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Impact of Domestic Violence upon Mental Health of Secondary level School Girls

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Abstract

Abusing physically, mentally, sexually and economically by a person to a person who have familial relationship is domestic violence. This paper aims to describe what the relationship between impact of DV committed by mother and father, and mental health of girl students is. The study followed cross sectional research design and cluster sampling technique. Data of 385 students that were collected through self-administered anonymous questionnaire were analyzed. Descriptive and inferential statistics were applied. Pearson's Correlation test was applied to identify what the relationship of abusing and beating have with anxiety and depression, and multiple regression analysis was used to predict significant contributor to DV. The great majority (84.6%) and 73.1% respondents who had experience of DV respectively had mild to moderate anxiety and depression. One in seven (15.4%) and 26.7% respondents respectively had severe anxiety and depression. Severity and frequency of abusing and beating had strong positive significant relationship with anxiety and depression. Severity and frequency of father beating contribute more to anxiety and depression. Local government must conduct domestic violence education for mothers

and fathers of the study area.

Keywords: Abusing, anxiety, beating, depression

Introduction

“Domestic violence means any form of physical, mental, sexual and economic harm perpetrated by person to a person with whom he/she has a family relationship and this word also includes any acts of reprimand or emotional harm” (Domestic violence [Offence and Punishment] Act 2066, p. 1). For World Health Organization (WHO) 2012, domestic violence (DV) is broader concept that includes physical and psychological abuse in family perpetrated by life partner, father and mother of life partner, father and mother, children or other members of family (Riedl et al., 2019). DV comprehensively is the violence occurred between family members (e.g., child and parent) or couples (Lagdon, et al., 2014). Many aspects are the means or ways of committing DV. Abusing physically, sexually, psychologically and economically and neglecting female are the ways of manifesting DV (United Nations Children’s Fund [UNICEF], 2000). Not only violating physically and mentally by life partner or related person but also child marriage, marrying more than one, sexual assault in family and having sexual contact with wife without her wish fall under DV (Saathi et al., 2010). They further mentioned that beating or beating with any materials, slapping, kicking, pulling hair and burning fall under physical violence whereas threatening, abusing verbally and neglecting fall under mental violence. Therefore, DV is any unwanted activities committed among familial relationship that harm physically, mentally, socially and economically to the victim.

Violence agonise children may have many negative impacts depending upon its frequency, nature, severity, length of exposure and age, gender, personality and socio-economic status and family support and relationship of children. It may cause fetal or non-fatal injury leading to disability. It may delay growth and development of children. It may increase feeling of loneliness and less connection with people, low security and destroy self-esteem. It makes anxious and depressed and causes anti-social aggressive and destructive behavior (SOS Children’s Villages International Programme and Strategy, 2017). A report of UNICEF mentioned that being injured, feared, anxious, depressed, sexual malfunction, low confidence, problems to eat, obsessive-compulsive disorder, post-traumatic stress disorder, suicide, and homicide are outcome of violence (United Nations Children’s Fund

[UNICEF], 2000). Save the Children highlighted that gender-based violence affects children physically, mentally and sexually including their reproductive health, confidence and capacity of doing and making decision regarding to fertility (Save the Children, 2007). Studies conducted by Street and Arias (2001), and Hartley (2002) concluded that children suffered from psychological abuse have poor self-efficacy, poor self-esteem, greater depression and heightened risk of post-traumatic stress disorder compared to children who do not suffer from psychological abuse (Nyarko et al., 2014). A review study emphasizes that whatever the reasons behind it, being upset emotionally, psychosomatic obstructions to learn and troublesome conduct in school are seen in abused children (Lloyd, 2018).

