

Emotional Violence among NRI Wedded Women in Relation to Their Emotional Competence

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ABSTRACT

The present study was conducted to find out the relation between emotional violence and emotional competence among NRI wedded women. The study was of descriptive type. For this, a sample of 100 NRI wedded women (50 from rural area and 50 from urban area) from different districts of Punjab. The major findings of the study are that there exists a significant difference in the level of emotional violence and emotional competency among NRI wedded women of rural and urban areas. There is negative correlation between emotional violence and emotional competency among NRI wedded women of rural areas and urban areas.

1. Introduction

In India, we have a unique situation of co-existence of all forms of violence, especially of elimination of women, e.g., selective female foeticide, bride burning, sati and emotional violence. Available information from a study involving 90000 women, sponsored by the Health Ministry, Government of India, states that one in every married woman in India experiences domestic violence. It is estimated that more than half of the women in this country experience some form of domestic violence from their partners. Violence is defined as a physical act of aggression of one individual or group against another or others. Violence results in or is likely to result in physical, sexual, emotional harm or suffering. This also includes the threat of such act, arbitrary deprivation of liberty in public or private life and violation of human rights of women in situation of armed conflicts. Violence against women is also getting manifested in the form of rape, sexual violence, sexual harassment at workplace, dowry deaths, suicide, female foeticide, harassment by NRIs to their wives, social violence against widows and emotional and physical violence by in-laws and husbands to their wives. Like other forms of violence in relationships, emotional violence is based on power and control. The widely recognized form of emotional violence are rejecting, degrading, terrorizing, isolating, corrupting and denying emotional responsiveness.

Emotional violence is an act that:

- isolate a woman from her friends, family, cultural or faith community, care providers and prevent her from having independent activities such as work.
- act overly jealous or possessive; accuse a woman of having affairs if she talks to another man.
- criticize a woman constantly- her actions, size and appearance and abilities.
- use a woman's disabilities or deafness to demean or control her.
- threaten intimidate, harass or punish a woman if she does not comply with her abusive partner's demand.
- use the children to control a woman, for example, undermine her authority as a parent or threaten to take them if she could leave.

- make all of the decisions in the family, withhold information and refuse to consult her or about important matters such as where they live or the family's finances.
- control the money- what is spent, not allow a woman access to financial resources or conversely not contribute to any of the household expenses.

Emotional competence is an efficiency to deal with several dissociable but related processes is a blending of competencies (Coleman, 1970). Emotional competency is a learned or acquired capability which can lead to outstanding performance in organizations. Anxiety which is a complex blend of emotions involves learning, memory and performance at behavioral level. Work behaviors like anger, burnout, poor performance etc are closely associated with high scores on anxiety. Emotional competency is defined as developed ability and skills in the areas of self-awareness, self-regulation, social awareness and relationship management. These skills are nurtured, developed and practiced until they become competencies and serve as resource when a tragic event occurs. They are relatively undeveloped in very young children and mature as children move toward adulthood. In the aftermath of a disaster, children's reactions will depend on how strong their emotional competency is. It has been found that factors like adequate depth of feeling, encouragement of positive emotions, self control etc. play a major role in the positive attitudinal behavior. So maintaining emotional equilibrium requires being present one's own emotions. Now, question is that, is this emotional competency of a woman helps her to manage or reduced emotional violence.

2. Statement of the problem

Emotional Violence among NRI Wedded Women in Relation to Their Emotional Competence.

3. Operational definitions

Emotional Violence

Emotional violence, also referred to as psychological violence is a form of violence characterized by a person

subjecting or exposing another to behavior that is emotionally harmful.

Emotional competence

Emotional competence is defined as developed ability and skills in the areas of self-awareness, self-regulation, social awareness and relationship management.

NRI wedded women

NRI wedded women were considered those women who are married to non-residents of India but they are still living in India. Women who are living in India and their husbands are living in abroad.

