



Family violence effect on mental health in the long run

Paphawarin Rattanavicha^a, Pimchanok Jubtake^a, Radadaw Piyapatkiti^a, Warunya Seetho^a

^aSatriwitthaya 2 School under the royal patronage of HRH The Princess Mother, Bangkok, Thailand

Abstract

The research is aimed at presenting current violence, particularly domestic violence. Violence has harmed not only physical health but also mental health. Mental scrapes cannot be totally treated like physical wounds. As a result, it has a long-term influence on people's lives. Thus, this research is a survey. Information was obtained by utilizing Google's survey platform. We separated the questionnaire into three parts. The first part contained personal information. In the second part, we talk about violence, and divide it into two sections. The first section is an opinion regarding a Thai idiom concerning parenting. In the second section, you will discuss your own experiences with violence and your definition of domestic violence. Furthermore, in the third part, we provide a questionnaire to be used as an optional component of expressing one's view on violence. We also offer a section in this section for those who wish to express their experiences and feelings regarding domestic violence. Because the proposal of this research is to illustrate that domestic violence has long-term consequences for mental health, we want to illustrate that violence, particularly domestic violence, may still affect your mind. And, we want to show that, regardless of sex, anybody can suffer from violence and domestic abuse. Therefore, our research collects data through the use of ages, opinions with the idiom, and narrative from personal experience. According to research, violence is cultivated and spreads across society. Even if you've been exposed to domestic abuse since you were a child, you'll always remember it, and it can have a long-term impact on your mental health.

Acknowledgement

Before anything else, we would want to thank everyone who contributed to the success of this research. We gratefully thank all of the respondents and those who helped make this research a success. Otherwise, if we hadn't gotten everyone's contributory, our research would not have succeeded. We are infinitely grateful for your precious kindness.

First and foremost, we would like to express our gratitude to all of the respondents. Your response is the most valuable thing to us since this is a survey study. We obtained the information from your kindness. Furthermore, we gratefully thank you for your valuable time which you dedicated to doing this questionnaire. Moreover, this research talks about domestic violence. It is sometimes something you do not want to share with others. We are infinitely grateful for your trust in us. And believe that we do not disclose any expressions about your experience.

Furthermore, we sincerely grateful to our family who is constantly at our side. They are also wonderful encouragers and supports in every manner. We will be eternally grateful for all of their help.

The last one, we would like to thank my teammates for participating in this research. I appreciate everyone's help. Furthermore, we appreciate every attempt that we made in this research. As a result, this research is finished and successful.

Table of contents

Page	
Abstract	a
Acknowledgement	b
Table of contents	c
Part 1 - Introduction	1
Part 2 - Literature Review	2
Part 3 - Methodology	
Strategy	8
Data collection	8
Data analysis	11
Limitation	20
Part 4 - Conclusions and Recommendations	
Conclusions	21
Recommendations	21
References	d

Introduction

Nowadays, family violence has increased in society, whether it is physical or mental health. You can obviously see it on social media, for example, Facebook, YouTube, and Instagram. Moreover, it can be seen from your and others' experiences.

In Thailand, violence has taken root from the past to the present, for the idiom means that if you love your children and want them to grow up to be good people, you should admonish them when they make a mistake. However, in modern times, the purpose of this idiom has been distorted. Due to the idiom referring to punishment by slapping. Therefore, people believe that slapping is the best way of teaching. Thus, this belief that physical punishment is normal and existential in society.

Violence is passed down from generation to generation like normal things. In other words, referring to domestic violence in the family since they were young became a habit in life. Eventually, they absorb the hardship until they normalize the violence. As the next generation grows up, they are likely to keep passing on this violence like a cycle. In addition, the majority of people suffer from the various acts of violence that are more emotional than logical, saying unpleasant words to others to feel horrible or to impress them throughout their lives, including restricted rights and constraints that affect physical and mental health in the short and long term, which can lead to stress and anxiety to depressive disorders.

The conception of child rearing generally depends on the individuals, be it the growth patterns and beliefs of the society and culture they live in, therefore families in any country may raise their children in different ways. Nevertheless, even though every family has their own way of raising children, all parents want their children to grow up well, perfect, healthy and able to take care of themselves. Keep in mind that there are some families in different countries who raise their children without using violence, educate them with special empathy and give them private time. As a result of these methods of education, aggressive behavior and unpleasant habits are rarely observed in them.

For these reasons, we realize that at present domestic violence has become a major problem, so we intend to demonstrate this research in order to indicate domestic violence has an effect on mental health. We represent that family violence impacts on mental health due to cultivating individuals' concepts through the idiom, followed by the long-term effects of domestic violence which leads to numerous problems within society, and being an area for people to exchange experiences related to domestic violence.

Literature Review

Home office (2013) demonstrate the UK government's definition of domestic violence as "Any incident of controlling, coercive or threatening behavior, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality." Furthermore, they separate the types of abuse into 5 types that encompass, but are not limited to, psychological, physical, sexual, financial, and emotional. So, it can obviously be seen that the violence is not just physical.

The United Nations (2020) defines domestic violence as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. It also includes any behavior that frightens, intimidates, terrorizes, manipulates, hurts, humiliates, blames, injures, or wounds someone. Furthermore, anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith, or class. In addition, the victims of domestic violence can be children, not just adults. They can be other relatives, or any other household member.

Marcela Tittlová and Peter Papáček (2018) separate the scope of the risk factors into 5 types. Firstly, alcoholism as a risk factor. Excessive consumption of alcohol and alcoholism are significantly associated with violent behavior, not only for violent individuals in general, but also for domestic violence. According to statistical surveys, it appears that, on average, up to 70% of the aggressors are under the influence of alcohol or other drugs during the attacks. Although alcohol can increase the intensity of domestic violence, no studies have confirmed this relationship.

Secondly, the factor of violence against women. Domestic violence is caused by a variety of factors, not all of which are obvious. Even though there are no obvious factors, socialization may be a significant factor, as evidenced by the gender equality issue in society. Gender stereotypes are a major contributor to gender inequality in society. Because of a variety of factors, including religion and faith. Furthermore, patriarchy is a significant factor in how males are cultivated when they are young. As a result, they believe they are the dominant family members, and violence is a tool for forcing household members to obey.

Part of the violence factor is against children. Domestic violence resembles violence against women, which comes from a man who is cultivated by the idea that they are dominant in the family. They can decide on everything in the past. For instance, the educational, living, or existence of children's lives. There are numerous

reasons that contribute to child abuse, such as alimony or child benefits. In addition, violence has evolved as a natural method for coercing youngsters to obey. Despite the fact that violence is an unacceptable thing, it has been widely used in society.

In the part of violence factor that against men, the bulk of this violence takes the form of emotional, economic, and social assault. It is caused by a number of factors, including criticizing, mocking, underestimating, pointing out a man's vulnerability, poor income, or incapacity to defend his family. Furthermore, certain variables are the result of women seeking vengeance on males.

The last one is the factor of violence against seniors. Because of their physical and mental problems, or because they think that they are a burden, they commonly disregard domestic violence. As a consequence, they ignore the abuse. Domestic violence in seniors can be caused by a variety of reasons, ranging from stress to financial or property loss. Older age, physical impairment, or the need for elder care are examples of risk factors for seniors. As a result, caring for seniors is difficult; they may believe that seniors are squandering their time. Furthermore, they consider seniors to be a burden, and violence has evolved into a method for relieving stress and exhaustion associated with caring for a senior. It is not just physical violence, but also emotional violence. Finally, they transport the senior to a retirement residence.

The National Child Traumatic Stress Network (2014) declarative domestic violence affects children as children experience family violence in various ways and leads to physical as well as emotional abuse. According to emotional abuse, children may have difficulty controlling their emotions, increase fear or anger, and become depressed or anxious. Besides, children represent physical abuse in methods that make life even harder and try to resist authority and test the limits of parental rules in order to feel independent. It can cause noticeable changes in children's behavior, such as clinging, difficulty going to sleep, tantrums, getting involved in drugs, and experiencing longer-term problems with mental health. For instance, children living in situations of domestic violence may learn the wrong lessons about relationships and believe that hurtful behavior is a major part of being loved. They assume that it is alright to control another person's behavior or to use violence to get what they want.

