

# Echoes of Violence: Exploring the Narratives of Battered Women

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## ABSTRACT

This study sought to answer the following questions: Identify the difficulties faced by women who have been subjected to domestic violence; Investigate the approaches taken by participants in addressing issues related to battered women; Illuminate the hopes and dreams of women who have experienced domestic violence.

This study is conducted in the municipalities of Kitaotao, Don Carlos, and Maramag, known for their high incidence of reported domestic violence cases. The researcher chose these locations to gain insight into the difficulties faced by victims and to examine the coping strategies they use to navigate their situations. The reasons behind domestic abuse often include issues such as jealousy, gambling, excessive drinking, and fundamental disagreements between partners. Jealousy can fuel controlling and aggressive behavior, while gambling can lead to financial strain and heightened tension. Alcohol abuse frequently exacerbates conflicts and lowers inhibitions, increasing the likelihood of violence. The ongoing disagreements and a lack of communication or compatibility can create a volatile environment where abuse becomes a recurring issue. These factors collectively contribute to a cycle of abuse that can be difficult for victims to escape.

## CHAPTER 1

### INTRODUCTION

This chapter covered the background of the study, theoretical framework, research objective, scope and delimitation, the significance of the study, and the definition of terms that provide context for the study.

#### Background of the study

Battered women typically refer to women who have experienced repetitive physical, emotional, or psychological abuse, often perpetrated by an intimate partner. This abuse can take various forms, including physical violence, emotional manipulation, financial control, and sexual coercion. Battered women may feel trapped in their situations due to fear, economic dependence, or cultural factors. Society needs to work towards preventing domestic violence, supporting survivors, and holding perpetrators accountable for their actions.

Violence is a widespread issue within our communities, necessitating heightened awareness surrounding its consequences, particularly regarding the self-esteem of those victimized. Violence affects individuals, families, and communities worldwide. It not only inflicts physical harm but also deeply scars victims emotionally and psychologically, often leading to long-term consequences such as low self-esteem, anxiety, depression, and post-traumatic stress disorder (PTSD).

The passage of Republic Act 9262 or the Anti-Violence against Women and their Children Act of 2004, is the biggest step the government has taken so far towards ending VAWC (UNICEF, 2020). The

government had also partnered with the United Nations agencies and civil society organizations in pursuing its goals of ending Violence Against Women and Children and helping people who suffered from gender based violence (United Nations, 2020). The commission on Population and Development (POPCOM) in early 2021 and conducted by the Social Weather Stations (SWS) reported that harmful acts in the form of physical, sexual, and emotional violence that caused a great concern in their everyday life under the new normal for 25% of the adults surveyed (Cudis, 2021).

Gender inequality prevails that in the 21st century despite the progressive trend of cultural, racial, and sexual boundaries being erased in almost all areas of life these days. Females, no matter their geographical or cultural background, still must endure a lifelong struggle against discrimination, abuse, and violence, with those who are poor bearing the brunt the most. For decades, organizations advocating for the protection of women's health and rights have been campaigning to end such harmful practices. Their efforts have led to the establishment of various global and regional conventions and agreements, with the most significant being the United Nations Declaration on the Elimination of Violence against Women in 1993 and the Beijing Platform for Action in 1995 (World Health Organization, 2021).

Despite the joint efforts of the government and non-governmental organizations (NGOs), violence against women and children (VAWC) remains widespread. According to the 2017 National Demographic and Health Survey (NDHS), one in four women aged 15 to 49 reported experiencing physical or sexual violence within the year prior to the survey (Philippine Commission on Women, 2019).

### **Theoretical Framework**

This theoretical framework is anchored by the key principles from Feminist Theory, Social Learning Theory, Psychological Violence Theory, and Learned Helplessness Theory to provide a multifaceted understanding of violence.

Feminist Theory highlights how systemic power imbalances, particularly gender inequalities, contribute to violence against marginalized groups. It focuses on the societal messages that sanction a male's use of violence and aggression throughout life, and the proscribed gender roles that dictate how men and women should behave in their intimate relationships. Feminist theory in domestic violence emphasizes gender and power inequality in opposite-sex relationships (Pence & Paymar, 1993).

Social Learning Theory, this theory which is developed by Albert Bandura asserts that human aggression and violence are learned conduct through direct experience by observing the behaviors of others and through imitation (Bandura, 1962). Therefore, Steele and Pollock (1974) and Bennie and

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Clare (1969) have maintained that abusive male adults are likely to have been raised in abusive homes. Being abused or ill-treated as a child produces a personality disorder that socializes an individual with a life pattern of violence and aggression.

Psychological Violence Theory emphasizes analyzing both overt physical violence and subtle psychological abuse, recognizing the damaging impact of the latter. By integrating these theories, the framework offers a comprehensive lens to analyze the complex interplay of social, cultural, and psychological factors underlying violence. The pathways to violence are considered at an individual level including internal characteristics of perpetrators, their immediate circumstances, and the type of violence committed. Psychological theories on domestic violence primarily link the causes of aggression, particularly severe or ongoing criminal violence, to individual and family dysfunction or pathology (Anderson and Bushman, 2002).

According to the learned helplessness theory, battered women remain in violent relationships because the perpetrator has destroyed their sense of self-efficacy, hopefulness, and ability to recognize and utilize escape routes. The theory suggests that through repeated exposure to abuse that is perceived as uncontrollable, battered women learn that their actions have no impact on the violence they experience. This leads them to develop a cognitive representation that they are helpless, even when opportunities for escape may exist.

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As a result, battered women may retreat from seeking assistance or taking action to leave the abusive situation, as they have come to believe that their efforts will be futile (Lenore E. Walker, 1977).

Theoretical explanations for battering are not mere exercises by pointing the condition that create violence against women, they suggest the direction in which a movement should proceed to stop it according to Susan Schechter.

### **Objectives of the Study**

This study aims to explore the narratives of battered women by the select respondents in the province of Bukidnon specifically in the Municipality of Kitaotao, Municipality of Don Carlos, and Municipality of Maramag, this study sought to answer the following questions:

Identify the difficulties faced by women who have been subjected to

1. domestic violence
2. Investigate the approaches taken by participants in addressing issues related to battered women.
3. To illuminate the hopes and dreams of women who have experienced domestic violence

### **Scope and Delimitation of the Study**

This research aimed to explore the narratives of battered women as shared by chosen participants from the province of Bukidnon, particularly from the Municipalities of Kitaotao, Don Carlos, and Maramag. The respondents hailed from these three areas, comprising four women from Kitaotao, three from Don Carlos, and three from Maramag.

### **Significance of the Study**

This study would be beneficial to the following organization, group, or individual researchers.

To enable victims to share their experiences and raise awareness among young people about the challenges they face.

**To the Barangay Captain and Kagawads.** This study serves as a reference to assist victims in addressing the issue by providing guidance, not intervention, but rather advising victims on where to report cases of battered women.

**To the Women Sector.** This study in the women's sector could lie in its potential to delve into critical issues affecting women, such as gender equality, economic empowerment, or health disparities.

**To the Law Enforcement sector.** This study furnishes data or information concerning individuals who have fallen victim to cases of battered women, requiring their assistance.

**To the community.** Be vigilant about public offenses such as Violence against Women and Children within your vicinity to deter future victimization of women.

### **Definition Terms**

The following terms are defined operationally for the better understanding:

#### **Echoes**

A strong similarity or recurrence of an idea, emotion, style, or event.

#### **Violence**

It is the use of physical force to cause harm to people, non-human animals, or property, such as pain, injury, death, damage, or destruction

### **Exploratory Narrative Processing**

The extent to which the narrator engages in self-exploration while telling a story; a high score suggests profound self-exploration and/or a deep understanding of oneself.

### **Battered woman syndrome (BWS)**

It is a set of signs and symptoms exhibited by a woman who has experienced ongoing psychological, physical, or sexual violence from her male partner.

### **Domestic violence**

It is a pattern of manipulative, controlling actions that may involve physical, emotional, or psychological, sexual, or financial abuse.

### **Intimate partner violence**

Refers to actions by a current or former partner that inflict physical, sexual, or psychological harm, such as physical violence, sexual coercion, emotional abuse, and controlling behaviors.

### **Sexual violence**

Any sexual act, attempt to engage in a sexual act, or other actions aimed at a person's sexuality through coercion, committed by any individual, regardless of their relationship to the victim, in any context.

### **Physical violence**

Hitting, kicking, beating, pushing, burning, choking, and hurting with or without a weapon, can cause injury or harm to the body.

### **Emotional/ Psychological abuse**

Criticizing her repeatedly, insulting her or making her feel bad about herself, threatening to hurt her or people she cares about, such as her children, threatening to destroy things she cares about, Belittling or humiliating her in front of other people.

### **Financial Abuse**

This refers to controlling the victim's finances, restricting access to money, or sabotaging their economic independence as a means of exerting power and control.

## **CHAPTER II**

### **RELATED LITERATURE AND STUDIES**

This chapter presents a comprehensive review of related literature and studies, both local and international, that provide relevant facts, information, and insights into the research problem at hand. The chapter aims to establish logical connections and explanations between previous research and the current work being undertaken.

#### **Related Literature**

In this chapter we will talk about Violence against women and Children, VAWC is one of the most prevalent human rights violations and it happens everywhere, and it is a public health concern that costs multiple levels of society. Violence is threat to everyone specially women and children are susceptible to this victimization because they often have lack appropriate means of protection. Woman battering can leave women abused, distressed, create fear, limits behavior, cause psychological damage and physical harms and very often breaks down self-esteem and leaves the individual self-incompetent.

Battery, as a type of abuse can occur irrespective of a woman's socioeconomic status. A woman who has endured ongoing physical and psychological mistreatment by her spouse is termed a battered woman.

Filipino women are also susceptible to this domestic issue, particularly within the context of the patriarchal nature of Filipino families, which often demands wives to be subservient to their husbands (Hune & Nomura, 2023).

The analysis of women's stories was also influenced by a careful focus on language and discourse. In their accounts, women identified their experiences of violation and abuse, examined the effects of the abuse, and shared their efforts to seek help. Women also constructed gendered identities for themselves and their partners. Hegemonic gendered identities were sometimes adopted or resisted and reflected contradictory subjective experiences (Obi, 2022).

In relationships where battering occurs, the superior partner's physical and emotional abuse reinforces and sustains this power imbalance. The cycle of reinforcement and punishment fosters a strong emotional attachment of the victim to the abuser. Battered women may have coped with the perceived inescapable violence by forming a traumatic bond with their abusers, as indicated by their expressions of deep affection (Reina 2014).

Many women who are victims of domestic abuse also experience problematic substance use; yet there is a gap in knowledge concerning the interplay of both issues from the perspective of women. Although some individuals may turn to substances to cope with the effects of their abuse the perpetrator may also use their substance as their tool for manipulation and control (Nweke, 2024).

Abusive relationships that involve coercive tactics to gain and maintain control can result in more severe mental and physical health consequences for the abused partner and may be more violent than other types of intimate partner violence. Recognizing the patterns of coercive behaviors can help abused partners reduce feelings of self-blame and gain a better understanding of the broader context in which both they and their abusers exist. This is crucial for comprehending the dynamics of violence and working toward its end (Veldhuis, 2024).