4. Review of Related Literature

Reviews pertaining to the emotional violence

Thapan (1995) examines images of body and sexuality in women's oppression particularly psychological and emotional violence, in nuclear and joint families. In the situation of psychological violence, she concluded that women's femininity gets defined largely in terms of their body shapes, their sexuality, and their inability to conduct themselves within the dictates of a normative femininity

Leela (2008) conducted a study which examines three issues related to domestic violence in India on the basis of data from the National Family Health Survey. It was found that there is a significant proportion of women, regardless of their socio-economic background, accept power differentials based on sex and that men have a right to discipline them. It also reveals that men from violent homes were significantly more likely to use violence against their wives. Most women do not seek help for the violence suffered and the few who do tend to steer clear of social service organizations and the authorities.

Dalal (2008) studied the intimate partner violence and reproductive health of women in Kenya and found that reproductive age represents an augmented risk of intimate partner violence despite its occurrence in women of all ages. He found that there is a significant association between emotional and sexual abuse of women and negative reproductive health outcomes such as terminated pregnancies and infant mortality was identified.

Kamimura, A. (2015) studied the association between intimate partner violence IPV, childhood abuse, and abuse from in-laws, and types of abuse (physical, sexual, and emotional abuse) among women utilizing community health services for the economically disadvantaged in India. More than 60% of the participants experienced IPV, childhood abuse, and/or abuse from in-laws, often with multiple types of abuse. Physical abuse is a major issue for IPV, childhood abuse, and in-law abuse. Emotional abuse potentially happens along with physical and/or sexual abuse.

Reviews pertaining to the emotional competency

Grewal, Daisy & Peter (2005) have conducted a research which shows that there is psychological and practical value to understanding emotions (your own and others)- managing them effectively and using them in thinking and reasoning. Experiments show that identifying and managing emotions helps with cognition, task performance and social relationships. Emotional competency can be used for good (in work and family contexts) or for ill (by con artists, for example). Reliable

psychological tests for emotional competency have been developed, allowing emotional skills to be correlated with life outcomes and distinguished from the dimensions of personality.

Ciarrochi, Joseph & Greg (2006) found that emotional competence helps to protect people from stress, anxiety and depression and help to promote positive affect. Specifically, ineffective problem orientation predicted increases in anxiety and stress and decreases in positive affect. Difficulty identifying and describing emotions predicted increases in anxiety and decreases in positive affect. Finally, an aspect of difficulty managing emotions predicted decreases in positive affect. Each emotional competence variable predicted unique variance after controlling for other significant variables.

West, Nancie & Albrecht (2007) conducted a study about strategies of building emotional competency and defined the emotional competency as developed ability and skills in the areas of self-awareness, self regulation, social awareness, and relationship management. These skills are nurtured, developed and practiced until they become competencies and serve as a resource when a tragic event occurs. They are relatively undeveloped in very young children and mature as children move toward adulthood. In the aftermath of a disaster, children's reactions will depend on how strong their emotional competency is

5. Significance of the Problem

There are many researches have been done on the domestic violence, further on physical, sexual and emotional violence. And also much more work has been done on emotional competency in different dimensions. It is clear that to become an effective adult, emotional competency plays an important role. Because there is no study has been done on emotional violence in relation to emotional competency, the investigator has taken up this study. And much more work has been done on different kind of women, for example, house wives, working women, married, unmarried, widows, adolescents and old age women but no research has been done on NRI wedded women. So the investigator has taken up this study.

6. Objectives

- To study the level of emotional violence among NRI wedded women of rural and urban areas.
- To study the level of emotional competency among NRI wedded women of rural and urban areas.
- To study the relationship between the emotional competency and the emotional violence among NRI wedded of rural areas.
- To study the relationship between the emotional competency and the emotional violence among NRI wedded women of urban areas.

7. Hypotheses

- There is no significant difference in the level of emotional violence among NRI wedded women of rural and urban areas.
- There is no significant difference in the level of emotional competency among NRI wedded women of rural and urban areas.

- There is no significant relationship between the emotional violence and emotional competency among NRI wedded women of rural areas.
- There is no significant relationship between the emotional violence and emotional competency among NRI wedded women of urban areas.

8. Methodology

The study is of descriptive survey type.

