

## The Relationship Between Problem – Focused Coping And Family Communication With Domestic Violence Against Women

Ida Ayu Indira Primaswari Suryananda, IGAA Noviekayati, Dyan Evita Santi  
Fakultas Psikologi Universitas 17 Agustus 1945 Surabaya

### ABSTRACT

This study examines the relationship between Problem-Focused Coping and Family Communication with Domestic Violence (DV) against women. Problem-Focused Coping involves strategies to address violence through concrete solutions, while Family Communication refers to interactions to share information, express emotions, and resolve conflicts. Using a quantitative correlational method with 347 female DV victims, Spearman correlation analysis revealed significant positive relationships. Problem-focused coping had a correlation coefficient of 0.648 ( $p < 0.05$ ), and family communication had a coefficient of 0.359 ( $p < 0.05$ ), both indicating that higher levels of these variables were associated with increased DV. These findings rejected the hypotheses of negative relationships

**Keywords:** *problem focused coping, family communication, dating violence*

#### **Corresponding author**

**Name:** *Ida Ayu Indira Primaswari Suryananda*

**Email:** *Indirasuryananda19@gmail.com*

### INTRODUCTION

A household is the smallest unit within the structure of groups in society. It also serves as a fundamental reference in fostering and realizing a nation. Indonesia, as a country based on Pancasila that upholds religious values, deems it impossible to form a household without the bond of marriage. In establishing a prosperous and happy family, Article 1 of Law Number 1 of 1974 on Marriage emphasizes that "marriage is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family and household based on the belief in God Almighty."

Happiness in running a household is a dream for every couple, especially for those who aspire to build a happy family. So far, a household is considered a safe haven because all family members generally protect each other and provide a sense of security and comfort. A family can be considered harmonious when all its members feel happy, which can be observed through the absence of conflict, tension, and disappointment, as well as the presence of satisfaction with the physical, mental, emotional, and social conditions of all family members (Hurriyati, 2024).

Conflict often arises within households, leading to tension and disappointment among family members. When conflict emerges, it is generally resolved in a positive and healthy manner. However, if issues are handled emotionally and unhealthily, they may result in acts of violence, mistreatment, or discrimination against family members. The 2023 CATAHU report by Komnas Perempuan recorded a total of 289,111 cases of violence. There has been a slight increase in the number of reported cases of violence against women submitted to Komnas Perempuan, with a total of 4,374 cases—an increase of 3 cases compared to the previous year, which recorded 4,371 cases.

In relation to the characteristics of domestic violence cases, according to Harkrisnowo (in Idham, 2020), Domestic violence or in Indonesia known as Domestic Violence (KDRT), has special characteristics compared to other forms of violence against women because of the power relationship between the victim and the perpetrator. The psychological burden experienced by women who are victims of domestic violence is very high because the power relationship always contains elements of trust and also elements of dependency to a certain level. In addition to feeling abuse of power by the owner of the power, victims also generally experience fear, reluctance, and shame to report to the authorities. Based on data from the 2016 Indonesian National Women's Life Experience Survey (2016 SPHPN), it was found that 33.4% of women aged 15-64 years had experienced physical or sexual violence in their lifetime. Where this data decreased to 26.1% in 2021.

Acts of violence within households generally involve the perpetrator and the victim, who are family members within the household. The forms of domestic violence that occur are highly varied, including physical, psychological, sexual violence, and neglect. The World Health Organization (WHO) revealed that one-third of women worldwide, or 30% of women, have experienced physical or sexual violence, either by their partner, non-partner sexual violence, or both (Sulaeman, 2022).

The Consulate General of the Republic of Indonesia in Perth (2015) stated that there are several types of domestic violence experienced by victims of domestic violence, including physical abuse, which involves pushing, hitting, kicking, throwing objects, or physically threatening to harm the victim, others, or pets. Sexual abuse occurs when the victim is forced to engage in unwanted sexual acts. Emotional abuse involves behaviors such as blaming, belittling, insulting, or even threatening to kill. Social abuse refers to actions that disrupt the victim's social life. Financial abuse occurs when the perpetrator controls and obstructs the victim's financial situation. Additionally, stalking involves following the victim wherever they go or repeatedly contacting the victim despite their unwillingness (Uasni, 2019).