Australian Government (2019) explains that domestic violence has a significant negative impact on the mental health of children. First of all, children constantly feel unsafe in their own home, including with their

parents. Thus, this leads to feeling afraid, unable to relax, and ashamed to tell others. It may result in psychological trauma, affect sleep, appetite, concentration, or other relationships. Children are often the forgotten victims of family violence. They may also be more likely to become victims or perpetrators of family violence as adults.

United Nations Children's Fund (2000) indicate that physical violence occurs in all regions of the world, with figures ranging from 20 to 50 percent of women experiencing domestic abuse varying by nation. Physical violence is frequently accompanied by psychological abuse and, in some cases, sexual assault. The murder of women by intimate partners and other family members is an example of physical violence. In close relationships, including sexual abuse and rape. Most countries do not consider it a crime. If a woman enters into a marriage contract, her husband has the right to unrestricted sexual access to her. Furthermore, it includes both physical and sexual abuse, as well as psychological and emotional abuse. Domestic abuse victims report that it can lead to long-term psychological trauma. Moreover, they are afflicted with mental trauma and live in terror. Emotional abuse has a more profound impact and is more unbearable than physical attack. Finally, it resulted in a significant number of suicide attempts as a result of mental stress.

Sian Oram, Hind Khalifeh, Louise M Howard (2016) demonstrate that there is a bidirectional causal relationship between mental disorders and domestic violence and abuse. Domestic violence also raises the probability of depression in women who have been abused. Furthermore, the probability of depressive disorders has increased three times, the likelihood of anxiety disorders has increased four times, and the likelihood of PTSD has increased seven times for women experiencing domestic abuse.

Kaspiew et al. (2017) found that over one-third of children aged 12 to 13 live in families where their parents have reported previous parental conflicts have worse health, social and educational outcomes. For instance, when adolescents have tantrums, they are throwing things, hitting their pet and copying the abusive attitudes and behaviors of their parents. Additionally, the children have physical and verbal parental conflicts after their parents have separated

Royal College of Psychiatrists (2015) determined that children of any age are affected by domestic violence. They can develop symptoms which are called 'Post-traumatic Stress'. Younger children may become

anxious, perhaps they complain of tummy-aches or start sleep problems and temper tantrums. Nevertheless, older children behave differently. Boys seem to have started to use common ways of trying to block out disturbing experiences and memories. Girls are likely to keep their distress inside, become depressed, and think badly of themselves.

Louise Howard (2010) demonstrates that domestic abuse has a variety of consequences, including in economic and personal life. Domestic violence is a health concern, with a cost to the NHS of £1.2 billion for physical injuries and £176 million for mental healthcare. Lifetime injury rate: bruises or more serious injuries are one of the most prevalent causes of injury in women, accounting for 21% of all injuries. Moreover, it has been linked to a rise in minor inflection illnesses, persistent pain (headaches and back pain), neurological symptoms (fainting and dizziness), GI symptoms, and chronic IBS. Furthermore, women who have been abused have a threefold greater risk of gynecological issues than women who have not been abused.

Gina Dillo, Rafat Hussain, Deborah Loxton and Saifur Rahman (2012) illustrate that intimate partner violence causes mental health problems such as depression, posttraumatic stress disorder (PTSD), anxiety, suicidal thoughts and self-harm, self-perceived mental health and psychological distress, and an influence on sleep quality and sleep disorders. Depression was the most frequently studied element of the connection between violence and mental health. As a result, they conclude that women who have experienced violence are at risk of a variety of long-term mental health issues. Furthermore, women who have been subjected to severe and persistent maltreatment have greater levels of PTSD symptoms. Also, as previously said, violence can harm the mental health of others. Finally, aggression can lead to self-harm and, in the worst-case scenario, suicide.

S. AL MAJALI (2019) determines that family is the most critical institution in society. Violence causes disorders and affects all levels of a child's personality development, emotional, cognitive spheres and behavior. Furthermore, children face higher risks in terms of future physical health and educational issue. Also, children describe domestic violence as a complicated, isolating and long-term experience, which leads to destruction and problems in their relationship.

Kavita Alejo (2014) illustrates that domestic violence causes a wide range of physical injuries to women, some of which are fatal. It has long-term effects that can be harmful to a woman's health, such as cervical cancer. Furthermore, it is detrimental to one's mental health. Emotional damage has a greater impact on long-term health than physical illness. Moreover, women suffering from mental illnesses are more likely to be assaulted again, which can impair their long-term health and put them at risk of suicidal behavior. Men can also be victims, despite the fact that women constitute the majority of victims. Because they are scared of ridicule, social isolation, and humiliation. As a result, only a minority of men speak up. Also, if the abuser is imprisoned, there is a chance that he could possibly kill victims if he is released. As a result, victims will be concerned about this violence for the rest of their lives.

National Association for Prevention of Child Abuse & Neglect (2014) clarifies that domestic violence does not resolve itself. Parents can help their children recover emotionally from family violence in a variety of ways, including telling the child that abusive behavior is unacceptable and serving as a role model for managing anger and problem solving. Additionally, reassuring the child that none of the violent episodes were their fault, encouraging them to talk openly about their feelings, as well as telling the child how much their parents love them or cuddle them often. Also, there are professional organizations that can help children confront and change their destructive behaviors. Seeing a doctor for advice and referral or calling a domestic violence helpline are other ways to help the children.

American Academy of Child Psychiatry (2019) demonstrates that children exposed to domestic violence should be evaluated by a mental health professional. There are appropriate treatments for the emotional and behavioral problems caused by domestic violence, including individual, group, or family therapy. In several instances, medication is also helpful. If domestic violence happens once, it habitually happens once more. Hence, it is critical for the children to receive treatment in an environment where they feel safe, as well as important to put a crisis plan in place for the children.

John Maddox, Lens Symes, Judith McFarlane, Anne Koci, Heidi Gilroy and Nina Fred land (2014) that problem-solving therapy (PST) can minimize the environmental stress of violence and its accompanying mental health impacts. Moreover, through problem orientation training and four major problem-solving skills, it

promotes successful social problem-solving. They also discovered evidence that PST is an effective depression therapy.

Panwalai Sriram, Phramahasomkid Inkaew and Rangsana Wattanachaiwanich (2018) indicate that domestic violence has an influence on children's aggressiveness in three southern districts of Thailand and may be divided into three categories: verbal violence, physical violence, and social violence. For starters, verbal violence is caused by family members who frequently use harmful words that ruin a child's feelings. Non-polite language may also be a source of influence for youngsters who mimic their parents' actions. Second, physical violence is caused by a family quarrel and the use of abuse with children, which causes youngsters to behave violently and disrespectfully as a result of imitation from family members. Third, there is social violence. There are regular arguments in the household. As a result, there is no peace within the family. The child lacks warmth and becomes a disturbance to the neighbors, which can cause issues in the community.

Theeravut Ninphet (2018) demonstrate that domestic violence is an act that causes physical and emotional pain to the victim. It has the following theoretical perspectives can be used to study the causes:

1. Psychoanalytic Theory is the instinct for violent hostility isn't particularly strong. There is a method to avoid it. Controlling instincts/cultivating thinking, developing mindfulness, and promoting ethics
2. Social Learning Theory is the theory that talking about parental behavior learning, imitation community environment or violence experience. The way of defense is the parents are excellent role models. Instill proper values and ideals in the family
3. Subculture of Violence Theory: the theory that discusses violence passing down through a culture of violence from generation to generation. The protection is to eradicate the culture of violence in the community.
4. Family Symbolic Interaction Theory is the notion of role-playing and the utilization of communication processes within the family and society. The approach of protection is to alter the family life cycle and develop family ties.
5. Family Development Theory is a theory that discusses family life cycles and how relationships diminish. The strategy of protection is to organize the family economics and discover measures to alleviate family stress.
6. Feminist Family Theory is inequality of gender patriarchal culture sexual oppression Raising awareness of gender equality is one strategy to defend.

