

### Teen dating violence

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#### Abstract

Adolescent dating violence is an issue that influences numerous teenagers. Indifference and clashes emerge in close relationship, which prompts dating misuse like beating, pushing, kicking, slapping and forcing partner for harmful sexual practice. These activities have a profound impact on the victim as well as to the abuser's psychological health. Approximately, 1 in 5 high school female teens have experienced some form of physical and sexual violence from their dating partners. To identify intrinsic and extrinsic factors of teenage dating violence in order to eliminate its consequences. The literature review was done in the period of March-June 2015 from various online databases such as PUBMED, CINAHL, MEDLINE and Google Scholar, and other relevant research articles ranging from 2004-2015. Teen dating violence is an emerging problem of relationship in adolescence period. Teen dating violence varies in different forms. Sociocultural factors influence individuals to show abusive attitude in a relationship. Victims' intrinsic factors inhibit them to report the violent behavior of partner. Community and school based interventions are significantly important to stop the crime occurring from our society. Teen dating violence is the leading social and public health issue causing behavioral and psychological illness in teens all over the world. For monitoring these changes in adolescence, the health care professionals have to play their key role. School based interventions are cornerstone interventions in eradicating teen dating violence from grass root level.

#### Key Words

Teenagers, societal influence, Sexual abuse

#### Introduction

White and black are two shades of life. Some experience victory while some experience failure. Teenage is the time period when individuals start to understand the meaning of life's failures and successes. In all spheres of lives, they showcase their innate potentials, creativity and enthusiasm to attain victory. In Erickson's view, the teenage or young adolescent is the human developmental stage in which youngsters are attracted and incline towards the opposite gender (Kroger, J, 2003). They even get interested in forming intimate relationships with their partners. At this stage, they make agreements to go through their entire life with their intimate accomplices. They like Caring, imparting, going out, and giving birthday astonishments to one another. The close partners show admiration, trust and support to each other. Indifference and clashes could also emerge in this caring and close relationship, which prompts dating misuse. In accordance with the literature, teen dating violence is a physical, psychological, emotional or sexual abusive nature which is intentionally or unintentionally occurs in the close relationship of partners (Kristen et al, 2013). Teen dating violence is an emerging problem of relationship in adolescence not only for the outcomes related to physical and mental health, but it also occurs at the stage of life when teens are learning to

interact with opposite genders which affect their adulthood (O'Keefe, 2005). Erickson's psychosocial developmental theory affirm that when an individual reaches the stage of adolescence, they face the crises of identity verses role confusion. Here, the individual has very little sense of their identity; therefore they are more prone to accept both positive and negative beliefs in their lives that leads to violent conflicts in teenagers (Kroger, J, 2003). Teen dating violence emerged as a substantial societal and public health issue all over the world (Powers, J, and Kerman, E, 2006).

#### Magnitude of dating violence among high school students

Researches have shown that dating violence among high school students is more prevalent than previously believed, and are more prone to violence or abusive behavior from their partners which include 10% of adolescents being physically hurt. Another survey of Massachusetts's high school students revealed 3.8 % sexual, and 5.3% reports physical and sexual both dating violence (Temple et al, 2013). In addition, the males and females in the United States exposed from the violence in last 1 year, having equal rates of psychological abuse, i.e. 38.3% among females and 33.7% among males and physical abuse i.e. 28.8% among females versus 32.6% for males. Further research revealed that the dating violence

exposure rates among adolescents was about 36 % of males and 44 % to 88 % of females experiencing harassment across the teenage period (Bonomi et al, 2012). Approximately, 1 in 5 high school female teens have experienced some form of physical and sexual violence from their dating partners (The Lindsay Ann Burke Memorial Fund, 2015).

#### **Different forms of teen dating violence**

Teen dating violence is very common in adolescents irrespective of race, cast and socioeconomic state of the individual. Teen dating violence varies in different forms like beating, pushing, kicking, slapping or physical confinement are some common behaviors of abuser. The perpetrator is also likely to indulge in causing emotional or psychological harm to the victim, which includes verbal or non-verbal behaviors like intentionally shaming, intimidating a partner, calling names, and isolating a partner from their friends and family gatherings. Moreover, teen dating violence can also turn up into a sexually abusive relationship like; forcing a partner to involve in harmful sexual practices (Centers for Disease Control and Prevention, 2012).