Violence against women also includes domestic violence (DV), where women or wives are usually the victims, as highlighted in a WHO (2012) study involving more than 24,000 women in 10 countries, from various cultural, geographical, and urban/rural backgrounds. Research conducted in 50 countries revealed that between 10-60% of women who have ever been married or in a partnership have experienced physical violence from their partners. The study also stated that women are more likely to be assaulted, injured, raped, or killed by their partners than by anyone else. Other data sourced from population-

based surveys measuring the prevalence of Intimate Partner Violence (IPV) across countries show that 13-61% of women have experienced physical violence, 4-49% have experienced severe physical violence, 6-59% have experienced sexual violence, and 20-75% have reported experiencing one or more acts of emotional abuse from their partner during their lifetime (WHO, 2012).

Sutiawati and Mappaselleng (2020) identified several factors contributing to domestic violence, including low legal awareness, poverty or difficult economic conditions, and the persistent influence of patriarchal culture. Over time, victims of domestic violence find it difficult to report their suffering to anyone because societal views often consider violence within a household as a private matter (Sutiawati & Mappaselleng, 2020).

The stigma in society that domestic violence is a disgrace and a private household matter that should not be brought into the public sphere makes this form of violence referred to as an iceberg phenomenon. This is because victims of domestic violence tend to be reluctant to report or choose to remain silent, resulting in fewer reported cases compared to the actual number of incidents occurring within the community (Farchan, 2023).

Communication within a family is an essential aspect in determining the harmony of a household. When good communication is established, relationships become more open among family members. Family members can express their complaints, thoughts, or other concerns (Walker, 2021). An unhealthy communication pattern within the family can become the starting point for various conflicts within the family, which may also escalate into problems outside the family. Many family conflicts are triggered by poor communication patterns. For example, divorce and domestic violence (DV) often result from a failure in family communication (Ekaningtyas, 2022).

The majority of women or wives often react passively and apathetically to the acts of violence they face. This further entrenches the hidden nature of violence committed against wives by their husbands. It is not impossible that the stance taken by the wife creates pressure on herself, as she strives to maintain family harmony while simultaneously enduring a situation filled with physical, psychological, sexual, and economic violence inflicted by her intimate partner.

The continuous occurrence of violence is a painful situation that can lead to anxiety. Folkman and Lazarus (1984) stated that efforts to deal with pressure, as well as attempts to overcome painful or threatening conditions, are known as coping, which is later referred to as a problem-solving strategy. A problem-solving strategy is an individual's behavioral tendency to protect themselves from the psychological pressures caused by social problems.

Among the variety of problem-focused coping strategies, coping strategies are likely to be employed by resilient individuals. These coping strategies are not merely aimed at releasing negative emotions or suppressing them in a way that leads to prolonged problems, burnout, or depression, as seen in ineffective coping. On the contrary, effective coping results in a reduction of stress, followed by an individual's ability to recover and return to normal functioning (Franke, as cited in Rismelina, 2020).

The coping behavior exhibited by wives experiencing anxiety due to domestic violence does not emerge suddenly or spontaneously but is formed through a long process. Folkman, Lazarus, Gruen, and DeLongis (1986) classified coping strategies into two forms: problem-focused coping (PFC) and emotion-focused coping (EFC). Problem-focused coping involves direct problem-solving methods accompanied by actions aimed at eliminating or changing the source of stress. In contrast, emotion-focused coping is a coping strategy oriented toward emotions and is only temporary, as long as the individual perceives the problem as something unchangeable.

The coping strategies employed are influenced by the nature of the problems faced and who is experiencing the issue, as each individual has different levels of stress tolerance. According to Cohen and Lazarus (Folkman, Lazarus, Gruen & DeLongis, 1986), the purpose of coping is to reduce the harmful aspects of environmental situations and conditions, increase the likelihood of recovery, adapt to negative events encountered in real life, maintain emotional balance, continue satisfying relationships with others, and preserve a positive self-image.