Methodology

Strategy

According to this research, "family violence has an effect on mental health in the long run". We have the aim of illustrating the violence in families that has an effect on mental health in the present day. First, we want to demonstrate that domestic violence can cause personal mental illness since its cultivation by society through idioms and faith that root forward nowadays. For instance, the Thai idiom: if you love your cow, tie it up; if you love your child, you have got to spank them sometimes. It contributes to the development of mental health issues among household members. According to the second proposal, we want everyone to realize the effect of violence as it can cause mental health problems in the long term, which lead to a slew of social problems. The last proposal that we want to make is to discuss, exchange ideas and listen to the problems of everyone who has experienced domestic violence.

Data Collection

In collection of data, we operated the online investigation by utilizing Google form format, and collected information about family violence from Thai respondents in order to inquire people's opinion about domestic violence. In addition, we separate the questionnaire into three sections, and the tables indicate the statistics as a percentage.

In the investigation, the total number of respondents is 208. The first section is regarding the personal information of respondents. The questionnaire asks only about the age range of the respondents regardless of identification.

Age group	Respondents (in percentage)
11 to 15	7.2
16 to 20	68.3
21 to 25	13.5
26 to 30	3.8
31 to 35	4.3
36 to 40	2.9

The second section is asking for the respondents' perspectives. In the first part, the respondents have to answer their personal opinion on the questions in five levels which strongly disagree, disagree, no opinion, agree and strongly agree.

Question	% response				
	Strongly disagree	Disagree	No opinion	Agree	Strongly agree
Do you agree with the idiom that mean “ if you love your children and want them to grow up to be good people, you should punish them when they make a mistake”	49	31.3	14.4	2.9	2.4
The use of the referral idiom is the transmission of violence through language and culture. Also, belief that has been passed down from generation to generation. Do you agree with this statement?	6.3	7.2	6.3	26.9	53.4
“If you love your children, you should punish them when they make a mistake”. In your point of view, the word “punish” means using violence. Do you agree with this statement?	14.9	9.6	13	26.9	35.6
The use of violence is a necessary matter to raise children in order to make them good people. Do you agree with this statement?	79.3	13	1.9	1	4.8
Being a good child means you have to be a good person as others require. Do you agree with this statement?	75	15.4	3.8	2.9	2.9
The meaning of “violence” is not only physical force intended to hurt, but also hurtful words. Do you agree with this statement?	3.4	1	2.4	4.8	88.5

The second part is asking about what the domestic violence is from respondents' point of view, as well as experience and opinion which can answer is yes and no.

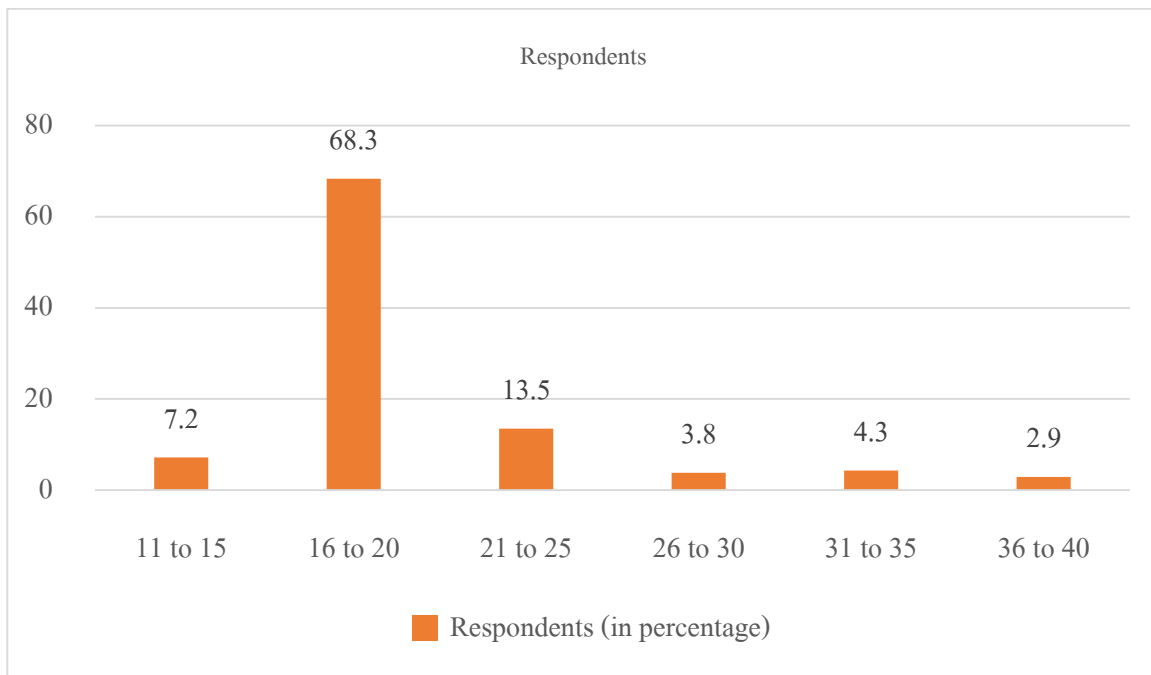
What is domestic violence in your point of view?	% Response
physical assault within the family	87.9
The use of hurtful words	95.6
Experiencing physical assault of family members	77.2
get controlled and persecuted by family members	85.4
deprivation of personal rights	78.2

Questions	Yes	No
Have you ever suffered from domestic violence by yourself?	71.2	28.8
Have you ever seen domestic violence problems?	81.3	18.8
Do you consider that family problems affect mental health in the long run?	100	0
Do you consider that domestic violence may cause numerous problems?	100	0

Lastly, the third section is open-ended questions the respondents can discuss the idea and the experience related to family violence. In this section we separate into 2 principal questions with the different total number of respondents according to the voluntary questions. The first question is "What is your perspective on domestic violence?" and the second question is "Is there any story to tell us more about domestic violence?", The former has 125 as well as the latter has 92 respondents answer those questions.