It explores the interplay between violence against women and hegemonic masculinity, focusing specifically on how hegemonic masculinity serves as a catalyst for intimate partner violence (IPV). A radical feminist lens is applied to examine how patriarchal power dynamics and societal norms perpetuate IPV, a social issue that disproportionately impacts women (Nadeem, 2024).

Victims have played an ambiguous, precarious, and changing role in the criminal justice system. The recognition of their role in the sentencing process is now well-established. Their role in a plea negotiation, is still emerging and contentious. Victims are the parties who have personally experienced the effects of crime (Moffa, 2024).

### **Foreign Studies**

The widespread occurrence of violence against women and children (VAWC) has led the international community to recognize it as a global public health and human rights concern (Guedes, 2016).

Gender inequality still prevails in the 21st century despite the generally progressive trend of cultural, racial, and sexual boundaries being erased in almost all areas of life nowadays. Women regardless of their status, cultural or geographical background they continue to face a lifetime of discrimination of abuse and violence with those living in poverty suffering the greatest impact (Oxfam International, 2021).

Domestic violence is a major contributor to physical and mental malaise of women, and it is evident, to some degree, in every society in the world. To eradicate gender discrimination and all forms of violence against women, it is crucial to comprehend the pervasive culture of prejudice and violence (Baite, L. 2024).

For decades, organizations advocating for women's health and rights have been campaigning to end such harmful practices, leading to the establishment of various global and regional conventions and agreements. The most significant of these include the United Nations Declaration on the Elimination of Violence against Women in 1993 and the Beijing Platform for Action in 1995 (World Health Organization, 2021). In a multi-cultural society like Nigeria, where men are regarded as superior and women are seen as second-class citizens, existing only because of the men in their lives, various forms of abuse and dehumanization of women are inevitable. This cultural violence, which manifests in different societies, includes physical, sexual, and emotional abuse. At times, these experiences transform into psychological and spiritual violence, leading affected women to lose their mental stability and react aggressively toward other men who are unaware of their trauma and exploitation (Nweke, A. S. 2024).

The traumatic symptoms in the narratives are viewed as Peircean signs, used to trace the harmful effects of traumatic experiences on the development of personal identity and the related depressive disorder. The depictions in Chu's traumatic accounts of both female and male sexuality suggest how sexuality is shaped and constrained by traumatic events, set against the backdrop of societal norms and restrictions of a traditional society (Tsai, H. C. 2024).

### **Local Studies**

In March 2004 then President Macapagal-Arroyo signed R.A. 9262. VAWC refers to any action or series of actions taken by an individual against a woman who is his wife, ex-wife, or someone with whom he has had or currently has a sexual or dating relationship, or with whom he shares a child (whether legitimate or illegitimate). This can occur both inside or outside of the family home and may result in, or have the potential to cause, physical, sexual, or psychological harm, or economic abuse. It also includes threats of such acts, as well as battery, assault, coercion, harassment, or wrongful deprivation of freedom.

According to the 2018 Philippine National Demographic and Health Survey, as cited by Ranada (2020), women are most often subjected to physical violence by family members. For ever married women, the main perpetrators of violence are their current husband/partner (47.5%), former husband/partner (24.7%), and mother/stepmother (15.6%). In contrast, for women who have never been married, the main perpetrators are the mother/stepmother (26.1%), father/stepfather (25.3%), and sister/brother (19.2%). These statistics align with the finding that intimate partners and family members are the primary sources of violence against women and children (WHO, 2021; LSHTM, 2010).

VAWC cases often go unreported, with victims choosing to suffer in silence and shame, carrying the stigma of abuse rather than exposing the perpetrators, who are often relatives or close acquaintances (Forum on Global Violence Prevention, 2018). In the Philippines, former Senator Legarda (2016) notes that while the government has made efforts to document all forms of VAWC, the actual number of women affected by domestic violence can only be estimated due to the high number of unreported cases. Many victims refrain from reporting abuse primarily because they are unaware of their legal rights, highlighting the need for increased public awareness about women's rights.

Garcia (2020) recognized the lack of knowledge regarding the issues, laws, and available services. Many people are unaware that VAWC is a public offense, and that legal protections exist for women facing abuse. It is also crucial for men to understand that VAWC is unconstitutional and carries serious legal consequences. Battered Woman Syndrome (BWS) is a scientifically recognized pattern of psychological and behavioral symptoms seen in women in abusive relationships due to ongoing violence. Under RA 9262, women who act in self-defense or retaliate against their abusers may be diagnosed with BWS. To ensure fairness, these women should undergo evaluation by a psychiatric expert or clinical psychologist.

Importantly, the law prioritizes the safety and well-being of minor children, denying custody to the abuser and awarding it to the woman, even if she has been diagnosed with BWS.

### **CHAPTER III METHODOLOGY**

This chapter dealt with the methodology of the study. It includes the research design, research locale of the study, participants of the study, sampling design, research instrument, methods of data collection, ethical considerations, and analysis of data. It also explains the steps and procedures the researcher would implement to answer the objectives of the study adequately.

#### **Research Design**

This study used a qualitative research design that employed phenomenology as an approach. A qualitative study that explores and understands certain phenomena (Creswell, 2012). It is useful in discovering the meanings of experiences people behind on how they react on a certain event (Denzin & Lincoln, 1994). Phenomenology is a qualitative approach that seeks to explain the meaning of the lived experiences of individuals (Moran & Mooney, 2002). For this study, I will use Heidegger's hermeneutic phenomenology in describing and understanding the lived experiences of battered women in terms of understanding their feelings toward their husbands, The potential reasons for battery, the challenges faced during the assault itself, and the coping strategies used by the victims.

#### **Research Locale of the Study**

This research is carried out in the Municipalities of Kitaotao, Don Carlos, and Maramag, where numerous cases of domestic violence have been reported. The researcher selects these areas intending to help and understand the challenges and coping mechanisms employed by victims in dealing with their circumstances.

#### **Participants of the Study**

The participants in this current research study were chosen from the province of Bukidnon, specifically from the Municipalities of Kitaotao, Don Carlos, and Maramag. The study's respondents hailed from these three areas, comprising four battered women victims from Kitaotao, three battered women victims from Don Carlos, and three battered women victims from Maramag.

#### **Sampling Design**

There were ten participants in the study. The criteria for the selection of the participants included the following: (1) Residing with their legal or common-law husbands, (2) having endured physical abuse from their husbands at least three times, whether the abuse was continuous or intermittent, and (3) having at least one child with the husbands. The participants must confirm that they meet these criteria before the interviews are conducted.

Purposive sampling techniques were used in selecting the participants. Patton (2005) It described the snowball and chain sampling as an approach for locating information in research. Key contacts usually suggest possible individuals who can serve as additional participants for the research being undertaken.

#### **Research Instruments**

This qualitative study utilized an interview guide with open-ended questions and the researcher-made interview guide will be used in gathering data. After the participants were identified, a series of scheduled interviews was to be conducted. I asked the permission of the participants for the use of a tape recorder during the actual interviews which were held individually on separate days. Vague or confusing questions

are modified or revised. The final questions used for the actual interviews are clear enough to elicit responses based on the objectives of the study.

### **Validity and Reliability of the Research Study**

To ensure the research instrument is valid, once the graduate school dean approves the study and identifies the primary informants, a survey will be conducted to seek consent from potential informants to share their information confidentially.

This study employed the purposive sampling to select the key informants. Specifically, ten informants will be chosen to provide insights into their experiences related to the sub-problems being addressed. The researcher will review the objectives of the study and conduct interviews with the participants. Informed consent will be obtained from the informants, and they will be informed about the confidentiality of their responses, which will be securely stored by the researcher. Along with preparing the consent form and ensuring the informants feel comfortable, the researcher will address confidentiality concerns and strive to create a welcoming atmosphere for the interview. The informant will be required to sign the consent document.

### **Methods of Data Collection**

Data collection for this qualitative study would involve conducting interviews with various data collection for this qualitative study would involve in conducting interviews with various victims of battered women from the three Municipalities such as the Municipality of Kitaotao, Municipality of Don Carlos, Municipality of Maramag.

Before conducting the interviews, I will introduce myself to the selected participants. Rapport will be established, and informed consent will be obtained, including the consent to record conversations. The participants are assured of the confidentiality of their answers and the anonymity of their identities.

A free-flowing mode of conversation was observed to promote the participants' expression of their experiences. The demographic profile of the participants was first obtained and was then followed by the conduct of a series of interviews. After the interview sessions, the participants were informed that I would return the collected data to them as part of the validation process.

### **Ethical Considerations**

The informant's identities will be treated confidentially, and permission will be obtained from informants before the interviews ask for permission from the barangay captains of the places where the individual participants had established residence. Before the actual interviews, each participant was provided with an information sheet indicating the mobile number and a document clearly stating the rights of the participants. The participants were made aware of their right to withdraw from the study at any time. Any questions or concerns raised by the participants were addressed before they signed the informed consent document. Throughout the interviews and data writing process, respect for participants' privacy was maintained. The participants were assured of the confidentiality of their responses and the anonymity of their identities.

### **Data Analysis**

The data were analyzed through coding, categorizing, and making sense of the response's essential meaning. The researcher will use the Colaizzi method with the 7-step process that allows the researcher to reveal emergent themes and their interconnected relationships by closely following certain steps. These include familiarization, identifying key statements, formulating meanings, grouping themes, creating a comprehensive description, developing the core structure, and seeking validation. This method is



particularly useful in qualitative research, as it enables researchers to deeply understand the lived experiences of participants in a rigorous, credible, and reliable way.

## CHAPTER IV

### PRESENTATION, ANALYSIS, AND INTERPRETATION OF DATA

#### Presentation of Data

This chapter provides the presentation and analysis of data. The data that were presented are divided into 3 parts, namely: the difficulties faced by women who have been subjected to domestic violence, the approaches taken by the participants in addressing issues related to battered women, and the hopes and dreams of women who have experienced domestic violence.

The researcher in this phenomenological study meticulously collected all the data or information that was obtained from the informants during the in-depth interviews. A precise quantity of data has been produced due to these procedures. The researcher guaranteed that a detailed record of the individual in-depth interviews, including words and actions, would be preserved. Prior to the data analysis, the researcher employed an audio recorder that was verbatim transcribed.

The researcher employed Colaizzi's (1978) methodology to analyze the data in this study. Each transcript is meticulously reviewed and reread at the outset to guarantee a comprehensive understanding of its contents. Subsequently, pertinent statements regarding the phenomenon under investigation were extracted from each transcript and individually documented with their respective page and line references. After that, the significance of the statements was utilized to produce meanings, which were subsequently categorized to provide a comprehensive explanation.

The formulated meanings were categorized into cluster themes and emergent themes. The study conclusion will incorporate the results to represent the phenomenon comprehensively. The fundamental structure of the phenomenon was identified, and the results were thoroughly examined to eliminate redundancy, misinterpreted, or excessively detailed descriptions. Finally, the research informants' feedback was used to confirm the validity of the findings, ensuring that the descriptive results were consistent with their personal experiences.

