

Violence and Motherhood: Comparing the Influence of Physical and Psychological Abuse on Parenting Approaches

Genesis S. Austria^{1*}, Raymund D. Capito², Mark Moises A. Espelita³

¹College of Liberal Arts, Technological University of the Philippines, Manila, Philippines

²Graduate School of Business, San Beda University, Manila, Philippines

²Graduate School, Centro Escolar University, Manila, Philippines

²Women and Children Protection Unit, Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium, Caloocan City, Philippines

³College of Business Administration and Accountancy, Virgen Milagrosa University Foundation, Inc., San Carlos City, Pangasinan, Philippines

*Corresponding Author Email: genesis_austria@tup.edu.ph

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Abstract. Parenting approaches significantly influence children's developmental outcomes, yet understanding how violence against women impacts parenting remains critical. Existing research emphasizes the adverse effects of violence on familial dynamics but lacks a comparative analysis of physical and psychological violence in the Philippine context. This study addresses this gap by examining how these forms of violence influence the parenting approaches of women victims of abuse. The research employed a comparative descriptive design involving 50 women who sought care at the Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium. Data were collected through validated questionnaires assessing parenting styles using a 4-point Likert scale. Respondents were categorized based on experiences of physical (21 participants) or psychological violence (29 participants). Physical violence included forms of assault such as hitting, punching, kicking, slapping, pushing, and shoving, while psychological violence encompassed manipulation, intimidation, and verbal abuse, including name-calling, shaming, and yelling. Key findings reveal that both forms of violence significantly shape parenting behaviors. Women exposed to physical violence tend to adopt stricter and more protective parenting styles, while psychological violence leads to heightened emotional vigilance and self-doubt. Psychological violence exhibited slightly more substantial impacts across dimensions, including emotional bonding, discipline, trust, and self-efficacy. Notably, respondents from both groups reported protective parenting behaviors and challenges with emotional connection. The study underscores the importance of trauma-informed interventions tailored to the distinct impacts of physical and psychological violence. These findings contribute to the development of evidence-based programs aimed at breaking cycles of violence and fostering healthier parent-child relationships in the Philippine context.

Keywords: Parenting; Physical violence; Psychological violence; Violence Against Women; Philippines.

1.0 Introduction

According to Howell et al. (2018), the issue of violence against women continues to be a concern on a global scale, given its direct effect on the psychological wellness of the victims, as well as the occurrence of negative consequences in their familial relationships. In the local context, the 2017 National Demographic and Health Survey released by the Philippine Statistics Authority (Medina, 2018) revealed that at least one (1) in four (4)

married women between the ages of fifteen (15) to forty-nine (49) years old, have experienced abuse in terms of physical, sexual, and emotional aspects from their partners. Physical violence refers to acts of physical harm, such as hitting, slapping, or other forms of aggression that women may experience. On the other hand, non-physical abuse and maltreatment, which include coercive and forceful control, emotional manipulation and influence, and all other actions that damage victims' overall mental health and impair the sense of self of mothers, are elements of psychological violence. The violence experienced by these women, as per Gershoff & Grogan-Kaylor (2016), should be worthy of attention as it can affect their styles in disciplining their children, influence their child-rearing practices, or still perpetuate generational cycles of violence.

Parenting style is crucial in shaping children's emotional and behavioral development. Based on Baumrind's typology, authoritative, authoritarian, permissive, and neglectful parenting styles have varying impacts on child outcomes (Goodman et al., 2020). These overarching styles influence how parents approach specific dimensions of parenting, particularly when faced with challenges. Key dimensions such as protective parenting, emotional bonding and empathy, discipline and consistency, trust and socialization, and self-efficacy and confidence in parenting may be significantly affected, especially in contexts where parents experience stressors like violence or trauma. For women who have experienced intimate partner violence, their capacity for responsive and nurturing parenting may be severely compromised, leading to increased use of maladaptive practices such as psychological control or harsh disciplinary measures (Labella & Masten, 2018). Women and mothers who are victims of physical violence often report higher levels of trauma and stress, causing their ability to provide their children with consistent emotional support to be hindered (Aljuhani & AlAteeq, 2020). In contrast to this, according to the study of Grogan-Kaylor et al. (2020), psychological violence can negatively affect a mother's self-esteem, possibly leading to being emotionally distant from their children or having a controlling parenting approach. This type of abuse is manifested in their experiences with coercive control, emotional maltreatment, and manipulation.