Data analysis

Personal information

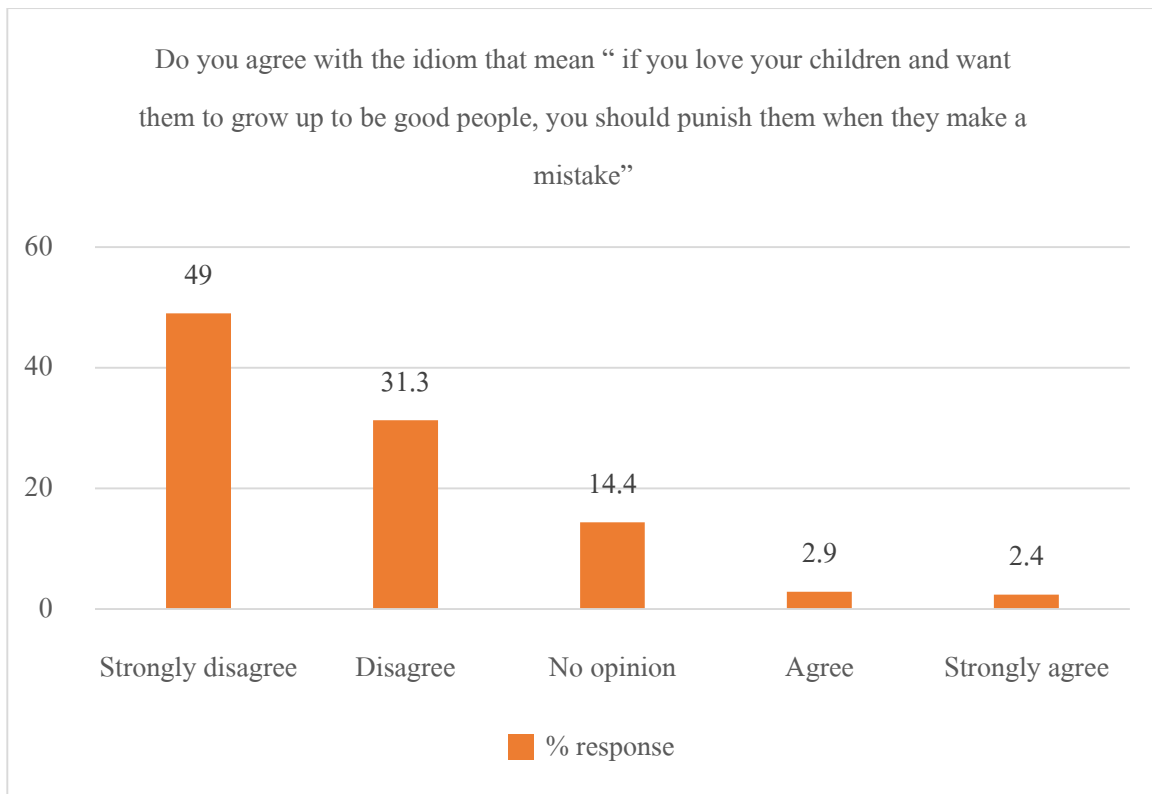


According to the bar chart, which represents a range of ages from 11 to 40 years old and can be separated into six stages of various ages as measured in percentage from 208 respondents. The bulk of the responders (68.3%) are between the ages of 16 and 20. Then there are the 13.5 percent who are between the ages of 21 and 25. Next, there's the age group of 11 to 15, which accounts for around 7.2 percent of the population. The next age groups are 31 and 35, which have 4.3 percent and 3.8 percent of the population, respectively, compared to 26 and 30. The lowest percentage is 2.9 percent and is seen between the ages of 36 and 40.

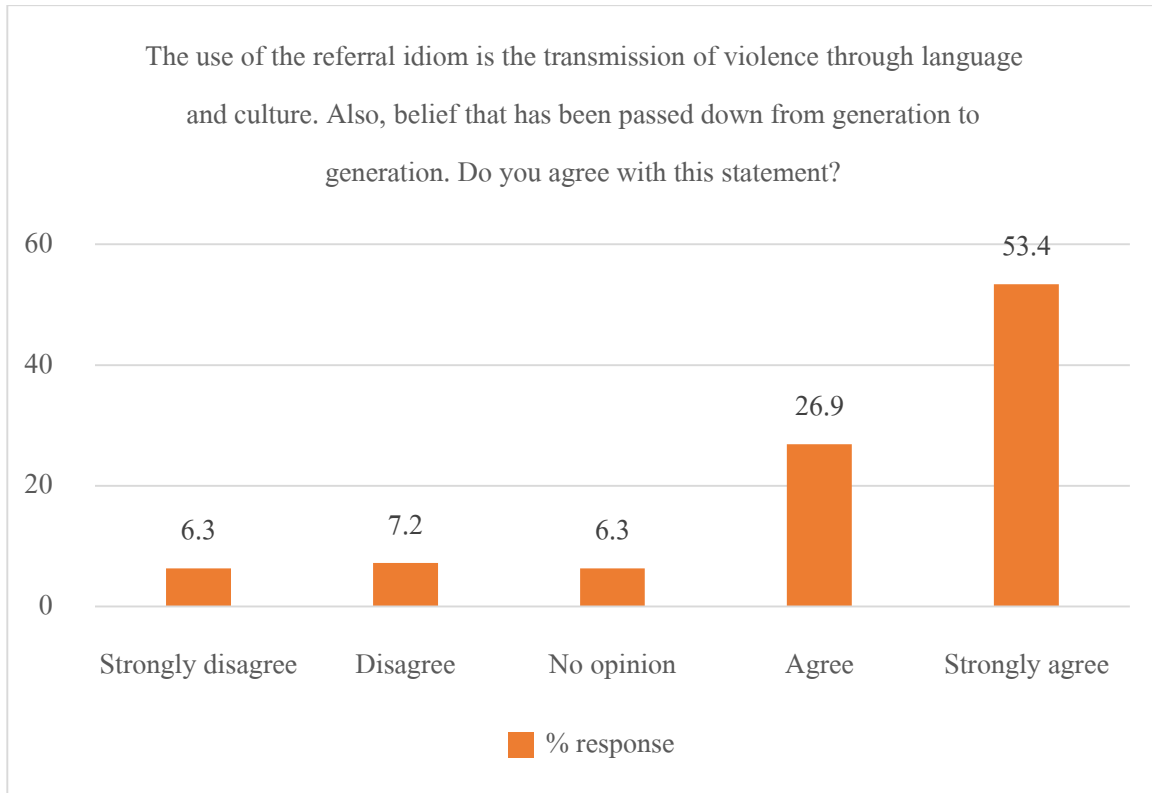
To begin with, there are a large number of participants between the ages of 16 and 20. 142 of the participants are between the ages of 16 and 20. This age group are considered to be teenagers, and they are more likely to rebel or speak out for their rights, which is beneficial to their mental health. Furthermore, they require on whom they can be rely on. Teenagers are more likely to distinguish between violence and their parents' love, while children who are unaware of violence might be fostered and endure domestic abuse for the reason that their parents always mention love and want them to grow up to be good people. Moreover, it can be seen that the age group from 11 to 20 is the second largest age group among all respondents. Thailand is now educating more about fundamental rights and violence than in the past. Specifically, social media may be an important

instrument for teaching this generation how to conserve and not allow others to infringe on their rights. Furthermore, It differs from the part where the generation older than 20 may be unable to speak out for their rights and experiences of domestic violence as the teenagers do for a variety of reasons, such as the faith of the ancestor people that children do not have a right to oppose their parents even if the parents do wrong, and it has also taken root in the past that if the children argue with the adult or parent, the children are not a good person.