The coping resources possessed by an individual also influence the coping strategies used to address various problems being faced. Coping, as a form of behavior, can be either visible or hidden, and it helps to reduce or eliminate psychological tension in stressful conditions that negatively impact both physiological and psychological states (Batool, 2022).

Women facing domestic violence are often in highly stressful situations and require strategies to manage the problems they encounter. According to Lazarus and Folkman (1984), problem-focused coping strategies, which involve efforts aimed at addressing the root of the problem, play a crucial role in reducing the negative impacts of violence by encouraging women to seek concrete solutions, such as seeking help, making decisions to leave the abusive situation, or developing conflict-handling skills. On the other hand, Olson (2003) states that effective communication within the family can act as a protective factor. Open and supportive communication patterns allow women to express their feelings, receive emotional support, and reduce the likelihood of recurring conflicts. Conversely, if family communication patterns are closed off or negative, this can worsen the situation and hinder women from resolving their issues. Thus, a woman's ability to adopt effective problem-focused coping strategies, combined with positive family communication, can synergistically reduce the risk of violence and improve their psychological well-being in navigating household challenges.

## **METHOD**

The subjects of this study were married women who had experienced domestic violence. The population used in this study was 4,374 cases. Data collection in this study was carried out using the Purposive Sampling technique. The sample size was calculated using the Krejcie and Morgan table with a margin of error of 5%, so that the minimum sample size needed was 347 individuals. For data analysis, the researcher used correlation analysis with the help of the SPSS program.

## FINDING AND DISCUSSION

### RESEARCH RESULT

**Table 1. Hypothesis Test Results**

Spearman's rho		Kekerasan dalam rumah tangga
Problem focused coping	Correlation coefficient	0,648
	Sig	0,000
Family communication	Correlation coefficient	0,359
	Sig	0,000

The results of the Spearman correlation analysis indicate a significant relationship between problem-focused coping, family communication, and domestic violence. The correlation between problem-focused coping and domestic violence has a correlation coefficient of 0.648 and a significance level of 0.000 ( $p < 0.05$ ), suggesting that the higher the problem-focused coping, the higher the level of domestic violence experienced by women. Thus, the hypothesis stating a negative relationship between problem-focused coping and domestic violence in women is rejected.

Meanwhile, the relationship between family communication and domestic violence also shows a strong positive correlation, with a correlation coefficient of 0.359 and a significance level of 0.000 ( $p < 0.005$ ), indicating that the higher the family communication, the higher the level of domestic violence experienced by women. Therefore, the hypothesis stating a negative relationship between family communication and domestic violence in women is also rejected.

## DISCUSSION

The first hypothesis in this study, which states that there is a relationship between problem-focused coping and family communication with domestic violence against women, is accepted. Based on the results of the Spearman's rho analysis, there is a significant relationship between problem-focused coping and family communication with domestic violence against women.

These results are consistent with theories and previous research, which state that problem-focused coping strategies help individuals address issues more adaptively, thereby reducing psychological stress that can trigger domestic conflicts, as stated by Lazarus & Folkman (1984). On the other hand, effective family communication facilitates an atmosphere of mutual understanding and support, which ultimately can either prevent or, in some cases, contribute to domestic violence. From these findings, it can be concluded that the combination of women's ability to use problem-focused coping strategies and the presence of effective family communication plays a significant role in reducing the risk of domestic violence.

The second hypothesis in this study, which states that there is a negative relationship between problem-focused coping and domestic violence against women—assuming that the higher the problem-focused coping, the lower the domestic violence against women—is rejected. Based on the results of the Spearman's rho test, there is a positive correlation coefficient, indicating that the higher the problem-focused coping, the higher the domestic violence experienced by women.

This is consistent with the study by Uasni (2019), which found that solution-focused coping strategies can help victims of violence, but their effectiveness highly depends on healthy communication patterns. Damayanti and Haniyah (2020) also emphasized the importance of healthy family communication in reducing domestic conflicts, although intense communication is not always protective. Active coping strategies used in conflict situations, such as domestic violence, can trigger more aggressive responses if not supported by harmonious communication patterns, as stated by Herawati, Tyas, and Trijayanti (2017).

