



THE RELATIONSHIP BETWEEN COPING STRATEGIES AND RESILIENCE IN WOMEN WITH DIFFERENT LEVELS OF EXPERIENCE OF DOMESTIC VIOLENCE

Iroda Akramdjonovna Nurmatova

Phd, associate professor

Fergana State University

Fergana, Uzbekistan

ABOUT ARTICLE

Key words: coping strategies, hardiness, domestic violence, coping behavior, psychological resources.

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Abstract: The article presents the results of an empirical study examining the relationship between coping strategies and hardiness in women with different statuses of experiencing domestic violence. Statistically significant differences were identified in coping behavior and levels of hardiness among women currently experiencing violence, those who maintained relationships after the violence had ceased, and those who terminated their relationships with their partners. Correlational relationships were established between the violence index, coping strategies, and components of hardiness. The findings demonstrate that violence contributes to the development of avoidance-oriented coping patterns and the depletion of personal resources.

OILAVIY ZO‘RAVONLIKNI TURFA DARAJADA BOSH DAN KECHIRISH STRATEGIYALARI VA CHIDAMLILIK O‘RTASIDAGI MUNOSABAT

Iroda Akramdjonovna Nurmatova

Phd, dotsent

Farg‘ona davlat universiteti

Farg‘ona, O‘zbekiston

MAQOLA HAQIDA

Kalit so‘zlar: koping-strategiyalar, hayotbardoshlik, oilaviy zo‘ravonlik, yengib o‘tish xulqi, psixologik resurslar.

Annotatsiya: Maqolada ayollarda oilaviy zo‘ravonlikni boshdan kechirish holatiga ko‘ra koping-strategiyalar va hayotbardoshlik o‘rtasidagi o‘zaro bog‘liqlikni

empirik o'rganish natijalari keltirilgan. Zo'ravonlik holatida bo'lgan, zo'ravonlik to'xtaganidan so'ng munosabatlarni saqlab qolgan hamda sherigi bilan munosabatlarni tugatgan ayollarda yengib o'tish xulqi va hayotbardoshlik darajasida statistik ahamiyatli farqlar aniqlangan. Zo'ravonlik indeksi, koping-strategiyalar va hayotbardoshlik komponentlari o'rtasida korrelyatsion bog'liqliklar aniqlangan. Zo'ravonlik ayollarda qochishga yo'naltirilgan koping shakllarining shakllanishiga va shaxsiy resurslarning pasayishiga olib kelishi ko'rsatilgan.

ВЗАИМОСВЯЗЬ КОПИНГ-СТРАТЕГИЙ И ЖИЗНЕСТОЙКОСТИ У ЖЕНЩИН С РАЗЛИЧНЫМ УРОВНЕМ ПЕРЕЖИВАНИЯ ДОМАШНЕГО НАСИЛИЯ

Ирода Акрамджонова Нурматова

PhD, доцент

Ферганский государственный университет

Фергана, Узбекистан

О СТАТЬЕ

<p>Ключевые слова: стратегии, жизнестойкость, насилие, совладающее психологические ресурсы.</p>	<p>копинг-домашнее поведение,</p>	<p>Аннотация: В статье представлены результаты эмпирического исследования взаимосвязи копинг-стратегий и жизнестойкости у женщин с различным статусом переживания домашнего насилия. Выявлены статистически значимые различия в характере совладающего поведения и уровне жизнестойкости у женщин, находящихся в ситуации насилия, сохранивших отношения после его прекращения и прекративших отношения с партнёром. Установлены корреляционные связи между индексом насилия, копинг-стратегиями и компонентами жизнестойкости. Показано, что насилие способствует формированию избегательных форм совладания и снижению личностных ресурсов.</p>
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Introduction. In modern psychology, domestic violence is viewed not only as a social phenomenon but also as a powerful traumatic factor disrupting a woman's core personal structures: a sense of security, subjective control, predictability, and self-worth. Chronic psychological pressure leads to the development of a specific type of response, reflected in specific coping

behaviors and the depletion of personal resources. Coping strategies and resilience are among the key psychological resources that ensure a person's resilience to traumatic influences. Coping strategies reflect the ways a person copes with a stressful situation, while resilience determines the ability to maintain an active life position, control, and engagement even in adverse circumstances.

The aim of the study was to identify the relationship between coping strategies and resilience in women with varying levels of domestic violence experience: those currently experiencing violence, those living with their partner after the violence ended, and those who had ended their relationship.

225 women participated in the study. The methods used were R. Lazarus and S. Folkman's "Coping Behavior Methods" (adapted by T. L. Kryukova) and S. Maddi's "Resilience Test" (adapted by D. A. Leontiev and E. I. Rasskazova). The Mann-Whitney and Kruskal-Wallis tests were used to analyze differences, and correlation analysis was used to identify relationships.

Main part. The results revealed statistically significant differences in women's coping strategies depending on the presence of violence ($p \leq 0.05$). Women in violent situations significantly more often use distancing, accepting responsibility, and escape/avoidance. These strategies reflect a tendency toward psychological withdrawal from the traumatic situation, self-blame, and decreased activity in coping. In contrast, women not in violent situations more often resort to confrontational coping, seeking social support, and planning a solution to the problem. This indicates greater activity, a willingness to confront difficulties, and reliance on external resources.

Analysis by violence status revealed consistent patterns. The least adaptive coping profile is characteristic of women remaining in abusive relationships. They predominantly utilize avoidant coping strategies and self-critical strategies. Women who remain in relationships after the violence ends exhibit a transitional profile. The most adaptive strategies are characteristic of women who have left relationships: they emphasize problem-solving planning, confrontation, and seeking social support.

The results of the resilience analysis were particularly revealing. Women in violent situations showed significantly lower levels of involvement, control, risk acceptance, and overall resilience ($p \leq 0.001$). This suggests that prolonged exposure to abusive relationships leads to a loss of a sense of agency over one's own life, decreased activity, and decreased vitality. The highest resilience scores were recorded among women who left the relationship. This suggests that leaving an abusive relationship can be considered a factor in restoring personal resources.

Correlation analysis confirmed the systemic nature of the identified patterns. An increase in the violence index is associated with increased distancing and escape/avoidance, and a simultaneous decrease in confrontation, problem-solving planning, and the search for social support. A consistent negative relationship was also found between violence scores and all components of resilience—involvement, control, risk acceptance, and overall resilience. Thus, violence not only determines a woman's current behavior, but also gradually forms a persistent maladaptive coping style, accompanied by the depletion of psychological resources.

Psychological support programs should focus on developing problem-solving planning skills, fostering constructive confrontational coping, restoring a sense of control over one's own life, and expanding social support. Particular attention should be paid to women who continue to experience violence, as they are the group with the most pronounced deficits in psychological resources.

Conclusion. These findings indicate that women's coping patterns are directly related to their level of resilience and the degree of involvement in abusive relationships. Violence contributes to the entrenchment of passive, avoidant coping strategies and reduces a woman's ability to actively overcome life's challenges. Restoring resilience and developing problem-focused coping strategies should be considered a priority in psychological support for women experiencing domestic violence.

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