These emergent themes are formulated to answer the sub-problems and are summarized as follows:

Identify the difficulties faced by women who have been subjected to domestic violence.

1. Stereotypes and expectations
2. Barriers in communication and expression

Investigate the approaches taken by participants in addressing issues related to battered women.

1. Motivation and beliefs in oneself
2. Building a strong support network

To illuminate the hopes and dreams of women who have experienced domestic violence.

1. Creating change through awareness and advocacy
2. Journey towards whole healing and freedom

#### **A. Identify the difficulties faced by women who have been subjected to domestic violence.**

**1.** Stereotypes and expectations. The battered women victim blames herself that she had done something to provoke the abuse. It wrongly shifts the focus from the abuse of responsibility to the victims. The participant is economically disadvantaged, or lack of social support and it affects the victim regardless of their financial or social status. The participant leaves an abusive relationship but the challenges that many survivors face that can create unrealistic expectations about the recovery process.

Jerlyn felt that due to the impulsiveness of her partner, he cannot control himself if he gets jealous. She shared:

*Dili niya kaya I control iyang kaugalingon kon makakita siya ug naa koy ka istorya na lain laki mag selos jud siya. Tungod sa iyang ka selosan maam, pag mag selos siya mandapat dayon siya. (He can't control himself if he sees me talking to another man; he will get jealous Because of his jealousy, ma'am, when he gets jealous, he immediately becomes physically aggressive.)*

Levy focusses on the conflicts arise due to financial struggles. She shared:*Lisod ka au financially, ilabina na tapulan ka au akong bana. Ana akong Bana, Tungod daw sa akong ka gastador mao nag lisod me ug ayo, niya mag away me usahay mang dapat dayon siya sa akoa kadugayan namung away,maam. (We're in a very difficult financial situation, especially since my husband is extremely lazy.My husband says that because I am a spender, we're having a lot of financial difficulties, and sometimes we fight, and he becomes physically aggressive toward me after a while, ma'am.)*

Marichu, she focusses on the conflicts arise due to drunkard's partner. She shared:

*Lisod ka au jud, maam. Kung imung partner walay baruganan kay gubot jud ka au ang inyong pamuyo dugangan pa anang mangelata inig ka hubog. (It is very difficult, ma'am. If your partner has no principles, your life together will be very chaotic, especially with the added violence when he's drunk.)*

Jeralyn, recognized that she wants her children to have a complete family even though she will sacrifice herself. She shared:

*Gina pakita naku sa akong mga anak na okay ra ko ug kaya ra naku ang mga pag dapat sa ilang papa sa akoa para lang buo akong ma hatag na pamilya sa ilaha. (I show my children that I'm okay and that I can handle the responsibilities their father used to have, just to give them a complete family.)*

**2. Barriers in communication and expression.** The battered women victim often faces communication barrier due to fear of further violence or retaliation if they disclose their situation. The participant may have a deep-seated mistrust of authorities due to past negative experiences or fear of not being believed. The participant may struggle with internalized shame or stigma associated with being victim of abuse or an inability to seek help of what they have experience.

Merlyn, she observed that due to their different principles of her partner, they cannot compromise to live a peaceful life. She shared:

*Dili me magkasinabot sa akong partner kay naa me lahi-lahi na prinsipyo.(My partner and I don't get along because we have different principles.)*

Jean, she felt traumatize of the actions of his partner especially towards to her children. She shared:

*Tungod sa ka palahubog sa akong bana maam, Gakatrauma naku inig kahapon kay basin hubog na pod siya inig uli niya mangelata na pod. Basin dili lang unya ako iyang kulatahon basin apilon niya ang mga bata.*

*(Because of my husband's drinking, ma'am, I get traumatized every time he's out, worrying that he might be drunk when he comes home and could become violent. I'm afraid that he might not only hit me but also harm the children.)*

## **B. Investigate the approaches taken by participants in addressing issues related to battered women.**

1.Motivation and beliefs in oneself. The Participants develop belief that the abuse is a normal and acceptable part of the relationships. The participants believe that heir abuser will change or that the relationship will improve over time. The participant's fears of the consequence of leaving such financial instability or loss of custody of their children and have a belief on how they will cope outside the relationships.

Merlyn, felt that violence is part of the relationships as she stated to watch her mouth in order for them to have a peaceful relationship. She shared:

*Sa among sitwasyon maam, akong bantayan akong baba na dili maka storya ug bati sa akong bana para dili me moa bot usab atong among sitwasyon na gikulata ko niya. (In our situation, ma'am, I need to be careful with my words and avoid speaking badly about my husband so that we don't end up arguing again, especially since I'm experiencing physical abuse).*

2. Building a strong support system. The participant's belief in their own capacity for change and growth can be a powerful motivator for seeking support and making positive life changes. The participants highly believe that having a support system can alleviate their state of mind. The participants need professional support services such as counselors, social workers who are crucial for helping women navigate their options and make informed decisions.

Jeralyn, she stressed the importance of educating every individual to minimize the cases of Battered women. She shared:

*Mag attend ug mga seminar's Kay sa among barangay ga conduct sila ug mga kalihukan para makatabang sa mga kababaihan na bigtima ug aron makabalo na pod sila kon unsa ilang buhaton. (Attend seminars because our barangay conducts activities to help women who are victims and to inform them about what they should do.)*

### **C. To illuminate the hopes and dreams of women who have experienced domestic violence.**

1. Creating change through awareness and advocacy. The promotion of awareness often involves in educational campaigns and community, organizations aimed at informing the public about the signs of domestic violence and its impact to the available resources.

Jeralyn, the importance of educating and raising awareness to every individual to minimize the cases of Battered women. She shared:

*Lisod ka au siya maam kay naa gud time na sige raku hilak unya mura naku nab uang ingun sa akong partner kay bisan walay hinungdan kay mag hilaka naman ko bisan ma tas an rako ug tingog. (It's very hard, ma'am, because there were times when I kept crying, and it felt like I was going crazy. My partner would think I was being unreasonable, even if there was no real reason for my tears, just because I would start crying whenever his voice was raised.)*

2. Journey towards whole healing and freedom. The participants recover and develop personal growth and resilience. She is empowered survivors often rebuild their self-esteem and confidence by recognizing their own strength and capability to overcome adversity. The participant develop self-advocacy empowers women to assert their rights, make informed decisions that influence positive change in their communities. The process of building a source of income often involves new skills and advancing existing ones. Economic independence can help break the cycle of abuse by reducing the financial leverage that the abuser can hold.

Mary, The importance of respecting yourself in your relationships. She shared:

*Gakawala akong respeto sa akong kaugalingon ug sa akoang partner maam, Makahunahuna ko na biyaan naku tungod sa iyang gibuhay sa akong, isip babae dili sayon pasakitan sa imung partner. (I've lost respect for myself and for my partner, ma'am. I think about leaving because of what he's done to me. As a woman, it's not easy to be hurt by your partner.)*

April, The participant expressed that the abuse she experiences is already enough to leave the relationships. She shared:

*Wala naku ka agwanta mao tong akoa na siyang gibiyaan unya naka tultol man siya gihapon dadto sa among gi balhinan mao tong akoa nang gi report sa Baranggay. (I couldn't endure it anymore, so I left him. However, he still managed to find where we had moved, which is why I reported him to the Barangay.)*

The data that were presented are divided into 3 parts and these emergent themes are formulated to answers to the sub-problems and are summarized as follows: A. Identify the difficulties faced by women who have been subjected to domestic violence. 1. Stereotypes and expectations 2. Barriers in communication and expression. B. Investigate the approaches taken by participants in addressing issues related to battered women. 1. Motivation and beliefs in oneself 2. Building strong support network. C. To illuminate the hopes and dreams of women who have experienced domestic violence. 1. Creating change through awareness and advocacy 2. Journey towards whole healing and freedom.

This study is anchored by the key principles from the Learned Helplessness Theory by Leonore Walker, 1977 as its primary theory and it supported by 3 other theories such as the Feminist Theory by Pence and Paymar, 1993, Social Learning theory by Steele and Pollock, 1974, lastly, the Psychological Violence Theory by Anderson and Bushman, 2002.

The participant cannot leave their abusive relationships can be correlated with learned helplessness theory, battered women remain in violent relationships because the perpetrator has destroyed their sense of self-efficacy, hopefulness, and ability to recognize and utilize escape routes. The theory suggests that through repeated exposure to abuse that is perceived as uncontrollable, battered women learn that their actions have no impact on the violence they experience.

This leads them to develop a cognitive representation that they are helpless, even when opportunities for escape may exist. As a result, battered women may retreat from seeking assistance or taking action to leave the abusive situation, as they have come to believe that their efforts will be futile (Lenore E. Walker, 1977).

Feminist Theory highlights how systemic power imbalances, particularly gender inequalities, contribute to violence against marginalized groups. It focuses on the societal messages that sanction a male's use of violence and aggression throughout life, and the proscribed gender roles that dictate how men and women should behave in their relationships (Pence & Paymar, 1993).

Social Learning Theory, this theory which is developed by Albert Bandura asserts that human aggression and violence are learned conduct through direct experience by observing the behaviors of others and through imitation (Bandura, 1962). Therefore, Bennie and Clare (1969) have maintained that abusive male adults are likely to have been raised in abusive homes. Being abused or ill-treated as a child produces a personality disorder that socializes an individual with a life pattern of violence and aggression. (Steele and Pollock, 1974)

Lastly, Psychological Violence Theory emphasizes analyzing both overt physical violence and subtle psychological abuse, recognizing the damaging impact of the latter. By integrating these theories, the framework offers a comprehensive lens to analyze the complex interplay of social, cultural, and psychological factors underlying violence.

The pathways to violence are considered at an individual level including internal characteristics of perpetrators, their immediate circumstances, and the type of violence committed. It largely attributes the causes of aggression, especially extreme or chronic criminal violence, to individual and familial dysfunction or pathology according to psychological theories on domestic violence. (Anderson and Bushman, 2002).

**CODED SIGNIFICANT STATEMENT WITH ENGLISH TRANSLATION**

**Problem 1** - Identify the difficulties faced by women who have been subjected to domestic violence.

**Question No.1:** What challenges or difficulties have you encountered as a woman in your relationships? (Unsa nga mga hagit o kalisdanan ang imong nasinati isip babaye sa imong relasyon?)