Despite the growing body of research on these aspects and their consequences, limited studies have focused on the comparative effects of physical versus psychological violence in the Philippine context (Valdez et al., 2022). The present study addresses the research problem of understanding how physical and psychological violence influences the parenting approaches of women victims of violence, particularly those seeking care at a public tertiary healthcare facility in the Philippines, Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium, which is formerly known as Central Luzon Sanitarium, and also called the Tala Leprosarium. This study aims to provide insights into how violence impacts specific parenting approaches and to contribute to evidence-based interventions that promote healthier family dynamics and break intergenerational cycles of violence.

2.0 Methodology

2.1 Research Design

This study utilized a comparative descriptive research design to examine the influence of physical and psychological violence on women's parenting approaches. A comparative approach was deemed appropriate to identify and analyze differences in parenting styles between women who had experienced physical violence (hitting, punching, kicking, slapping, pushing, and shoving) and those subjected to psychological violence (manipulation, intimidation, and verbal abuse, including name-calling, shaming, and yelling).

2.2 Research Locale

The study was conducted in the Philippines' public tertiary healthcare facility, Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium, formerly Central Luzon Sanitarium, called the Tala Leprosarium. This medical establishment is at Saint Joseph Avenue, Tala, Caloocan City North.

2.3 Research Participants

The study's respondents comprised 50 women parents who sought assistance at the Women and Children Protection Unit (WCPU) of Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium over three months. These individuals were victims of either physical or psychological violence, with 21 respondents categorized as victims of physical violence (hitting, punching, kicking, slapping, pushing, and shoving) and 29 respondents as victims of psychological violence (manipulation, intimidation, and verbal abuse, including name-calling, shaming, and yelling).

2.4 Research Instrument

Data was collected using a survey questionnaire designed to assess respondents' parenting approaches using a 4-point Likert scale, with responses ranging from Strongly Agree (4) to Strongly Disagree (1). The questionnaire underwent rigorous content validation by three experts in the fields of social work, counseling, and medicine to ensure its relevance and clarity. A pilot test was also conducted to establish the instrument's reliability, resulting in a Cronbach's Alpha coefficient of 0.79, indicating acceptable internal consistency.

2.5 Data Gathering Procedure

The researchers sought approval to conduct the survey. After the approval, the Registered Social Workers identify clients who are women's parents, specifically victims of either physical or psychological violence. Survey forms were administered during the face-to-face assessment processes conducted by the Registered Social Workers under the Women and Children Protection Unit (WCPU) of Dr. Jose N. Rodriguez Memorial Hospital and Sanitarium, where respondents were briefed on the research's purpose and asked for their consent to participate. Each item was carefully explained to the respondents when they answered the questionnaires. Data collection occurred within a structured three-month period, aligning with the respondents' visits to the hospital.

2.6 Ethical Considerations

Ethical considerations were meticulously observed throughout the study. To ensure ethical compliance, participation in the study was entirely voluntary. Respondents were provided with clear information about the research's objectives. They were required to give written consent before participating, in adherence to the Data Privacy Act of 2012 and ethical research practices. Confidentiality and anonymity were maintained, and participants were assured of their right to withdraw from the research at any stage without repercussions.

3.0 Results and Discussion

3.1 Profile of the Respondents

Table 1 shows that the most significant proportion of victims of both physical and psychological violence who reported abuse is between 36-41 years old, accounting for a large chunk of 26% of the total number of respondents. Meanwhile, the lowest percentage, 12%, constitutes victims ages 42 and above. Analyzing these age groups, respondents from 18 to 35 years old combined to form a whopping percentage of 62%.

This aligns with Ellsberg et al. (2008), which underlines that women, particularly in their reproductive years, often report experiencing abuse, both physical and mental. Additionally, Garcia-Moreno et al. (2006) mentioned that intimate partner violence is experienced by many at varied ages, highlighting that younger adults and middle-aged groups are often more vulnerable.

