.05	3.61	.00	.08	.29	.01
	LFT	.19	.03	5.05	.00	.12	.27	.02
	GE/SD	.12	.04	2.93	.00	.04	.21	.00
DAH	Intercept	3.85	.30	12.53	.00	3.24	4.45	.13
	Demandingness	.03	.04	.83	.40	-.05	.12	.00
	Awfulizing	.16	.04	3.47	.00	.07	.25	.01
	LFT	.25	.03	7.35	.00	.18	.32	.05
	GE/SD	.09	.03	2.54	.01	.02	.17	.00

Table 4. Mean, Standard Deviation, and t-value of irrational belief and psychological violence among adolescents based on gender (N=1000).

Variables	Male		Female		t	p
	M	SD	M	SD		
Demandingness	12.01	4.11	11.73	4.12	1.05	.29
Awfulizing	11.73	4.29	11.58	4.31	.52	.59
LFT	12.99	5.94	12.70	5.86	.77	.43
GE/SD	9.51	4.79	9.40	4.66	.36	.71
Verbal Abuse	17.67	8.42	17.29	8.21	.70	.48
CAC	8.74	3.82	8.54	3.79	.80	.42
Isolation	11.19	5.09	10.91	4.88	.88	.37
Gas Lighting	7.61	2.40	7.45	2.40	1.01	.31
EM	13.43	4.37	13.05	4.36	1.33	.18
BAS	12.85	4.38	12.35	4.34	1.80	.07
DAH	10.56	4.09	10.27	4.04	1.10	.26

Note: LFT= Limited Frustration Tolerance, GE/SD= Global Evaluation/ Self downing, CAC= Control and Coercion, EM= Emotional Manipulation, BAS= Blaming and Scapegoat, DAH= Degradation and Humiliation

Correlational analysis (See table 2) was carried out to find the association between irrational beliefs (demandingness, awfulizing, limited frustration tolerance, and global evaluation) and psychological violence (verbal abuse, control and coercion, isolation, gas lighting, emotional manipulation, blaming and scapegoating, and dehydration and humiliation) among adolescents. Results indicate that all factors are positively correlated with each other ($P < 0.01$).

Note: LFT= Limited Frustration Tolerance, GE/SD= Global Evaluation/Self Downing, CAC= Control and Coercion, EM= Emotional Manipulation, BAS= Blaming and Scapegoat, DAH= Degradation and Humiliation

Multivariate multiple regression (See table 3) was carried out to find irrational beliefs as a significant predictor of psychological violence among adolescents. Results indicate that irrational belief all factors significantly predict verbal abuse ($R^2 = .59$, $p < 0.01$), control and coercion ($R^2 = .46$, $p < 0.01$), isolation ($R^2 = .06$, $p < 0.01$), gas lightening ($R^2 = .03$, $p < 0.01$), emotional manipulation ($R^2 = .33$, $p < 0.01$), blaming and scapegoat ($R^2 = .35$, $p < 0.01$) and degradation and humiliation ($R^2 = .41$, $p < 0.01$) among adolescents.

Note: LFT= Limited Frustration Tolerance, GE/SD= Global Evaluation/Self Downing, CAC= Control and Coercion, EM= Emotional Manipulation, BAS= Blaming and Scapegoat, DAH= Degradation and Humiliation

An independent t-test (see table 4) was used to find differences between irrational beliefs and psychological violence among adolescents based on gender. Test results revealed that no statistical differences were present between irrational beliefs and psychological violence based on gender among adolescents ($P > 0.01$).

Discussion:

The main hypothesis of the current study was to determine the relationship between irrational beliefs and psychological violence. A proportionate stratified sampling technique was used to collect data from selected colleges of the Gujrat District. A sample of 1000 adolescents with an age range of 15-20 was approached for data collection. Correlational analysis was carried out to find the association between irrational beliefs and psychological violence among adolescents. Results indicate that all factors are positively correlated with each other ($P < 0.01$). The relationship between irrational beliefs and psychological violence is complex and multifaceted. Research also supported the above findings by suggesting that adolescents who hold irrational beliefs are more likely to engage in psychological violence. Irrational beliefs, such as distorted or unhelpful thinking patterns, can contribute to psychological behaviours. Psychological violence can manifest in various forms, including emotional abuse, manipulation, and gaslighting, and irrational beliefs fuel these behaviours by distorting reality and promoting harmful attitudes towards others.

