

# THE IMPACT OF VIOLENCE ON THE PROCESS OF SELF- ACTUALIZATION: MAIN DIRECTIONS

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**Abstract:** The study was devoted to the study of the impact of violence on the process of self-actualization. The results of the study showed that there is a significant negative relationship between self-actualization and social anxiety. This relationship can present itself as an indicator of violence. The analysis of the conducted studies showed that there is a relationship between self-actualization and anxiety in early adulthood and children who were victims of violence in childhood. The study showed that it was possible to determine whether there were differences in the results regarding the relationship between self-actualization and general anxiety in various aspects. The results showed that the level of self-actualization of people who have been subjected to violence depends largely on their self-awareness, and this was unequivocally confirmed. Studies have shown that violence most often affects behavioral elements, the emotional and cognitive sphere, which makes it difficult for a person who is a victim of violence to self-actualize, and he cannot reveal his potential in the face of any trauma. The facts show that the facts of violence most affect the context of self-actualization. That is, the individual unknowingly directs himself in the direction that the subconscious takes him, under the influence of the trauma. That is, he is directed not in the direction dictated by abilities, but in the direction dictated by traumas.

**Keywords:** emotional intelligence, gender differences, students, problems, perspectives and analyses

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## Introduction

It is known that the phenomenon of self-actualization is reflected in a person's self-realization, expression, self-discovery, etc. But from what angle does violence affect the process of self-actualization? What innovations occur in the self-realization of Jesus against the background of the dominance of violence? To answer these or other questions, let's try to examine the directions of the impact of violence on the process of self-actualization. As we know, violence is a complex phenomenon that violates human values and human rights. This process, which takes place between individuals and countries in various contexts, including in the private and public spheres, not only disrupts relationships, but also becomes an event that can cause serious trauma. Violence can harm many parties and is therefore unacceptable. The most common form of violence is violence called domestic violence.

The definition of domestic violence is any act that results in physical, sexual or psychological suffering, suffering and neglect of a person, especially women, including acts within the household, including threats, coercion or unlawful deprivation of independence. The situation of violence, also known as domestic violence, covers not only the relationship between husband and wife, but also any party in the home, including children. Naturally, such an incident will affect the self-realization or self-expression of a woman or a child. Studies have shown that self-realization in people who have been subjected to violence is manifested only in the satisfaction of natural needs or in the expression of aggressive background. Indonesia is at the center of global research on violence. Violence, including domestic violence, is widespread in Indonesian society. Data from the Ministry of Women's Empowerment and Child Protection show that the number of recorded cases of violence has reached 15,330, and 13,656 women are victims of this violence [SIMFONI-PPA, 2023; Salakory et al,2023].

Studies show that 11.4% of women in all Indonesian society have been subjected to violence. In terms of age, data from the Ministry of Women's Empowerment and Child Protection on violence shows that the majority of victims are adolescents and children [SIMFONI-PPA, 2023].

The number of victims of adolescents aged 13-17 was 5,835, and the number of victims of children aged 0-12 was 4,574. It was further reported that domestic violence was the highest type of violence in 2023, reaching 9,147 incidents [SIMFONI-PPA, 2023]. This data shows that the phenomenon of domestic violence is still widespread in Indonesian society, especially among children and women.

According to a study by Vardhanini (2021), there are four types of violence that are observed, namely physical violence, psychological violence, economic violence, and sexual violence [Wardhani, 2021]. In terms of scope, in addition to husbands and wives, victims of domestic violence can include children, other family members, and anyone living in the same house. Dodaj (2020) argues that children who witness violence also become victims of violence. [Dodaj, 2020]. He added that the exposure of children to situations of domestic violence can harm their cognitive, physical, psychological and behavioural development. Therefore, it can be classified as a severe form of violence.

Istanbul Convention, as a representative body dealing with violence against women and domestic violence in Europe, it also recognizes that people who witness or are subjected to violence are also victims, as it is classified as psychological violence [Carnevale et al., 2020].

## Literature review

In general, as mentioned above, the phenomenon of violence is caused by many factors. Setiawan et al. (2023) suggest that the factors that cause domestic violence are psychological, social, cultural, environmental, individual, gender, and family history [Setiawan et al., 2023].