Table 1. Frequency and percentage distribution of respondents in terms of age

Age	Victims of Physical Violence (f)	Victims of Psychological Violence (f)	Total (f)	Percentage (%)
18-23 years old	3	5	8	16.0
24-29 years old	5	6	11	22.0
30-35 years old	5	7	12	24.0
36-41 years old	5	8	13	26.0
42 years old and above	3	3	6	12.0
Total	21	29	50	100.0

Next, table 2 shows that the majority (36%) of the respondents who reported abuse and violence are single parents, followed by those cohabiting individuals with a total of 28%. According to Devries et al. (2013), exposure to violence may be a result of the heightened stress often demonstrated by single parents, and those engaged in cohabiting relationships may lack commitments that are considered "formal." This can potentially lead to less stability and increased conflict, hence, abuse from live-in partners. On the other hand, widowed individuals make up the smallest group at 8%, with two individuals reporting to face both physical and psychological violence.

Table 2. *Frequency and percentage distribution of respondents in terms of marital status*

Marital Status	Victims of Physical Violence (f)	Victims of Psychological Violence (f)	Total (f)	Percentage (%)
Single Parent	8	10	18	36.0
Married	3	6	9	18.0
Separated	2	3	5	10.0
Widowed	2	2	4	8.0
Cohabiting	6	8	14	28.0
Total	21	29	50	100.0

As for educational level, table 3 illustrates that the most significant chunk of respondents who reported receiving both physical and psychological violence only reached high school at 42%. This is followed by another significant number, 32%, who are individuals who have only finished elementary education. Only a tiny portion of 4% reported having no formal education, and only 10% of the total sample finished with a college degree. The data suggests that individuals with lower educational attainment, particularly those with high school or elementary-level education, are more likely to experience violence.

Table 3. *Frequency and percentage distribution of respondents in terms of educational level*

Educational Level	Victims of Physical Violence (f)	Victims of Psychological Violence (f)	Total (f)	Percentage (%)
No formal education	1	1	2	4.0
Elementary	4	12	16	32.0
High School	11	10	21	42.0
Vocational	2	1	3	6.0
With college units	1	2	3	6.0
Bachelor's degree	2	3	5	10.0
Total	21	29	50	100.0

This connects with the research findings by Ellsberg et al. (2008), suggesting that lower educational levels are often associated with limited economic opportunities, reduced awareness of legal protections, and increased susceptibility to abusive environments. Moreover, Garcia-Moreno et al. (2006) emphasize that education can serve as a protective factor against intimate partner violence, as it is often linked to greater empowerment and access to support systems. However, the occurrence of violence across all educational levels underscores that this issue transcends socioeconomic and educational boundaries (Devries et al., 2013).

3.2 Influence of Physical and Psychological Violence in Women's Parenting Approaches

The use of physical force that ends in significant harm, injury, or fear to victims is a manifestation of physical violence. This area of concern has noteworthy studies exploring its overall impact on women's health, including their behavior and mental stability. Research shows that women victims of physical abuse and violence from their husbands or partners pose elevated levels of trauma, stress, and emotional pain, which are often extended and expressed in their styles of parenting their children (Gershoff & Grogan-Kaylor, 2016; Labella & Masten, 2018).

Violence on the psychological side manifests in certain behaviors, such as verbal abuse, manipulation, and intimidation. Much literature suggests that this kind of abuse has a significant and lasting effect on the overall well-being of victims, including mental health concerns. It may have negative consequences on their ability to parent their young ones successfully. Psychological abuse, as compared to physical violence, causes scars that are unseen by the naked eye, which frequently damage a woman's sense of independence and self-worth (Gama et al., 2021).

Table 4 results highlight the varying influence of physical and psychological violence on women's parenting styles, with all statements interpreted as "Strongly Agree" across both groups. For women who experienced physical violence, the highest mean value was 3.76 for the statement, "My experiences have led me to impose strict rules to protect my children from potential harm." This indicates that physical violence strongly influences women to adopt stricter parenting measures to ensure their children's safety. The lowest mean value was 3.43 for the statement, "I am highly concerned about the physical safety of my children," suggesting that while there is agreement, this concern is slightly less pronounced than other parenting behaviors.