During the decades, world is suffering from violence that is taken in any form in any places like home, school, community, care or justice institutions, and digital world. A report of WHO mentioned that 50% population, below the age of 18 years in the world, has experienced of violence. Further, members of family and nearer people are main perpetrators of violence (Economic Commission for Latin America and the Caribbean [ECLAC] and the Regional Office for Latin America and the Caribbean of the United Nations Children's Fund [UNICEF], 2020). Worldwide, more than 50% (10 Arab) children up to 17 years are violated physically, mentally and sexually. One in ten girls (120 million) below the age of 20 years in the world are compelled to sexual activities and four out of five children of the age two to 14 years are violated in the disciplining in their homes (SOS Children's Villages International Programme and Strategy, 2017). In a research Cuartas et al. in 2019 found that 55.2% and 48% respectively accepted physical aggression and psychological aggression during parenting in Latin American and the Caribbean Region (Economic Commission for Latin America and the Caribbean [ECLAC] and the Regional Office for Latin America and the Caribbean of the United Nations Children's Fund [UNICEF], 2020).

Worldwide, nearly one-third (30%) women, ever partnered, are violated physically and/or sexually. The South-East Asian Region has the highest (37.7%) prevalence of it and it is 37%, 36.6%, 29.8%, 24.6% and 23.2% respectively in Eastern Mediterranean, Africa, America, Western Pacific and countries with high income (Moreno et al., 2013). The report of Nepal Demographic Health Survey (NDHS) 2016 reports one-third (32%) of female of terai are violated physically, sexually, or emotionally by their spouse followed by 20% in hill and 19% in mountain. In context of Province, more than one-third (37%) women from Madhes Province

has experienced of spousal physical, sexual, and emotional violence followed by Lumbini Province (29%), Bagamati Province (26%) and least in Gandaki Province (16%). Similarly, 10.5% women aged 15-19 years, 5.5% unmarried ladies and 15.9% women with secondary level education are violated physically in our country. More than three in hundred (3.5%) father and 2.5% mothers are perpetrator of violence (Ministry of Health, New ERA & ICF, 2017). Importantly, a report mentioned nearly two-third (62%) respondents viewed that most of the sexual abuse and exploitation against women and children occur at home (Business Promotion Research and Communication [BPRC], 2011), and females of Nepal are susceptible to DV (Saathi et al., 2010). It shows the need of study related to DV committed to girls in Nepal, especially in the districts of Province 2, where the prevalence of DV is high.

There is lack of study and literature related to DV, committed by mother and father, regarding to home settings upon girls. Most of the DV related studies focus on intimate partner violence perpetrated by male partner, mother and father of male partner upon women, and the terms DV and IPV are taken as interchangeably in scholarly literature while IPV is a part of DV (Riedl, 2019). Abusing and beating to children in family by parents and senior member of the family is common in society. Often, it is topic of privacy and not considered as violence. It is practiced in the name of disciplining the children and neglect its impact on children's mental health. Based on it, this paper aims to describe what the relationship between impact of DV committed by mother and father, and mental health of girl students is.

Method

Study Design and Setting

The study followed cross sectional research design. The data was collected at once at one school and it took five days to collect data from each school. Community schools of Saptari district were the study area.

Participants

Girl students of secondary level from the community schools were the participants of the study. Cluster sampling method was used to select respondents. First, one resource center was randomly selected from 10 resource centers of Saptari (Office of the Statistics, 2075) that contained five secondary community schools. Then all girl students, who were present on the day of data collection, from all community schools of selected resource center, were selected as the respondents of

the study. Only unmarried girl students of class 9 and 10 from the community school of Madheshi community were eligible for the study.

Variables

For this study, components of DV committed by mother and father of respondents was independent variable that contained abusing (psychological violence) and beating (physical violence). Impact on mental upon respondents was dependent variable that was assessed based on anxiety level and depression level of respondents.

Measurements

Based on the suggestions of subject teacher and experiences of pretest of Nepali language questionnaire among 25 girl students of nearby community school of study area validation of questionnaire was completed. The questionnaire contained socio-demographic section, DV related section and mental health section. Researcher developed questions related to socio-demographic aspect and DV himself but questions related to anxiety and depression were respectively borrowed from General Anxiety Disorder-7 (GAD-7) scale (Spitzer, Kroenke, Williams & Lowe, 2006) and Patient Health Questionnaire (PHQ-9) Scale (Kroenke, Spitzer & Williams, 2001, as cited in Zhou, Zhang et al., 2020). By compiling these three sections, a complete questionnaire was developed.