Violence has both short-term and long-term negative effects on victims. According to Setiawan et al. (2023), the short-term effects experienced by victims can be in the form of physical injuries, health problems, pregnancy, and economic effects such as job loss [Setiawan et al., 2023]. On the other hand, the long-term effects experienced by victims of violence can be in the form of mental disorders such as anxiety, depression, sleep disorders, social and relational disorders such as withdrawal from

the environment, psychological trauma, and long-term mental disorders [Santoso,2019].

Purwanti and Trideviyanti (2019) added that the effects of different types of violence on children are not very different, that is, physical and emotional suffering and difficulties in social relationships continue to be the same [Purwanti & Tridewiyanti, 2019].

All this shows that violence most often affects the behavioral elements, emotional and cognitive spheres, which makes it difficult for the victim of violence to express himself, and he cannot realize his potential in the face of any trauma. The facts show that the facts of violence affect the context of self-realization more. That is, the individual unknowingly directs himself in the direction that the subconscious leads him under the influence of the trauma. Gregory et al. (2020) claim that children who witness domestic violence at home are deprived of a sense of security both physically and emotionally.

Gregory et al. (2020) adds that the effects experienced by children exposed to domestic violence can carry over into adulthood - for example, it can lead to sleep disorders caused by fear and anxiety [Gregory et al,2020].

In general, anxiety is a feeling of insecurity, stress and constant worry about something that confuses the mind. According to research, factors that cause anxiety are unpleasant experiences in the past and also an irrational view of things. Most of these worries can be related to the facts of violence. [Indriyati et al, 2021]

According to a number of researchers, anxiety is divided into two parts. Namely, general anxiety and characteristic anxiety [Gregory et al, 2020, Freeman et al., 2015]. General anxiety is a feeling of fear, nervousness or discomfort characterized by actions in the autonomic nervous system as a result of dangerous situations. It refers to a person's feelings at the time of threat. Meanwhile, characteristic anxiety is a characteristic that tends to make one feel relatively stressed and anxious [Çiğdem & Odacı, 2020].

Anxiety and fear in victims of domestic violence stem from not feeling safe. According to Setiawan et al. (2023), this is because domestic violence can cause psychological trauma, which

causes a person to lose self-confidence and become cautious or withdrawn from the environment [Setiawan et al, 2023]. He also added that victims of domestic violence are prone to fear and anxiety. Because they feel that their own and their family's safety is threatened [Setiawan et al, 2023].

It should be noted that the fact of self-actualization is closely related to self-esteem, and all the studies we have listed in this regard prove that violence lowers self-esteem as a whole. Therefore, it also prevents the individual from self-actualizing. A. Maslow developed the theory of the hierarchy of needs, in which he considered the need for safety as one of the basic human needs for self-realization. Maslow (1970) explains that self-actualization is the fulfillment or maturation of oneself, which involves maximizing one's abilities and realizing one's full potential. The facts of violence suppress these needs and ensure that a person remains at the level of physiological needs.

Feist et al.(2018) believe that the characteristics of people who have achieved self-actualization are that they do not experience a decrease in self-esteem and appear as they are even when they experience rejection or abandonment, as well as violent behavior from others [Feist et al, 2018]. This is, of course, the highest level in the theory of the hierarchy of needs. In this theory, Maslow broadly designed the levels of human needs that need to be met, namely, physical needs, safety needs, social needs, esteem needs, and then the need for self-actualization, and affirmed that the ultimate goal of man is self-actualization [Feist et al, 2018].

Victims of violence, both those who experience it and those who witness it, have a sense of security that is affected (2023) that victims of domestic violence feel that their own and their families' safety needs are threatened, which can lead to persistent anxiety. According to Paterson-Young (2021), the unfulfilled safety needs and the presence of anxiety in victims of violence can hinder the process towards each level of Maslow's hierarchy of needs to achieve self-actualization [Paterson-Young, 2021]. In children, the psychological effects of violent events, such as anxiety, depression, or other psychological disorders, can also hinder development and slow down the process towards the peak of self-actualization in Maslow's hierarchy of needs [Purwanti & Tridewiyanti, 2019]. Islami (2018) examined the relationship between self-actualization, social anxiety, and introverted personality

among secondary school students [Indriyati et al,2021].