Furthermore, Kurniawan (2022) demonstrated that effective coping strategies must be supported by health-based interventions, such as psychological assistance programs, as well as healthy and open family communication to prevent the escalation of domestic violence. Coping strategies that focus solely on the individual, without support from the social environment, are often not effective enough in reducing tension or decreasing the frequency of violence. However, Nisa (2018) noted that confrontational family communication, such as accusing, blaming, or harshly criticizing, can exacerbate tensions in unhealthy relationships, thereby increasing the risk of greater conflict. These findings highlight that the quality of family communication plays a critical role in determining whether such interactions will help de-escalate conflict or worsen the situation. Therefore, although coping and family communication are strongly related to domestic violence, the effectiveness of both in reducing violence heavily depends on interpersonal context, the emotional conditions of both parties, and the way coping strategies and communication are implemented. Interventions designed to enhance coping and communication should take these factors into account to achieve more optimal outcomes.

These findings reflect that active coping strategies in dealing with conflicts, such as violence, do not always lead to constructive resolutions. On the contrary, efforts to address problems directly may worsen the situation in relationships already dominated by violent dynamics, particularly when not supported by healthy communication patterns or when the partner responds with more aggressive behavior. Research supports this view. Rahayu (2019) demonstrated that coping strategies could mediate the influence of optimism and social support on post-traumatic growth, highlighting the importance of social support in the recovery process. However, Rokhamah (2017) revealed that active coping strategies are often ineffective if not complemented by strong community support, especially in societies with social norms that are permissive of violence.

On the other hand, international studies by Sánchez et al. (2024) and Pereira et al. (2024) found that emotion-focused coping strategies are more effective in helping victims

of violence manage emotional instability, particularly when supported by health-based interventions and personalized approaches. Fitriana (2024) also emphasized that effective coping strategies must consider the social and cultural context of the victims, especially for young women who are vulnerable to psychological pressure.

The second hypothesis in this study, which states that there is a negative relationship between family communication and domestic violence against women—assuming that the higher the family communication, the lower the domestic violence against women—is rejected. Based on the results of the Spearman's rho test, there is a positive correlation coefficient, indicating that the higher the family communication, the higher the domestic violence experienced by women.

These findings indicate that the more intense family communication becomes—especially if it is not based on mutual understanding, emotional support, and openness—the higher the reported levels of domestic violence. This may occur because unhealthy communication, such as confrontational communication, excessive criticism, or unreasonable demands, can exacerbate tensions in relationships already vulnerable to conflict. In other words, although family communication is generally regarded as a means to strengthen relationships, poor communication quality can instead become a trigger for escalating violence. Therefore, these results highlight the importance of improving the quality of family communication through interventions aimed at teaching healthy, empathetic, and supportive communication skills to reduce the risk of domestic violence.

These findings are quite complex and intriguing because higher levels of family communication are typically associated with healthier relationships. However, in the context of disharmonious or conflict-ridden relationships, more intense communication can increase the likelihood of conflict or violence, especially if the communication is confrontational, domineering, or lacks mutual understanding. Furthermore, ineffective family communication, such as excessive criticism or a lack of empathy, can exacerbate conflict situations within relationships.

The study by Engelbrecht et al. (2024) revealed that imbalanced communication within families can increase the risk of conflict, especially when social norms that discourage openness form the basis of family interactions. Meanwhile, Lapierre et al. (2024) highlighted the importance of education-based interventions to enhance communication skills and prevent domestic violence. In Indonesia, Tril Aisah's (2024) analysis emphasized that poor family communication can exacerbate conflicts, while Kartika et al. (2024) underscored the role of communication in social work to address domestic violence. Furthermore, Rakhshani et al. (2024) stated that education-based interventions could improve the ability to cope with domestic violence through healthier communication patterns.