In Pakistan, irrational beliefs and psychological violence can manifest in unique ways, often influenced by societal norms, cultural expectations, and religious interpretations, for instance, honour-based violence, patriarchal attitudes, and religious extremism. Irrational beliefs about family Honor and reputation can lead to psychological violence against women and adolescents. Deeply ingrained patriarchal beliefs can contribute to psychological violence against adolescents, limiting their autonomy and agency. Misinterpretation or manipulation of religious teachings can fuel irrational beliefs, leading to psychological violence against those who don't conform.

The second hypothesis of the current research was to find the predictive role of irrational beliefs. Multivariate multiple regression was carried out to find irrational beliefs as a significant predictor of psychological violence among adolescents. Results indicate that

irrational belief all factors significantly predict verbal abuse ($R^2 = .59$, $p < 0.01$), control and coercion ($R^2 = .46$, $p < 0.01$), isolation ($R^2 = .06$, $p < 0.01$), gas lightening ($R^2 = .03$, $p < 0.01$), emotional manipulation ($R^2 = .33$, $p < 0.01$), blaming and scapegoat ($R^2 = .35$, $p < 0.01$) and degradation and humiliation ($R^2 = .41$, $p < 0.01$) among adolescents. The hypothesis was supported by many studies, which suggest that irrational beliefs can predict psychological violence. Individuals holding irrational beliefs are more likely to engage in psychological abuse. Irrational beliefs contribute to psychological violence by increasing anger, reducing empathy and understanding towards others, and distorting reality and promoting hostile attributions.

The third hypothesis of the current study was to find differences on the basis of demographic variables. An independent t-test was used to find differences between irrational beliefs and psychological violence among adolescents based on gender. Test results revealed that no statistical differences were present between irrational beliefs and psychological violence based on gender among adolescents ($P > 0.01$). However, similar and contradictory findings were reported in the literature. According to research, 25 percent of assaulted pupils experienced psychological violence. Females were subjected to psychological aggression at a higher rate (64.1%) than boys (35.9%), and more than 60% of pupils' parents had less than primary education. Research on gender stereotypes has repeatedly found that women are more prone than males to have illogical ideas [24]. Men and women often differ in terms of their overall irrational beliefs, such as intensity or amount of expressivity, as well as the unique methods in which they express their emotions.

The notion that women are more prone to irrational belief is widely held; however, academics disagree on whether there is actual evidence for gender differences in irrational belief expression and experience. Research indicates that women exhibit irrational beliefs more vocally and nonverbally than men. Women exhibit their fear more strongly, more frequently with facial emotions, and are more prone to cry and freeze when scared [25]. Many researchers concluded that gender is not a distinguishing feature associated with illogical views. In his study of irrational beliefs among university students, [26] found no significant age-related differences. In terms of the type of violence, whether physical or psychological, the majority of studies on community and student samples found no significant gender differences in APV [27], whereas other studies found that girls used more psychological violence. Boys were more likely than girls to engage in physical violence in clinical and judicial samples [28] [29], which led to greater jail sentences due to the serious nature of the APV offence. Girls were more likely to engage in psychological violence. Nonetheless, other research has revealed that females in detention can engage in severe forms of APV, including physical violence [30][31].

Conclusion:

This study's findings highlight a significant positive association between irrational beliefs and psychological violence among adolescents. These results underscore the importance of addressing irrational beliefs in preventing psychological violence among adolescents. The implications of this study suggest that school-based programs and parental involvement can help mitigate psychological violence among adolescents by promoting healthy relationships, emotional regulation, and rational thinking. By focusing on identifying and challenging irrational beliefs, these initiatives can foster a supportive environment and reduce the risk of psychological violence among adolescents.

Limitations and Suggestions:

The study relied on self-report measures, which are subject to biases and the social desirability effect. The study employed a cross-sectional design, which cannot establish causality or temporal relationships between variables. The measures used in the study may not have been nuanced enough to capture the complexities of irrational beliefs and psychological violence among adolescents.

Future Recommendations:

Future studies should recruit a larger sample size to increase statistical power and reduce the risk of Type II error. Future studies should include multiple measurement methods, along with self-report measures like observation and interviews, to provide a more comprehensive understanding of the variables. Future studies should consider employing longitudinal or experimental designs to establish causality and temporal relationships between variables.

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