To measure socio-demographic variables questions related to having mother and father, age and education of mother and father, annual family income were asked to respondents. DV related information were collected by asking questions regarding to abusing and beating by mother and father. Abusing was classified as normal word, dirty word and too dirty word. In the analysis score 1 is used for 'normal word' score 2 is used for 'dirty word' and score 3 is used for 'too dirty word'. In this way, the score of abuse varies among 1 to 3. Any classified words mentioned by respondents were considered as abusing. Using normal word was considered as mild abuse while using dirty word, and too dirty word respectively were considered as moderate and severe abusing. Similarly, slapping/mudaki/feet, hair pulling, and beating by stick or other materials were the components of beating. In the analysis, score 1 is used for 'Slapping/mudaki/feet', score 2 is used for 'hair pulling' and score 3 is used for 'beating by sticks/other materials'. In this way, score of beating varies 1 to 3. Any components of beating mentioned by respondents were

considered as beating. Slapping/mudaki/feet was considered as mild beating whereas hair pulling and beating by sticks/other materials respectively were considered as moderate and severe beating. Frequency of abusing and beating is considered as usually (up to seven times in a month), sometimes (up to three times in a month) and rarely (up to one time in a month). Score 1 is given for ‘rarely’, score 2 is given for ‘sometimes’ and score 3 is given for ‘usually’. In this way, score of frequency for abusing and beating varies among one to three. Score of abusing severity, abusing frequency, beating severity and beating frequency determined mild, moderate and severe beating.

GAD has seven items and each item has four options that range from ‘not at all’ with score zero to ‘nearly every day’ with score three. The anxiety score varies among 0 to 21. The anxiety level was analyzed based on the anxiety score. Having score 5 to 9, 10-14, and 15-21 respectively indicates mild, moderate and severe anxiety (Spitzer, Kroenke, Williams & Lowe, 2006) that was taken to assess the anxiety level of respondents in this study. Similarly, PHQ contains nine items and each item has four options that range from ‘not at all’ with score zero to ‘nearly every day’ with score three. Therefore, score of depression varies among 0 to 27. Having score 5 to 9, 10-14, 15-19, and 20-27 respectively indicates mild, moderate, moderate severe and severe depression (Kroenke, Spitzer & Williams, 2001, as cited in Zhou, Zhang et al., 2020) that was taken to assess the depression level of respondents in this study. The anxiety score and depression score were separately calculated by adding score of each item mentioned by respondents and based on that score of anxiety level and depression level were identified.

Data Quality Management

For data collection, validated Nepali language questionnaire was applied. Data were collected separately from the students of class 9 and 10 by shifting them to the separate room in presence of researcher himself with coordination of a schoolteacher. Nearly 20 minutes, researcher informed students himself about the purpose of the study, DV and mental health, and instruction about how to fill questionnaire before administrating the questionnaire. Respondents were assured their confidentiality and were appreciated to complete the questionnaire without any hesitation. Researcher himself properly checked collected questionnaires.

Study Size

Altogether, 435 students, who were present on the day of data collection, participated in the study but data from 385 respondents were submitted for analysis due to rejecting 50 questionnaires based on degree of incompleteness of it.

Data Collection Procedure

The researcher collected data himself using self-administered anonymous questionnaire. The data was collected during 14 October 2019 to 24 October 2019. The participants' response rate in this study was 100%.

Quantitative Variables

Score of abusing severity, abusing frequency, beating severity and beating frequency was the independent quantitative variables whereas anxiety score and depression score were dependent quantitative variables. Age of respondents, age of mother and father, and annual income of family were the demographic quantitative variables.

Statistical Analyses

Data were entered in statistical package for social science (SPSS) version 20 for further analysis. To analyze demographic variables like caste, religion, place of resident, having mother and father, education and occupation of mother and father, frequency and proportion were used. Age of respondents, age of mother and father, and annual income of family were presented in mean and standard deviation.

