Family and Community as Protective Factors for Psychological Well-Being of Adolescents Survivors of Dating Violence
A Literature Review

Annisa Zaenab Nur Fitria[1*,] Marselius Sampe Tondok[2]

[1] *Master of Professional Clinical Psychology, Surabaya University, Surabaya, Indonesia.*
[2] *Faculty of Psychology, Surabaya University, Surabaya, Indonesia*
*Corresponding author. Email: annisazaenab@gmail.com

ABSTRACT

Accumulated research has shown that family and community play an essential role in maintaining the survivors' psychological well-being of any kind of violence. However, previous research has not systematized how the family and community can play a protective role for psychological well-being among adolescent dating violence survivors. The purpose of this study was to systematically review the role of family and community as protective factors for the psychological well-being of adolescent survivors of dating violence. A systematic search of four databases generated 12 studies meeting the exclusion and inclusion criteria. The results of the review show how family and community play an important role in providing a sense of security and courage for adolescent survivors of dating violence to ask for help. This protective role impacts the positive adjustment of adolescents in dealing with negative conditions experienced as survivors of violence, which in turn will have a positive impact on their psychological well-being. Implications of this study are discussed how the psychological intervention can be developed based on family and community strengths as protective factors for the psychological well-being of adolescent survivors of dating violence.

Keywords: Adolescence, Dating Violence, Family and Community, Literature Revies, Protective Factors.

1. INTRODUCTION

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"Dating violence" generally refers to attempts to dominate others by physical, sexual, or psychological control [1]. This condition harms individuals as survivors [2]. Adolescents are at risk of becoming survivors of violence compared to adults [3]. Research data shows that 65% of adolescent girls experience physical, emotional, and even sexual violence during their lifetime [2]. In this case, the cultural context is also a significant factor of violence in which women are considered a vulnerable group [4].

Related to resilience, women as survivors of violence experience a heavier impact than men [5] because women feel more burdened, especially emotionally than men [6]. As many as 87% of adolescent girls who survived violence tried to end

their relationship, but they still felt the impact more severe. This is especially the case for teenagers who are survivors of violence, less able to control their surrounding environment [7]. In addition, adolescents have barriers to interacting with other people [8] because of an extraordinary fear of perceived negative consequences [9].

Adolescents who are survivors of violence fail to actualize their potential. This disability can be related to the social and environmental context [10]. The family and community environment have essential roles in improving the mental health stability of adolescent survivors of violence [11]. Psychological dynamics show that adolescent survivors of violence are trying to get out of the feelings of guilt and unhappiness that have enveloped them [12]. The perceived negative influence certainly impacts psychological well-being, especially the affective aspect [5].

The World Health Organization (2013) reports that the prevalence of violence against teenagers is quickly growing globally. According to a survey in the United States, one out of four women has experienced violence at least once in her lifetime [13]. According to WHO data from 2013, adolescent violence is extremely common. Africa has the highest percentage (36.6%), followed by the Eastern Mediterranean (37%) and Southeast Asia (37%). (37.7 percent). In a survey undertaken by Baldwin in partnership with the Thomson Reuters Foundation in 63 countries, it was discovered that Indonesia is the third-worst country in terms of violence against women, after Saudi Arabia and India [14].

The Indonesian National Commission on Violence against Women noted an increase in cases of violence against women. In 2012 there were 216,156 cases and increase to 279,688 cases in 2013, 293,220 cases in 2014,and in 2017 there are 348,446 cases [15]. In 2017 there were 13,384 cases of violence against women reported, 1,873 of which were classified as dating violence [16].

Based on the information presented above, it is clear that violence against adolescents, particularly women, is a severe problem and can have various negative impacts.Violence survivors can suffer from various psychological traumas ranging from physical injury to post-traumatic stress disorder (PTSD), depression, anxiety, and even the desire to commit suicide [17]. Dating violence during adolescence or young adulthood can lead to involvement in intimate partner violence or domestic violence in adulthood [18].

Several researchers have tried to comprehend the various risk factors associated with the behavior of perpetrators of violence and survivors of dating violence.It aims to predict the parties most at risk and thus can devise measures to prevent or minimize the consequences [19]. As a result of intervention programs, most programs aim to increase understanding and modify attitudes about dating violence [20].

Adolescents who participate in intervention programs often report increased knowledge about dating violence and decreased attitudes that support dating violence [21]. Some researchers suggest that families and communities are supposed to help adolescent survivors of violence develop positively [22]. It also gives teenagers the opportunities to form healthy dating relationships [23].