Sample

The sample 100 NRI wedded women was taken from different districts of Punjab. These districts were selected randomly from Punjab. The sample was taken from Fatehgarh Sahib, Patiala, Sangrur, Ludhiana, Jalandhar, Hoshiarpur, Moga and Ropar districts of Punjab. These eight districts were selected from Punjab. Out of 100 NRI wedded women, 50 were selected from rural areas and 50 were selected from urban areas.

Sampling technique

The multistage randomization sampling technique was used for resulting sample.

Tools

- Standardized scale developed by Dr. Harish Sharma and Dr. Rajeev Lochan Bharadwaj was used for assessing emotional competency.
- Self constructed Emotional Violence Scale with 0.71 reliability level was used for assessing emotional violence.

Statistical strategies

Mean, S.D., .T-test and correlation was used as statistical tools.

9. Results and Discussions

Table No. 1 showing the Level of emotional violence among NRI wedded women of rural and urban areas

	Mean	S.D	N	Df	t- value	Table value
Urban	29.65	11.59	50	98	6.18 P < 0.01	2.63
Rural	43.2	9.27	50			

The findings of the above table indicate that the level of emotional violence among NRI wedded women of rural areas is higher than the NRI wedded women of urban areas as the mean scores found to be 43.2 and 29.65 respectively.

The hypothesis of the study stated that there exists no significant difference in level of emotional violence among NRI wedded women of rural and urban areas. And the t- value has been found to be 6.18 being significant at 0.01 level of significance. Thus null hypothesis is rejected. It indicates that there exists a significant difference in the level of emotional violence among NRI wedded women of rural and urban areas.

Table No. 2 showing the Level of emotional competency among NRI wedded women of rural and urban areas

	Mean	S.D	N	df	t- value	Table value
Urban	101.87	10.31	50	98	5.31 P < 0.01	2.63
Rural	91.27	8.95	50			

The findings of the above table indicate that the level of emotional competency among NRI wedded women of urban areas is higher than the NRI wedded women of rural areas as the mean scores found to be 101.87 and 91.27 respectively.

The hypothesis of the study stated that there exists no significant difference in level of emotional competency among NRI wedded women of rural and urban areas. And the t- value has been found to be 5.31 being significant at 0.01 level of significance. Thus null hypothesis is rejected. It indicates that there exists a significant difference in the level of emotional competency among NRI wedded women of rural and urban areas.

Table No. 3 showing the Relationship between emotional violence and emotional competency among NRI wedded women of rural areas

	Mean	N	R
Emotional Violence	43.2	50	-0.54
Emotional competency	91.27		

The coefficient of correlation has been found to be -0.54. It indicates that there is negative correlation between emotional violence and emotional competency among NRI wedded women of rural areas. It means an NRI wedded woman of rural area with high level of emotional violence has low level of emotional competency and an NRI wedded woman with low level of emotional violence have high level of emotional competency.

Table No. 4 showing the Relationship between emotional violence and emotional competency among NRI wedded women of urban areas

	Mean	N	R
Emotional Violence	29.65	50	-0.55
Emotional competency	101.87		

The coefficient of correlation has been found to be -0.55. It indicates that there is negative correlation between emotional violence and emotional competency among NRI wedded women of urban areas. It means an NRI wedded woman of urban area with high level of emotional violence has low level of emotional competency and an NRI wedded woman of urban area with low level of emotional violence has high level of emotional competency.

10. Conclusions

1. The level of emotional violence among NRI wedded women of rural areas is higher than the NRI wedded women of urban areas. There exists a significant difference in the level of emotional violence among NRI wedded women of rural and urban areas.
2. The level of emotional competency among NRI wedded women of urban areas is higher than the NRI wedded women of rural areas. There exists a significant difference in the level of emotional competency among NRI wedded women of rural and urban areas.

3. There is negative correlation between emotional violence and emotional competency among NRI wedded women of rural and urban areas. It means an NRI wedded woman with high level of emotional violence has low level of emotional competency and an NRI wedded woman with low level of emotional violence has high level of emotional competency.

11. Recommendations

As conclusions of the study show that there is negative relationship between emotional competency and emotional violence which further shows that if emotional competency increases it leads towards decrease in emotional violence. Hence by making women emotionally strong with the help of education, we can decrease their exploitation to an extent.

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