## Results

The results of the study showed that there is a significant negative relationship between self-actualization and social anxiety. The study found a relationship between self-actualization and social anxiety. The subjects of the study were also ordinary high school students. Therefore, the author is more interested in investigating the relationship between self-actualization and general anxiety than social anxiety. The aim of the study conducted by Islami is to study the relationship between self-actualization and anxiety in early adult women who were victims of domestic violence in childhood. This study focuses on the level of self-actualization as a result of past domestic violence incidents and the level of anxiety in the present. Anxiety in general is a variable that is different from the previous study conducted by Islami (2018). The variable used here is social anxiety. In this case, the researcher tried to determine whether there are differences in the results regarding the relationship between self-actualization and general anxiety in different subjects [Islami,2018; Jabbarov et al, 2023].

It is very important to know whether the anxiety of early adult women who were victims of domestic violence in childhood is related to self-actualization. The results of this study confirm that it is important to understand the psychological factors that contribute to the self-realization of an early adult individual. This study confirmed the negative relationship between self-realization and anxiety in early adult women who were victims of domestic violence in childhood. In other words, the higher the anxiety, the lower the self-realization.

We would also like to note a number of points regarding the presence of violence, but its manifestations are not clear. These points subconsciously affect the process of self-realization of an individual. Facts show that people who turn to psychologists often experience problems with self-esteem or adaptation, which hides a conflict between the social and the individual. The carrier of this conflict is often violence.

During violence, the self-realization of an individual depends largely on his self-awareness. The characteristics of the self-concept are undoubtedly important components of a person's personality. They affect many personal structures, including the emotional sphere. Signs of the self-concept can be found, for example, in behavioral traits, as well as in the emotional experiences that accompany behavior.

Many researchers have called the imaginary image of what a person could become in the future, as opposed to the working self-concept. The possible self is currently part of the general repertoire of the self. His theory suggests that the difference between the current working self-concept and the possible self leads to personality disorders. For example, anxiety is the result of a conflict between who a person actually is and who he thinks he should be. When studying the structure of the self-concept and its influence on various aspects of personality, it is impossible not to pay attention to the concept of self-identification. In modern research, personality and self-identification are clearly distinguished. Personality is the identification of oneself with someone or something. Self-identification is the awareness of a person's uniqueness, uniqueness and difference from others.

The self-concept, in turn, is formed in connection with the individual's self-awareness. Self-awareness of the personality is also related to the person's ideas about himself. The process of forming the self-concept of the personality is self-realization. It is also necessary to pay special attention to one point that it is necessary to pay attention to the role of responsibility during self-realization.

Modern researchers call responsibility one of the conditions for self-realization, along with personal freedom and material wealth. In addition, responsibility is a condition for achieving emotional well-being. Indeed, just as a person cannot entrust their entire life to them, self-awareness cannot be entrusted to other people.

From the point of view of logotherapy, the desire to find the meaning of life is the main motivating force of a person. A person needs not homeostasis, but an existential dynamic in the field of tension, where one pole is the meaning that needs to be realized, and the other pole is the person himself who needs to do it [Jabbarov, 2018; Jabbarov and Ibrahimova, 2013]. The study showed that.

self-actualization of people who have been subjected to violence is quite contradictory. At the same time, this process continues depending on the level of self-awareness. Self-awareness is a dialectically contradictory process of searching for, finding and realizing the main life values of a person.

Our study showed that there are a number of contradictory points related to self-actualization in people who have been subjected to violence. Society at the same time recognizes the need for professional activity, but at the same time, the goal of a person remains the creation of a family. This dissonance is especially acute in relation to the role of women. In women who have been subjected to violence, this process is difficult. Such a contradiction can lead to negative consequences, first of all, in relation to the emotional-personal sphere. Because the confusion of roles in the personality cannot but be accompanied by negative emotional reactions. It can lead to emotional poverty and social isolation.

## **Discussion**

Our research has shown that self-actualization most often occurs through the family. Perhaps this is a forced process, the trigger of which is social stereotypes. In this case, if self-actualization through a predictive path is not possible, a person chooses both positive and negative options to determine his destiny. This is undoubtedly a personal choice. However, it depends on social consent and can lead to affective disorders if a person's desires conflict with the values recognized by society. However, it should be taken into account that if self-actualization occurs through the family, then cases of violence in the family can also affect the process of self-actualization to one degree or another.