Therefore, although family communication is a crucial component in building and maintaining harmonious interpersonal relationships, its effectiveness in reducing domestic violence heavily depends on the quality and communication patterns applied within the family. Healthy communication patterns—characterized by mutual understanding, openness, and emotional support among family members—have significant potential to

create a conducive atmosphere for resolving conflicts without violence. Additionally, empathetic communication, where each party strives to understand one another's feelings and needs, can help ease tensions and reduce the risk of aggressive behavior.

## CONCLUSION

There is a significant relationship between coping strategies and family communication with domestic violence against women. Effective coping strategies, supported by healthy and open family communication, are essential in addressing and reducing violence. Conversely, ineffective communication, such as a lack of empathy or aggressive communication patterns, can exacerbate conflicts and increase the risk of violence. Harmonious communication patterns, characterized by mutual respect and support, have been proven to create a safer household environment. Therefore, improving coping strategies and family communication patterns is a strategic step to reduce violence and enhance the emotional well-being of women.

Families, especially married couples, are advised to strengthen healthy communication skills with an open, honest, and respectful approach to create harmonious and safe relationships. Women experiencing domestic violence are encouraged to develop effective coping strategies, such as seeking social support or participating in counseling programs related to stress management and communication. Governments and social organizations are expected to enhance outreach and educational programs on harmonious communication and coping strategies, as well as provide support centers for victims of violence. Future researchers are advised to explore other factors, such as economic, educational, and cultural influences, and use qualitative approaches to provide a deeper understanding of women's experiences in dealing with domestic conflicts.

## REFERENCES

- Althafi, P., Maulana, R. (2022). Peran Komunikasi Keluarga pada penerapan fungsi keluarga dalam literasi Kesehatan covid-19 di Jakarta. *Medialog: Jurnal Ilmu Komunikasi*, 5(1), 193-203
- Ammang, W., Sondakh, M., & Kalesaran, E. R. (2017). Peran Komunikasi Keluarga Dalam Mengatasi Perilaku Merokok Pada Anak Usia Remaja (Studi Pada Masyarakat Kelurahan Kampung Makassar Timur Kota Ternate). *Acta Diurna Komunikasi*, 6(1).
- Anggraini, F., & Fajarini, S. D. (2022). Strategi Komunikasi Dalam Pencegahan Kdrt Di Kota Bengkulu (Studi Pada Dinas Perbedayaan Perempuan, Perlindungan Anak, Pengendalian Penduduk & Keluarga Berencana Kota Bengkulu). *Jurnal Sarjana Ilmu Komunikasi (J-SIKOM)*, 2(2).
- Arliman, S., Ernita, A., & Sarmiati, S. (2022). Pendidikan karakter untuk mengatasi degradasi moral komunikasi keluarga. *Ensiklopedia of journali*. Vol4(2). 143-149
- Barbara Krahe, Perilaku Agresif. Yogyakarta: Pustaka Belajar, 2005, hlm. 292- 293
- Batool, H., Mustafa, M., & Ahmad, S. (2022). A Phenomenological Analysis of Adoption of

