

Science, Movement and Health, Vol. XXI, ISSUE 1, 2021

January 2021, 21 (1): 10 - 14

Original article

## EVALUATION OF A SPORTS CENTER REGISTERED TO INDIVIDUALS OF DOMESTIC VIOLENCE AWARENESS

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### Abstract

*Objective.* This research was conducted to evaluate the awareness of individuals registered in a sports center about domestic violence.

*Methods.* This research is descriptive cross-sectional. The population of the study was made up of individuals over the age of 18 who came to a sports center to do sports and all individuals who agreed to participate in the study without going through the sample selection method were included in the sample. 100 individuals who agreed to participate in the study constituted the sample of the study. Sociodemographic information form and Domestic Violence Awareness Scale were used to collect the data. In the evaluation of the demographic data of the research, t test and variance analysis test were used to evaluate the relationship between the number and percentage distributions, socio demographic characteristics and the domestic violence awareness scale.

*Results.* When the socio-demographic characteristics of individuals were examined, the mean age was  $29.38 \pm 2.25$ , 58.0% were male, 48.0% were primary school graduates, 33.0% were nuclear family, 47.0% were married, 43.0% lived in the city for the longest time. 60.0% of individuals perceive their monthly income as good / medium. When the scores obtained by the individuals from the Domestic Violence Awareness Scale sub-dimensions are examined, the average score of defining domestic violence is  $6.23 \pm 1.05$ , the results of the domestic violence sub-mean score is  $9.23 \pm 0.76$ , the average of the submission of domestic violence sub-score The average score of  $13.12 \pm 0.82$  and the normalization of domestic violence sub-dimension was determined to be  $13.40 \pm 0.39$ . The total score average that individuals received from the awareness of violence in the family is  $41.98 \pm 0.75$ .

*Conclusion.* In line with the results obtained from the study; Although the individuals participating in the research could not correctly define domestic violence, it was observed that they could grasp the results of domestic violence, and the majority of the participants did not accept and normalize domestic violence.

*Key words:* Sport, Family, Violence, Awareness.

### Introduction

Violence defined by the World Health Organization (WHO) (2002) as "the possibility of injury, death, and psychological damage to the exposed person as a result of physical force or force being applied against someone or the group in the form of a deliberate threat or reality" it is a danger that affects your life. Although there are different definitions of violence, it refers to any action that causes physical or psychological harm to individuals in general (Özerkmen, 2012). Domestic violence, which is one of the common types of violence and handled in interpersonal violence, is a common problem that occurs in all ages and societies.

Domestic violence is defined as the type of

violence among family members in the home behind closed doors (WHO 2002). Regardless of the cause of violence in the family, it affects both the exposed and the witnesses. According to the literature, victims and witnesses of domestic violence are adversely affected both physically and mentally (Preidt 2006, Wijma et al 2007, Korkut-Owen and Owen 2008, Humphreys et al 2010).

It is important to know which situations the society perceives as violence or how violence is accepted in the society as well as the definitions of violence in general, in particular within the framework of different theories of violence (Kocacik and Çağlayandereli 2009, Garland et al 2006). Because whatever type of violence is accepted by the society, it will normalize violence.

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\*the abstract was published in the 20th I.S.C. "Perspectives in Physical Education and Sport" - Ovidius University of Constanta, May 28-29, 2020, Romania

Received 04.04.2020 / Accepted 5.10.2020

Similarly, the perceptions of those who experience violence in the family regarding their positions in the face of violence and violence are an important phenomenon in defining and managing violence. One study reports that avoidance response is used more frequently as the intensity of violence increases (Waldrop and Resick 2004). From this point of view, how the individuals in that society perceive the phenomenon of violence that changes according to the society and cultural structure, definitions of violence, awareness of violence and determining the sensitivity to violence are important in determining the strategy to prevent violence. In this context, the study was carried out to determine the awareness of individuals registered in a sports center for domestic violence.

#### **Method**

This research is descriptive cross-sectional. The population of the study was made up of individuals over the age of 18 who came to a sports center to do sports and all individuals who agreed to participate in the study without going through the sample selection method were included in the sample. 100 individuals who agreed to participate in the study constituted the sample of the study.

#### **Data Collection Techniques and Tools**

Sociodemographic information form and Domestic Violence Awareness Scale were used to collect the data. The data were collected by the researchers by face-to-face interview method in the classroom.

#### **Personal Information Form**

The Personal Information Form consists of questions such as age, gender, educational status, marital status, family structure, place of residence, perceived income status.