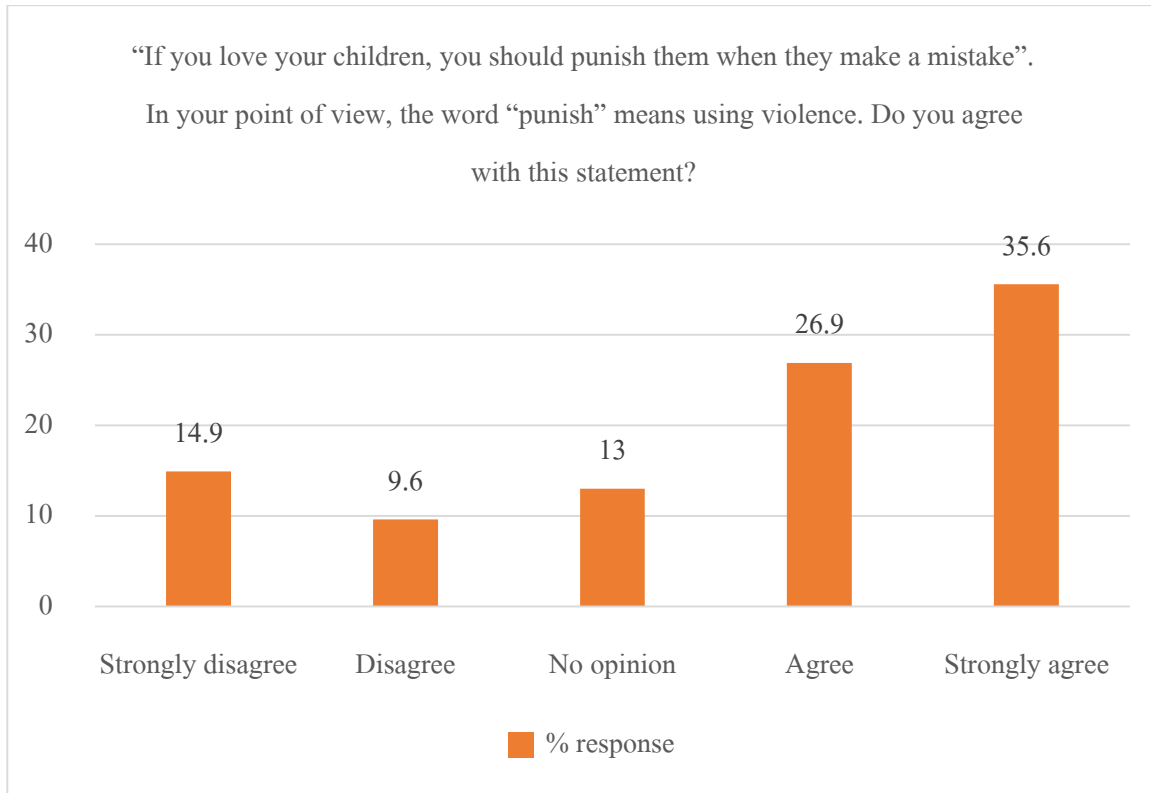
Respondents' perspective



In Thailand, there is an adage that suggests that if you love a child, you should hit them to get them on the right track. Based on Thai idiom: if you love your cow, tie it up; if you love your child, you have got to spank them sometimes. Which is comparable to the English adage "Spare the rod, spoil the child." Although the English idiom is more positive than the Thai proverb, the intent is the same. According to the bar chart, the majority of respondents do not agree with the Thai idiom, with roughly 49% of respondents disagreeing. Around 2.4 percent of people agree with the idiom.

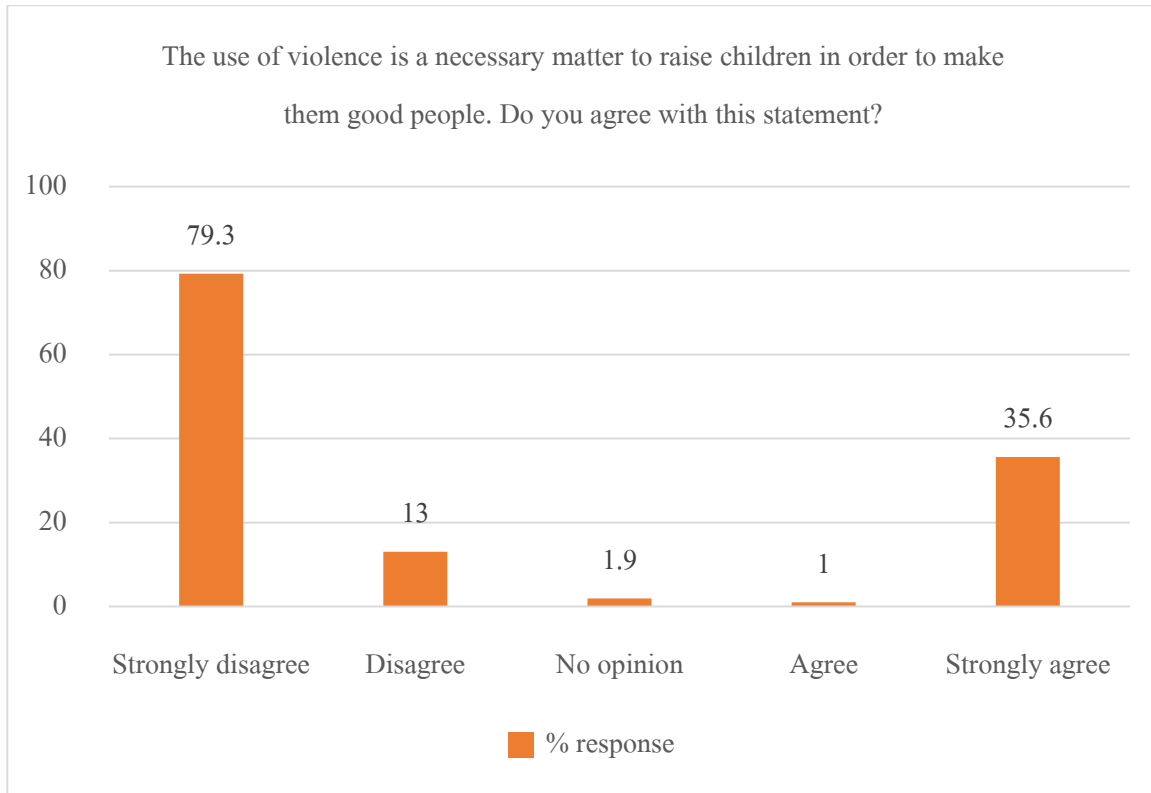


The usage of the above-mentioned phrases in parenting refers to the transmission of violence via culture, language, and concepts that have been passed down from generation to generation. Many teens and young adults have been harmed as a result of this. Which you can understand the relevance of based on their behavior and changes across generations. The majority of people think that it makes this generation sick and causes them to suffer. The least popular option is to disagree, which accounts for about 6.3 percent of the vote. The number of respondents that generally agree is around 53.4 percent (111 out of 208).



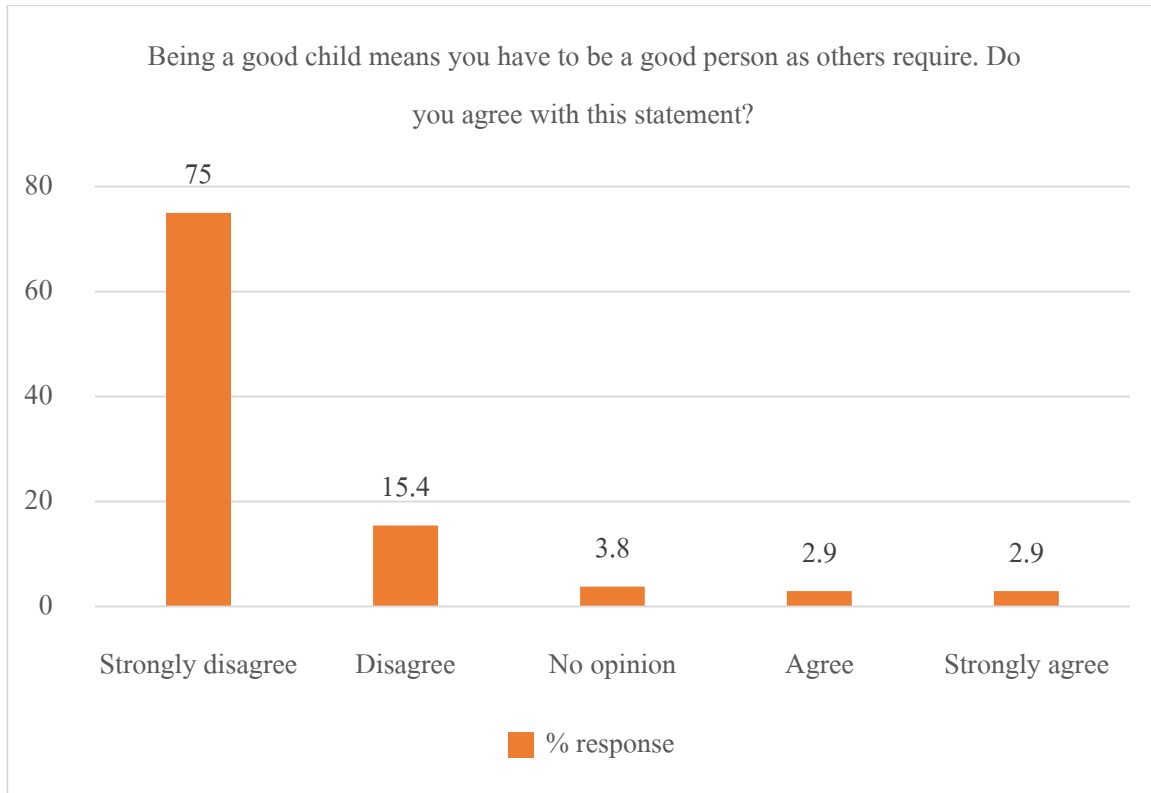
According to the Thai idiom, "if you love your children, you should punish them when they make a mistake," and this portion of the survey questioned respondents if they believe that the word punish refers to use violence. According to this bar chart, around 35.6 percent strongly agree that punishing implies using violence, followed by 26.9% who agree, 14.9 percent who strongly disagree, 13 percent who have no opinion, and the remaining 9.6 percent who do not agree.