Significant Statement #	Response/Test	Code	Response Number
1-1	Dili niya kaya I control iyang kaugalingon kon makakita siya ug naa koy ka istorya na lain laki mag selos jud siya.  "He can't control himself if he sees me talking to another man; he will get jealous."	IDI 1-1-1	1
1-1	Dili me magkasinabot sa akong partner kay naa me lahi-lahi na prinsipyo.  My partner and I do not get along because we have different principles.	IDI 1-1-2	2
1-1	Lisod ka au financially, ilabina na tapulan ka au akong bana.  "We're in a very difficult financial situation, especially since my husband is extremely lazy."	IDI 1-1-3	3
1-1	Palahubog ka au akong bana,maam.  "My husband is very much a drunkard, ma'am."	IDI 1-1-4	4
1-1	Akong bana dali ra ka au sulsulan sa iyang barkada.  "My husband is easily influenced by his friends."	IDI 1-1-5	5
1-1	Dili me magkasinabot sa akong live in partner sa una maam.	IDI 1-1-6	6
1-1	Nalisod me financially ug dili pa jud me mag kasinabot.	IDI 1-1-7	7

	We were struggling financially, and we still couldn't get along."		
1-1	<p>Graveh na experience jud maam, sayonan ka anang makita sa lain tao happy ka unya pag ando graveh di I imung gi antos .</p> <p>"It's really a hard experience, ma'am. It's hard to see that other people see you happy while you're going through such a tough time yourself."</p>	IDI 1-1-8	8
1-1	<p>Naka bana ug palahubog unya dili pa jud me mag kasinabot</p> <p>I married a drunkard, and we still couldn't get along."</p>	IDI 1-1-9	9
1-1	<p>Kulang me ug pag sabot tingali sa usag usa kay di man me mag kasinabot</p> <p>"Maybe we lacked understanding of each other because we couldn't get along."</p>	IDI 1-1-10	10

In Table 1, The experiences described reflect a deep sense of frustration and difficulty in personal relationships, particularly focusing on conflicts arising from differing principles, financial struggles, and problematic behaviors. The primary issue stems from a lack of harmony between partners, as highlighted by various challenges. In many cases, such as the narrator's experience with their partner or live-in partner, differing principles or values create significant tension, leading to disagreements and misunderstandings. Financial difficulties are a recurring theme, exacerbating the strain on relationships and financial hardships are compounded by issues such as laziness or irresponsible behavior from a partner, which only intensifies the situation. For example, one participant mentions a husband's laziness contributing to the financial struggle, while another describes a partner's excessive drinking, which adds to the overall discord. The narrative of Table 1 is the problematic behavior of partners, such as excessive drinking and susceptibility to negative influences, which further strains relationships. This not only affects the stability of the relationship but also worsens the financial and emotional challenges faced. Such behaviors lead to a cycle of dissatisfaction and conflict, making it hard for the couple to find common ground or solutions to their issues. There is a noticeable impact on personal well-being, as illustrated by the feeling of being overwhelmed when witnessing others' happiness while struggling with one's problems. This emotional distress highlights the depth of the struggle and the sense of being trapped in an ongoing difficult situation. Overall, the recurring theme is the difficulty of navigating personal relationships amidst financial and behavioral challenges. The lack of mutual understanding and effective communication makes these issues

worse.

**Question No. 2:** Why were you physically abused by your partner? (Ngano ginadapatan ka sa imong partner sa pisikal na aspeto?)

Significant Statement #	Response/Test	Code	Response Number
1-2	<p>Tungod sa iyang ka selosan maam, pag mag selos siya mandapat dayon siya.</p> <p>"Because of his jealousy, ma'am, when he gets jealous, he immediately becomes physically aggressive."</p>	IDI 1-2-1	1
1-2	<p>Tungod sa akong baba, maam. Mag away dayon me niya inig human ug dili siya kaya ug binabaay mang dapat dayon siya sa akoa,</p> <p>"Because of my mouth, ma'am, we immediately fight after I speak, and if he can't handle it, he becomes physically aggressive toward me."</p>	IDI 1-2-2	2
1-2	<p>Ana akong Bana, Tungod daw sa akong ka gastador mao nag lisod me ug ayo, niya mag away me usahay mang dapat dayon siya sa akoa kadugayan namung away,maam.</p> <p>"My husband often tells me that our financial problems are due to my spending, and this causes frequent arguments. Eventually, he becomes physically aggressive toward me."</p>	IDI 1-2-3	3

1-2	<p>Inig mahubog akong bana, maam, mang dapat siya sa akoa pero inig mahubog raman pod siya maam.</p> <p>"When my husband gets drunk, te, he becomes physically aggressive</p>	IDI 1-2-4	4
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	towards me, but it only happens when he's drunk, te."		
1-2	<p>Gikan niya ug inum sa iyang barkada. Iya kung gikulata dayon gi gitgitan sa liog. Abi naku atong higayona ug mamatay na jud ko maam may gani na abot pako ug hospital na buhi.</p> <p>"After he came home from drinking with his friends, he immediately hit me and choked me by the neck, maam. I thought I was going to die that time, te. Fortunately, I made it to the hospital and survived."</p>	IDI 1-2-5	5
1-2	<p>Naka try ko na gikulata ko sa akong ka live-in katong una niya hapit pa jud ko dunggaba kay naka inum kini ug druga</p> <p>There was a time when my live-in partner physically assaulted me while he was drunk and under the influence of drugs.</p>	IDI 1-2-6	6
1-2	<p>Mangulata siya sa akooa kung mag selos siya.</p> <p>He hits me when he gets jealous.</p>	IDI 1-2-7	7
1-2	<p>Mangulata siya sa akooa kung mag selos siya.</p> <p>He hits me when he gets jealous.</p>	IDI 1-2-8	8
1-2	<p>Mahubog unya ug naa me dili pag uyunan mang dapat siya kay iyang gusto ang matuman.</p> <p>When he is drunk and we're having a disagreement, he insists on getting his way and can't accept any other outcome.</p>	IDI 1-2-9	9



1-2	<p>Mag lalis me maam, kay bisan kinsa ra iyang babae unya kadugayan namog away mangelata siya kay selosan daw ka au ko.</p> <p>We argue, ma'am, because he is with other women, and eventually, during our fights, he hits me, claiming that I'm too jealous.</p>	IDI 1-2-10	10
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In table 2, The experiences of the participant described reveal a deeply troubling pattern of physical and emotional abuse within relationships, driven by factors such as jealousy, financial strain, and substance abuse. Central to these issues is the physical aggression exhibited by partners, often triggered by jealousy or substance-induced states. Jealousy is a recurring catalyst for violence in these relationships. Partners become physically aggressive when they perceive threats or insecurities, resulting in immediate and harmful reactions.

This aggression often escalates quickly, especially when provoked by accusations or confrontations related to jealousy. For example, physical violence occurs both when the partner becomes jealous or if disagreements arise, with the aggressor's reaction being disproportionate and harmful. One partner's excessive spending is blamed for financial problems, and this, combined with emotional and physical aggression, exacerbates the conflict. The partner's inability to manage emotions or accept criticism leads to physical outbursts, particularly when intoxicated. Substance abuse, including alcohol and drugs, further aggravates the situation. When partners are under the influence, their aggression becomes more pronounced and dangerous. Incidents of physical violence, such as hitting and choking, are reported, with one partner's abusive behavior intensifying after drinking or drug use. These actions pose severe risks to the victim's safety and well-being.

Overall, the narratives highlight a cycle of abuse driven by jealousy, financial stress, and substance misuse. The resulting violence and conflicts create a hostile and dangerous environment, where communication breaks down and physical aggression becomes a frequent response. The pattern of behavior underscores the need for intervention and support to address these critical issues and protect those affected.

**Question No.3:** How does this abuse hinder you in your daily life? (Unsa man ang epekto sa pagpangabuso sa imo sa imong adlaw-adlaw nga kinabuhi?)

Significant Statement #	Response/Test	Code	Response Number
1-3	Gakabalaka naku making-storya sa lain tao, ilabina kon lalaki kini kay basin makita sa akong partner makulatahan na pod unya ko.	IDI 1-3-1	1

	"I'm worried about talking to other people, especially if they're men, because if my partner finds out, I might get beaten again."		
1-3	<p>Sagabal kini sa among pamuyo maam, kay sige rami lalis unya mang dapat pa jud akong partner kadugayan namug away. Wala jud kalinaw among pamuyo.</p> <p>"Ma'am, this is affecting our living situation because we constantly argue, and my partner eventually becomes physically aggressive. Our life is always in turmoil."</p>	IDI 1-3-2	2

1-3	<p>Kapoy ka au, maam. Kay taga adlaw nag lisod me sa among adlaw2x na panginahanglan niya dili ka mao mo tabang akong partner kay sugarol ka au niya ga pang dapat pa jud. Kon wala palang lage me mangaanak ako na siyang gibiyaan uie.</p> <p>"I'm so tired, ma'am. Every day, we struggle with our daily needs, and my partner does not help because he is a heavy gambler and also becomes physically aggressive. If we did not have a child, I would have left him already."</p>	IDI 1-3-3	3
1-3	<p>Tungod sa ka palahubog sa akong bana maam, Gakatrauma naku inig kahapon kay basin hubog na pod siya inig uli niya mangelata na pod. Basin dili lang unya ako iyang kulatahon basin apilon niya ang mga bata.</p> <p>"Because of my husband's drinking, ma'am, I get traumatized every time he is out, worrying that he might be drunk when he comes home and could</p>	IDI 1-3-4	4

	become violent. I'm afraid that he might not only hit me but also harm the children."		
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1-3	<p>Lisod ka au jud, maam. Kung imung partner walay baruganan kay gubot jud ka au ang inyong pamuyo dugangan pa anang mangelata inig ka hubog.</p> <p>"It's very difficult, ma'am. If your partner has no principles, your life together will be very chaotic, especially with the added violence when he's drunk."</p>	IDI 1-3-5	5
1-3	<p>Para sa akua dako ka au ang epekto sa pang abuso sa akua kay gaka trauma naku basin sa ikaduha nakung ka live-in basin ma agian na pod naku akong naagian sa una.</p> <p>For me, the impact of the abuse is significant because I am traumatized. I am worried that in my second live-in relationship, I might go through the same experiences I had in the past.</p>	IDI 1-3-6	6
1-3	<p>Gakawala akong respeto sa akong kaugalingon ug sa akoang partner maam, Makahunahuna ko na biyaan naku tungod sa iyang gibuhat sa akua, isip babae dili sayon pasakitan sa imung partner.</p> <p>I have lost respect for myself and for my partner, ma'am. I think about leaving because of what he has done to me. As a woman, it is not easy to be hurt by your partner.</p>	IDI 1-3-7	7

1-3	<p>Matag mahubog akong partner kay gaka hadlok naku basin iya na pod kung kulatahon. May untah ug ako lang unya basin damayon niya ang mga bata.</p> <p>Whenever my partner gets drunk, I'm scared he might hit me again. I hope that if I leave, he won't harm the children.</p>	IDI 1-3-8	8
1-3	<p>Lisod ka au siya maam kay naa gud time na sige raku hilak unya mura naku nab uang ingun sa akong partner kay bisan walay hinungdan kay mag hilaka naman ko bisan ma tas an rako ug tingog.</p> <p>It is very hard, ma'am, because there were times when I kept crying, and it felt like I was going crazy. My partner would think I was being unreasonable, even if there was no real reason for my tears, just because I would start crying whenever my voice was raised.</p>	IDI 1-3-9	9
1-3	<p>Nag ka trauma ko maam, unya dili na jud stable akong pang huna2x kay gaka depress naku.</p> <p>I am traumatized, ma'am, and my thoughts are no longer stable because I'm becoming depressed.</p>	IDI 1-3-10	10

In table 3, The experiences of the participant described paint a harrowing picture of domestic turmoil, characterized by frequent physical and emotional abuse, financial instability, and deep psychological distress. Central to these issues is the constant fear of violence, particularly when the partner is under the influence of alcohol or engaged in gambling. The recurring theme of physical aggression, often triggered by jealousy or substance abuse, creates an unsafe and unstable environment. The daily life of those affected is marked by relentless conflict and a lack of peace. Arguments are frequent, and the partner's tendency toward physical aggression only exacerbates the situation.

