

# Lived Experiences of a Battered Woman in Jones, Isabela

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## ABSTRACT

Battery is one of the most common and least reported crimes in the world and it happens to women of every age, race, class, and nationality. This study explored how battered women viewed their experiences as victims of battery and their ways of coping with these experiences using a descriptive phenomenological approach. The participants of this study are those women who were victims of battery handed in Jones, Isabela. The researchers used purposive sampling in selecting the participants of the study following these criteria: (1) Being recommended by the personnel of the PNP Jones Station and being a resident of Jones, Isabela, (2) A woman who has been in an intimate relationship with her batterer (3) Cases that came to the knowledge of the Barangay, (4) Having the consent to serve as participants of the study. The researchers gathered the data through interview guide questions. The interview guide was translated into Ilocano, Tagalog, and English for the respondents to understand the questions. An interview guide lists topics or questions the interviewer hopes to cover. The researchers used Thematic analysis in analyzing data as it is a method for analyzing qualitative data that entails searching across a data set to identify, analyze, and report patterns. Fifteen themes were identified, namely violence as a result of husband's vices, emotional turmoil, feeling worthless, self-realization, hoping for a change in behavior through prayer, seeking support from families, focusing on household chores, seeking support from the authority, prioritizing children's well-being, refusal to separate the husband for the sake of the children, resilience and endurance, good communication, patience and understanding, boundaries, and suggestion of the battered woman to the LGU to prevent commission of battery. Battered women prefer to stay home and endure their husbands' battering of the need to protect children and families from social stigma.

**Keywords:** Battered woman, Lived Experiences, Coping Mechanism, Domestic Violence, Battery

## INTRODUCTION

Battery as a form of an abuse may happen to any woman, elite or poor. A victim who has repeatedly experienced physical and psychological abuse by her husband is called a battered woman Hune & Nomura, (2017). Battery is one of the most common and least reported crimes in the world and it happens to women of every age, race, class, and nationality. Filipino women can also be victims of this domestic problem, especially that a Filipino family is patriarchal which expects wives to be submissive to their husbands.

Women who experienced physical/emotional attack by their partners had severe behavioral, cognitive, emotional, and marital consequences, including serious physical abuses which endanger the women's own lives and the lives of their children Dutton, et. al (2018). Battered woman develops emotions such as sadness, fear, anger, among others, increase their levels of depression and psychological distress, and lower their self-esteem compared to non-battered women.

In a relationship where battering occurs, bodily and emotional abuse by the superior partner forges and upholds the inequality of power. Battered women may have coped with the perceived inescapable violence by traumatically bonding with their abusers as indicated by their verbalization of feeling of profound love Reina et al., (2014). It explains that the victim has the most difficult time for her to leave the abuser. After the abuser, her abuser exhibits kind and loving behavior toward the victim will be her reason in staying in the relationship.

Physical abuse is the most common form of violence that causes injuries and illnesses for an individual. It may

lead them to ask for help to social/health services.

Moreover, according to Cameranesi, 2016, battering consists of a variety of abusive tactics executed by intimate partners. These include physical assault; threat, fear, frustration and humiliation; isolation and restriction of resource access; risk of the safety of children and other family members; resentment towards the situation and use of any weapons to force unwanted activities.

Lewandowski, 2017, cited that a number of women have become victims of battery and other forms of abuse, but many of these cases remain unreported and unresolved. Some battered women often do not report the abuse because of physical and emotional pressures. Women coped with the abuse by keeping it to themselves and going to their friends for help, and not to their families.

There has been increasing recognition of violence against women in many countries worldwide. It is a consideration with regard to the significance of human rights as well as the consequent mental health problem occurring among battered women. This issue cannot be ignored in the society. Attitudes towards battered women should also be speculated in such a way that they will also be protected in the society Haj-Yahia, (2013). Because increasing the recognition of violence worldwide, this study will explain the importance of paying attention to whom that experiencing battery or violence and also to protect them in the society.

Despite the existing laws like the R.A. 9262 or the Anti-Violence Against Women and Their Children Act of 2004, Philippine Official Gazette, (2004), being inflicted with physical injuries is the most common form of physical battering that a number of married women in the Philippines suffer. Nevertheless, R.A. 9262 allows the Philippine government to interfere in domestic affairs when aggression is committed against women and children. This law was created to help protect the woman from their abusive experiences, not only to protect but to let them feel that they are important and have such important role in the society.