Table 4. *Influence of violence in women's parenting approaches in terms of protective parenting*

Indicators	Victims of Physical Violence (Mean)	Interpretation	Victims of Psychological Violence (Mean)	Interpretation
My experiences with violence make me overly protective of my children.	3.48	Strongly Agree	3.59	Strongly Agree
I am highly concerned about the physical safety of my children.	3.43	Strongly Agree	3.66	Strongly Agree
I am more vigilant in monitoring my children's interactions with others.	3.52	Strongly Agree	3.62	Strongly Agree
My experiences have led me to impose strict rules to protect my children from potential harm.	3.76	Strongly Agree	3.97	Strongly Agree
Composite Mean	3.55	Strongly Agree	3.71	Strongly Agree

Note: Mean scores are interpreted as: 1.00–1.75 (Strongly Disagree), 1.76–2.50 (Disagree), 2.51–3.25 (Agree), 3.26–4.00 (Strongly Agree)

These results reveal that physical violence primarily impacts parenting by fostering heightened control and strictness in household rules. As exemplified in the study of Cavanaugh and Classen (2009), mothers with past experiences of violence or histories of physical abuse are often the ones who exhibit a more controlling, demanding, or authoritarian approach to parenting.

On the other hand, women subjected to psychological violence demonstrated slightly higher agreement overall. The highest mean value was 3.97 for the same statement, "My experiences have led me to impose strict rules to protect my children from potential harm," reflecting an even stronger tendency to implement protective measures compared to victims of physical violence. The lowest mean value was 3.59, associated with the statement, "My experiences with violence make me overly protective of my children," though this still reflects a significant influence. These findings suggest that psychological violence exerts a marginally more significant impact on parenting styles than physical violence, particularly in fostering stricter parenting approaches and increased vigilance (Greene et al., 2018).

Overall, the results demonstrate that both forms of violence lead to protective parenting behaviors, with psychological violence producing slightly stronger effects across all dimensions.

Table 5 presents the influence of physical and psychological violence on emotional bonding and empathy in parenting styles. For women who experienced physical violence, the highest mean value was 3.81 for the statement, "I find it challenging to emotionally connect with my children due to my past experiences," indicating strong agreement that physical violence creates emotional barriers in forming connections with their children. The lowest mean value was 3.19 for the statement, "I make a conscious effort to understand my children's emotional needs because of what I have been through."

Table 5. *Influence of violence in women's parenting approaches in terms of emotional bonding and empathy*

Indicators	Victims of Physical Violence (Mean)	Interpretation	Victims of Psychological Violence (Mean)	Interpretation
I find it challenging to emotionally connect with my children due to my past experiences.	3.81	Strongly Agree	3.72	Strongly Agree
My experiences have made me more empathetic and sensitive to my children's feelings.	3.43	Strongly Agree	3.55	Strongly Agree
I often worry that my experiences with violence affect how I express love and affection toward my children.	3.52	Strongly Agree	3.66	Strongly Agree
I make conscious effort to understand my children's emotional needs because of what I have been through.	3.19	Agree	3.69	Strongly Agree
Composite Mean	3.49	Strongly Agree	3.66	Strongly Agree

Note: Mean scores are interpreted as: 1.00–1.75 (Strongly Disagree), 1.76–2.50 (Disagree), 2.51–3.25 (Agree), 3.26–4.00 (Strongly Agree)

This suggests that while physical violence influences empathy, it may slightly hinder efforts to meet children's emotional needs actively. These findings align with the study of Fogarty et al. (2021), which revealed that physical violence predominantly impacts emotional bonding by making emotional connection challenging. For women subjected to psychological violence, the highest mean value was 3.72 for the statement, "I find it challenging to emotionally connect with my children due to my past experiences." This highlights a stronger tendency among victims of psychological violence to make deliberate efforts to address their children's emotional needs. The lowest mean value was 3.55, for the statement, "My experiences have made me more empathetic and sensitive to my children's feelings," which still shows significant agreement. These results suggest that psychological violence creates a more consistent and slightly more substantial impact on fostering emotional responsiveness and efforts to connect with children compared to physical violence (Levendosky & Graham-Bermann, 2000).