- Coping Strategies Among Survivors of Acid Violence in Pakistan. *Journal of Interpersonal Violence*, 37(11-12), NP8696-NP8723.
- Dadras, O., Nakayama, T., Kihara, M., Ono-Kihara, M., Goto, R., & Harada, N. (2022). Intimate partner violence and unmet need for family planning in Afghan women: The implication for policy and practice. *Reproductive Health*, 19(1), 46. Diakses dari <https://link.springer.com/article/10.1186/s12978-022-01362-5>
- Damayanti, M., & Haniyah, S. (2020). Kekerasan dalam Rumah Tangga (KDRT) dalam Perspektif Hukum dan Ilmu Keperawatan.
- Ekaningtyas, N. L. D. (2022). Penyuluhan Manfaat Penerapan Psikologi Komunikasi dalam Keluarga di Dusun Jenggala, Kecamatan Pringgarata, Lombok Tengah. *Dharma Sevanam: Jurnal Pengabdian Masyarakat*, 1(01), 1-12.
- Engelbrecht, M., Mulu, N., & Kigozi-Male, G. (2024). Exploring factors associated with limited male partner involvement in maternal health: A Sesotho socio-cultural perspective from the Free State, South Africa. *International Journal of Environmental Research and Public Health*
- Farchan, M. N., & Alan, D. (2023). Analisis Yuridis Tindak Pidana Kekerasan dalam Rumah Tangga yang Mengakibatkan Kematian. *Jurnal Riset Ilmu Hukum*, 111-116.
- Folkman, S., Lazarus, R. S., Gruen, R. J., & DeLongis, A. (1986). Appraisal, coping, health status, and psychological symptoms. *Journal of personality and social psychology*, 50 (3), 571- 579
- Hadiati Moerti Soeroso, Kekerasan Dalam Rumah Tangga, Jakarta: Sinar Grafika, 2010, hlm. 80-82
- Halim, A., Abdullah, A. S. M., Rahman, F., et al. (2024). Midwife-led birthing centre in the humanitarian setup: An experience from the Rohingya camp, Bangladesh. *PLOS Global Public Health*.
- Han, Y., Kim, H., & An, N. (2022). Factors Associated with Coping Behaviors of Abused Women: Findings from the 2016 Domestic Violence Survey. *Healthcare (Switzerland)*, 10(4).
- Harefa, Arianus. "Faktor-faktor Penyebab Terjadinya Tindak Pidana Kekerasan dalam Rumah Tangga." *Jurnal Panah Keadilan*, vol. 1, no. 1, 2021, pp. 18-21, doi:10.1234/jpk.v1i1.3.
- Hendriani, W. (2018). Resiliensi Psikologis: Sebuah Pengantar. Jakarta: Prenadamedia Group.
- Herawati, T., Tyas, F. P. S., & Trijayanti, L. (2017). Tekanan Ekonomi, Strategi Koping, dan Ketahanan Keluarga yang Menikah Usia Muda. *Jurnal Ilmu Keluarga dan Konsumen*. <https://core.ac.uk/download/pdf/230346139.pdf>
- Huang, X. C., Zhang, Y. N., Wu, X. Y., Jiang, Y., Cai, H., Deng, Y. Q., ... & Wu, Y. B. (2023). A cross-sectional study: family communication, anxiety, and depression in adolescents: the mediating role of family violence and problematic internet use. *BMC public health*, 23(1), 1747.