Battered women, domestic violence-these are the terms associated with and inflicting countless marital relationship today. This study will look into the real-life experiences of battered women in Jones, Isabela. Responses pertaining to the challenges experiences of the battered woman in terms of physical aspects, emotional aspects will be analyzed. It will also uncover how these women cope with the challenges they experience and to gather their suggestion to address the challenges experience by a battered woman.

In connection, this study be conducted to understand and broaden the knowledge about the lived experiences of battered woman. Those women who become victim of battery and lost their self-esteem and perspective in life greatly influence and inspire the researchers to further conduct this study.

### **Objective of the Study**

This study aims to determine the lived experiences of battered woman in Jones, Isabela. Moreover, this sought to answer the following questions:

1. What are the lived experiences of battered woman in terms of:
  - 1.1 Physical aspects and;
  - 1.2 Emotional aspects?
2. How does the battered woman cope up with the challenges they have experienced?
3. What are the recommendations and suggestions to address the challenges experience by the battered woman?

### **METHODOLOGY**

This study used the qualitative research design employing a descriptive phenomenological approach in describing and understanding the feelings of the battered woman towards the challenges they experience in terms of physical, and emotional aspects and their coping mechanisms. The participants of this study are those women

who were victims of battery handed in Jones, Isabela. The target population of this study was six (6) participants who were willing to participate in the study. Purposive sampling was used in this study wherein the researchers selected their participants based on the following criteria: (1) Being recommended by the personnel of the PNP Jones Station and a resident of Jones, Isabela, (2) A woman who has been in an intimate relationship with her batterer (3) Cases that came to the knowledge of the Barangay, (4) Having the consent to serve as participants of the study. To keep the identity of the respondent, they were given a fictional identity such as key informant “A”, key informant “B”, key informant “C”, key informant “D”, key informant “E”, and key informant “F”.

The researchers gathered the data through interview guide questions. The interview guide was translated into Ilocano, Tagalog, and English for the respondents to understand the questions. An interview guide lists topics or questions the interviewer hopes to cover. The researchers used Thematic analysis in analyzing data as it is a method for analyzing qualitative data that entails searching across a data set to identify, analyze, and repost patterns.

Braun & Clarke, (2006).