For the inferential analysis, Pearson's correlation test was applied. For the correlation test of abusing and beating by father and mother was calculated in categorical form (yes/no). Age of mother and father was taken in years completed. For no formal education, zero year was given. For formal education, completed class was converted in years of school/college. Income was taken in Nepali Rupees (NRs). Similarly, score of abuse severity, score of abuse frequency, score of beating severity and score of beating frequency with respect to mother were correlated separately with anxiety score and depression score and the same process was applied with respect to father. To predict significant contributor to mental health impact multiple regression analysis was conducted.

The strength of relationship determined by Pearson's correlation test was

classified as weak, modest, moderate, strong and very strong respectively having value $< 0.\pm 1$, $< 0.\pm 3$, $< 0.\pm 5$, $< 0.\pm 8$, and $\geq 0.\pm 0.8$ (Muijs, 2004).

Ethical Consideration

Written application was given to head teachers of selected school for their approval and they provided verbal consent for study after discussing to them about the objective of the study. Likewise, verbal assent was taken from respondents and they were not compelled to participate in the study. The participation of respondents depended on their wish. However, all the respondents participated in the study who were present during data collection. Confidentiality was assured by not mentioning any identifiable code like respondents' proper name, address, class roll number and any code.

Result

Socio-demographic Information of Respondents

[Table 1, in Annex 1]

Table 1 presents that mean age of respondents was 14.99 (± 1.13) year. Six in ten (59.2%) respondents were from Madheshi followed by Madheshi Janjati (20.8%), Madheshi Dalit (11.2%), Muslim (6%) and Madheshi Brahman (2.9%). The great majority of respondents belonged to Hindu religion (94%) and lived in village (94.3%). Mean annual income of family was NRs. 179784.42 (± 183829.87) ranging from NRs 25000 to 600000. Respondents having mother and father respectively was 99.7% and 96.9%. Mean age of respondents' mother and father respectively was 37.25 (± 5.6) year ranging from 27 to 64 year and 44.64 (± 6.65) year ranging from 28 to 72 year. More than two-third mother (69.5%) and nearly one-third father (31.9%) had zero year of schooling. More than one in ten (11.5%) mother and nearly one-third (32.4%) father had 10 years of schooling. The percentage of respondents having mother and father in agriculture profession respectively were 56.5% and 51.2%.

Impacts of DV upon Mental Health

Table 2 reveals that nearly one-third (62.3%) respondents had experience of DV committed by their mother and father. Among them, 10.8% respondents had impact on their mental health due to abusing and beating of their mother and father. More than half (54.4%) and 30% of respondents respectively had experience of

mother abusing and beating. Similarly, 26.5% and 17.2% of respondents respectively had experience of father abusing and beating. Among respondents who had mental impact, 12% and 25.3% respondents respectively abused by mother and father had impact on mental health. Likewise, 17.2% and 39.1% respondents respectively beaten by mother and father had impact on mental health.

Table 2. *Abusing and Beating of Mother and Father and Its Impact on Mental Health*

	Respondents experienc- ing DV		Impact on mental health	
	Yes (%)	No (%)	Yes (%)	No (%)
Respondents having DV	240 (62.3)	145 (37.7)	26 (10.8)	214 (89.2)
Mother abusing	209 (54.4)	175 (45.6)	25 (12.0)	184 (88.0)
Mother beating	146 (38.0)	238 (68.0)	26 (17.2)	120 (82.8)
Father abusing	99 (26.5)	274 (73.5)	25 (25.3)	74 (74.7)
Father beating	64 (17.2)	309 (82.8)	25 (39.1)	39 (60.9)

Anxiety Level and Depression Level of Respondents

Table 3 shows that 57.7% and 26.9% respondents respectively had mild anxiety and mild depression. Likewise, 26.9% and 46.2% respondents respectively had moderate anxiety and moderate depression. However, 15.4% experienced moderate severe depression. Similarly, 15.4% and 11.5% respectively experienced severe anxiety and severe depression.