- Hurriyati, D. ., Diego Miranda, M. ., & Laili, R. . (2024). Penangan Kasus Kekerasan Dalam Rumah Tangga Dinas Pemberdayaan Perempuan Dan Perlindungan Anak Provinsi Sumatera Selatan. *Jurnal Pengabdian Kepada Masyarakat Nusantara*, 5(2),2628-2633. <https://doi.org/10.55338/jpkmn.v5i2.3279>
- Kartika, A., & Suherman, A. (2024). Kekerasan dalam rumah tangga (KDRT) terhadap perempuan dalam perspektif pekerjaan sosial. *Jurnal Kebijakan dan Kesejahteraan Publik*.
- Kurniawan, Y. (2022). Gambaran Resiliensi Perempuan Penyintas Kekerasan dalam Rumah Tangga. *Psikodimensia: Kajian Ilmiah Psikologi*.
- Kusumawaty, I., & Yunike, Y. (2024). Dinamika Kekerasan Dalam Rumah Tangga: Tinjauan Literatur. *Berajah Journal*. Diakses dari <https://ojs.berajah.com/index.php/go/article/download/291/235>
- Lachman, J., Wamoyi, J., Martin, M., Han, Q., & Alfaro, F. A. C. (2024). Reducing family and school-based violence at scale: A large-scale pre–post study of a parenting programme delivered to families with adolescent girls in Tanzania. *BMJ Global Health*.
- Lapierre, S., Abrahams, N., & Sharma, T. (2024). 'Parental alienation' allegations in the context of domestic violence: Impacts on mother-child relationships. *Journal of Social Welfare and Family Law*.
- Latifah, D. N., & Peristiano, S. V. (2024). The Quality of Life of Women Divorced due to Domestic Violence. *Developmental and Clinical Psychology*, 5(1), 29-40.
- Manumpahi, E., Goni, S. Y., & Pongoh, H. W. (2016). Kajian kekerasan dalam rumah tangga terhadap psikologi anak di Desa Soakonora Kecamatan Jailolo Kabupaten Halmahera Barat. *Acta Diurna Komunikasi*, 5(1).
- Mappaselleng, Nur Fadhilah (2020) Penanggulangan Tindak Pidana Kekerasan dalam Rumah Tangga di Kota Makassar. *Jurnal Wawasan Yuridika*, 4 (1). pp. 17-30. ISSN 2549-0753
- Martínez Gómez, J. A., Rey Anacona, C. A., Bolívar Suárez, Y., Rodríguez Díaz, F. J., & Álvarez Arregui, E. (2023). Effects of negative communication on family dynamic and dating violence. *Revista Iberoamericana de Psicología y Salud*.
- Naufal Hibrizi Setiawan, Sinta Selviani Devi, Levana Damayanti, Feri Pramudya, & Herli Antoni. (2023). Pemahaman Dan Faktor – Faktor Penyebab Kekerasan Dalam Rumah Tangga: Tinjauan Literatur. *Civilia: Jurnal Kajian Hukum Dan Pendidikan Kewarganegaraan*, 2(3), 152–162.
- Nisa, H. (2018). Gambaran Bentuk Kekerasan dalam Rumah Tangga yang Dialami Perempuan Penyintas. *Gender Equality: International Journal of Child and Gender Studies*.
- Oktoji, T. P., & Indrijati, H. (2021). Hubungan *Problem focused coping* dan Kesejahteraan Psikologis pada Remaja yang Mengalami Kekerasan dalam Rumah Tangga. *Buletin Penelitian Psikologi dan Kesehatan Mental (BRPKM)*, 1(1), 560-568.
- Olson, D. H., & Gorall, D. M. (2003). Family Communication. In F. Walsh (Ed.), *Normal Family Processes: Growing Diversity and Complexity* (3rd ed., pp. 123–150). New York: Guilford Press.
- Pang, L.H.G., Thomas, S.J. Exposure to Domestic Violence during Adolescence: Coping Strategies and Attachment Styles as Early Moderators and their Relationship to