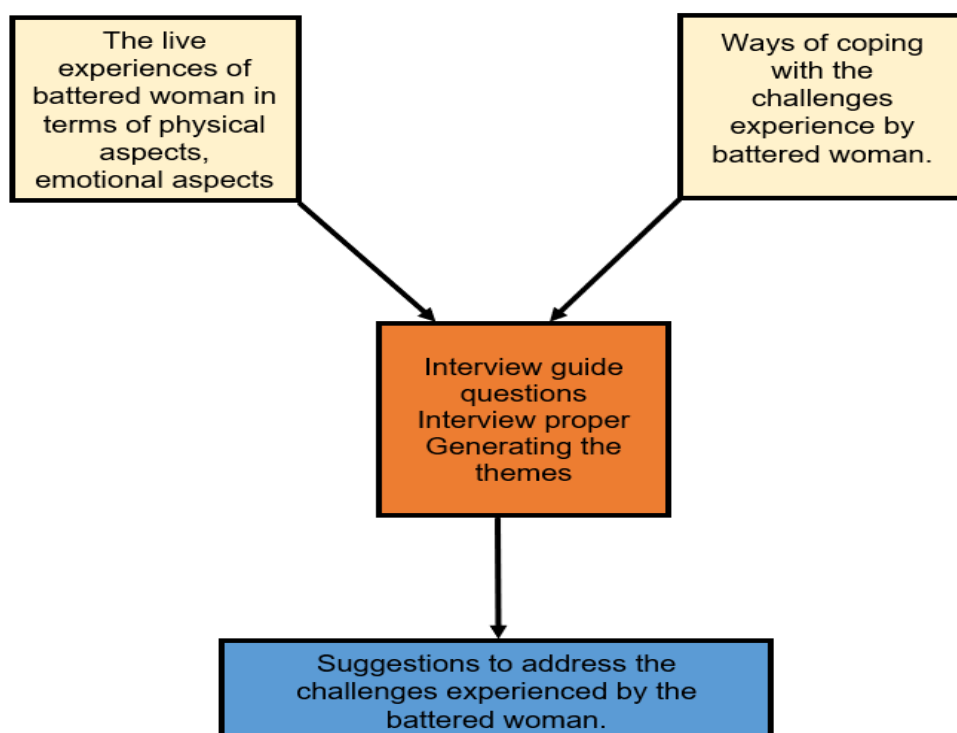


Figure 1: Paradigm of the Study

## RESULT AND DISCUSSION

### Lived Experiences of Battered Woman in Physical Aspect

The participants shared experiences being battered by their husband/partner physically such as slapping, punching, and kicking.

**Violence as a Result of Husband’s Vices.** When someone is under the influence of their vices, their judgment and minds are clouded and impaired making them to be more aggressive which increase the likelihood to batter their wives/partner. Which means that their husband’s misuse of alcohol or other vices will resort to higher possibility to engage in violent behavior. This experiences had led battered woman to devastating experience, causing physical abuse like slaps, punches, kicks and being frightened by the use of knife. Battered woman experience this kind of circumstances due to impaired judgment of their husband which leads to more serious violence. It is supported in the statement of the participants of the study:

Key informant A said that;

“Adda naminsan nga nabartik suna ket tinapis nak kin dinanog nak” (Merong isang beses noong lasing siya sinampal at sinuntok niya ako) (There was one time when he was drunk, he slapped and punched me)

Moreover, key informant B stated that;

“Nanipud idi 2016 sipat, danog kin pisikal ti naranranasak, hanggang ita dangdangran nak latta basta nakainom” (Simula noong 2016, sampal, suntok at pisikal ang naranasan ko, hanggang ngayon sinasaktan niya parin ako basta nakainom siya) (Since 2016, I have experienced slaps, punches and physical attacks until now he still hurts me when he is under the influence of alcohol)

Similarly, key informant C mentioned that;

“Idi agnobyas kin nobyo kami paylang naranranasakun ti pisikal kin tumpa kanyana, namin adon gapo ti bisyo na” (Noong magkasintahan palang kami naranranasan ko na ang mapisikal at masampal mula sakanya, maraming beses na dahil sa bisyo niya) (When we’re still dating, I experienced physical abuse and slapping from him, It happened many times because of his vices).

And lastly, key informant D said that;

“Nanipud Idi, nangrugi nga sinaktan nak tawen ti 2013 ket masakug nak pay idjay umuna nga anak mi, tapis, danog kin agaramat pay ti kutsilyo tapnu but butngen nak” (Simula noon, nagsimula niya akong saktan taong 2013 at pinagbubuntis ko pa ang aking panganay, sampal, suntok at gumagamit din siya ng kutsilyo para takutin ako) (Since 2013, he started to hurt and batter me, though, I’m pregnant to my first born, he slapped, punched and scared me with a knife)

The statements of the participants reflect the abusive behavior of their husband/partner. Thus, this event happens and fuels up when their husband/partner were intoxicated.

Javeña & Hernandez (2014), found increased rates of violence after the perpetrators’ use of alcohol, particularly heavy drinking, is likely the result in more serious injury to their partner than if they had been sober. In the above statements, husband’s being under the influence of their vices may greatly resort violence towards women. Caparas & Amparado (2011), also noted that while an abuser’s use of alcohol may have effect on the severity of the abuse or the ease with which abuser can justify his/her actions. They further asserted that alcohol affects one’s ability to perceive and process information. In the statements of the participants above, their husbands vices might have aggravated the assault of men to women.

### **Lived Experiences of Battered Woman in Emotional Aspect**

Emotional abuse have harmed the victim and left deep scar that affect their well- being. Participants has described their experiences in emotional aspect as traumatizing, stressful, and making them feel worthless and useless which lowered their confidence and self-esteem.