The three bar charts listed above all cite the Thai idiom: "If you love your cow, tie it up; if you love your child, you have got to spank them sometimes." For many decades, this idiom has been fostered and ingrained in Thai society. It is also passed down from generation to generation through ancestor telling. Some Thai parents use it as an excuse to chastise their children when youngsters do something wrong. The term "punish" in this idiom does not indicate "use violence," but rather "caution them." Furthermore, caution them does not have to be employed forcibly. Parents may communicate to and teach their children while maintaining stable emotions and avoiding family violence. Regrettably, Thai society has a misunderstanding of this phrase and uses it to discipline their children while always telling their children that it is a sign of parental love. Furthermore, they pass it on to the next generation, creating a vicious cycle of domestic violence.

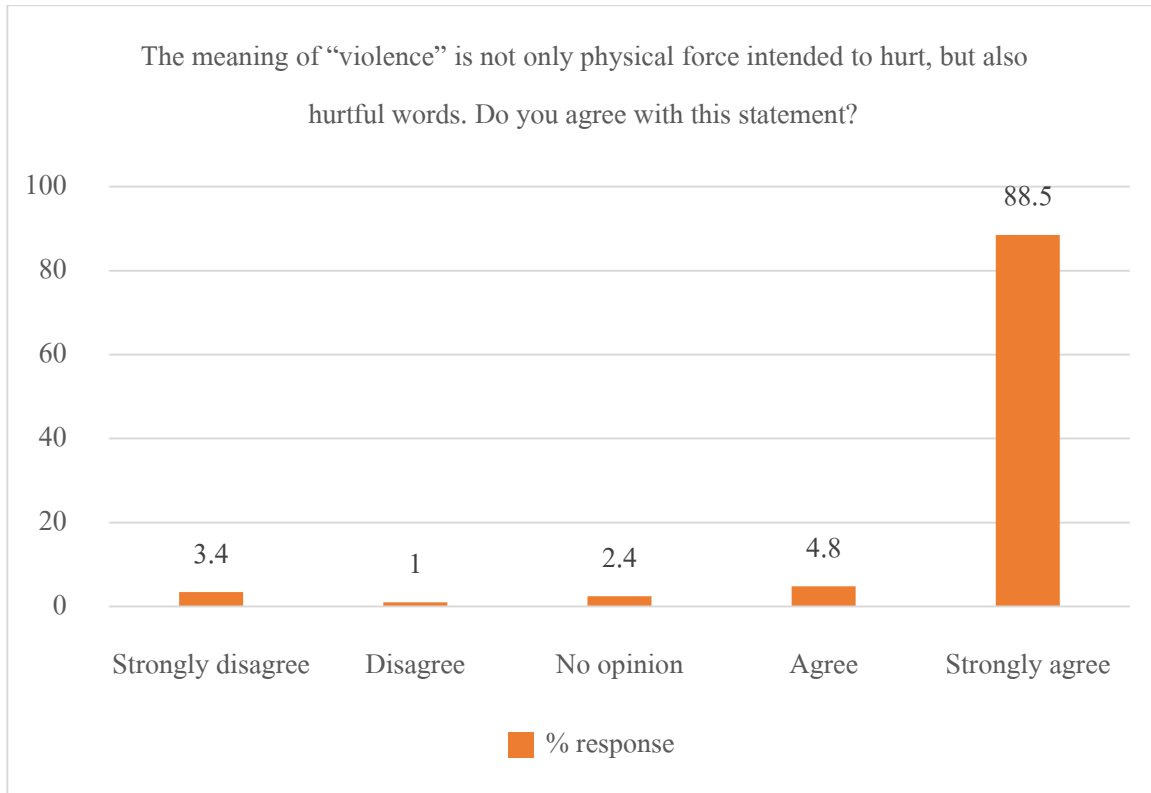


This bar chart indicated whether respondents agreed or disagreed with the statement "Violence is required concerns to raise their child if they truly want their children to be on the proper track." There is a large majority of individuals who strongly disagree with the statement (approximately 79.3 percent), and there are a small number of people who highly agree (35.6 percent) and disagree (about 13 percent), and no opinion and agree are reasonably comparable. This demonstrates that they are not need to employ violence on their children. This has been a traumatic experience for many children, not just in Thailand, but also for youngsters all across the world.

Violence is not something that should be used to coerce or nurture children. Teaching children should be done with sensitivity and an understanding of the children's nature. It is impossible to deny that children make mistakes from time to time, but using violence to teach them is not an option. It is not required to use abuse to raise children to be decent persons in the future. Talking with them and being consistent with them can educate them to be decent people without the negative consequences.