Table 3. *Anxiety Level and Depression Level of Respondents*

Score/level	Anxiety, n (%)	Depression, n (%)
5 to 9 (mild)	15 (57.7)	7 (26.9)
10 to 14 (moderate)	7 (26.9)	12 (46.2)
15 to 19 (severe)	4 (15.4) (severe)	4 (15.4) (moderate severe)
20 to 27 (severe)		3 (11.5)
Total	26 (100)	26 (100)

Bivariate Analysis

Table 4 presents that education of respondents’ mother had modest significant negative relationship with abusing ($r = -.103, p = .043^*$) and education

of respondents' father had weak significant negative relationship with abusing ($r = -.043, p = .000^{**}$).

Table 4.

Relationship between Age, Education and Annual Income of Respondents' Mother and Father, and Abusing and Beating Committed by Them

	Abusing	Beating
Mother		
Age of mother	$r = .099$ $p = .053$ $n = 384$	$r = -.005$ $p = .927$ $n = 384$
Education	$r = -.103$ $p = .043^*$ $n = 384$	$r = -.022$ $p = .660$ $n = 384$
Annual income of family	$r = .053$ $p = .300$ $n = 384$	$r = .048$ $p = .344$ $n = 384$
Father		
Age of father	$r = -.022$ $p = .670$ $n = 373$	$r = -.070$ $p = .176$ $n = 373$
Education	$r = -.043$ $p = .000^{**}$ $n = 373$	$r = -.025$ $p = .629$ $n = 373$
Annual income of family	$r = .300$ $p = .558$ $n = 373$	$r = .089$ $p = .087$ $n = 373$

** Significant at .01 level and *Significant at .05 level

From Table 5 It's evident that among abusing and beating committed by mother, score of abusing severity, score of abuse frequency, score of beating severity and score of beating frequency had strong positive relationship with anxiety score and depression score. Similarly, among abusing and beating committed by father, score of abusing severity, score of abuse frequency, and score of beating frequency had strong positive relationship with anxiety score and depression score except score of beating severity that had very strong positive significant relationship with anxiety score ($r = .882$ $p = .000^{**}$) and depression score ($r = .889$ $p = .000^{**}$).

Table 5. *Relationship between Abusing and Beating by Mother and father, and Anxiety and Depression*

	Anxiety score	Depression score
Mother		
Score of abuse severity	$r = .657$ $p = .000^{**}$ $n = 25$	$r = .654$ $p = .000^{**}$ $n = 25$
Score of abuse frequency	$r = .706$ $p = .000^{**}$ $n = 25$	$r = .739$ $p = .000^{**}$ $n = 25$
Score of beating severity	$r = .610$ $p = .001^{**}$ $n = 26$	$r = .573$ $p = .002^{**}$ $n = 26$
Score of beating frequency	$r = .626$ $p = .001^{**}$ $n = 26$	$r = .626$ $p = .001^{**}$ $n = 26$
Father		
Score of abuse severity	$r = .740$ $p = .000^{**}$ $n = 25$	$r = .777$ $p = .000^{**}$ $n = 25$
Score of abuse frequency	$r = .572$ $p = .003^{**}$ $n = 25$	$r = .511$ $p = .009^{**}$ $n = 25$

Score of beating severity	r = .882 p= .000** n= 25	r = .889 p= .000** n= 25
Score of beating frequency	r = .724 p= .000** n= 25	r = .702 p= .000** n= 25

**significant at .01 level

Multivariate Analysis

Table 6 evidences that for mother score of beating frequency significantly contributed 65.2% variance in score of anxiety and 64.9% variance in depression score. Increasing one standard deviation in anxiety score and depression score respectively contribute to increase .343 and .336 standard deviation in anxiety score and depression score. Increment of one standard deviation in score of beating severity respectively contributed .600 and .573 point standard deviation increment in anxiety score and depression score. Similarly, for father, score of beating severity significantly contributed 88.8% variance in anxiety score and 87% variance in depression score. Score of beating frequency significantly predicted 88.3% in score of anxiety and 87% in depression score. One standard deviation increment in score of beating frequency respectively contributed .308 and .289 point standard deviation increment in anxiety score and depression score.

Table 6.