The trauma from the abuse has profound psychological effects. The partner’s gambling habits and failure to contribute to household needs create additional stress. This financial strain, combined with the partner’s violent behavior, makes daily life increasingly difficult and leads to feelings of desperation and exhaustion. The fear of future violence, especially when the partner is drunk, causes significant emotional distress and trauma. The victim’s mental health deteriorates, with increasing anxiety and depression, leading to a loss of self-respect and a constant state of emotional instability. There is also a concern for the safety of children, adding another layer of fear and helplessness.

**Problem 2** – Investigate the approaches taken by participants in addressing issues related to battered women.

**Question No. 1:** What coping strategies have you found most helpful in dealing with the effects of domestic violence? (Unsa nga mga pamaagi ang imong nakit-an nga labing makatabang sa pag-atubang sa epekto sa domestic violence?)

Significant Statement #	Response/Test	Code	Response Number
2-1	<p>Ako maam, mosukol ko kung dapatan ko sa akong partner para dili ko daog-dagon niya . Abi palang dili tah ka mao mo sukol.</p> <p>Ma'am, I will resist if I am being mistreated by my partner so that I will not be oppressed by him. I just want to make sure that it is important to stand up for oneself.</p>	IDI 2-1-1	1
2-1	<p>Sa among sitwasyon maam, akoa bantayan akong baba na dili maka storya ug bati sa akong bana para dili me moa bot usab atong among sitwasyon na gikulata ko niya.</p> <p>In our situation, ma'am, I need to be careful with my words and avoid speaking badly about my husband so that we do not end up arguing again, especially since I'm experiencing physical abuse.</p>	IDI 2-1-2	2
2-1	<p>Sa among barranggay maam, naa me group chat sa mga victims sa</p>	IDI 2-1-3	3

	<p>battered women ug naay ma hitabo dali ra namu ma bal an kon c kinsa ang victim kay apil man pod dadto ang mga women worker sa barangay.</p> <p>In our barangay, ma'am, we have a group chat for victims of domestic abuse. If something happens, we can quickly find out who the victim is because the women workers from the barangay are also part of that group.</p>		
2-1	<p>Akoa siya gina storyahan maam, na dili mag sige ug inum kay makadala ug dangan sa among pamilya.</p> <p>I talk to him, ma'am, about not drinking all the time because it can negatively affect our family.</p>	IDI 2-1-4	4
2-1	<p>Akong gibalsan maam, ako na pod nag inuma niya pag uli naku sa balay akong gipangtadtad among haligi.</p> <p>I confronted him, ma'am, and after I came home, I ended up destroying our support beams in a fit of anger.</p>	IDI 2-1-5	5
2-1	<p>Akong gibalsan maam, ako na pod nag inuma niya pag uli naku sa balay akong gipangtadtad among haligi.</p>	IDI 2-1-5	5

	I confronted him, ma'am, and after I came home, I ended up destroying our support beams in a fit of anger.		
2-1	<p>Akong gibiyaan akong una na partner maam katong ga panapat sa akoa. Karun naa koy bag o na ka live in 6 years nami kaloy an sa ginoo but an biya pod.</p> <p>I left my previous partner, ma'am, because he was abusive. Now I have a new live-in partner, and we have been together for 6 years. With God's grace, I hope this relationship lasts too.</p>	IDI 2-1-6	6
2-1	<p>Dapat isip usa ka babae lig on ka mo atubang sa mga pag sulay sa imung kinabuhi ug akong man pod ning gituyuan.</p> <p>As a woman, you need to be strong in facing the challenges in your life, and I believe that this is what is meant for me.</p>	IDI 2-1-7	7
2-1	<p>Wala naku ka agwanta mao tong akoa na siyang gibiyaan unya naka tultol man siya gihapon dadto sa among gi balhinan mao tong akoa nang gi report sa Baranggay.</p> <p>I could not endure it anymore, so I left him. However, he still managed to find where we had moved, which is why I reported him to the Barangay.</p>	IDI 2-1-8	8
2-1	Gina pakita naku sa akong mga anak na okay ra ko ug kaya ra	IDI 2-1-9	9

	<p>naku ang mga pag dapat sa ilang papa sa akong mga anak para lang buong akong ma hatag na pamilya sa ilaha.</p> <p>I show my children that I am okay and that I can handle the responsibilities their father used to have, just to give them a complete family.</p>		
2-1	<p>Ga open ko sa akong mga problema sa akong close friends ug mangita ko ug pamagi na malingaw ko.</p> <p>I open about my problems to my close friends and look for ways to enjoy myself.</p>	IDI 2-1-10	10

In table 4, It is crucial for the participant to resist and stand up for oneself in situations of mistreatment. The emphasis on resisting oppression and being cautious with one's words to avoid further conflict highlights the importance of self-assertion in abusive relationships. This proactive stance is essential for protecting oneself from ongoing abuse and maintaining dignity. The existence of a group chat for victims of domestic abuse within the barangay plays a significant role in providing support and information. This network, which includes women workers from the barangay, allows for quick communication and awareness among victims, demonstrating the value of community-based support systems in addressing and managing domestic violence.

The participant makes efforts to address a partner's problematic behavior, such as excessive drinking, reflecting an attempt to mitigate negative impacts on the family. However, this struggle can lead to further emotional strain, as evidenced by destructive actions taken in response to frustration. This highlights the complex dynamics of managing an abusive relationship while trying to maintain family stability. The experience of leaving an abusive past and establishing a new relationship demonstrates personal resilience and hope for a better future. Despite challenges and ongoing issues, the ability to maintain a relationship for six years and the aspiration for its continuation reflect strength and a commitment to improving one's circumstances.

Coping strategies include showing strength to children to provide a sense of stability, reporting ongoing harassment to authorities for safety, and seeking emotional support from close friends. These actions underline the importance of maintaining emotional well-being, seeking external support, and finding joy amidst adversity to manage the stress associated with domestic abuse.

**Question No.2:** How can the participants help address the issues faced by the victims of domestic violence? (Unsaon man sa mga partisipante pagtabang sa pag-atubang sa mga isyu nga giatubang sa mga biktima sa domestic violence?)



Significant Statement #	Response/Test	Code	Response Number
2-2	<p>Dapat ug naay mga seminar bahin sa VAWC maam, ilang ipa storya tong mga bigtime para makuhaan nila ug pag tulon an ang among nasinatian.</p> <p>If there are seminars about VAWC (Violence Against Women and Children), ma'am, they should have prominent speakers share their experiences so that we can learn from what we have been through.</p>	IDI 2-2-1	1
2-2	<p>Atong paminawon ang kasinatian sa mga babae na bigtima sa battered women na walay pagsaway kay dili jud sayon among na agian.</p> <p>We should listen to the experiences of women who are victims of domestic abuse without judgment, because what we go through is truly difficult.</p>	IDI 2-2-2	2
2-2	<p>Ako, dako ka au akong pasalamat sa mga tao na naminaw atong akong kaagi maam, kay nanginahanglan jud me ug tao maminaw sa amoa.</p> <p>I am very grateful to the people who listened to my experiences, ma'am, because we really need someone to listen to us.</p>	IDI 2-2-3	3
2-2	<p>Akong ikatabang sa ila maam, Dapat ila jud I report sa baraggay kon dapatan sila sa ilang bana para ma tabangan sila sama sa pag tabang nila sa akoa atong panahona.</p>	IDI 2-2-4	4

	<p>To help them, ma'am, they should report to the barangay if they are being mistreated by their husbands, so they can receive assistance just like I did at that time.</p>		
2-2	<p>Dapat unta maam, naay assigned anang mga cases sa VAWC ug mag monitor sa barangay kay sama danhi sa among barangay mag hulat lang sila dadto ug naay nay magkadugo.</p> <p>Ideally, ma'am, there should be assigned personnel for VAWC cases who monitor the barangay, because in our barangay, they just wait until things escalate.</p>	IDI 2-2-5	5
2-2	<p>Kung na bigtima kana ug kulata himua kining leksyon na dapat dili ka mag pataka ug dasmag ug laki. Dapat imu jud ila-ilahon pag au para dili ka moabot sama sa akong sitwasyon.</p> <p>If you have been a victim of abuse, use it as a lesson that you should not just blindly trust and stay with someone who might harm you. You should really get to know a person well to avoid ending up in a situation like mine.</p>	IDI 2-2-6	6
2-2	<p>Maam unta ug naay mo tabang sa amoa na mga bigtima sa battered women para makalingkawas sa among sitwasyon. Wala na untay dghan gaka hitabo na naay mang dapat na bana sa ilang asawa.</p> <p>Ma'am, I hope there are people who can help us victims of domestic abuse so we can escape our situations. I wish there were fewer cases where husbands harm their wives.</p>	IDI 2-2-7	7

2-2	<p>Padayon sa pakigbisog bisan kung mabati nimo nga napildi ka na. Ayaw pagmahay sa pagbuhay sa tanan nga kinahanglan aron mabuhi.</p> <p>To keep fighting when you feel that you hve been defeated. Be unapologetically do what you need to do to survived.</p>	IDI 2-2-8	8
2-2	<p>Mag attend ug mga seminar’s Kay sa among barangay ga conduct sila ug mga kalihukan para makatabang sa mga kababaihan na bigtima ug aron makabalo na pod sila kon unsa ilang buhaton.</p> <p>Attend seminars because our barangay conducts activities to help women who are victims and to inform them about what they should do.</p>	IDI 2-2-9	9
2-2	<p>Ask help specially sa nakatatanda kay kabalo sila mo tambag sa imu kon unsa imung buhaton or sa imung ginikanan deritso. Kay kabalo jud ang ginikanan kon unsa ang mga au sa iyang anak.</p> <p>Seek help, especially from the elders, as they can give you advice on what to do or go directly to your parents. Parents know best what is good for their children.</p>	IDI 2-2-10	10

In table 5, According to the participant the importance of Seminars on Violence Against Women and Children (VAWC) should feature prominent speakers who can share their personal experiences. This approach helps victims and others understand the depth of such issues and learn from real-life stories. Sharing these experiences without judgment is crucial for creating a supportive environment where survivors feel validated and heard. Victims of domestic abuse greatly benefit from having compassionate listeners who provide emotional support. The act of listening attentively without criticism is invaluable

for survivors, as it helps them feel understood and less isolated. Such support is essential for their healing process and for fostering a sense of community.