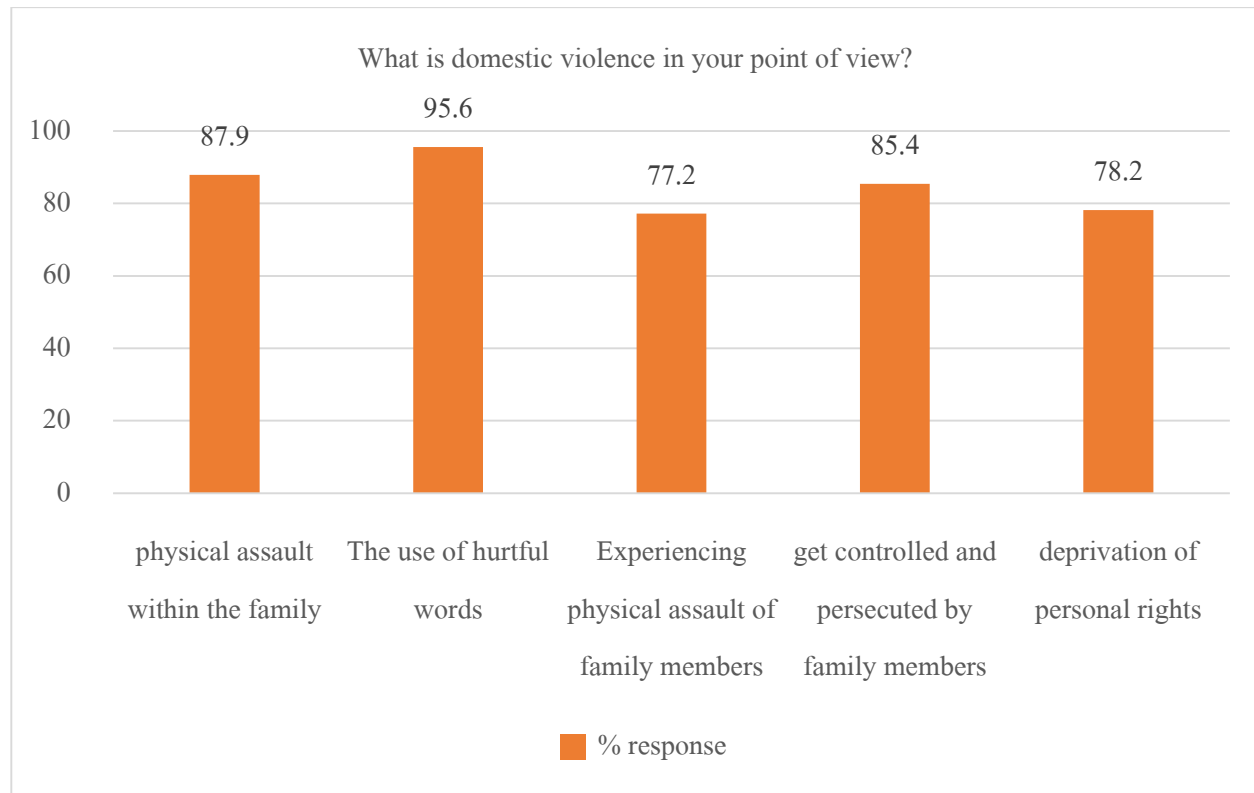


According to the bar chart, it illustrates respondents' perspectives on being a good child by becoming a good person as others desire. It can be observed that the majority of people strongly disagree with this statement, which accounts for 75% of all respondents. This is followed by 15.4 percent of responders who disagree. Being a good person does not imply that you must always do what others desire. Everyone has the freedom to make their own decisions, since it is a fundamental right since the people were born. Even if the person who want to impose the children on the family is the parents, this is still improper. It does not have a fixed definition of what constitutes a good person because it is subjective. As a result, following a parent's instructions is not always a wise idea. Even if parents have a responsibility to teach and care for their children, the youths must have a self-discussion about what they need to do. Overpowering the children may result in a variety of consequence issues.



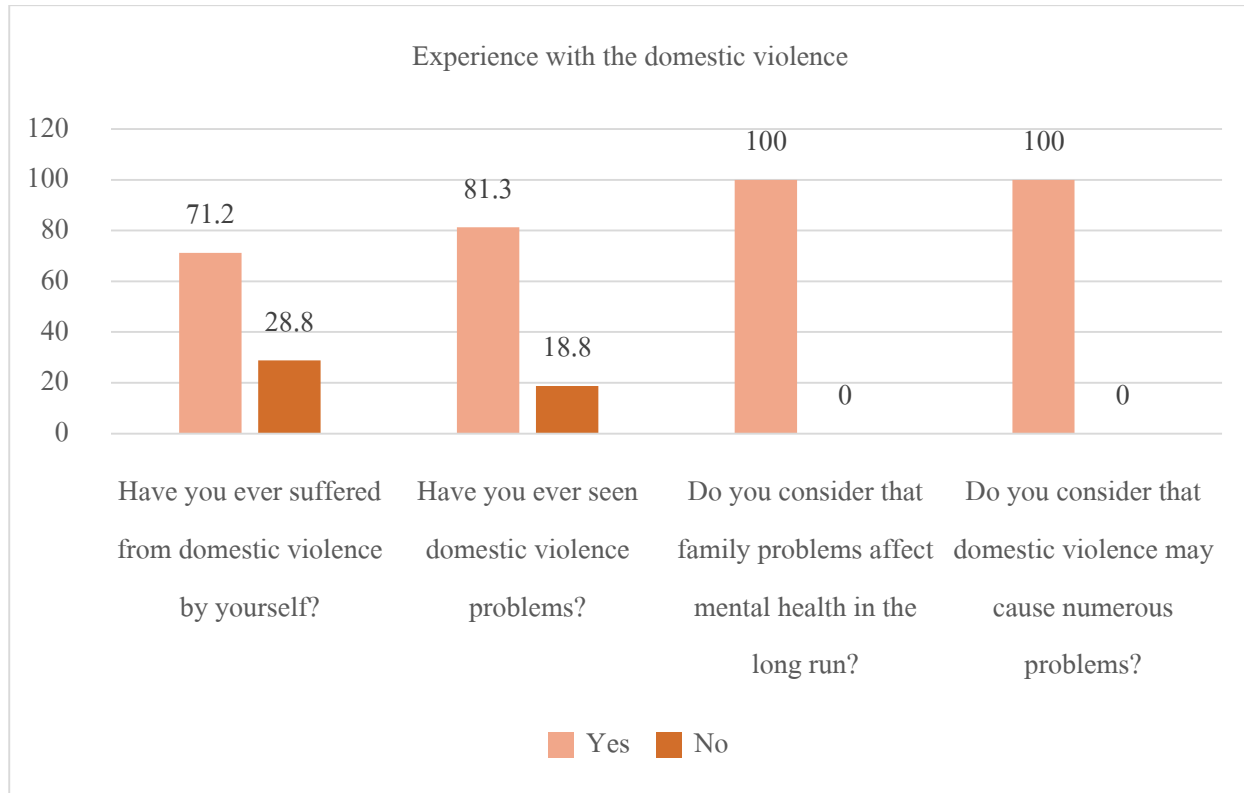
This chart indicated if respondents agreed or disagreed with the definition of violence, which involves not only physical force designed to injure but also damaging words. According to the figure, the great majority, up to 88.5 percent, strongly agree with the previous statement, while the others are pretty comparable, ranging from 1-4.8 percent. This might mean that, in addition to physical attack, nasty words said with malice can be a detriment to children.

The majority of people believe that violence is solely a physical act. However, words or any other action that damages feelings may also be considered violence. Violence, in whatever form, has a detrimental influence on the individuals who are subjected to it. Domestic violence, as can be seen, encompasses a wide range of forms of violence and always has some negative consequences. Mental disorders, in particular, are produced by a variety of components from both forms of violence. Furthermore, the human psyche is multifaceted and difficult to comprehend, even though some victims of abuse also do not fully understand it. As a result, it can cause emotional distress and develop into a difficult-to-treat mental disease.



According to what is domestic violence questionnaire, 95.6 percent of participants believe that verbal abuse falls under the category of domestic violence. Physical assault inside the family occurs at a rate of roughly 87.9 percent when it comes to gaining power and being persecuted by family members. There is also restriction of personal rights and physical abuse on family members, which are approximately 77 and 78 percent, respectively. However, to be clear, this question is not fixed and can be answered with up to 5 options.

Physical abuse is not the sole kind of violence; mental abuse is also a form of violence. Both of these things can have unintended consequences. When there is violence in the family, it not only causes physical wounds but also emotional wounds that are difficult to heal. Emotional abuse, such as verbal abuse, can be a source of elements that lead to mental illnesses. Mental disorders have a long-term impact on human existence and can take root in the human heart indefinitely.



For the experience with domestic violence bar charts, these show how many respondents have experienced and seen domestic violence. The vast majority, around 100 percent, they consider that domestic violence may cause numerous problems, and believe that family difficulties have a long-term impact on their mental health. 81.3 percent claim they have witnessed domestic violence, while 18.8 percent say they have not. 71.2 percent of respondents, or around 148, state that they have personally encountered domestic abuse, while the remaining 28.8 respondents state that they have never experienced domestic violence.

Domestic violence affects people of all ages, according to the preceding paragraph. People who have been subjected to physical and emotional abuse can be seen widely in society. Despite the fact that they are not victims of violence, they may see it in the people around them. Violence may cause a slew of problems, affecting not only individuals but also society as a whole. Because, as previously said, violence is the root cause of many difficulties, including mental illness. Therefore, anybody, regardless of gender, age, or other characteristics, can be a victim of domestic abuse, and it has a long-term impact on human existence.

Open-ended question

This part is an open-ended question in which respondents can express their thoughts about the significance of domestic violence, also respondents can relate their personal experiences with domestic abuse. Furthermore, because this part is a voluntary inquiry, the replies in this area are not proportional to the total participation.

The first question discusses the personal component of the meaning of domestic abuse, and it received 83 responses from 208 persons who commented on it. Many responders agree that there should be no violence in the family or in society. Domestic violence is a bad thing, and parents should avoid it since it can lead to a huge of problems in the future. Violence, in particular, includes not only physical but also mental abuse, such as violence through words, from which it cannot entirely heal, as with a physical trauma. Furthermore, society should not cultivation violence and pass it on to the next generation.