Both groups face challenges with emotional connection to their children. However, psychological violence survivors tend to develop greater empathy as they are often more attuned to emotional issues. In contrast, physical violence survivors may experience more emotional detachment due to the physical nature of their trauma.

Table 6 highlights the influence of physical and psychological violence on parenting styles, explicitly focusing on discipline and consistency. As per the study of Hauge and Kiamanesh (2019), the provision of a consistent parenting approach in child-rearing is a challenge for mothers who have experienced receiving physical abuse due to their preoccupation with survival and safety. Such traumatic life events often lead to either an authoritarian parenting style or a permissive parenting approach, as these primary caregivers may overcompensate by being overly and excessively strict to assert control or become too lenient due to their emotional state of guilt or fear of conflict. Relative to this, adverse outcomes for children, including emotional dysregulation and developmental delays, may be a result of these instances (Carlson, 2000).

Table 6. *Influence of violence in women's parenting approaches in terms of discipline and consistency*

Indicators	Victims of Physical Violence (Mean)	Interpretation	Victims of Psychological Violence (Mean)	Interpretation
I struggle to maintain consistent discipline with my children.	3.05	Agree	3.55	Strongly Agree
My experiences made me too strict in disciplining my children.	3.33	Strongly Agree	3.28	Strongly Agree
I sometimes feel that my past experiences interfere with my ability to handle discipline calmly.	3.33	Strongly Agree	3.62	Strongly Agree
I find myself being too lenient when setting disciplinary boundaries.	2.43	Disagree	2.41	Disagree
Composite Mean	3.04	Agree	3.22	Agree

Note: Mean scores are interpreted as: 1.00–1.75 (Strongly Disagree), 1.76–2.50 (Disagree), 2.51–3.25 (Agree), 3.26–4.00 (Strongly Agree)

For women who experienced physical violence, the highest mean values were tied at 3.33 for the statements, "My experiences made me too strict in disciplining my children" and "I sometimes feel that my past experiences interfere with my ability to handle discipline calmly." These results indicate that physical violence significantly impacts their ability to maintain balanced and calm disciplinary practices, often leading to strictness. The lowest mean value was 2.43 for the statement, "I find myself being too lenient when setting disciplinary boundaries," which was interpreted as "Disagree." This suggests that leniency is less of a concern for women who have experienced physical violence, with stricter discipline being more common.

On the other hand, psychological violence affects a mother's emotional availability and consistency in parenting. According to Evans et al. (2008), women who should be serving as primary caretakers of their children but were forced to undergo or have been subjected to psychological abuse frequently exhibit higher levels of depression, anxiety, and post-traumatic stress disorder, which interfere with their ability to provide stable and nurturing environments to their dependents. As a result, these mothers may demonstrate and display neglectful or inconsistent parenting styles, unintentionally exposing their children to emotional insecurity and behavioral problems (Kohl et al., 2011).

For women who experienced psychological violence, the highest mean value was 3.62 for the statement, "I sometimes feel that my past experiences interfere with my ability to handle discipline calmly." This indicates strong agreement that psychological violence disrupts their ability to approach discipline calmly. The lowest mean value was 2.41 for the statement, "I find myself being too lenient when setting disciplinary boundaries," also interpreted as "Disagree." This shows that leniency is similarly not a predominant characteristic in the parenting styles of psychological violence victims.

Overall, both forms of violence significantly affect discipline and consistency. However, physical violence survivors tend to lean more towards over-strictness or reactive punishment. In contrast, psychological violence survivors may feel more emotionally conflicted, leading to swings between too strict or too lenient.

