



PSYCHOLOGICAL MECHANISMS OF SOCIAL REINTEGRATION FOR WOMEN WHO HAVE EXPERIENCED VIOLENCE

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Abstract

Psychological assistance is of paramount importance in organizing the reintegration of women who have experienced violence back into society. Self-blame for the violent incident, dependency, lack of communication, and distrust towards others cause women to become disconnected from society.

Keywords

Psychological assistance, helpline, reintegration, psychological counseling.

Introduction

Organizing the reintegration of women who have experienced violence into society is one of the important tasks facing practicing specialists. Violence not only leaves a strong psychological impact on women, but also affects their relationships with others. Moreover, the fact that women who have experienced violence are subjected to strong psychological pressure from their loved ones makes it difficult to overcome the consequences of violence.

LITERATURE ANALYSIS

Studies conducted by I.S. Karas, A.V. Borovikova, and A.V. Babajonova-Pavlova revealed that women who have experienced violence undoubtedly have consistently negative perceptions of socio-psychological support from their relatives. These women do not feel psychological support and protection from their family members, leading them to feel lonely, depressed, and lost within their families. Furthermore, relatives of violence victims face significant challenges in providing social and psychological assistance to their loved ones, offering initial psychological support, and conveying vital information to those affected by violence. They are unable to provide important advice such as contacting specialized support centers or crisis centers, calling helplines, or reporting incidents to the police. The majority of women who have experienced violence have been advised to “remain silent” or received no advice at all when seeking help and support. Relatives of women who have experienced violence are often themselves involved in negative family situations and lack the necessary knowledge and experience to help prevent violence. It has been observed that in many families, across several generations, there persists a basis for dismissive or indifferent attitudes towards women who have endured violence.

Three forms of assistance for women who have experienced violence can be distinguished:

1. “hotline” - emergency psychological assistance;
2. “trust line” - consultations with a psychologist;

3. group work with a psychologist in a support group.

According to research, nearly 80 percent of women who receive psychological assistance in cases of domestic violence prefer to receive it through a helpline. One of the advantages of receiving assistance by phone is that working according to established procedures significantly simplifies the consultant's work, while on the other hand, it ensures the achievement of the main goal - establishing two-way communication and trust, creating an atmosphere of confidentiality and peace of mind for the client. For a female client, it is extremely important to feel safe and understand that the abuser is absent. This helps her to concentrate her thoughts and focus on her current state.

RESULTS AND DISCUSSION

The primary goal of reintegration is to help women effectively overcome the consequences of violence. To achieve this goal, three tasks are identified that can be addressed with the assistance of a practicing psychologist during the counseling process:

- to develop a correct and accurate understanding of the incident that occurred;
- to manage one's emotions and reactions, and alleviate intense emotional distress;
- to form behavioral patterns that enable overcoming the effects of trauma.
- The famous American psychologist Gail Abarbanel proposed practical guidelines for specialists in crisis situations:
- The specialist should introduce themselves to the victim and explain their connection to the crisis service for women;
- clearly state their tasks and roles. Explain to the victim about the assistance they can provide;
- acknowledge the severity of the incident;
- encourage the victim to talk about the incident that occurred;
- be patient, give time for answering questions;
- help the victim express feelings arising from the violence;
- explain that most victims of violence experience similar feelings and are prone to similar reactions;
- determine the woman's perception of the psychological impact of violence;
- assist the client in identifying individual feelings and setting priorities. Identify the aspects that concern her most and require immediate attention. Jointly develop an action plan to address the most critical issues arising from the violence. guide the woman to seek alternative solutions for each of the discussion topics. Strengthen and support the woman's sense of control over the situation and taking responsibility for her own life. Emphasize that she makes decisions herself and implements them as she sees fit. Encourage the woman to assess her ability to overcome the consequences of violence. Identify which of her relatives or friends can help her.
- Assess the victim's ability to overcome the consequences of violence. Determine which of her relatives or friends can support her.

Based on the interview scheme, it is also used as an introductory stage for short-term psychological counseling. Alternative solutions are developed for each discussion topic. Various practical recommendations have been developed for organizing forms of psychological assistance. The main initial steps in these processes are carried out as follows:

- In the process of restoring memory to overcome a crisis situation, the client, together with the psychologist, carefully recalls the experienced event, separating the details of the incident from feelings of anxiety. This method helps reduce the likelihood that the client will panic the next time, for example, when alone in a dark corridor. However, this method is effective only for memories of recent events;
- The body work method allows for reducing the impact of excessive memories, decreasing anxiety, depression, and nervousness. As a result, the client becomes more resilient to stress;
- Social support is extremely important for normalizing the victim's condition. They must feel acceptance, sympathy, and trust from their relatives, friends, and loved ones. There should be no emotional pressure or accusations. If the support is strong, the client experiences fewer feelings of guilt, shame, fear, and depression.

Conclusion

Group psychotherapeutic methods for women who have experienced violence help to identify collective support and positive personal resources. Violence is a social problem. A woman who has experienced violence is capable of taking care of herself and her children by relying on societal support. The responsibility for violence lies with the aggressor, not with the person who has experienced violence. People who have experienced domestic violence need support and information to make independent decisions. A specialist trying to "rescue" such a person or solve problems on their behalf only intensifies their feelings of guilt and helplessness. To prevent domestic violence, it is necessary to implement a policy of non-discrimination against women in society, establish programs for providing psychological support and rehabilitation to women in crisis family situations, as well as develop a system of psychological and practical measures aimed at addressing women's self-sacrificing tendencies and preventing victim behavior.

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