**Emotional Turmoil.** Battered women often experience emotional turmoil due to the trauma and stress of being in an abusive relationship. Battered women experience emotional turmoil due to different factors, such as being traumatized, stressed, or being yelled at, and there are times that they don’t have peace of mind, which can lead to intense emotional distress and confusion. Emotional turmoil, as experienced by the victim, was one of the hardest emotional battles a woman could have due to the different emotional burdens that they felt when they were experiencing battery. The participants shared their experiences as supported in their statement during the interview. In this study, the participants shared statements,

Key informant A stated that,

“Nasakit para kanyak nga gapu ta awan kabailak ta babae nak ket ulit ulitin nak nga saksaktan, maminsan adda pay jay kasla mabagtit nakon gapu ti stress kin bassit lang nga pukkaw na ket kasla jak makagarawin ti buting ko” (Masakit para sa akin na porke wala akong kaya at babae nga ako paulit ulit nalang niya akong sinasaktan, minsan may pakiramdam din ako na halos mabaliw ako dahilan ng pagka stress at konting sigaw niya lang ay

parang hindi na ako makagalaw sa takot ko) (It's painful for me because I can't do anything and because I'm just a woman, he keeps hurting me over and over again, sometimes I feel like I'm almost going crazy because of the stress and just a little scream from him makes me feel like I can't move because of my fear)

Similarly, key informant B also stated,

“Syempre agbubuting kin natruama nak manipud idi sinaktan nak karkaru ta masikug nak jay maykadwa nga anak mi” (Syempre na trauma ako simula noong nagsimula siyang saktan ako lalo na at pinagbubuntis ko yung pangalawang anak namin) (Of course, I was traumatized when he started to batter me because I was pregnant to our second child)

Moreover, key informant C shared the same sentiment,

“Maminsan adda jay oras nga ikabil na jay ima na dituy bagik ti ammok tapisin nak wennu danugin nak ngem aglamlambing lang gayam kasjay nak ka trauma iti amin nga ar aramidin na kanyak” (Minsan may mga pagkakataon na linalagay niya yung kamay niya sa katawan ko akala ko sasampalin o susuntukin ako ng walang dahilan pero naglalambing lang pala siya, ganun ako ka trauma sa mga ginagawa niya sa akin) (Sometimes there are times that he would put his hand on my body. I thought he would always slap or punch for no reason, but it turns out he was just caressing me. I was so traumatized by what he was doing to me)

Along this line, key informant D cited,

“Nariribok ti panunot ko. Gapo ta panpanunutek nu ana manen ti mapasaman nu agunget man isu nan” (Wala akong peace of mind kasi palagi kong iniisip kung ano na naman ang mangyayari kapag galit siya) (I don't have peace of mind thinking of what will happen if he is angry again)

Also, key informant E revealed that,

“Agbubuting nak lalo nu agwal wala isu na” (Natatakot na ako kapag nagwawala na siya)(I'm afraid when he starts to fly a rage)

And lastly, key informant F stressed,

“Adda buting kon aglalo nu aginom isu nan” (May trauma na ako kapag umi inom siya ng alak) (I always feel the trauma when he starts to drink alcohol)

These statements of the participants reflect their sense of fear and hatred about their unfavorable conditions, especially toward their abusive husband/partner. Walker (2016), argued that that BWS is a set of psychological and emotional reactions displayed by woman who are subjected to severe, long-term domestic abuse. Battered woman's syndrome is the psychological effects of living with intimate partner violence, it is the result of what happens when you live day in and day out with trauma.

Battered women often experience **feeling worthless** due to the lack of companionship they have with their husbands. A battered woman who feels that she is worthless is experiencing a deeply painful experience that was influenced by the abuse and emotional impact. Battered women who experienced battery often struggle with their self-worth due to the emotional trauma that has been inflicted by their husband or partner. Four (4) participants shared their experiences during the interview.

Key informant B cited,

“Idi paulit ulit nak nga dangran ket panagriknak awan serserbik nga asawa kanyana uray ar aramidek mit amin para ti pamilya mi” (Noong paulit ulit niya akong sinasaktan pakiramdam ko sa sarili ko wala akong silbing asawa kahit ginagawa ko naman lahat para sa pamilya namin) (When he hurt me repeatedly, I felt worthless as his wife even though I was doing everything for our family)

