

## Gratitude, Self-Control, and Self-Acceptance among Women Victims of Domestic Violence

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### ABSTRACT

This study aims to understand the relationship between gratitude and self-control with self-acceptance in women who experience domestic violence (DV). Gratitude is defined as an individual's acknowledgment of the presence of others or certain sources that play a role in providing the blessings they receive. Meanwhile, self-control refers to an individual's ability to direct, regulate, and manage their behavior as well as control negative impulses that arise within themselves. Self-acceptance, on the other hand, is a positive attitude toward oneself, in which individuals are able and willing to accept their condition, including both strengths and weaknesses. The method used in this study employed a quantitative correlational approach, involving 349 women who were victims of domestic violence. The results of the first hypothesis test showed  $f = 12.233$  and  $p = 0.000$  ( $p < 0.05$ ), indicating a significant relationship between gratitude and self-control with self-acceptance in women experiencing domestic violence. The second hypothesis test revealed a significant positive relationship between gratitude and self-acceptance, with a Pearson correlation value of 0.190 and  $p = 0.000$  ( $p < 0.05$ ). This means that the higher the level of gratitude, the higher the self-acceptance among women victims of domestic violence. The third hypothesis test showed a significant positive correlation between self-control and self-acceptance, with a Pearson correlation value of 0.184 and  $p = 0.004$  ( $p < 0.05$ ). This suggests that the higher the level of self-control, the higher the self-acceptance among women victims of domestic violence. Gratitude and self-control contributed an effective variance of 6.6% to self-acceptance.

**Keywords:** Gratitude, Self-Control, Self-Acceptance

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## INTRODUCTION

Domestic violence (DV) remains a pervasive social phenomenon and a serious issue in many countries, including Indonesia. DV not only affects individuals who become victims but also has broader impacts on families, communities, and even national development. Domestic violence is defined as actions that cause suffering—whether physical, psychological, sexual, or in the form of neglect—within the household sphere (Government of Indonesia, 2004). This phenomenon indicates that the family, which should ideally serve as a safe and nurturing environment, can instead become a setting where violence occurs.

In Bali Province, for example, reported cases rose from 228 in 2020 to 388 in 2022–2023. More than half of these cases were classified as severe violence. This condition underscores that DV is a serious problem requiring attention not only from a legal perspective but also from psychological and social dimensions (Ministry of Women’s Empowerment and Child Protection [KPPPA], 2023).

Victims of domestic violence, particularly women, often suffer complex consequences. Beyond physical injuries, they face psychological distress such as anxiety, fear, trauma, and depression (KPPPA, 2023). Many victims feel worthless, isolated, and lose their sense of self-confidence. Traumatic experiences may even prevent them from speaking out or seeking help due to fear of reliving painful memories. The dilemma of whether to maintain or end the marital relationship further adds to their psychological burden, ultimately diminishing their quality of life.

In addressing the impacts of DV, self-acceptance plays a crucial psychological role. Individuals who are able to accept themselves tend to process traumatic experiences more effectively, avoid excessive regret, and find ways to recover (Government of Indonesia, 2004; KPPPA, 2023). Self-acceptance is closely linked to an individual’s ability to realistically recognize both strengths and weaknesses and to use them as resources for building a more positive life. Without self-acceptance, victims are more vulnerable to self-blame and deeper depression.

In addition to self-acceptance, gratitude also contributes to strengthening victims’ psychological resilience. Gratitude encourages individuals to focus on the positive aspects they still possess, thereby fostering positive emotions and enhancing mental well-being. Grateful individuals are more likely to face challenges with optimism and maintain the motivation to improve their lives. On the other hand, self-control is another vital aspect in managing emotions, behaviors, and decision-making. Self-control enables individuals to remain calm in difficult situations while avoiding impulsive reactions that could worsen circumstances (KPPPA, 2023).

Thus, self-acceptance, gratitude, and self-control are interrelated psychological factors that play an essential role in helping DV victims recover from the negative impacts they experience. Research on the interconnection among these three aspects is therefore crucial to provide a clearer understanding of psychological recovery strategies for domestic violence victims.