The second question concerns the experiences of individuals who have been victims of domestic abuse. This question allows you to share your experience with abuse in your family, something you may not be able to tell a close relative. Many respondents stated that they had been subjected to both physical and emotional abuse since they were children. Furthermore, it causes mental health issues that have a long-term impact on their lives, such as deep depression, anxiety, or in the worst-case a suicide attempt.

Limitation

1. The population consists of respondents aged 11 to 40 who participated in the study.
2. Variable
 - 2.1 An independent variable is domestic violence, defined as both physical and mental abuse.
 - 2.2 The mental illness that is caused by domestic violence
3. The period used for making a survey form, gathering the previous literature and theory, and making a conclusion starts from June to November 2021.

Conclusion

To conclude, domestic violence has been ingrained in Thai society for many decades via being passed down through the Thai idiom: "If you love your cow, tie it up; if you love your child, you have got to spank them sometimes." This, according to the idiom, leads to the domestic violence that is so common in Thai homes. Thai parents use them to instruct their children by physically abusing them. On the other hand, this phrase does not imply the use of violence; nonetheless, misinterpreting this idiom leads to the majority household use violent. Moreover, the violence includes not only physical assault but also mental and verbal abuse. Domestic abuse, in particular, may have a significant impact since the family is the first institution that children encounter. As a result, it can have a significant impact on the children's life, such as their mental health. Domestic abuse may have a long-term impact on mental health since emotional wounds do not heal as thoroughly as physical wounds do. Even though victims of domestic abuse have been victims for a long time, they might still suffer as a result of their prior experiences. Also, raising children to be decent people does not necessary the use of violence; there are several ways to instruct and caution them. Mental illnesses, such as deep depression and anxiety, are major concerns because they may have a negative impact on human life and, in the worst-case scenario, result in a suicide attempt. As a result, individuals should raise awareness about avoiding violence and protecting domestic abuse victims from mental illnesses.

Recommendation

Based on the study, we also asked the respondents how they would like us to enhance our questionnaire in the long run. There are several guidelines, but the great majority of them agree that we should light this problem in order for parents or members of society to notice and remedy it. However, many respondents believe that it should be more of an example or a box in which respondents may enter their experiences. We also received advice that the options should be presented such that it is easy to find where to tick the responses. There is also a recommendation that we gather the outcomes of family violence and how it impacts people in real life. And the last thing we need to concentrate on is the fact that there aren't many effects on parents; we need to start a campaign to increase awareness about the issue in order to prevent additional violence.

References

AL MAJALI, S.; ALSREHAN, H. (2019). The impact of family violence on the social and physical. vol. 24, Esp.5, 2019, <https://www.redalyc.org/articulo.oa?id=27962050025>.

Australia's National Research Organisation for Women's Safety. (2018). The impacts of domestic and family violence on children. (2018), <https://www.anrows.org.au/domestic-and-family-violence-and-parenting-mixed-method-insights-impact-and-support-needs>.

Betsy Groves, Miriam Berkman, Rebecca Brown, and Edwina Reyes along with members of the committee and Futures without Violence. (2014). How does Domestic Violence Affect Children?. vol. 1, December, 2014, www.nctsn.org/content/resources.

Betsy Groves, Miriam Berkman, Rebecca Brown, and Edwina Reyes along with members of the committee and Futures without Violence. (2014). Managing Challenging Behavior Of Children Living with Domestic Violence. vol. 7, December, 2014, www.nctsn.org/content/resources.

Gina Dillon, Rafat Hussain, Deborah Loxton, Saifur Rahman. (2013). Mental and Physical Health and Intimate Partner Violence against Women: A Review of the Literature. Retrieved January 23, 2013, <https://doi.org/10.1155/2013/313909>.

Jane G. Stapleton, Kimberly G. Phillips, Mary M. Moynihan, Desiree R. Wiesen-Martin, Abbie L. Beaulieu, (2009). The Mental Health Needs of Children Exposed to Violence in their Homes. 2009, www.nhcadsv.org.

Jo Sharpen. (2013). Information for Local Areas on the change to the Definition of Domestic Violence and Abuse. Retrieved March, 2013, www.homeoffice.gov.uk/crime/violence-against-women-girls/teenage-relationship-abuse/.

John Maddoux, Lene Symes, Judith McFarlane, Anne Koci, Heidi Gilroy, Nina Fredland. (2014). Problem-Solving and Mental Health Outcomes of Women and Children in the Wake of Intimate Partner Violence. Retrieved November 11, 2014, <https://doi.org/10.1155/2014/708198>.

Kavita Alejo; San Jose State University. (2014). Long-Term Physical and Mental Health Effects of Domestic Violence. Vol. 2, Article 5, Retrieved May, 2014, <https://doi.org/10.31979/THEMIS.2014.0205>.

Louise Howard, Roxane Agnew-Davies. (2010). Domestic violence and mental health. Retrieved October, 2010, <https://www.researchgate.net/publication/47675087>.

Marcela Tittlová, Peter Papáček. (2018). FACTORS CONTRIBUTING TO DOMESTIC VIOLENCE. Vol. 6, Retrieved 28 December, 2018, [International Journal of Entrepreneurial Knowledge](https://www.ijekonline.com/vol6-no6-2018/marcela-tittlova-peter-papacek-factors-contributing-to-domestic-violence).

Nigel Cantwell, Maryam Farzanegan, Mehr Khan. (2000). Domestic violence women and kids. No. 6, Retrieved June, 2000, www.unicef-icdc.org.

Panwalai Sriram, Phramahasomkid Inkaew, Rangsana Eattanachaiwanich. (2018). Family Violence Affecting Aggression of Children in The Southern Provinces. Retrieved 2018, [Domestic Violence in Thai Society: Causes, Preventive and ...http://bsris.swu.ac.th > 1.theerawuth1-20.pdf](http://bsris.swu.ac.th/1.theerawuth1-20.pdf).

Pornthip Chuayphen. (2019). The Relationship among family members and mental health of Thai adolescents. Vol.1 No.3, December, 2019, [Barriers to the Quality of Parent-Adolescent Communication in ...https://he01.tci-thaijo.org > article > download](https://he01.tci-thaijo.org/article/download).

Sian Oram, Hind Khalifeh, Louise M Howard. (2016). Violence against women and mental health. Vol. 4, Retrieved November 14, 2016, <http://dx.doi.org/10.1016/>.

Rajesh Sagar, Gagan Hans. (2018). Domestic Violence and Mental Health. Retrieved November, 2018, <https://www.researchgate.net/publication/328696127>.

Sukanya Muangmakham, Sombat Skulphan, Hunsu Sethabouppha. (2020). Family Relationships and Suicidal Risks of Clients Receiving Services at Mental Health and Psychiatric Clinic. Vol.47 No.3, Retrieved September, 2020, [Family Relationships and Suicidal Risks of Clients Receiving ...https://he02.tci-thaijo.org > article > view](https://he02.tci-thaijo.org/article/view).

The Australian Government. (2019). Canberra. Domestic violence Head to Health. Retrieved July 11, 2019, <https://www.health.gov.au>.

The third Klaus-Grawe Think Tank meeting. Childhood exposure to violence and lifelong health. (2012). Retrieved June 27, 2012, <http://www.moffittcaspi.com/content/klaus-grawe-think-tank-2012>.

Theeravut Ninphet. (2018). Domestic Violence in Thai Society: Causes, Preventive and Corrective Actions. Vol. 24 No.2, Retrieved July, 2018, [Domestic Violence in Thai Society: Causes, Preventive and ...http://bsris.swu.ac.th > 1.theerawuth1-20.pdf](http://bsris.swu.ac.th/1.theerawuth1-20.pdf).

นราสินี เหลืองทองคำ, กมล โพธิ์เขียน. (2017). Mental Health of Adolescent Students In School Located in Mueang Nakhon Pathom District, Nakhon Pathom Province Vol.2, Retrieved August, 2017, <https://webopac.lib.buu.ac.th/Catalog/BibItem.aspx?BibID=b00245809>.