- Functioning during Adulthood. *Journ Child Adol Trauma* **13**, 185–198 (2020).
- Pratiwi, K., Dhamayanti, M., Aras, M., & Sumolang, M. L. (2024). The Impact Of Parent-Child Communication On Domestic Violence Prevention Awareness In Adolescent Mediated By Healthy Relationships. *International Journal of Educational Research & Social Sciences*, *5*(3), 453-462.
- Priska Adristi, S. (2023). Peran Orang Tua pada Anak dari Latar Belakang Keluarga Broken Home . *Lifelong Education Journal*, *1*(2), 131–138.
- Qorira, S., & Maulana, R. (2020). Pengaruh Pola Komunikasi Keluarga Terhadap Kemampuan Pengambilan Keputusan Karir Remaja. *Eproceedings of management*. Vol 7(1). 1777-1786
- Rahayu, D. (2019). Strategi Koping Sebagai Mediator Pengaruh Optimisme dan Dukungan Sosial Terhadap Posttraumatic Growth Pada Perempuan Korban Kekerasan Dalam Rumah Tangga.
- Rahayu, S. N. (2013). Kecemasan dan strategi coping istri yang menjadi korban kekerasan dalam rumah tangga di Samarinda. *Psikoborneo: Jurnal Ilmiah Psikologi*, *1*(1).
- Rokhamah, R. (2017). Kekerasan Dalam Rumah Tangga dan Strategi Coping Istri Korban Kekerasan Dalam Rumah Tangga di Kabupaten Ponorogo.
- Rahmadani, D. T., Fitriana, S., & Nisa, A. N. (2024). Studi Fenomenologi Coping Stress Siswa Korban KDRT. *Jurnal Wahana Konseling*, *7*(1), 24-35.
- Rahmanisa, F., & Ramadhana, M. R. (2021). Peran Komunikasi Keluarga dalam Persaingan Saudara Kembar (Sibling Rivalry). *KELUARGA: Jurnal Ilmiah Pendidikan Kesejahteraan Keluarga*, *7*(2), 115-125.
- Rasyidi, M. A. (2020). Kekerasan dalam Rumah Tangga Akibat dari Kurangnya Pemahaman terhadap Agama, Hilangnya Akhlaqul Karimah dan Lemahnya Komunikasi pada Keluarga Serta Rasa Egoisme Yang Berlebihan. *Jurnal Mitra Manajemen*, *8*(1).
- Rismelina, D. (2020). Pengaruh *Problem focused coping* dan Dukungan Sosial Terhadap Resiliensi Pada Mahasiswi Korban Kekerasan Dalam Rumah Tangga. *Psikoborneo: Jurnal Ilmiah Psikologi*, *8*(2), 195-201.
- Sánchez, A. I., Maroto, L., Rubiano, S., & Berzosa Sáez, C. (2024). Strategies for Emotional Coping Among Domestic Violence Survivors.
- Savitri, Y. E., & Ramadhana, M. R. (2020). Pola Komunikasi Keluarga Dalam Penerapan Fungsi Keluarga Pada Anak Pelaku Tindak Aborsi di Jakarta Pusat. *Linimasa: Jurnal Ilmu Komunikasi*, *3*(2), 67-79.
- Sere, Y., Roman, N. V., & Ruiters, R. A. (2021). Coping with the experiences of intimate partner violence among South African women: Systematic review and meta-synthesis. *Frontiers in psychiatry*, *12*, 655130.
- Setyaningrum, A., & Arifin, R. (2019). Analisis upaya perlindungan dan pemulihan terhadap korban kekerasan dalam rumah tangga (KDRT) khususnya anak-anak dan perempuan. *Jurnal Ilmiah Muqoddimah: Jurnal Ilmu Sosial, Politik dan Humaniora*, *3*(1), 9-19.
- Sharma, P., & Khokhar, A. (2022). Domestic Violence and Coping Strategies Among Married Adults During Lockdown Due to Coronavirus Disease (COVID-19) Pandemic in India: A Cross-Sectional Study. *Disaster Medicine and Public Health Preparedness*, *16*(5), 1873–1880. doi:10.1017/dmp.2021.59
- Smet, B. (1994). Psikologi Kesehatan. Jakarta: PT. Gramedia Widiasarna Indonesia.

- Stirling-Cameron, E., Almukhaini, S., Dol, J., & DuPlessis, B. J. (2024). Access and use of sexual and reproductive health services among asylum-seeking and refugee women in high-income countries: A scoping review. *PLOS ONE*.
- Taylor, S. E. (2012). Social support: a review. *The Oxford Handbook of Health Psychology*., 1-48. doi:10.1093/oxfordhb/9780195342819.013.0009
- Tril Aisah. (2024). Analisis hukum Islam terhadap praktik kekerasan dalam rumah tangga yang berdampak bagi anak-anak (Studi di Desa Banjar Negeri).
- Uasni, Z. F. A. H. (2019). Posttraumatic growth pada korban kekerasan dalam rumah tangga. *Psikoborneo*, 7, 106-22.
- Ulfa, M., & Na'imah, N. (2020). Peran Keluarga dalam Konsep Psikologi Perkembangan Anak Usia Dini. *Aulad: Journal on Early Childhood*, 3(1), 20– 28.
- Wahyudin, D. (2022). Pengaruh Dukungan Sosial, Religiusitas, dan Strategi Coping Terhadap Ketahanan Keluarga di Desa Sagaranten. *Risenologi*. Diakses dari <https://pdfs.semanticscholar.org/79a3/c39226ca022717b8944730a0c6b3667c4b61.pdf>
- Walker-Descartes, Ingrid et al. (2021). Domestic Violence and Its Effects on Women, Children, and Families. *Pediatric Clinics*, Volume 68, Issue 2, 455 – 464