#### **Domestic Violence Awareness Scale**

The scale was developed by Özyürek and Kurnaz (2019). In order to determine the awareness of individuals about domestic violence, a 20-item scale consisting of 5 items in each sub-dimension, including Defining Domestic Violence, Results of Family Violence, Accepting Domestic Violence and Normalizing Domestic Violence, was developed (Appendix 1). The measurement tool consists of statements that are scored by scoring three (1 = Agree, 2 = Partially agree and 3 = Disagree) and measure awareness about domestic violence. A maximum of three and at least one point can be obtained from each item. 1-5 on the scale. Articles "Identification of Domestic Violence", 6-10. Articles "Consequences of Domestic Violence", 11-15. Articles "Accepting Domestic Violence" and 16-20. The articles constitute the sub-dimensions of "Normalizing

Domestic Violence". 11-20 in the scale. the items are scored upside down. The high score obtained

from the Definition of Domestic Violence sub-dimension indicates that the correct definition of violence can be made; The high scores obtained from the Results of Domestic Violence sub-dimension indicate that the individual can grasp the results of domestic violence; The high scores obtained from the Acceptance of Domestic Violence factor indicate that the individual does not accept situations related to domestic violence; High scores obtained from the Normalization of Domestic Violence subscale are indications that the individual does not normalize domestic violence. It can be interpreted that the total scores obtained from the whole scale are high, that the individual has views that are compatible with the expected behaviors and attitudes in the scientific and legal fields in interpreting domestic violence, and that there is a high level of awareness about domestic violence. According to the results obtained, reliability was determined to vary between 0.71 and 0.92 (Özyürek and Kurnaz 2019).

#### **Collecting data**

The data of this research were collected from individuals with the face-to-face interview technique at the sports center.

#### **Ethical and Legal Aspects of the Research**

The research started after obtaining ethical approval and institutional permission. Verbal permissions of individuals were obtained before starting the research. The principle of "Enlightened Consent" by explaining the purpose of the research, the duration of the research and the procedures to be done during the research, is explained in a language they will understand, and the principle of "Autonomy" is stated by saying that the individual information will be protected after sharing with the researcher. Before the forms to be used in the research were given, necessary explanations were made orally, and care was taken to create a quiet environment with little stimulus during application.

#### **Evaluation of the Data**

The data of the study were evaluated by using SPSS for Windows 21.0 (Statistical Package for Social Science) statistical package program. After collecting the data, the option researchers selected by each individual for each item in the scales were entered into the SPSS 21 program and the total scores of the individuals were calculated. In evaluating the demographic data of the research, t test and variance analysis test were used to evaluate the relationship between number and percentage distributions, socio-demographic characteristics, and domestic violence awareness scale.

## Results

When the sociodemographic characteristics of individuals are examined, the

average age is  $29.38 \pm 2.25$ , 58.0% are male, 48.0% are primary school graduates, 33.0% have nuclear family structure, 47.0% married, 43.0% lived in the city for the longest time. 60.0% of individuals perceive their monthly income as good / medium.

When the scores obtained by the individuals from the Domestic Violence Awareness Scale sub-dimensions are examined, the average

score of defining domestic violence is  $6.23 \pm 1.05$ , the results of the domestic violence sub-mean score is  $9.23 \pm 0.76$ , the average of the submission of domestic violence sub-score The mean score of  $13.12 \pm 0.82$  and the normalization of domestic violence sub-dimension was determined to be  $13.40 \pm 0.39$ . The total score average obtained by individuals on the awareness of violence in the family is  $41.98 \pm 0.75$  (Table 1).

**Table 1. The Distribution of the Scores Averaged by the Individuals on the Domestic Violence Awareness Scale**

Domestic Violence Awareness Scale Sub Dimensions	Mean $\pm$ SD	Min-Max
Identification of domestic violence	6,23 $\pm$ 1,05	5-15
The consequences of domestic violence	9,23 $\pm$ 0,76	5-15
Adoption of domestic violence	13,12 $\pm$ 0,82	5-15
Normalizing domestic violence	13,40 $\pm$ 0,39	5-15
Total Points	41,98 $\pm$ 0,75	20-60

When the socio-demographic characteristics of the individuals and the total score of the domestic violence awareness scale were compared, it was seen that women's awareness of domestic violence was higher than men, and the difference was found statistically significant ( $p < 0.05$ ). The mean scores of family violence awareness scale were higher than those of university graduates compared to high school and primary school graduates, and the difference was found statistically significant ( $p < 0.05$ ). It has been

observed that the awareness of domestic violence among the married people is higher than that of beakers, and the difference was found statistically significant ( $p < 0.05$ ). Also, the mean scores of domestic violence awareness in the nuclear family were higher than those living in the extended family ( $p < 0.05$ ), those living in the city for a long time, those living in the countryside ( $p < 0.05$ ), and those who perceived their income well, and those who perceived it well, had higher mean scores. It was found statistically significant ( $p < 0.05$ ) (Table 2).