Another study has found that aggressive adolescent relationship behavior is related to aggression tolerance insociety [24]. Similarly, some researchers suggest that the success of dating violence intervention programs can be increased by using an ecological approach in which individuals are consideredin the context of family, community, and society [25]. Overall, the studies suggest that researchersneed to examine the phenomenon of dating violence andits prevention by involving the role of family and community.

The majority of developmental psychology studies view the role of families, especially parents, as protectivefactors for adolescent survivors of dating violence [26]. For example, Richards et al. [6] show that a history of childhood abuse is one of the most significant risk factors for dating violence, both physically and psychologically. In addition, Maas et al.[27] found that the level of adolescent attachment withparents protects against victimization of dating violence.Other researchers have attempted to link the onset of violent behavior with social learning from parental aggression, insecure attachments due to poor parenting, and negative interactions or relationships between parents and offspring [10].

Several previous studies have investigated several factors that can increase the risk of dating violence. However, because families and communities are sub-systems with direct contact with teenagers, exposureto parental hostility and social judgment of survivors of violence has attracted the greatest attention [13]. If a community does not provide a sense of security, adolescents may lack the courage to ask for helpwhen exposed to violence [28].

Family and community are the closest sub-systems to adolescents, therefore approaches to optimizing the role of families and communities can be used as a promotion, prevention, and curation intervention. Experts suggest that the community has a significant role in dating violence cases and recommend that a community be included in violence intervention programs [29].

Two essential points may be noted in the preceding description. On the one hand, many psychological interventions have focused solely on the individual, ignored the importance of family and community empowerment in adolescent survivors of violence's psychological well-being. On the other hand, family and community are recognized to contribute to incidents or victimization that affect the psychological well-being of adolescent dating violence survivors. Therefore, the impact of family and community on the psychological well-being of adolescent dating violence survivors can be explored through this literature review. These findings are expected as the foundation for the development of family and community-based psychological interventions for adolescents as survivors of family and community-based violence.

2. METHOD

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To achieve the objectives of this study, a literature review method was used with reference to the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) protocol [30]. This study analyzed previous studies on the psychological well-being of adolescent survivors of violence and the role of family and community as protective factors.

Data sources were obtained through various journal databases: Science Direct, NCBI, Google Scholar, and Springer Link. The keywords used are "family and community" and "adolescence dating violence." The search was carried out from April 16 to April 24, 2021. The initial stage of reference selection was obtained by 50 journal articles based on keywords. Based on the title, abstract, and exclusion criteria, 30 journal articles were obtained. A comprehensive review of the research and based on the inclusion criteria obtained 12 journal articles. The process of selecting journal articles is shown in **Figure 1**.
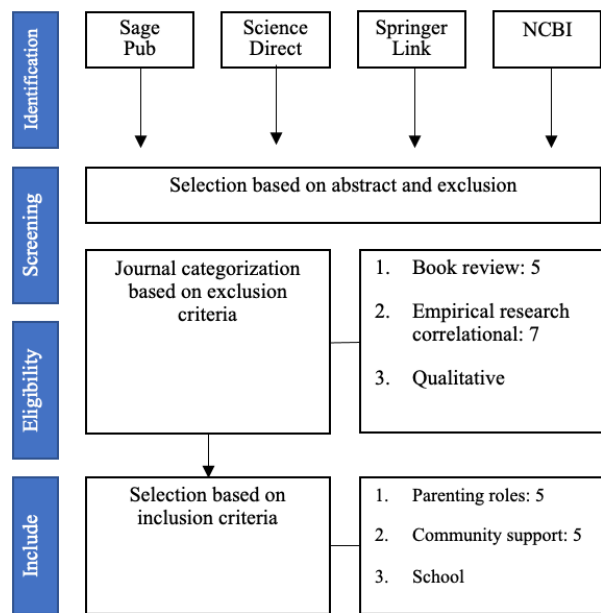

Figure 1. Journal Article Selection Process Chart

The inclusion criteria for articles selection are: first, the research subjects are at the stage of adolescent development (11-20 years) and have been exposed to violence. Second, in this study, the intervention involved parents and the community in the process. Third, journals are written in English or translated into English. Fourth, the article is empirical research and not a literature study. Fifth, articles published in the last 10 years (2011-2021). Sixth, the article has been published by a reputable international or national journal.