Table 7 presents the influence of physical and psychological violence on parenting styles, explicitly focusing on trust and socialization. Among women who experienced physical violence, the highest mean value was 3.62 for the statement, "My experiences with violence affect how comfortable I am in allowing my children to explore their independence," indicating a substantial impact on their ability to encourage independence. The lowest mean value was 3.10 for the statement, "I often find myself reluctant to involve my children in social activities or group settings," which, while still interpreted as "Agree," suggests a slightly lower influence on group socialization than other aspects of trust and socialization.

Aligned with the research of Urone et al. (2024), physical violence experienced by mothers often leads to overcontrolling and overprotective parenting behaviors that limit children's independence and social engagement due to their past conditions of despair, misery, depression, and social anxiety. Moreover, traumatic events in the past experienced by parents serve to shape their parenting style, thereby potentially conveying such maladaptive behaviors to their children (Christie et al., 2020).

Table 7. *Influence of violence in women's parenting approaches in terms of trust and socialization*

Indicators	Victims of Physical Violence (Mean)	Interpretation	Victims of Psychological Violence (Mean)	Interpretation
I am cautious about allowing my children to interact with others due to my past experiences.	3.52	Strongly Agree	3.28	Strongly Agree
My experiences have made me less trusting of others when it comes to my children's safety.	3.24	Agree	3.45	Strongly Agree
I often find myself reluctant to involve my children in social activities or group settings.	3.10	Agree	3.14	Agree
My experiences with violence affect how comfortable I am in allowing my children to explore their independence.	3.62	Strongly Agree	3.69	Strongly Agree
Composite Mean	3.37	Strongly Agree	3.39	Strongly Agree

Note: Mean scores are interpreted as: 1.00–1.75 (Strongly Disagree), 1.76–2.50 (Disagree), 2.51–3.25 (Agree), 3.26–4.00 (Strongly Agree)

For women who experienced psychological violence, the highest mean value was 3.69 for the same statement, "My experiences with violence affect how comfortable I am in allowing my children to explore their independence," reflecting even stronger agreement compared to physical violence victims. The lowest mean value was 3.14 for the statement, "I often find myself reluctant to involve my children in social activities or group settings," showing that reluctance to involve children in social settings is present but less prominent.

As exemplified in the study of Milan et al. (2021), mothers who have experienced emotional maltreatment in the past are at increased risk for problems in navigating parenthood, especially when it comes to trust and socialization behaviors, which are then exhibited in their child-rearing approaches.

In comparison, both groups distrust others regarding their children's safety. However, physical violence survivors are more likely to limit social interactions because of direct fear of harm. In contrast, psychological violence survivors tend to worry more about emotional harm or psychological manipulation.

Table 8 explores the influence of physical and psychological violence on self-efficacy and confidence in parenting. For women who experienced physical violence, the highest mean value was 3.91 for the statement, "I feel that my experiences have had a lasting impact on my role and identity as a mother." This reflects a strong perception that violence significantly shapes their maternal role and identity. The lowest mean value was 3.48 for the statement, "My experiences have made me feel less confident in my parenting abilities," suggesting that while confidence is affected, it is slightly less prominent compared to other dimensions of self-efficacy.

Overall, these findings indicate that physical violence impacts both self-perception as a parent and decision-making abilities; according to the research of Wang et al. (2022), this may be connected to mothers' feelings of helplessness and being "handicapped" in their parenting skills, ultimately compromising their perception of self-confidence and efficacy in child-rearing.

For women subjected to psychological violence, the highest mean value was 3.83 for the same statement, "I feel that my experiences have had a lasting impact on my role and identity as a mother," highlighting a comparable but slightly stronger perception of this impact compared to physical violence victims. The lowest mean value was 3.62 for the statement, "My experiences have made me feel less confident in my parenting abilities," which still reflects significant agreement. These results suggest that psychological violence creates a slightly more substantial and more consistent impact on self-efficacy and confidence compared to physical violence, particularly regarding decision-making and maternal identity, since, according to Levendosky & Graham-Bermann (2018), psychologically abused mothers often have low self-esteem, and a reduced sense of agency and competence, leading to decreased confidence in their parenting abilities.