Variable	Domestic Violence Awareness Scale <sup>^</sup> Mean $\pm$ SD	Test value p
<b>Gender</b>		
Woman	50,29 $\pm$ 4,27	<b>t: 1,109</b> <b>p:0,01*</b>
Male	33,67 $\pm$ 1,24	
<b>Education Status</b>		
Primary education	34,15 $\pm$ 2,35	<b>F: 7,853</b> <b>p:0,02*</b>
High school	39,83 $\pm$ 3,27	
University	51,96 $\pm$ 2,07	
<b>Marital status</b>		
The married	49,53 $\pm$ 4,17	<b>t: 3,457</b> <b>p:0,01*</b>
Single	34,43 $\pm$ 2,04	
<b>Family structure</b>		
Nuclear family	45,70 $\pm$ 4,39	<b>t: 2,046</b> <b>p:0,02*</b>
Extended family	38,26 $\pm$ 1,34	
<b>The longest lived place</b>		
Urban	47,57 $\pm$ 2,49	<b>t: 3,489</b> <b>p:0,01*</b>
Rural	36,39 $\pm$ 2,03	
<b>Perceived Income Level</b>		
Good	48,81 $\pm$ 3,94	<b>F: 0,657</b>

Middle	43,67±2,35	<b>p:0,01*</b>
Bad	33,46±1,95	

### Discussion

According to the findings, in this study, which aims to determine the awareness of individuals enrolled in a sports center towards domestic violence, the total score average of the domestic violence awareness is medium level, the sub-dimension of the definition of domestic violence is low, the results of the domestic violence sub-dimension is average, and it was determined that the sub-dimensions of acceptance and normalization of domestic violence were high. Although the individuals participating in the study cannot correctly define domestic violence, they can comprehend the consequences of domestic violence, do not accept and normalize domestic violence. In this context, it can be said that in today's conditions, traditional thinking has effects on the behaviors of individuals under the heading of violence and the causes of violence, but individuals do not see violence as legitimate as before.

It was determined that the average of domestic violence awareness score of the individuals participating in the study showed a significant difference according to gender and women's domestic violence awareness was higher than men. Similarly, in their studies with university students, Dağlar et al. (2017) determined that male students' attitudes towards violence are closer to traditional than female students. It can be thought that the domestic violence practitioner is mostly male and the victim is female, and physical and mental harm is mostly due to the fact that women are disadvantaged.

In the study, it was determined that those with high level of education and those with good income perception had higher mean scores of domestic violence awareness. Altıntop and Adana (2019) emphasized that as their education level decreases, their negative attitude towards domestic violence increases with their married couples. Similarly, Naçar et al (2009) stated in their study that there is a negative relationship between education and justifying violence against women. At this point, education can be said to be effective on individuals' awareness of violence, normalization of violence, and discourses of violence. Similarly, it can be said that the awareness of violence increases as the well-being of individuals increases. Hussain et al (2017) stated that in a study they conducted, poor women were exposed to domestic violence more. At this point, it would not be wrong to say that economic inadequacies and poverty are one of the reasons that

increase domestic violence. Low income will bring stress and limited resources and increase the risk of violence. In domestic violence awareness, the perception of income is poor and the level of education decreases as a risk.

Another finding obtained from the study is that the average of family awareness of married individuals is higher than singles. Similarly, Gözüy Yeşil et al. (2018) determined that the awareness of married nurses related to violence is higher than single nurses in a study they conducted with nurses. In the study where Wencheko and Tadesse (2020) aimed to determine the attitudes of married Ethiopian women towards physical violence, the majority of women emphasized that they were against physical violence and could take necessary measures. Normalization of violence by individuals who make up the family will result in the repetition of violence in the family and then the society as a problem solving method. At this point, we can say that within the framework of the findings, the awareness of violence among individuals who have created a family has increased and it is necessary to determine the strategies for increasing this awareness in the solution of violence, which is a chronic problem of the society.

According to the place where most of the life is spent in the study, individuals' awareness of domestic violence varies and that living in the rural area for a long time is a risk factor for domestic violence awareness. According to the literature, it has been determined that rural life violence phenomenon and attitudes towards violence have shifted to traditional attitude (Gömbül, 2000). It can be said that the effects of traditions and customs are more common on individuals in rural living areas and that unwanted beliefs about violence are easier to develop than urban life in parallel with these traditions and customs.

### Conclusion and Suggestions

In line with the results obtained from the study; Although the individuals participating in the research could not correctly define domestic violence, it was observed that they could grasp the results of domestic violence, and the majority of the participants did not accept and normalize domestic violence. In terms of awareness of domestic violence, men, primary school graduates, singles, those with a large family structure, those who live in the rural area for a long time, and those who perceive monthly income are moderate and poor. It can be suggested to apply awareness training especially for individuals in the risk group and to conduct experimental studies to determine the

changes in the awareness levels of these practices. It can also be suggested to explain the negative consequences of domestic violence through the media accessible to the vast majority of people.

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