Emotional experiences arise not only due to the conflict between personal desires and social identity. Often, a person does not have the desire to realize his identity due to the lack of visible alternatives. Society and the family broadcast certain norms and directions for self-actualization, as a result of which many people do not see the possibility of choice in the development of their self-concept. Awareness of the problem arises from constant negative experiences, difficulties in socialization, but

a person does not associate these experiences with a blocked desire for self-realization. In this case, we are faced with a vicious circle of problems: social predictors do not allow the development of the personality along the preferred path of self-realization, which is why there are problems in the socialization of a person. At the same time, he does not see where this connection can be broken.

The solution may be to identify other ways of self-realization and self-actualization. The psychologist should help his client see many ways of development. If a person does not see ways of self-realization, this does not mean that they do not exist. On the contrary, in the search for and responsible choice of new development options, a person's own personality is acquired as the basis for determining his future self-determination. And a person with a positive self-concept will definitely have social harmony and psychological well-being.

Studies show that conflicts, especially intergroup conflicts, affect the strengthening of solidarity and unity within the group. The author believed that conflicts are inevitable and their inevitability is inherent in human nature [Stepanenkova, 1999]. As a result, today both negative and positive functions are determined for conflict, which reflect the dysfunctional and functional consequences of conflict relations. The ratio of these consequences may vary depending on the degree of constructiveness of the actions of the participants in a conflict situation in relation to each other.

In our opinion, it is in conflict situations that the process of self-actualization of the individual is most clearly manifested, which can play a key role in the choice of a behavioral strategy. This process not only reflects the individual's desire to realize his potential, but also affects the individual's relationship with people around him in situations of conflict or disagreement.

A. Maslow believed that "in the continuous actualization of the potential, abilities and talents of the personality – in self-actualization – his "mission" (goal) is realized, the pursuit of which reflects the highest level in the hierarchy of his needs [Maslow, 2003]. D.A. Leontyev notes that this means directing the action to himself. Therefore, the author believes that "self-actualization" better reflects the self-actualized [Leontyev, 2002]. Many researchers, taking into account the concept of "I", associate it with the concept of personality, which determines itself among other people and not

only for itself, but also for others [Jabbarov,2018]. They characterize self-actualization as the process of becoming a “subject” of one’s own life and activity, during which a person masters the norms and methods of existence of society. The joint life of people in society [Bajenova, 2012].

It can be said that the disclosure of the potential of the individual is a conscious process of prosocial nature. It occurs as a process of implementation, but also serves as the basis for the formation of the individual’s attitude to the difficulties and obstacles that arise. Self-awareness of the individual, understanding of his needs, desires and values, becomes the foundation on which human behavioral strategies are built, including in conflicts. When talking about strategies for resolving conflicts, it is important to understand that interpersonal relationships are a dynamic process, regardless of the scale and origin of the conflict. Therefore, researchers distinguish 5 behavioral models, the first factor and criterion for evaluating strategies is that the conflict participants should be oriented to ensuring their own interests; their own interests and needs, or in addition to their own interests, the interests of the other participant should be taken into account. The second factor can be considered the degree of activity of actions taken to satisfy the needs of participants. In any real situation of conflict interaction, each participant to one degree or another evaluates and compares his interests and the interests of the opponent. On the basis of such an analysis, they consciously choose one or another behavioral strategy (avoidance, competition, adaptation, compromise, cooperation).

## **Conclusion**

The conducted studies show that there are very few works aimed at determining any dependence between violence and the self-realization of the individual, and most often this does not cause particular interest. It has been established that violence harms many parties, creates trauma, and enhances moral and psychological deformation. In this regard, after the violent behavior of an individual, his self-realization directions change. Many studies show that the directions of self-realization change depending on the type of violence. The presence of both short-term and long-term

negative effects on victims of violence increases the role of negative elements in self-realization. [Jabbarov et al., 2023; Jabbarov, 2021].

Studies have shown that violence most often affects behavioral elements, the emotional and cognitive sphere, which makes it difficult for a person who is a victim of violence to realize his or her potential in the face of any trauma. The facts show that the facts of violence affect the context of self-realization more. That is, an individual, unknowingly, under the influence of trauma, directs himself in the direction that his or her subconscious leads him or her, not in the direction dictated by his or her abilities, but in the direction dictated by trauma [Jabbarov, 2018; Jabbarov et al, 2018].

The study has shown that the fact of self-realization is closely related to self-confidence, and in this regard, all the studies we have listed prove that violence completely lowers self-confidence, and therefore also prevents the positive orientation of the individual's self-realization.

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