Table 8. *Influence of violence in women's parenting approaches in terms of self-efficacy and confidence in parenting*

Indicators	Victims of Physical Violence (Mean)	Interpretation	Victims of Psychological Violence (Mean)	Interpretation
My experiences have made me feel less confident in my parenting abilities.	3.48	Strongly Agree	3.62	Strongly Agree
I often second-guess my decisions as a parent because of what I have been through.	3.86	Strongly Agree	3.72	Strongly Agree
I feel that my experiences have had a lasting impact on my role and identity as a mother.	3.91	Strongly Agree	3.83	Strongly Agree
My experiences have influenced my sense of competence and effectiveness in parenting.	3.81	Strongly Agree	3.79	Strongly Agree
Composite Mean	3.77	Strongly Agree	3.74	Strongly Agree

Note: Mean scores are interpreted as: 1.00–1.75 (Strongly Disagree), 1.76–2.50 (Disagree), 2.51–3.25 (Agree), 3.26–4.00 (Strongly Agree)

Relative to this, there are still studies that highlight the potential of women victims to rise from the occasion and the likelihood of post-traumatic growth for those who overcame and succeeded in dealing with psychological violence (Arabaci, 2018). These mothers may adopt authoritative parenting styles characterized by warmth and structure, using their adverse experiences as a catalyst to provide a more supportive environment for their children (Cort & Cline, 2017).

Both groups struggle with parenting insecurities, but the fear of perpetuating violence is stronger in physical violence survivors. In contrast, psychological violence survivors may primarily struggle with emotional uncertainty and self-criticism.

Lastly, the data in Table 9 highlights significant differences in how physical and psychological violence impact various dimensions of parenting approaches among women victims of abuse. Psychological violence, with a mean score of 3.71 for protective parenting, exerts a slightly more decisive influence than physical violence (3.55). This could be attributed to the heightened emotional vigilance caused by psychological abuse, such as verbal attacks and shaming, which leads mothers to adopt overly protective behaviors as a coping mechanism. Similarly, emotional bonding and empathy are more profoundly affected by psychological violence (3.66) than physical violence (3.49), likely due to the emotional toll and self-doubt instilled by prolonged psychological manipulation.

These findings underscore the more profound, often invisible impacts of psychological violence on parenting, especially in fostering emotional connection and empathy with children.

Table 9. *Comparative Summary of Means: Effects of Physical and Psychological Violence on Parenting Approaches*

Dimensions	Victims of Physical Violence (mean)	Victims of Psychological Violence (mean)
Protective Parenting	3.55	3.71
Emotional Bonding And Empathy	3.49	3.66
Discipline And Consistency	3.04	3.22
Trust And Socialization	3.37	3.39
Self-Efficacy And Confidence In Parenting	3.77	3.74
Composite Mean	3.44 (Strongly Agree)	3.54 (Strongly Agree)

Note: Mean scores are interpreted as: 1.00–1.75 (Strongly Disagree), 1.76–2.50 (Disagree), 2.51–3.25 (Agree), 3.26–4.00 (Strongly Agree)

In contrast, physical violence appears to affect self-efficacy and confidence in parenting slightly more than psychological violence, with victims reporting a mean of 3.77 compared to 3.74. This suggests that while physical violence has devastating effects, some women may feel a greater sense of control in addressing tangible threats, allowing for slightly higher confidence in their parenting abilities. However, psychological violence's more pervasive impact is evident in areas such as discipline and trust, where victims of psychological abuse exhibit lower consistency and more challenges in building social and trusting relationships with their children. These results emphasize the need for trauma-informed interventions that consider the unique impacts of both physical and psychological violence on parenting, with a focus on rebuilding emotional stability and confidence for healthier parent-child relationships.

4.0 Conclusion

The results of this study reveal that both physical and psychological violence have a profound influence on women's parenting approaches, particularly in the areas of protective parenting, emotional bonding, empathy, discipline, consistency, trust and socialization, and self-efficacy and confidence in parenting. Across all dimensions, respondents consistently reported that their experiences with violence shaped their parenting behaviors, often resulting in heightened vigilance, stricter rules, emotional barriers, and challenges in maintaining trust and socialization. Psychological violence, however, showed a slightly more significant impact across most dimensions compared to physical violence. Women subjected to psychological violence demonstrated more substantial agreement regarding their struggles with discipline, emotional bonding, trust in social settings, and self-perception as parents. This is particularly evident in their tendency to implement stricter protective measures and consciously address their children's emotional needs. In contrast, women who experienced physical violence reported higher tendencies toward strictness in discipline and struggles with emotional connection due to their past experiences. Overall, both forms of violence significantly affect parenting styles. However, psychological violence tends to result in more consistent and far-reaching impacts on parenting behaviors, particularly in fostering self-doubt and shaping maternal identity.