## **METHOD**

This study employed a quantitative approach with a correlational design to examine the relationships among self-acceptance, gratitude, and self-control in women who are victims of domestic violence (DV). The study population consisted of women aged 20–35 years in Bali Province who had experienced DV. The sample was determined using purposive sampling, resulting in 349 respondents who met the inclusion criteria. The respondents’ characteristics varied in terms of marital status, types of violence experienced, and employment status. Complete data on respondents’ characteristics are presented in the following tables:

Table Respondents' Marital Status

Marital Status	Frequency	Percentage (%)
Divorced/Separated	256	73.4
Married	93	26.6

Table Types of Violence Experienced by Respondents

Type of DV	Frequency	Percentage (%)
Physical and Verbal	155	44.4
Physical	113	32.4
Verbal	81	23.2

Table Respondents' Employment Status

Employment Status	Frequency	Percentage (%)
Employed	312	89.4
Unemployed	37	10.6

Data were collected through an online questionnaire distributed via Google Forms. The research instruments used a Likert scale with five response categories. The gratitude scale was developed based on dimensions proposed by (McCullough, 2002); the self-control scale was adapted from the Self-Control Scale (SCS) developed by (Tangney, 2004); and the self-acceptance scale was designed according to aspects of self-acceptance outlined by (Berger, 2003).

Respondents were asked to independently complete the questionnaire statements, allowing the collected data to reflect their internal conditions in relation to the variables studied. To ensure data validity, each instrument underwent an adaptation and pilot testing process prior to widespread administration. The pilot testing was conducted to confirm that each item effectively measured the intended construct and demonstrated adequate reliability, thereby ensuring the trustworthiness of the findings.

## RESEARCH RESULT

This study involved 349 women who were victims of domestic violence (DV) in Bali Province. Hypothesis testing was conducted using multiple linear regression analysis and Pearson correlation tests.

The first hypothesis stated that there is a positive relationship between gratitude and self-control with self-acceptance among women who are victims of DV. Results of the multiple regression analysis showed an F-value = 12.233 with significance  $p = 0.000$  ( $p < 0.05$ ). This indicates a significant relationship between gratitude and self-control with self-acceptance. Thus, the first hypothesis was accepted.

Table Multiple Regression Analysis Results

Variables	F	Sig.	Remarks
Gratitude and Self-Control → Self-Acceptance	12.233	0.000	Highly significant

The second hypothesis stated that there is a positive relationship between gratitude and self-acceptance. The correlation analysis showed a Pearson correlation value of  $r = 0.190$  with significance  $p = 0.000$  ( $p < 0.05$ ). These results indicate that higher gratitude is associated with higher self-acceptance among women victims of DV.

Table Correlation Between Gratitude and Self-Acceptance

Variables	Pearson Correlation	Sig.	Remarks
Gratitude * Self-Acceptance	0.190	0.000	Highly significant

The third hypothesis stated that there is a positive relationship between self-control and self-acceptance among women victims of DV. The correlation analysis showed a Pearson correlation value of  $r = 0.184$  with significance  $p = 0.000$  ( $p < 0.05$ ). This result confirms that self-control is significantly associated with self-acceptance. Hence, the third hypothesis was accepted.

Table Correlation Between Self-Control and Self-Acceptance

Variables	Pearson Correlation	Sig.	Remarks
Self-Control * Self-Acceptance	0.184	0.000	Highly significant

### Descriptive Analysis of Research Variables

#### 1. Self-Acceptance

The descriptive analysis showed that self-acceptance among the respondents tended to be in the moderate category (38.1%), with 146 participants falling into this group.

Table Categorization of Self-Acceptance

Interval	Category	Frequency	Percentage
>125	Very High	22	6.3%
116–125	High	79	22.64%
106–116	Moderate	146	38.1%
97–106	Low	80	22.92%
<97	Very Low	22	6.3%

#### 2. Gratitude

Descriptive findings indicated that gratitude among the respondents was also mostly at a moderate level (38.1%), with 133 participants in this category.

Table Categorization of Gratitude

Interval	Category	Frequency	Percentage
>114	Very High	27	7.73%
105–114	High	80	22.92%
95–105	Moderate	133	38.1%
85–95	Low	86	24.64%
<85	Very Low	23	6.59%

### 3. Self-Control

The descriptive analysis revealed that self-control among respondents also tended to fall into the moderate category (35.53%), with 124 participants classified in this group.