Meanwhile, the exclusion criteria for an article to fulfil the requirements for writing a systematic literature review on this topic are: First, the subject of research outside the stages of adolescent development. Second, the article is a literature review study or meta-analysis. Fourth, the articles come from unreputed journals.

3. RESULT

Results of the review of 12 journal articles based on author and year of publication, the sample used, age of participants, and the results of the whole study are summarized in **Table 1**. The results of the selection of journal articles based on inclusion and exclusion criteria involved 12 journals with a total of 10,684 participants and were categorized by age, research context, and research results.

Table 1. Studies Summary

Author	Total Participants and Age	Domain	Location	Family/ Community Contribution	Result
(Foshee et al., 2015)	Mother and adolescent pairs (N = 409); 12-16 yearsold	Positive Parenting	USA	*Moms and Teens for Safe Dates* is a programfor a mother who has been a victim of domestic violence to conduct prevention socialization for teenagers exposed toabuse.	The MTSD intervention program had a significant effect on survivorship (defined as 1 SD above mean) (b = -0.8311, p = .518) [35].
(Laporte et al., 2011)	471 teens 12-19 years old	Negative parenting	Canada	Families with violence-dominated parenting impact the presence of violent behavior, which will be replicated by children as teenagers.	The data show that adolescents bring childhood experiences with family violence into their intimate relationships (.<0.2) and estimate 0.02 [34].
(Rowe et al., 2015)	83 teenage girls ingrade 12 high school	Community Support	Southwestern City, USA	Community efforts include developing a web-based dating violence prevention method called My Voice My Choice, which teaches young girls how to reject dating violence firmly.	Data revealed the main effect condition: MVMC experimental group participants were more likely to report problems than control group participants, b =.77, OR = .47, t (70) = 2.29, p b .05 [25].
(Liu et al., 2018)	610 parents with their children in a relationship (aged12-21 years)	Negative parenting	USA	Parents who tend to be harsh in their interactions can threaten teenagers to fall into dating violence cases.	Adolescents with parents with a high intimate partner victimization category were 4 times more likely to commit violence in their relationship (probability ARA = 0.80 for high IPV vs. 0.50 for low IPV) [11].

(Richards et al., 2014)	Adolescent girls with divorced families (n = 346)	*Family dissolution*	Ohio, USA	Family dissolution can lead to effects such asdepression and adjustment disorders. In this case, poor family integrity can affect how adolescents interpret warmth in relationships.	22% of the sample indicated that they had physically abused their partner, while almost 16% were survivors of violence. Family divorce can be associated with the possibility of adolescent involvement in cases of dating violence [6].
(Simons et al., 2012)	2,088 students (314 boys and 1,774 woman)	*Parenting*	Major universities in Southeast Asiaregion	Parents' aggressive behavior will determinehow teenagers will behave when in a dating relationship. Two types of parental aggression: hostility between parents and inconsistent parenting between father and mother.	Conflicting parents affect adolescents' tendency to become perpetrators of dating violence (b = .12, p > .05). On the other hand, parental warmth showed an effect (b = .32,p < .01) for the tendency of adolescents to become perpetrators of dating violence [38].
(Storer etal., 2017)	Total participants (n=39); age range17-22 years.	Community support	New Orleans, USA	Bystander effect intervention programs at the school and community levels can be a focus for community-based dating violence interventions. The community can play a rolein preventive and curative efforts.	Research identifies the right combination of factors (defining the problem situation, individual responsibility for action) to increase proactive attitude [42].
(Foshee et al., 2012)	Experimental groupn=230; control group n=234	Positive parentingAdult non-parental support	Chapel Hill, North Carolina,USA	The family has a significant influence on risk factors for violence. The influence of family and caregivers in terms of interaction patternswith adolescents continues.	There was a significant treatment effect (.<0.05).The factor that motivates and facilitates the welfare of adolescents is the involvement of caregivers in preventing dating violence inadolescents [36].