These findings underscore the importance of providing individualized support and interventions for women who have experienced violence, addressing not only their trauma but also its influence on their parenting styles to promote healthier parent-child relationships. With this in mind, it is recommended that institutions, such as women and children protection units, social service units, and hospitals, both public and private, implement trauma-informed parenting support programs tailored to the specific needs of women who have experienced physical or psychological violence. These programs should focus on rebuilding self-confidence in parenting, promoting consistency in discipline, fostering emotional bonding with children, and addressing trust and socialization challenges.

From a clinical perspective, the results of the study also hold significant implications for mental health professionals, social workers, and other service providers working with women who have experienced violence. Mental health professionals can leverage these insights to develop targeted interventions that address specific parenting challenges associated with physical and psychological violence. For example, therapy sessions can improve emotional resilience, rebuild maternal self-confidence, and foster healthier emotional connections with children. Psychological counseling and therapy must be a priority to help mothers process their trauma and develop healthier parenting strategies. These sessions should address self-doubt, improve emotional resilience,

and support maternal identity, with specific interventions designed for victims of psychological violence who exhibit a higher tendency toward self-doubt and strict parenting behaviors.

Social workers and community-based service providers can also integrate trauma-informed approaches when working with mothers, ensuring that interventions are sensitive to their unique experiences and needs. These efforts could include designing parenting programs that equip mothers with practical skills and create supportive environments where they feel validated and understood. Additionally, service providers should work collaboratively with women to address the long-term impacts of violence on their parenting styles and maternal identity, emphasizing empowerment and resilience-building strategies.

In addition, parenting workshops and skills training should be organized to provide practical guidance on effective parenting practices, including fostering independence in children, maintaining balanced discipline, and understanding children's emotional needs. These workshops should incorporate evidence-based techniques to empower mothers and mitigate the impact of violence on their parenting styles. Community and peer support programs are also recommended to foster long-term resilience, creating safe spaces for women to share experiences, receive support, and learn from one another. While the findings provide valuable insights, the study has certain limitations. The relatively small sample size and potential sampling biases from relying on participants from a single institution may limit the generalizability of the results. Additionally, the scope of both physical and psychological violence investigated was restricted to specific behaviors, which may not fully capture the broader spectrum of such experiences. When interpreting the findings, these limitations should be considered and underscore the need for further research.

To improve future studies, it is recommended to increase the sample size to provide a more comprehensive understanding of the effects of physical and psychological violence on several dimensions of parenting. It is also best to explore other forms of abuse, such as sexual, socioeconomic, and domestic violence, to name a few. Including a broader demographic group, such as women from different socio-economic backgrounds or regions, could enhance the generalizability of the findings. Furthermore, incorporating qualitative methods, such as in-depth interviews or focus group discussions, would allow researchers to explore more profound insights into participants' personal experiences, complementing quantitative findings. Finally, longitudinal studies could be conducted to assess the long-term impacts of violence on parenting approaches, providing a more dynamic perspective on how these behaviors evolve.

5.0 Contributions of Authors

The authors indicate equal contribution to each section. The authors reviewed and approved the final work.

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7.0 Conflicts of Interest

The authors declare no conflicts of interest about the publication of this paper.

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Furthermore, the researchers acknowledge that motherhood is a multifaceted journey, encompassing various stages from pregnancy and early infancy to adolescence and adulthood. This study aims to contribute to a deeper understanding of the challenges mothers face across these stages, particularly in the context of violence. Through this, may the researchers elevate the need to hear them and amplify their voices, to break cycles of violence and foster healthier parent-child relationships.

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