Table Categorization of Self-Control

Interval	Category	Frequency	Percentage
>108	Very High	19	5.44%
98–108	High	89	25.5%
88–98	Moderate	124	35.53%
77–88	Low	97	27.79%
<77	Very Low	20	5.73%

## DISCUSSION

The findings of this study indicate that gratitude and self-control have a positive relationship with self-acceptance among women victims of domestic violence (DV). This suggests that the higher an individual's level of gratitude and ability to regulate themselves, the greater their capacity to accept their personal circumstances and life conditions. These findings highlight that self-acceptance is not only influenced by external factors but also by individuals' internal psychological strengths. Gratitude enables individuals to recognize the positive aspects of their lives despite being in distressing situations. Similarly, self-control allows them to regulate emotions and behaviors, preventing entrapment in harmful negative responses. Together, these two factors contribute to fostering stronger self-acceptance.

The relationship between gratitude and self-acceptance is consistent with previous studies which have demonstrated that gratitude functions as a protective factor in mental health (Wood et al.,2009). Grateful individuals tend to interpret life experiences from a more positive perspective, making it easier for them to accept themselves as they are. In the context of women victims of DV, gratitude helps them find positive meaning in life despite trauma and suffering. By practicing gratitude, individuals may perceive life as comprising not only negative experiences but also opportunities, learning processes, and ongoing social support. This is significant because self-acceptance constitutes a crucial step in the psychological recovery process after trauma.

This study also revealed that self-control has a positive relationship with self-acceptance. Women victims of DV with higher self-control are better able to manage emotional impulses and impulsive behaviors triggered by traumatic experiences. Self-control helps them avoid negative thought patterns such as self-blame or feelings of worthlessness. Instead, they are able to evaluate their circumstances more objectively and work toward rebuilding a healthier life. This aligns with the findings of previous research showing that self-control has a significant influence on self-acceptance (Andriani et al., 2020) and supports the theory that self-control is closely associated with psychological adjustment (Tangney, 2004).

Viewed more broadly, self-acceptance among DV victims can be understood as a manifestation of resilience. Resilient individuals are capable of recovering from adversity, and gratitude and self-control strengthen this capacity. Gratitude provides a renewed perspective on life experiences as meaningful parts of one's journey, while self-control helps maintain emotional and behavioral stability, enabling individuals to navigate life stressors in a healthier way. Thus, these two factors not only complement each other but also contribute to the development of long-term psychological well-being.

The results of this study also reinforce the perspective that psychological interventions for DV victims should not only focus on healing physical injuries or addressing trauma but should also emphasize the development of positive psychological resources. Gratitude practices—such as journaling about daily blessings or recalling positive past experiences—can serve as strategies to enhance self-acceptance. Similarly, training in emotion regulation and self-control, for instance through mindfulness techniques or cognitive behavioral therapy (CBT), can help victims manage negative emotions more effectively and prevent destructive behaviors.

From a practical standpoint, this study carries important implications for psychologists, counselors, and organizations providing support to DV victims. Empowerment efforts should not be limited to fulfilling basic needs but also include strengthening psychological aspects such as gratitude and self-control. Integrated intervention programs—for example, support groups that emphasize sharing positive experiences combined with self-regulation training—can enhance victims' self-acceptance and accelerate their psychological recovery process.

In conclusion, this study underscores that gratitude and self-control are key factors in helping women victims of DV achieve greater self-acceptance. These two factors may be regarded as psychological capital that should be cultivated, not only to mitigate the negative impacts of traumatic experiences but also to enhance victims' overall quality of life.

## **CONCLUSION**

This study demonstrates that gratitude and self-control have a significant positive relationship with self-acceptance among women victims of domestic violence (DV). The higher the level of gratitude and self-control an individual possesses, the greater their ability to accept themselves and their life circumstances. Gratitude enables victims to maintain a positive outlook and find meaning in life despite traumatic experiences, while self-control

allows them to manage emotions and behaviors, preventing entrapment in negative responses. Both factors serve as essential forms of psychological capital that support the recovery process and enhance the mental well-being of DV victims.

These findings highlight that psychological interventions for DV victims should not only focus on trauma recovery but also emphasize the development of positive psychological resources, such as gratitude practices and emotional regulation skills. Thus, gratitude and self-control can be regarded as important strategies for strengthening resilience and improving the overall quality of life among women victims of DV.

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