Victims need to report their abuse to local authorities like the barangay to receive appropriate help and intervention. Reporting ensures that victims can access the support they need and that authorities can take action to assist them. There is a need for dedicated personnel to handle VAWC cases and actively monitor situations in barangays. Waiting for incidents to escalate before acting is insufficient; proactive monitoring can prevent further abuse and provide timely support to victims.

Victims should be encouraged to attend seminars and seek advice from knowledgeable sources, such as elders or parents. Education and awareness are critical for helping individuals understand their rights, recognize abusive behaviors, and take appropriate actions.

Continuous support and guidance are necessary for empowering victims to make informed decisions and improve their situations.

**Question No.3:** How was these strategies and methods you have used to cope with domestic violence influenced your recovery? (Giunsa pag-impluwensya sa mga estratehiya ug pamaagi nga imong gigamit sa pag-atubang sa domestic violence sa imung katibuk-ang kaayohan?)

Significant Statement #	Response/Test	Code	Response Number
2-3	<p>Akong gisaligan akong kaugalingon na makaya ra naku ni akong naagian uban sa pag ampo sa Ginoo. Akong ginikanan supportive pod ka au sila maam sa akong pakigbulag sa akong partner pagkabalo nila na ginadapat d I ko niya.</p> <p>I trust that I can handle what I have been through with God's help. My parents were also very supportive of my decision to separate from my partner once they learned that I was being mistreated by him.</p>	IDI 2-3-1	1
2-3	<p>Akong strategies maam, na permi ko making communicate sa akong partner kon unsa na ang akong ginabati para mag kasinabot me sa among pag puyo. My strategy, ma'am, is to always communicate with my partner about how I am feeling so that we can</p>	IDI 2-3-2	2

	understand each other better in our relationship.		
2-3	<p>Nag focus nalang ko sap ag-pangita ug pagkakitaan maam, namaligya naku ug bisan unsa na kakanin para ma busy ko ug maka provide ko sa among adlaw2x na panginahanglan ug para pod dili ko ma depress.</p> <p>I have focused on finding ways to earn a living, ma'am. I sell various types of food to keep myself busy, provide for our daily needs, and to avoid falling into depression.</p>	IDI 2-3-3	3
2-3	<p>Ni apil ko ug bible study maam, Permi ko makig halubilo sa akong mga ka church mate ug gina ampo jud naku na dili natu mahitabo ug utro na kulatahon ko sa akong bana.</p> <p>I joined a Bible study, ma'am, and I always interact with my churchmates. I pray regularly that I will not experience being abused by my husband again.</p>	IDI 2-3-4	4
2-3	<p>Para sa akong kaayohan sa akong mental health,Biyaan naku kung dili mag bag o kay kung mag pakamartir ka ikaw ra gihapon ang luoy.</p> <p>For the sake of my mental health, I will leave if there is no change because if I keep myself being a martyr, I'll end up being the only one who suffers.</p>	IDI 2-3-6	6
2-3	Akong gina share sa akong barkada akong problema maam, para ma luag2x akong dughan,	IDI 2-3-7	7

	I share my problems with my friends, ma'am, to lighten my heart.		
2-3	Dili nako idependi akong kalipay sa uban, ug bisan pa man nga makasinati ta ug abuso, dili kini dapat magtakda nato.  I will never put my happiness in somebody's pocket and if we experience abuse it should not define us.	IDI 2-3-8	8
2-3	Akoang ginashare sa akong mga anak maaam, manghinaot ko na dili sila pareha naku na dili kaya mo bulag sa akong bana bisan gina kulata nah.  I share with my children, ma'am, and I hope they are not like me, unable to leave a partner even when being abused.	IDI 2-3-9	9
2-3	By sharing my experiences, mo luag2x akong dughan maam. It helps me to continue my life.  By sharing my experiences, it lightens my heart, ma'am. It helps me to continue with my life.	IDI 2-3-10	10

In Table 6, The belief of the participants in personal resilience, supported by faith in God, is a key factor in coping with difficult situations. The support from parents also plays a significant role in reinforcing the decision to separate from an abusive partner. This combination of faith and family support provides a foundation for managing challenges and moving forward with confidence. Maintaining open communication with a partner about feelings and needs is an important strategy for improving relationships and understanding each other.

This approach helps to address issues collaboratively and fosters a more supportive and empathetic environment, although it may not always resolve underlying problems in cases of abuse. Focusing on productive activities, such as selling food and fish, helps to manage daily needs and avoid feelings of depression. Keeping busy with meaningful work not only provides financial support but also serves as a constructive way to channel energy and maintain mental health. Engaging with support networks, such as

participating in Bible study and interacting with churchmates, is beneficial for emotional well-being. Regular prayer and spiritual engagement offer comfort and hope while sharing problems with friends helps lighten emotional burdens.

These activities contribute to mental resilience and offer practical support in difficult times.

Prioritizing self-care and mental health, including the decision to leave an unchanging or abusive situation, is essential for personal growth and happiness. The recognition that one's happiness should not depend on others' actions and the commitment to not allow abuse to define one's life is vital for fostering a sense of autonomy and self-worth. Sharing experiences with children to impart lessons and encourage resilience is also an important aspect of personal empowerment and breaking the cycle of abuse.

**Problem No. 3:** To illuminate the hopes and dreams of women who have experienced domestic violence

**Question No.1:** What dreams or aspirations did you have before experiencing domestic violence? (Unsa man ang imong mga damgo o pangandoy sa una nga wala pa ka naka-angkon sa domestic violence?)

Significant Statement #	Response/Test	Code	Response Number
3-1	<p>Gusto jud ko buo na pamilya ug makahuman ug skwela, maam. Maong nakig ipon naku kay plano namu mag pakasal next year kay 18 naku ana. Pero unsa on taman na kapang dapat man siya niya dili man naku kaya antoson jud. Ako maam gikan ko sa broken family mao tong gusto naku buo ang pamilya sa akong anak. Nag plano pami na mag padayon ko ug skwela human namu kaslon.</p> <p>"I want a complete family and to finish my studies, ma'am. That is why I am planning to get married next year when I turn 18. But how can I manage that when he is so abusive, and I can't endure it? I come from a broken family, so I want my child to grow up in a complete family. We also plan for me to continue my studies after we get married."</p>	IDI 3-1-1	1
3-1	Akong pangandoy sa una makahuman ug skwela niya na buntis man ko mao tong naka undang ko. Akoa nalang ning	IDI 3-1-2	2

	<p>atimanon akong mga anak maam ug sila na akong pahuman ug dili sila mo a wat sa akoa.</p> <p>"My dream was to finish my studies, but since I became pregnant, I had to stop. I'll just take care of my children, ma'am, and make sure they finish their education, I hope they will not make the same decision as I choose mine."</p>		
3-1	<p>Akong gusto makahuman ko ug skwela para ma afford naku akong gusto na paliton apan wala man me kwarta ika gasto mao tong wala ko kapadayon.</p> <p>"I want to finish school so that I can afford the things I want to buy, but we don't have the money to spend, which is why I haven't been able to continue."</p>	IDI 3-1-3	3
3-1	<p>Sa una gusto ka au naku ug malipayon ug hapsay na pamilya, apan unsa on man nan aka bana man ko ug palahubog.</p> <p>"In the past, I wanted a happy and harmonious family, but what can I do when my spouse is an alcoholic"</p>	IDI 3-1-4	4
3-1	<p>Gusto naku sa una makahuman skwela ug makatrabaho ug maka tukod ug kaugalingong Negosyo.</p> <p>"I used to want to finish school, find a job, and start my own business."</p>	IDI 3-1-5	5



3-1	<p>Sa wala pako kasulod sa usa ka relasyon, hapsay ug malinawon pa ug walay mga problima nga ginahunahuna akong kaugalingon.</p> <p>Before I entered a relationship, my life was smooth and peaceful, and I did not have any problems to worry about.</p>	IDI 3-1-6	6
3-1	<p>Sa wala pako na minyo nangandoy ko nga maka partner ug buotan pero kaning akong na minyoan na pugos lang maong dili me mag kasinabot kay na buros naman ko mao tong gipaminyo nalang dayon me.</p> <p>Before I got married, I hoped to find a kind partner, but the person I married was someone I ended up with out of necessity. We could not get along well because I was already pregnant, so we decided to marry quickly.</p>	IDI 3-1-7	7
3-1	<p>Gusto lang ko ug malinawon na kaminyoon uban sa akong mga anak.</p> <p>I just want a peaceful marriage with my children.</p>	IDI 3-1-8	8
3-1	<p>Gusto ko kumpleto na pamilya mao tong bisan pa sa akong na experience akoa jud agwantahon para buo ang pamilya na sa akong anak.</p> <p>I want a complete family, which is why, despite my experiences, I endure everything to keep our family whole for my child.</p>	IDI 3-1-9	9

3-1	<p>Gusto ko ma successful ug maka bana ug mahigugmaon ug mapinanggaon na bana dili mamonugay.</p> <p>I want to be successful and to have a loving and caring husband who is not abusive.</p>	IDI 3-1-10	10
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In table 7, the participants have a strong desire to create a complete family for their child, motivated by their own experience coming from a broken family. This aspiration drives their plans to marry and have a stable home environment. However, the reality of dealing with an abusive partner conflicts with this goal, posing significant challenges to achieving the ideal family life they envision. They have expressed a clear intention to finish their education and pursue career goals, such as starting a business, to improve their financial situation. The financial constraints and the need to prioritize immediate responsibilities, such as taking care of their children, have interrupted these plans. This highlights the struggle between long-term aspirations and immediate needs.

The relationship of the participant with his spouse has not met her expectations of happiness and harmony. The issues, such as alcoholism, have negatively impacted their marriage and personal well-being. This situation has made it difficult to realize your dreams of a peaceful family life and has forced them to reconsider their plans. Despite the challenges, they have shown resilience by adapting their goals to the circumstances.

Although they had to pause their education and focus on immediate needs, their commitment to ensuring their children’s education reflects a dedication to providing them with opportunities they feel they missed. Their ultimate hope is to achieve success and find a loving, supportive partner. Despite the difficulties faced in their current relationship, they remain optimistic about the possibility of having a caring spouse and achieving personal success. This hope fuels their determination to overcome obstacles and strive for a better future for themselves to their children.

**Question No.2:** How was this experience shaped your perspective and responses in different aspects of your life? ( Giunsa sa imung experience paghulma sa imong panan-aw ug mga reaksyon sa lain-laing aspeto sa imong kinabuhi?)