Multivariate Analysis of Abusing and Beating, and Anxiety and Depression

	Anxiety score	Depression score
Mother		
Score of abuse severity	B= .334 R ² = .652 p= .064	B= .281 R ² = .649 p= .117
Score of abuse frequency	B= .156 R ² = .652 p= .440	B= .271 R ² = .649 p= .118
Score of beating severity	B= .267 R ² = .652 p= .081	B= .192 R ² = .649 p= .205
Score of beating frequency	B= .343 R ² = .652 p= .024*	B= .336 R ² = .649 p= .027*
Father		
Score of abuse severity	B= .073 R ² = .883 p= .511	B= .178 R ² = .870 p= .139
Score of abuse frequency	B= .167 R ² = .883 p= .052	B= .080 R ² = .870 p= .363
Score of beating severity	B= .600 R ² = .883 p= .000**	B= .573 R ² = .870 p= .000**
Score of beating frequency	B= .308 R ² = .883 p= .002**	B= .289 R ² = .870 p= .004**

Note- ** Significant at .01 and * significant at .05 level, B= standardized beta, R²= Adjusted R square

Discussion

This paper mainly tries to highlight the relationship between DV committed

by father and mother, and mental health of respondents. This study found that mean age of respondents was 14.99 ± 1.13 year ranging from 13 to 18 year. More than half of the respondents belonged to Madheshi castes other than Madheshi Brahman, Madheshi Janjati, Madheshi Dalit and Muslim. The great majority of respondents were from Hindu religion and from village. Mean annual income of family was NRs 183394.81 (± 197505.54). All respondents except one have their mother while all respondents except 12 have their father. Mean age of respondents' mother and father respectively was $37.25 (\pm 5.6)$ year and $44.64 (\pm 6.65)$ year. More than half of respondents' mother had no formal education while the majority of respondents' father had formal education. The occupation of more than half of respondents' mother and father was agriculture. Only education of respondents' mother had modest significant negative relationship with abusing and beating (Table 4).

In this study, it was found that although nearly one-third respondents had experience of DV, similar to study of Rizvi & Najam (2014), only one in ten respondents had impact on their mental health. Among respondents who had impact on their mental health, one in ten and nearly one in five respondents respectively had impact on mental health due to abusing and beating by mother. On the other hand, a quarter and two in five respondents respectively had impacts on their mental health due to father abusing and beating it reveals that DV committed by father hurts more than what mother does. This may be the more positive expectation of daughter from their father. However, mother perpetrates more than father do. The NDHS report 2016 mentioned that father (3.5%) perpetrates more than mother (2.3%) do. Though, nearly one-third of respondents had experience of any type of violence committed by their parent only a few (one in ten) among them had impacts on their mental health reveals that they take it as normal activities, the activities that parents commit to their children or they have right to do it. Parents practice it as corporal punishment (SOS Children's Villages International Programme and Strategy, 2017). There might be other possibilities that girls feel themselves inferior in the family and they accept such violence as common to them. For Constitution there is no difference between son and daughter but due to our societal structure son is kept in first priority than daughter (National Alliance of Women Human Rights Defenders [NAWHRD], 2018) that helps to increase aggression, antisocial behavior and abusive behaviors towards others among children and adult (Peltonen et al., 2015). Parental psychological abuse is significantly related to mental health problem (Rizvi & Najam, 2014) and DV is responsible for psychological disturbance like

depression, anxiety, substance misuse, aggressive behavior (Howard & Agnew-Davies, 2015), and sleep disorder among children (Astbury et al., 2017).

This study reveals that more than half of the respondents had mild anxiety and more than a quarter of the respondents had mild depression but more than a quarter respondents had moderate anxiety and nearly half of the respondents had moderate depression. However, nearly one in seven respondents had moderate severe depression and nearly one in seven and nearly one in nine respondents respectively had severe anxiety and severe depression. It evidences that more respondents had mild to moderate anxiety than depression but more respondents had severe depression than anxiety. This might be due the fact that although some of the respondents were from school of municipality, the surroundings of them were rural that is not more open especially for female and there are possibilities of developing internalize symptoms among violated female. A review study argues that due to the children abuse, internal characteristics like withdrawal, anxiety and depression are more likely to female (Lloyd, 2018) and high level of internalizing symptoms like depression were found among children who were physically abused than who did not physically abused (Peltonen et al., 2015). Mental health problem varies from mild to severe among violated (Joshi & Kharel, 2008). A study, from Ghana of age group 9 to 18 years, found that physical child abuse and psychological abuse both had significant impact on anxiety and depression indicates that children who were physically abused and psychologically abused had more anxious and depressed than who did not have such experiences (Nyarko et al., 2014). Similarly, maltreatment of children causes higher level of depression and anxiety among the children who experienced maltreatment (Zhou, Liang et al., 2019).