(Storer etal., 2017)	Via online groups(n=60); Directly (n=53). Age range14 - 17 years	School Attachment	Washington State, USA	Bystander effect intervention program empowers youth to take part proactively when they witness bullying and dating violence in their social environment.	Factors at school: trusting relationships with teachers; positive perception of school personnel,positive response, a school environment that is tolerant of violence cases and ineffective school policies [42].
(Oscós-Sánchez et al., 2021)	Young Adults; Students; Parent	Community Support	USA	Programs that address family, school, and community systems are more effective because the sub-micro can stabilize the psychological well-being of survivors from various perspectives.	CBPR can be used to actively involve youth and in implementi n g primary intervention programs. VPP had a positive effect on violence at 12 months, and PYDP had a positive effect on violence at school at 6 months [43].
(Pérez-Martínez et al., 2020)	1,555 participants (13-16 years)	School Attachment	Romania, NewYork, Spanyol	Teachers have a unique role in providing social support, encouraging positive development through positive acceptance of survivors.	Students who received higher parental and teacher social support levels scored lower on exposure to violence [44].
(Bowers et al., 2014)	Age: 12-16 years Total Sample: Session 1: 975 Session 2: 1855 Session 3: 983 Session 4: 703	Positive parenting Neighborhood support School attachment	New York, USA	Support from adults who are not parents is also important, just as extended family, teachers, mentors, coaches, and neighbors also, increase the level of PYD (positive youth development).	The closeness between adolescents and adults to talk about some or all of the problems experienced by adolescents is associated with an increase in psychological well-being, which has a significant effect (< 0.5) [45].

Note: VPP = Violence Prevention Program; PYDP = Positive Youth Development Program; CBPR = Community-Based Participatory Action Research; MTSD =Moms and Teens for Safe Dates; MVMC = My Voice My Choice; IPV= intimate partner victimization

4. DISCUSSION

Figures and tables should be placed either at the top or bottom of the page and close to the text referring to them if possible.

This literature review research is focused on studying the role of family and community as a protective factor for the psychological well-being of adolescent survivors of violence. Most of the previous empirical research has focused more on exploring the contribution of childhood experiences to violent behavior in later life [25] and the intervention process for adolescent survivors of violence with an individual approach [31], [32], [33].

The findings of this study are significant in examining the psychological well-being of adolescent survivors of violence using the family and community approach as a protective factor. Researchers identified specific factors that predict violent behavior triggered by personal formation through family parenting. In line with the research background, these factors include: (1) parenting, (2) communication patterns, and (3) the structure of family members. These factors are similar for perpetrators and victims. This study determined the strongest predictor of the incidence of dating violence by comparing the predictive power of family and community review factors. Based on these findings, the strongest protective factor is family communication patterns, while witnessing between parents predicts dating violence victimization.

Furthermore, the researchers found that protective factors were critical in the intervention of adolescent survivors of dating violence to reduce risk factors. Although family and parent-related factors have received more attention concerning interpersonal violence so far, previous studies showed that community-related factors (e.g., school, peers, and environment) should also be considered for various prevention strategies. The findings of this study provide strong evidence for developing various interventions to prevent dating violence, in line with the research aim that focuses on the domain of family and community. The family domain includes factors related to parents, family, and childhood experiences, while the community domain includes factors related to peers, school, and the environment.

In Table 1, family parenting patterns that have problems in relationships or interactions, family structure, to negative parenting such as childhood abuse can trigger teenagers to become perpetrators of violence or victims of dating violence. Among these factors, family relationship problems, negative parenting, and witnessing violence between parents positively predicted the occurrence of violence in children later in life. A study conducted by [34] shows that adolescents will adapt the violence experienced by adolescents during childhood into their relationships (.<0.2) and the estimated score is 0.02.

The same thing is shown by research (Liu et al., 2018) that adolescents with high intimate partner victimization parents are four times more likely to commit dating violence (probability ARA = 0.80 for intimate partner violence vs 0.50 for low intimacy partner violence) [11]. However, the family also plays a role as a protective factor for adolescent violence survivors. Research conducted by Foshee et al. [35] stated that the program initiated by Mom and Teens for Safe Dates had a significant effect on victims (defined as 1 SD above average) (b=-0.8311, p=0.518). In this program, young girls and their mothers are given equal rights to share their experiences as survivors of violence.

Openness in the family contributes to creating a sense of security in adolescents telling their experiences of violence. Foshee et al. [36] also conducted a similar study by involving caregivers who were adults other than parents in the family. The results showed a significant treatment effect (< 0.05); it is known that the motivating factor and facilitating the welfare of adolescents is the involvement of caregivers in preventing dating violence in adolescents.

Family plays an essential role as the foundation of adolescent mental health [37], especially psychological well-being. As previously explained, adolescents' closeness to their parents can contribute to how adolescents make choices and behave when exposed to violent conflict [38]. Well-being is often understood as a diverse construct, such as life satisfaction, happiness, subjective well-being, psychological well-being, and quality of life.