#### **Teen's sociocultural influences for dating violence**

Teens in abusive relationships are regarded by environmental and social factors, for instance, gender roles that appear to considerably impact dating relationships. In concern of gender role, there are certain stereotypes in the society. Traditionally, males are to be considered as an independent, assertive and dominant personality, whereas female roles include behavioral limitation and protection toward oneself, submissive, sensitive, or being careful. These gender roles have been found to be connected to violence. Furthermore, high rate of community violence in early childhood is one of the factors that influences relationship later in teenage period. Beside community, violence in the family also affects teens' psychology as they would imitate in the same way in their relationships as they have observed in their families. As teenagers, going through a unique developmental stage, it is vital to think about the factors leading to dating violence. It is regularly seen that teens consider socially important to have a dating relationship, which may give them a fame among other teens. According to O'Keefe (2005) peer influence is one of the factors which have a risk to form teen dating violence more than the effects of witnessing interparental violence. In addition, individuals who have a faith in a myth that violence is

normal in relationships, suffer greater in a dating relationship (Kristen et al, 2013).

#### **Consequences of teen dating violence on the victim**

The victim experiences severe negative impacts of dating violence. Exploitation has been indicated to be connected with adverse mental and physical health problems, including depression, strain, suicide endeavors, injuries, drug use, eating disorders, and hazardous sexual conduct (Bonomi & Anderson et al, 2012). In certain cases, violence also results in minor injuries to the death of the partner. In addition, it has been seen that survivor stop communicating their feelings and emotions with their parents and have isolated themselves from school and societal activities. In contrast, abuser develops aggressive and agitated behavior towards their friends and family members. They often blame others for their inconvenient actions which causes clashes in relationships that left in their life. (Kristen et al, 2013).

#### **Intrinsic factors of victims**

American Psychiatric Nurses Association (2013) reported that 60 % of adolescent victimized teens and 79 % of high schooler committees were not looking for any sort assistance from adults or parents (Ashley & Foshee, 2005). Researchers have found some intrinsic factors of teens in not acquiring any help from their elders. Firstly, they often do not consider that support is needed (Carroll et al., 2011). Secondly, they are in expert with dating relations (Connolly & Friedlander, 2009). Furthermore, they interpreted dating violence as the custom (Edwards et al., 2012). Lastly, they consider that others would not be supportive rather disclosing violence would be a matter of gossip for them (Carroll et al., 2011). Therefore, it is significantly a matter of concern that from where the victim can acquire the help needed? What are some of the ways to foster victim towards empowerment?

#### **Prevention strategies for ending dating violence**

Prevention can be comprehensively divided into two subtypes i.e., primary and secondary prevention. The primary prevention program's goals are to avoid the violence in dating relationship before it arise. While secondary prevention programs are meant to address the violence that is going on in a relationship, and are great when either the exploited people leave violent dating relations or the perpetrator stop launching violence. For providing this primary and secondary preventions, the safe dates projects were developed by Foshee et al. (1996, 1998), Foshee, Bauman, and Greene (2000), and Foshee et al. (2004), the

theoretical framework for this program was concerned about changing dating violence customs, abusive behavior management abilities, gender stereotyping and, altering the thought factors that linked with help-seeking behavior for those who were previously involved in a violent relationship. (Cornelius & Resseguie, 2007).

#### **Recommendations for de-escalating dating violence**

The foremost priority is to start with school based interventions and awareness sessions in order to transform teenager ethical values that foster human rights and responsibility to attain peace and prosperity. I think that schools provide a suitable and comprehensive environment to upgrade morality among teenage students to avoid and protect themselves from dating violence. In recent years, it was highly researched on school based strategies to overcome the rates of teen dating violence. (Kristen et al, 2013). Classroom-based prevention system had a quick and the long term effect on enhancing teenagers' awareness (e.g., about the assault, statistics of partner violence), attitudes about dating violence, and behavioral suggestions about theoretical situations in which the participant countered dating violence. (Temple & Le et al., 2013).

#### **Conclusion**

In all, teen dating violence is an act of threatened or actual physical, sexual, emotional abuse committed by adolescent against a dating partner. Teen dating violence is the leading social and public health issue causing behavioral changes and psychological illness in teens all over the world. For monitoring these changes in adolescence, the health care professionals have to play their key role. School based interventions are cornerstone interventions in eradicating teen dating violence from grass root level.

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