This study reveals that the score of severity of abuse, score of abuse frequency, score of beating severity and score of beating frequency had strong to very strong positive significant relationship with anxiety score and depression score of respondents. It seems natural, the more severe and frequent abuse and more frequent severe beating hurt people more and interact negatively with people to generate negative impact on their mental health as well as behavioral aspects. Severity of parental violence (Peltonen et al., 2015) and degree of abusiveness of parent (Rizvi & Najam, 2014) have positive association with poor mental health and behavioral aspects of children. DV is responsible for weak result on many developmental and behavioral aspects of children (Devaney, 2015). As severity of domestic violence and abuse (DVA) increases, mental illness increases stepwise

(Ferrari et al., 2014) and DV respectively accelerates clinically relevant PTSD symptoms, depression and anxiety 3.7 times, 2.9 times and 2.4 times (Riedl, 2019). It indicates that the degree of DV determines the degree of impact on mental health. This study reveals that severity and frequency of beating committed by father contributes more negatively on mental health of respondents than frequency of mother beating. Father is the first man of daughter life whom she loves and behaves like friend. Girls' interpersonal problems, and positive father and daughter relationship is negatively correlated (Zia & Ali, 2018).

Limitations

The study had only mentioned beating as physical violence and abusing as psychological violence i.e., only physical and psychological aspects of DV. DV committed by other family members like brother, sister, uncle, aunt, grandfather and grandmother was not included in this study. This study only included female respondents from Madheshi community of community schools. The study applied self-administered questionnaire and hence there might be the probability of over and under estimated responses from respondents.

Conclusion

From the study, it is concluded that only a few respondents had impact on their mental health although nearly one-third of respondents had experienced DV committed by their mother and father. Mother perpetrates more than father does but DV committed by father hurts more than mother commits. The majority of respondents who had experience of DV had mild to moderate anxiety and depression. Severity and frequency of abusing and beating strongly and positively correlate with anxiety and depression. Severity and frequency of father beating contribute more to anxiety and depression. Therefore, the local government must conduct DV education for mothers and fathers of study area, and school should conduct psychological counselling to the victims.

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Annex-1

Table 2. *Socio-demographic Information of Respondents*

Description	Number	Percent
Age of respondents		
14.99 (\pm 1.13) year, Minimum: 13 year, Maximum: 18 year		
Caste of respondents		
Madheshi Brahman	11	2.9
Madheshi	228	59.2
Madheshi Janajati	80	20.8
Madheshi Dalit	43	11.2
Muslim	23	6
Religion of respondents		
Hindu	362	94
Muslim	23	6
Place of resident		
Village	363	94.3
City	22	5.7
Annual income of family		
NRs 179784.42 (\pm 183829.87), Minimum: NRs 25000, Maximum: NRs 600000		
Respondents having mother	384	99.7
Age of Respondents' mother		
37.25 (\pm 5.9) year, Minimum: 27 years, Maximum: 64 years		
Education of respondents' mother		
Zero year of schooling	267	69.5

10 years of schooling	44	11.5
Occupation of respondents' mother		
Housewife	132	34.4
Agriculture	217	56.5
Business	20	5.2
Others	15	3.9
Respondents having father	373	96.9
Age of Respondents father		
44.64 (\pm 6.65) year, Minimum: 28 years, Maximum: 72 years		
Education of respondents' father		
Zero year of schooling	119	31.9
10 years of schooling	121	32.4
Occupation of respondents' father		
Employed	36	9.7
Agriculture	191	51.2
Business	61	16.4
Daily wages	50	13.4
Foreign employed	35	9.4