Significant Statement #	Response/Test	Code	Response Number
3-2	<p>Naka apekto ang akong kasinatian kon unsa akong pang lantaw sa kinabuhi ilabina bahin sa pakikipag relasyon. Na dapat untah gi ila-ila naku ug ayo akong partner ,dili untah me mo abot sa ing ani na sitwasyon.</p> <p>"My experiences have affected how I view life, especially regarding</p>	IDI 3-2-1	1

	relationships. I should have gotten to know my partner better; we shouldn't have ended up in this situation."		
3-2	<p>Tungod kay sayo ko na buros, mao tong naka undang ko ug skwela. Kon nakahuman pa untah ko dili tingali ko ginakulata sa akong bana.</p> <p>"Because I got pregnant at a young age, I had to stop school. If I had finished my education, I might not be getting abused by my husband."</p>	IDI 3-2-2	2
3-2	<p>Isip babaye dapat jud hunahuna on nimu pag ayo kung kana imung partner vah kugihan para maka provide sa inyong needs isip pamilya. Dili kay hala dasmag ka nalang.</p> <p>"As a woman, you should carefully consider whether your partner is hardworking and capable of providing for your family's needs. Don't just rush into things without thinking."</p>	IDI 3-2-3	3
3-2	<p>Pamily jud sa imung partner kay imung anak dili maka pamily kon kinsa ilang gusto na amahan pero ikaw babae makapamily ka kon kana na lalaki angayan vah mahimong amahan sa imung mga anak.</p> <p>"Choose your partner wisely because your children cannot choose who their father will be, but as a woman, you can choose whether a man is suitable to be the father of your children."</p>	IDI 3-2-4	4
3-2	<p>Dako ka au ug epekto sa akoo, kay usahay makahunahuna ko kung namili pako ug lalaki na naay baruganan kanang dili kaya sulsulan sa barkada dili tingali to mabuhay sa akoo na gitgitan ko ug liog sa akong partner.</p> <p>"It has a huge impact on me because sometimes I think that if I had chosen a man with principles, someone who wouldn't be easily</p>	IDI 3-2-5	5

	influenced by friends, I might not have ended up in a situation where my partner is choking and slicing my neck."		
3-2	<p>Para sa akoo sa dalaga pa pwede pa makalaaag bisan asa, pag minyo na dili ka kalaag ug dili ka mananghid sa imung bana kay awayon man ka ug mangulatahay pareha sa akong bana makulatahan paka inig uli nimu.</p> <p>For me, when you're single, you have the freedom to go anywhere, but once you're married, you can't go out freely without asking for your husband's permission. If you don't, it often leads to arguments and sometimes even physical violence, like with my husband who hits me when I return home.</p>	IDI 3-2-6	6
3-2	<p>Ug maka experience paman gani ko utro ug physical abused ako na jud I sumbong deritso aron ma tagaan ug leksyon akong partner ug dili siya mag pa too akoo na siyang biyaan.</p> <p>If I ever experience physical abuse again, I will report it immediately so that my partner will learn a lesson and understand that I'm serious about leaving him.</p>	IDI 3-2-7	7
3-2	<p>Gusto nako isulti sa uban nga kababayan-an nga kung ipakita sa usa ka tawo kung kinsa gyud siya, kinahanglan nimo siyang tuohan. Ayaw pagdependa sa iyang mga aksyon sa iyang pabor.</p> <p>I want to tell other women that. When somebodies show you who they are you gotta believe him do not defend his action in his favor.</p>	IDI 3-2-8	8
3-2	<p>Graveh naku ka protective ssa relationships sa akong mga anak kay basin ma experience nila akong na again na kalisod sa relasyon.</p>	IDI 3-2-9	9

	I am extremely protective of my children’s relationships because I’m worried, they might experience the same difficulties I’ve faced in relationships.		
3-2	<p>Dili naku manginahanglan ug laki maam, Sa akong na experience di naku gusto ma utro to na panghitabo na down na ka au ko. Dependent ka au ko sa akong partner unya ma sayop gamay mangelata lang dayon.</p> <p>I do not need a man anymore, ma’am. From my experience, I do not want to go through that kind of situation again; I was very down. I was very dependent on my partner, and even the smallest mistake would result in me being hit.</p>	IDI 3-2-10	10

In table 8, The experiences of the participant have significantly shaped their outlook on relationships. The realization that they should have known their partner better before committing has highlighted the importance of careful selection and understanding in relationships. This hindsight underscores the need for a thorough evaluation of a partner's character and compatibility to avoid future regrets and difficulties. Early pregnancy interrupted their education, which they believe might have influenced their current situation, including experiencing abuse. The interruption of education has long-term implications, affecting personal and professional growth. This situation highlights the importance of education in empowering individuals and potentially preventing abusive circumstances.

The participants emphasize the importance of choosing a partner who is hardworking and capable of providing for the family. Rushing into relationships without assessing these qualities can lead to unfavorable outcomes. Their experience underscores the need for careful consideration and evaluation of a partner’s ability to contribute positively to family life and avoid potential problems. You have observed that marriage often restricts personal freedom and can lead to conflicts if not handled properly. The control and abuse experienced in your marriage, including physical violence, reflect the negative outcomes of not choosing a compatible partner. This situation illustrates the importance of mutual respect and understanding in marriage to prevent such issues.

Their experiences have led them to a stance of self-empowerment and protective behavior towards their children. They emphasize the importance of reporting abuse and not tolerating mistreatment. Their protective nature and decision to be independent from men reflect a desire to avoid repeating past mistakes and to ensure a safer and more secure environment for yourself and your children.

**Question No.3:** Even with the challenges you have faced, what hopes, or dreams do you still have for your future and of your family? (Bisan pa sa mga hagit nga imong nasinati, unsa nga mga paglaum o pangandoy ang imong gihuptan para sa imong kaugmaon, ug sa imung pamilya?)

Significant Statement #	Response/Test	Code	Response Number
3-3	<p>May unta katong mga babae sama pod naku nan aka experience ug kulata sa ilang partner, maka haw ana sa ilang sitwasyon.</p> <p>"I hope that women who, like me, have experienced physical abuse from their partners, can find a way out of their situation."</p>	IDI 3-3-1	1
3-3	<p>Gusto ko maka human ug skwela pero naa naman koy anak. Ma au untah ug makahuman siya na dili ma pareha sa akoa.</p> <p>"I want to finish school, but I already have a child. It would be good if my child could complete their education and not end up in the same situation as I did."</p>	IDI 3-3-2	2
3-3	<p>May untah akong anak makahuman ug skwela para mahaw as me sa kalisod.</p> <p>"I hope my child can finish school so that we can escape from this poverty."</p>	IDI 3-3-3	3
3-3	<p>Akong pangandoy na manginabuhi ug simple, malinawon ug walay kagubot na pamuyo.</p> <p>"My dream is to live a simple, peaceful life without any conflicts."</p>	IDI 3-3-4	4
3-3	<p>Akong pangandoy na mahatagan ug kumpleto na pamilya akong mga anak, ug untah makahuman sila sa ilang pag skwela . I hope na mag dako sila na duol sa Ginoo.</p> <p>"My dream is to give my children a full family and ensure they complete their</p>	IDI 3-3-5	5

	education. I also hope they grow up with a strong connection to God."		
3-3	<p>Bisan paman sa akong naagian gapangandoy gihapon ko nga maka human sa pag skwela para makalingkawas sa kalisod ug aron pod mapasigarbo naku nga gikaya naku bisan paman sa akong naagian sa akong kinabuhi.</p> <p>Despite everything I have been through, I still dream of finishing my education to escape hardship and to be proud of myself for overcoming the challenges in my life.</p>	IDI 3-3-6	6
3-3	<p>Nangandoy ko na ma usab na akong partner ug unta magkasinabot nami para wala nay gubot ug aron dili na moa bot sa punto na mag dinapatay me ug utro.</p> <p>I hope that my partner will change and that we can understand each other better so that there will be no more conflicts and we will not reach a point where we resort to violence again.</p>	IDI 3-3-7	7
3-3	<p>Karon, nag-focus ko sa akong kaugalingon ug sa akong mga anak. Kung naa man gani moabot sa akong kinabuhi sa umaabot, hinaut nga dili siya magbuhat sa sama sa akong kanhi partner.</p> <p>Now, I am focusing myself and to my children, if there is someone will come to my life someday. I hope he will not act the same as my previous partner.</p>	IDI 3-3-8	8
3-3	Akong pangandoy para sa akong mga anak na dili sila maka bana ug pareha sa	IDI 3-3-9	9

	<p>ilang amahan na mangulatahay kay dili jud siya sayon na sitwasyon.</p> <p>My hope for my children is that they do not end up with a partner like their father, who is abusive because it is not an easy situation.</p>		
3-3	<p>To make my life better without him. May unta ug wala na to siya’y ma biktima na lain babae, Mabag o na unta siya. Dako ka au akong pasalamat sa ginoo gi palayo naku ato niya na sitwasyon.</p> <p>To make my life better without him, I hope he does not end up victimizing another woman and that he changes. I am very grateful to God for keeping me away from that situation.</p>	IDI 3-3-10	10

In table 9, The participants express a strong desire for women who have faced physical abuse to find a way out of their situations. This highlights the need for accessible resources and support systems to help victims of domestic abuse escape their circumstances and improve their lives. Their hope underscores the importance of providing practical assistance and emotional support to those in similar situations. Despite having had to stop her education due to early motherhood, she focused on ensuring that her child completed their schooling. This reflects a commitment to breaking the cycle of poverty and providing their child with opportunities for a better future. The aspiration for her child to finish their education indicates a deep desire to create a more stable and promising life for them.

The participant wishes for a simple, peaceful life free from conflicts. This vision is tied to her desire for a harmonious family environment and a stable, supportive setting for her children. The longing for peace underscores the impact that a lack of harmony and constant conflict can have on personal well-being and family dynamics. The hope for a change in their partner's behavior to prevent future violence and conflicts. This desire reflects the broader need for change within abusive relationships and emphasizes the importance of mutual understanding and respect in achieving a healthy relationship. They focus on personal safety and a supportive environment highlights the essential need for both partners to work towards a conflict-free relationship.

The participants are currently focusing on their own and their children's well-being and hope that any future partner will not exhibit the same abusive behaviors as their previous one. This focus on self-improvement and safeguarding their family’s future underscores your commitment to creating a safe,



supportive environment for their children. Your gratitude to God for escaping the abusive situation further emphasizes your hope for positive change and your determination to build a better future.