Similarly, Key Informant C stated also,



“Manipud nagasawa kami panagriknak awan sirbik jay balay mi, nga kas asawa, panagrikanak haan nga sapat amin nga ar aramidik para ti pamilya mi” (Simula noong mag asawa na kami pakiramdam ko wala akong silbi sa bahay namin, bilang asawa, pakiramdam ko hindi pa sapat lahat ng ginagawa ko para sa pamilya namin) (Since we got married I felt that I am useless in our house, as a wife, I feel that everything I do for our family is not enough)

Key informant E, on the other hand, also experienced,

“Mas bimbaba kumpyansak ti sarilik gapo ti napaspasamak kanyak” (Mas bumaba ang kumpyansa sa sarili dahil sa mga nagyari sa akin) (My self-confidence decreased even more because of what happened to me)

Lastly, key informant F cited,

“Gapo ti napaspasamak kasla ngay mabaybay ak pay tuy bagi kon ti kina addo ti naranasak kon” (Dahil sa mga nagyari parang nawawalan na ako ng pagpapahalaga sa saril ko dahil sa dami ng napagdaana ko) (Because of what happened, I feel like I’m losing my self esteem because of the burdens I’ve been through)

Emotionally abused women have the feeling of worthlessness and uselessness because of the treatment that their husbands showed them. Caponey (2002), argued that victims think that the abuses against them were still unreasonable because despite of doing everything their husbands still see them as useless and worthless.

Participants shared their sentiments about how their experience of battery had made them feel worthless and useless which also lowered their self- confidence and self-esteem. Abused women have low self-esteem and self-confidence, feeling that they are not worthy of respect and do not deserve love in the relationship. The abuse women kept thinking about their husbands abuse towards them, which made them think sometimes about their inadequacy as wives Loke (2012). Battered women often experience a great loss of self worth due to complex and traumatic nature of their experience

### **Ways of Coping with the Challenges Experienced by Battered Women**

Overcoming such an abusive life is the hardest part of what a battered woman does in their entire life because there are so many challenges, trials, and endurance they need to face first before overcoming it. The themes formulated below were the ways in which battered woman cope with the challenges they experience.

To better understand the **Self-Realization** as coping mechanism of a battered woman, it discussed that this realization empower them to reclaim control over their lives and seek out healthier, and more fulfilling relationships. Hence, it’s the moment when they come to understand that they deserve better treatment and are capable of taking steps to improve their situation. Moreover, Victims of domestic violence often blame themselves due to some factors like shame and guilt. Their husband or partner would convince them that the abuse is their fault which can contribute to self blame.

Key Informant A has been blaming herself why her husband battered her, saying that,

“Adda mitlang basol ko ta ammok nga nabartik, kulitak paylang. So adda mitlang bassol ko” (May kasalanan di ako kasi alam kong lasing siya kinukulit ko parin. Kaya may kasalanan din ako) (“Sometimes, its my mistake because eventhough I knew that he's drunk I still nag him. I have my fault too”)

Battered women, for instance, are stigmatized or blamed for allegedly causing the battery and for not ending the predicament promptly. Fiske & Taylor (2013) stated that attribution theory gives emphasis on a person’s means of rationalizing experiences and the way a concept is discerned by one’s point of view of a happening. In this sense, the women, as victims, are perceived as having character problems which propel their husbands to hurt them. Also, sometimes women were to blame because of their attitude itself; they are the reason why they are being abuse by their partner/husband.

In this view, **Praying for a Change Behavior** was a coping mechanism of a battered woman as they rooted in a desire for transformation and healing within the abusive relationship. It can offer a source of comfort and hope

during difficult times, fostering a belief in the possibility of change and redemption, both for themselves and their abuser. In this way, they're hoping that their husband would change by the help of our God.

Key informant D stated that:

“Agkararag ken ma addaan namnama nga addan to metlang aldaw nga agbaliw suna kasjay or ibagak kadagijay gagayyim ko” (“Dasal at huwag mawalan ng pag-asa na darating din yung araw na magbago siya ganun minsan sinasabi ko sa aking mga kaibigan) (“I’m praying and hoping that someday he will change, that’s what I’m sharing to friends”)

As a result, the woman viewed both their experience of abuse and recovery from abuse as occurring within the context of their faith. Many survivors of domestic violence turn to their religious institutions and religious family for strength, comfort, and support. Giesbrecht & Sevcik (2000). However, prayer and asking comfort in the Lord is a way to resolve the trials that they’ve experienced, most importantly, we pass all the trials in our lives through prayer, and keep your faith stronger.