Indicators related to well-being consist of positive affect and the absence of negative affect. Individuals can be said to have good functioning marked by the presence of self-esteem (self-esteem), life satisfaction (life satisfaction), happiness (happiness), self-acceptance (self-acceptance), positive relationships, and personal growth [39]. Protective factors, which are described as factors that can reduce the negative impact of existing threats, focus on the role of families and communities in this study. Both of these are formulated to reduce and even prevent the threat, namely violence in dating.

Families can comprehensively contribute to the well-being of adolescents. McKeown (2003) revealed that the welfare of children and parents is divided into two groups of factors, namely direct and indirect. Factors that have a direct influence are divided into the functioning of the family, personality, and the socio-economic environment of the family. At the same time, the factors that have an indirect influence are the support of grandparents and the category of social class [40].

In the community context, which also plays an essential role as a protective factor for adolescent violence survivors, it is more directed to service providers and provides a safe environment. Considering that social assessment also has negative consequences for adolescent survivors of violence who psychologically need support [41]. In Table 1, the research conducted by Rowe et al., [25] on community efforts, namely carrying out preventive interventions through the My Voice My Choice website, shows the results that the MVMC experimental group participants tend to report the problems they face related to violence openly compared to the control group b = .77, OR = .47, t(70) = 2.29, pb .05. The MVMC intervention is packaged with a bystander intervention adaptation. In this intervention, adolescents do not know the counsellor's identity to whom they tell stories. This can trigger youth's openness regarding the experience of violence.

The school context also contributes to the psychological well-being of adolescents. Research conducted by Pérez-Martínez et al. [44] (2020) shows that students who received high levels of social support from peers and teachers showed low scores on exposure to violence. In this case, schools can play a role in preventing violence. Student trust with school members also plays an important role. Research conducted by Storer et al. [42] shows that factors in schools are trusting relationships with teachers, positive perception of school personnel, positive response, a school environment that is tolerant of cases of violence and ineffective school policies.

Adolescent survivors of violence need to be taught to have the courage to ask for help [46]. Community in scope: neighbors and schools can play a role in this [47]. Social changes in people's lives significantly affect adolescents' sense of security as survivors of dating violence [43].

Many studies have investigated the contribution of family factors to dating violence in various samples. So far, it is still unclear which family factors contribute the most to the incidence or victimization of dating violence. Although the contribution of community-related factors is relatively negligible, several studies predict individual protective factors as survivors of dating violence, namely concerning peer relationships, friendship quality, school attachments, or environmental conditions [24].

Responding to problems related to violence, the researcher examines several predictions of protective factors that can answer the problem as a solution. In the synthesis of this protective factor review, the researcher categorizes it into three sub-categories, namely (1) the family context, which can include parents and siblings, (2) the community context, in this case, it includes peers and school situations that support individuals.

The findings from this study can be used by individuals to develop policies and programs to prevent dating violence through family and community environments. Most members of the community and families need to be mobilized to provide a sense of security and foster the courage of adolescent survivors of violence to open up about their experiences (Storer et al.,2021b) [48].

In the context of the community, knowledge and attitudes about the prevalence, severity, and causes of cases of violence in local communities affect the ability to introduce effective programs. For this reason, it is necessary to have an assessment before the implementation of the prevention program.

5. CONCLUSION

Community and family are crucial factors for individual development. Previous research has shown an essential role in the condition of the community or environment around the perpetrators and victims during the growth period. The environmental factors most often considered are those related to family and parents, although few studies have considered factors related to the individual's community.

It can be considered that family and community are very crucial environments for the psychological well-being of adolescents as survivors of violence. Family and community are places where individuals learn how to behave or interact with other people, namely family, school, peer groups, and the workplace as microsystems. This microsystem is where teenagers spend most of their time socializing and performing daily activities. Thus, families and communities are a place for teenagers to learn naturally and adopt positive behavior to become provisions for the future.

6. SUGGESTION

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The findings of this study are considered helpful for psychology professionals, parents, and educators in contributing to adolescent survivors of violence. Families and communities can provide emotional support to adolescent survivors of dating violence.

Families and communities can play a role as protective factors for adolescent survivors of violence in improving their psychological well-being, especiallybeing more concerned about themselves as survivors. Thus, families and communities can create a sense of security for adolescents in telling about incidents of violence they have experienced, dare to ask for help when adolescents feel they need help, and gradually recover from the trauma experienced as survivors of violence.

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