**DEVELOPMENT OF CLUSTER THEMES**

FOMULATED MEANINGS	CLUSTER THEMES
<p><b>FM1-</b> The battered women victim blames herself that she had done something to provoke the abuse. It wrongly shifts the focus from the abuse of responsibility to the victims.</p>	<p><b>Stereotypes and Expectations</b></p>
<p><b>FM2-</b> The battered women victim is overly dependent on their abuser, and it lack the will or ability to leave the abusive situation.</p>	
<p><b>FM3 –</b> The participant is economically disadvantaged, or lack of social support and it affects the victim regardless of their financial or social status.</p>	
<p><b>FM4 –</b> The participant leaves an abusive relationship but the challenges that many survivors face that can create unrealistic expectations about the recovery process.</p>	
<p><b>FM5-</b> The battered women victim often faces communication barrier due to fear of further violence or retaliation if they disclose their situation.</p>	<p><b>Barriers in communication and expression</b></p>
<p><b>FM6-</b> The participant may have a deep-seated mistrust of authorities due to past negative experiences or fear of not being believed.</p>	
<p><b>FM7 –</b> The participant may struggle with internalized shame or stigma associated with being victim of abuse or an inability to seek help of what they have experience,</p>	
<p><b>FM8 –</b> The Participants develop belief that the abuse is a normal and acceptable part of the relationships.</p>	<p><b>The motivation and beliefs in oneself</b></p>
<p><b>FM9-</b> The participants believe that heir abuser will change or that the relationship will improve over time.</p>	
<p><b>FM10-</b> The participant’s fears of the consequence of leaving such financial instability or loss of custody of their children</p>	

<p>and have a belief on how they will cope outside the relationships.</p>	
<p><b>FM11-</b> The participants belief in their own capacity for change and growth can be a powerful motivator for seeking support and making positive life changes.</p>	<p><b>Building a strong support network</b></p>
<p><b>FM12-</b> The participants highly believe that having a support system can alleviate their state of mind.</p>	
<p><b>FM13-</b> The participants need professional support services such as counselors, social workers who are crucial for helping women navigate their options and make informed decisions.</p>	
<p><b>FM14-</b> The promotion of awareness often involves in educational campaigns and community, organizations aimed at informing the public about the signs of domestic violence and its impact to the available resources.</p>	<p><b>Creating change through awareness and advocacy</b></p>
<p><b>FM15-</b> The participants recover and developed personal growth and resilience. She is empowered survivors often rebuild their self-esteem and confidence by recognizing their own strength and capability to overcome adversity.</p>	<p><b>Journey towards whole healing and freedom</b></p>
<p><b>FM16-</b> The participant develop self-advocacy empowers women to assert their rights, make informed decisions that influence positive change in their communities.</p>	
<p><b>FM17-</b> The process of building a source of income often involves new skills and advancing existing ones. Economic independence can help break the cycle of</p>	

abuse by reducing the financial leverage that the abuser can hold.	
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## CHAPTER V

### SUMMARY OF FINDINGS, CONCLUSIONS, AND RECOMMENDATIONS

This chapter dealt with the summary of findings, conclusion, and recommendations of the study.

#### Summary of Findings

This study delved into the narrative of the experiences of a battered women victim from the province of Bukidnon, specifically from the Municipalities of Kitaotao, Don Carlos, and Maramag. The study's respondents hailed from these three areas, comprising four battered women victims from Kitaotao, three battered women victims from Don Carlos, and three battered women victims from Maramag.

Specifically, the study sought to answer the following questions:

1. Identify the difficulties faced by women who have been subjected to domestic violence
2. Investigate the approaches taken by participants in addressing issues related to battered women.
3. To illuminate the hopes and dreams of women who have experienced domestic violence.

This study utilized a qualitative research method, employing a phenomenological approach. Individual in-depth interviews were conducted at the institutions and establishments convenient for the ten victims of battered women in the municipalities of Kitaotao, Don Carlos, and Maramag.

The informants were selected based on the following criteria: a) Living with their legal or common-law husband, b) Having experienced not less than three times of Physical battering by their husbands, whether the battering could continuous or intermittent, and c) Having at least one child with the husbands.

Purposive sampling was used to select informants based on personal attributes. This non-random technique does not require a predetermined number of informants or underlying ideas. In other words, the researcher determines what information is needed and then searches for sources willing and able to supply it based on their knowledge. Ten (10) informants are subjected to an individual in-depth interview in this qualitative research.

The researcher employed a set of open-ended questions in an interview guide as the primary tool for this study. An audio recorder was utilized to capture the responses of the informants accurately. Additionally, the researcher posed additional questions to gather pertinent information. Before the interview commenced, informants signed a consent form. Acknowledging their rights and agreeing to adhere to ethical guidelines.

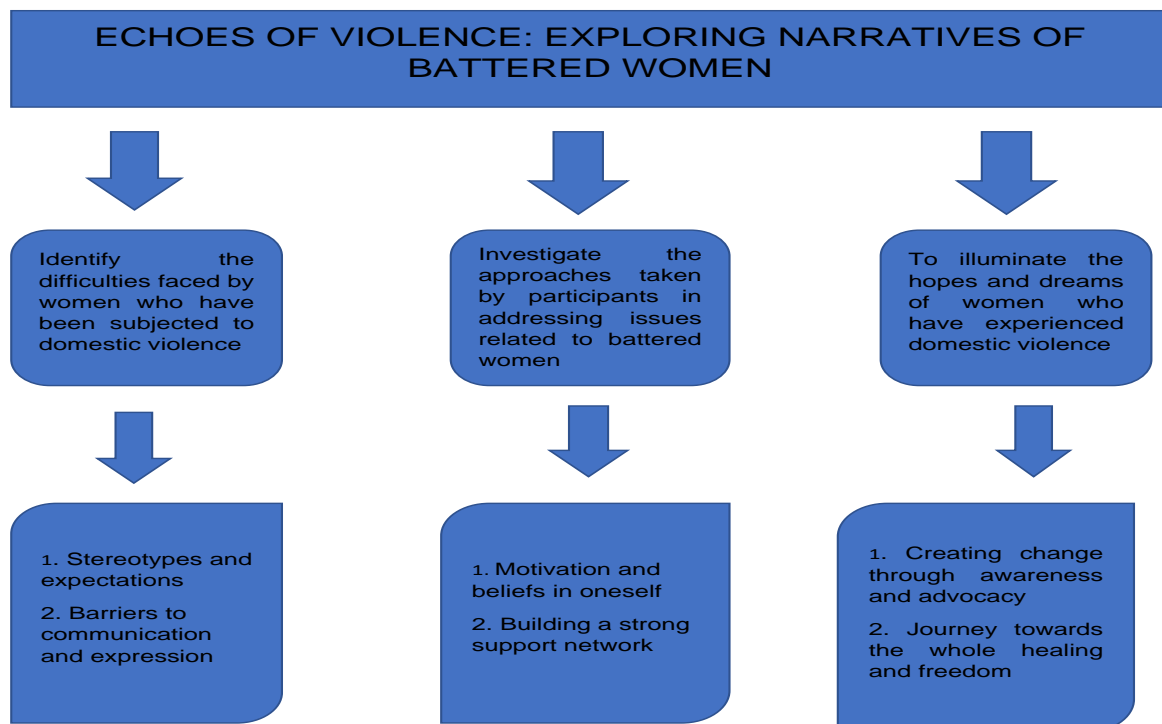
They were also given an informed consent form, allowing them the option to decline participation in the study. The data collected underwent transcription and analysis using Colaizzi's method. Initially, the interviews were carefully reviewed multiple times to identify the significant statements, which formed the basis for developing cluster themes. Based on the results, the researcher developed 6 emergent themes. This study identifies two (2) emergent themes related to the first objective: stereotypes and expectations surrounding battered women, and the barriers in communication and expression. For the second objective, the themes include motivation and beliefs in oneself, along with building a strong support network. Finally, the last objective reveals two additional themes: creating change through awareness and advocacy, the journey towards whole healing, and freedom for battered women.

The reasons behind domestic abuse often include issues such as jealousy, gambling, excessive drinking, and fundamental disagreements between partners. Jealousy can fuel controlling and aggressive behavior, while gambling can lead to financial strain and heightened tension. Alcohol abuse frequently exacerbates conflicts and lowers inhibitions, increasing the likelihood of violence. The ongoing disagreements and a lack of communication or compatibility can create a volatile environment where abuse becomes a recurring issue. These factors collectively contribute to a cycle of abuse that can be difficult for victims to escape. Also, participants find themselves trapped in abusive relationships because their abuser is the primary provider for their family.

The financial dependency creates a powerful barrier to leaving, as the prospect of losing economic support often feels more threatening than enduring the abuse. This reliance on their partner for financial stability leaves them feeling cornered, unable to escape the toxic situation without risking their family's well-being and their own livelihood.

Many women choose to stay in abusive relationships because they hope to provide their children with the stability of a complete family, despite the difficulties posed by their partner's abusive behavior. They prioritize their children's emotional and developmental needs, believing that maintaining a two-parent household is crucial for their well-being. This desire to offer a semblance of normalcy and family unity often outweighs their own safety and happiness, leading them to endure the abuse in the hope that it will ultimately benefit their children. Older victims of domestic abuse often remain in abusive relationships for a variety of complex reasons. Many have endured years of trauma and may feel that leaving the relationship is not a viable option due to financial dependence, limited support networks, or the fear of being alone. Additionally, societal norms and personal beliefs about marriage and commitment can make the idea of leaving particularly daunting. The prospect of starting over in later life, coupled with potential isolation and economic insecurity, can make the decision to stay seem like the safer or more manageable choice, even amidst ongoing abuse.

**DIAGRAM OF COMMON THEMES**



## CONCLUSIONS

In conclusion, understanding the narrative experiences of battered women on how they faced the challenges they have encountered, specifically in the following paragraphs:

The victims face significant frustration and challenges in their personal relationships due to conflicting values, financial difficulties, and problematic behaviors. The core issues arise from a lack of harmony between partners. Contributing factors include jealousy, financial pressure, and substance abuse. Central to these problems is a persistent fear of violence, especially when a partner is intoxicated or gambling. This concerns for the safety of children amplify feelings of fear and helplessness.

The participant is taking steps to tackle issues like excessive drinking, aiming to reduce the negative effects on their family. Survivors of domestic abuse gain significant support from compassionate listeners who offer emotional backing. Attentive, non-judgmental listening is crucial for these individuals, as it helps them feel understood and less alone. This method encourages collaborative problem-solving and creates a more supportive, empathetic atmosphere, even though it may not always resolve the deeper issues associated with abuse.

The participants are driven by a strong desire to build a complete family for their child, influenced by their own backgrounds. This reflects the tension between long-term goals and immediate needs, as the participant's relationship with their spouse has not fulfilled her expectations for happiness and harmony. They remain hopeful for success and a more peaceful relationship. Additionally, the participant expresses a deep concern for women who have endured physical abuse, wishing for them to find a way out of their situations. This underscores the importance of accessible resources and support systems to assist victims of domestic abuse in escaping their circumstances and improving their lives.

## RECOMMENDATIONS

Based on the significance of the study and findings of this research, the researcher came up with the following recommendation statement:

First, the victim to seek and utilize support services, including counseling and domestic abuse hotlines, to provide emotional support and practical advice for escaping abusive situations. Engage in family counseling or therapy to address underlying issues. Focus on building financial independence through skills training, employment, or small business ventures to ensure economic stability and reduce dependency on an abusive partner.

Secondly, barangay officials should establish programs that focus on mental health support and introduce livelihood initiatives in the community to help prevent domestic violence. Community-based programs should be developed to empower both women and men, educating them on their rights, how to set boundaries, and where to seek assistance when needed.

Third, To the law enforcement to build strong trust between law enforcement and the community, it is essential to ensure that people can easily access police services when needed. Additionally, helping victims understand their legal options for protection, such as restraining orders or custody arrangements, is crucial to safeguard them and their children from further harm. 85

Fourth, To the community to educate yourself and others on recognizing signs of healthy versus unhealthy relationships to make informed decisions about future partners. Engage in activities that promote personal growth and self-esteem, such as joining support groups, pursuing hobbies, and setting personal goals.

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