Women with abusive partners **Seek support from families** as they utilize a variety of coping strategies to deal with and heal from the violence and sense of betrayal they have experienced. Relying on families typically means depending on them for support, whether it’s emotional, financial, or practical assistance. Overall, women feel comfortable expressing their problems or domestic problems to their closest family members and parents. This could be shown in the following statements below:

Key Informant C mentioned that;

“Narigat nga malasatan ti kastuy nga pannubok nga kasla tuy sitwasyon ko lalo kit masakog nak manin ti pangtallo nga anak mi ngem ti inaramid ko tapno makalipat dimmawat nk ti pammagbaga kadagijay asidig kanyak, kadagiti nagannak ko kin naminsan nak mittin nga limmaban kanyana tapno maamiris na nga kayang kayak mit isuna nga labanan” (“Mahirap malagpasan Ang mga pagsubok na itong gaya Ng sitwasyon ko Lalo at buntis nanaman ako sa pangatlong anak namin pero Ang ginagawa ko para makalimot humihingi ako Ng advice sa mga malalapit sa akin, sa aking mga magulang at Minsan din lumalaban ako sa kanya para ma realize Niya na Kayang Kaya ko na siyang labanan”) (“It’s hard to overcome these trials like my situation. Especially since I’m pregnant with our third child, but what I do to forget is to seek an advice from those who are close to me, from my parents and one time I stood and fight so he could realize that I can also fight him”)

Also, key informant E stated that:

“Gapu ti pamagbaga ti pamilya mi kin kailangak nga agbalin nga natibker para ti annako kin para ti pamilya mi” (“Dahil sa mga payo ng pamilya ko at kailangan kong maging malakas para sa mga anak ko at para na rin sa pamilya namin”) (“Because of the comforting words from my family I need to be strong for the sake of my own family.”)

In those words that the participants I have heard, it is more important to establish a good relationship with your families so that in times of trouble you have someone to approach. Gordon, et al. (2009), emphasized that seeking help or advice from families and friends was among the most common and initial help-seeking strategies employed by the women, which substantiates previous findings on the use of relatives and Parents along with the use of formal sources of help. Moreover, Seeking help and advice from family especially to the parents will help them decide on overcoming the physical abuses they experienced.

**Focusing on household chores.** To cope with the battery, the victims divers their attention to household chores as their way to forget and cope up to the domestic violence they experienced to their husband/partner. Doing household chores, the wives can alleviate stress and fosters a sense of accomplishment, enhancing overall well-being for themselves and their families. After doing so, they feel relieved. This could be shown in the following statements below by the key informants:

Key informant B cited,

“Tinibtibkerak kin inliw liwak ti bagik kadagiti trabahok iti uneg pagtaingan mi tapnu makalipat gamin bawal nak ma stress ta masikog nak” (“Nagpakatatag at inaliw ko nalang Ang sarili ko sa mga trabaho ko sa bahay para makalimot dahil bawal ako mistress noon kase buntis ako”) (“I was making myself strong and relaxed in my homework to forget everything and don't make myself stressed because I was pregnant”)

Key informant B, defended that focusing on household can provide wives with a sense of control and productivity, offering a stress-free outlet for channeling their energy and attention. As to the legal basis, Rende (2015), notes that doing household chores have been shown to decrease risk of stress, drug and alcohol abuse, reduce behavioral problems, increase positive mental health in women's life and increase family cohesion due to the shared responsibility. In relation to this study, it shows that focusing on the household chores will make them feel relieved when they do activities in their homes and help them forget what happened to them.

Effective help-seeking in coping with the challenges they experienced was **Seek support from the authority** which they must report their husband to the barangay and police station, for them to be free from abusing. For instance, seeking support from authorities can serve as coping mechanism for battered women by providing them legal protection, access to resources, and validation of their experiences. In addition, it empowers them to take action against abuse and fosters a sense of safety and accountability for their abusers. Key informant A, B, and C statement will support the themes:

Key informant A stated,

“Wen, gamin nu haan ko suna ipulong iti Barangay baka itultuloy na pay latta nga dangran nak karkaru nu nakainom” (“oo, kase kung hindi ko siya ireportsa barangay patuloy niya akong saktan lalo na kapag nakainom siya ng alak”) (“Yes, because if I don't report to the barangay, he will continue to abuse me, especially when he's drunk”).

Also, key informant B revealed,

“In report ko idjay pulis stasyon kin pinaturog da suna idjay kalpasan na binagbagaan da suna nga haan Nan ul ulitin kasjay nga dangdangran nak” (“Nireport ko siya sa police station at pinatulog siya doon pagkatapos pinagsabihan siyang huwag na niyang uulitin na saktan pa ako”) (“I reported him in the Police Station and make him sleep there until they advice him to stop such battery”)

On the other hand, key informant C stressed,

“Babain ti tulong ti kabagayak timmurid nak nga nagipulong idjay barangay tapnun kasta ket mabagbagaan da suna tapnu agbaliw ken haan nakun dangdangran pay” (“Dahil sa tulong ng aking mga kamag anak naglakas loob akong isumbong siya sa barangay nang sa ganun ay pagsabihan siyang magbago na at huwag niya na akong saktan”) (“ By the help of my relatives, I have courage to report him in the barangay so that they may advice him to change his behavior and not to abuse me again”)

Moreover, Key informant D stated that:

“Wen naminsan inreport ko isuna” (“Oo isang beses nireport ko siya”) (“Yes, one time I reported him”).

Lastly, key informant F shared,

“Wen inreport ko suna haan lang nga naminsan nu di ket naming tallo” (“Oo hindi lang minsan kundi tatlong beses”) (“Yes, not once but thrice”)

Based from the statement above, participants explained that they reported their abusive partners for them to change. Also, all participants stated that reporting their husbands to the Barangay and the police station will help them overcome the challenges they experienced. In doing so, they expect that their husband would change and wouldn't batter them again after reporting. As legal basis, Felson et. al. 2002, found that inhibited victims assaulted by family members from contacting the police - a desire for privacy, a desire to protect the offender, and particularly for those assaulted by their intimate partner. As for this, reporting the incident plays a crucial



role in assisting battered women to cope with the challenges they face. Moreover, by engaging with the legal system, battered women can find avenues for protection, support, and rebuilding their lives.

It's important to note that while **Prioritizing Children's Well-being** can be a coping mechanism, it should not be the sole focus, as the woman's own safety and well-being are equally important but Encouraging a woman in this situation to seek professional help and support networks can provide her with the tools and resources needed to address both her own needs and those of her children. As the result, Battered women prefer to stay home and endure their husbands' battering to protect their children and family, as well as to make sacrifices for the sake of their children's happiness and stability. This could be shown in the following statements below:

Key informant A stated that;

“Wen ta kasjay ubra na lassinggero ngem nagsubli nak kin an anusak amin nga panangpasakit na kanyak para kadagijay anak ko/mi” (“Oo kasi ganon ang ginagawa niya lassinggero, pero bumabalik ako at tinitii ko lahat ng pasakit niya saakin para sa mga anak namin”) (“Yes, because that's what he does; he is a drunkard, but I still come back and endured all abuses he did to me for the sake of our children”)

Key informant B defended also that:

“Haan gamin madik kayat iparikna kadagijay anak mi nga maperdi ti pamilya mi sunga inan anusak latta aminin nga nangnangyari” (“Hindi kase ayokong maramdaman Ng mga anak namin na ma broken family Kaya tinitii ko nalang lahat Ng nangyayari”) (“No, because I don't want our children to experience a broken family, so I patiently endure everything that happened”)

Despite all difficulties, they are focusing on their children's well-being, safety and happiness. In this regard, Rodriguez (2011) asserts that women consider not only their own survival but, more importantly, their children's. The participants above stated that they don't want their children feels a broken family so they was patiently endured such physical abuse for the good condition of their children's life in the near future. This principle of saving family relationships undermines the victims' dignity as human beings. Moreover, their love for their husbands made the participants believe that physical abuse is part of marriage.

**Refusal to leave the husband for the sake of the children.** The efforts of aiming and maintaining healthy relationships and communication within a family unit, thereby preventing or minimizing conflicts, misunderstanding and disruptions. It delves into the psychological and emotional struggles of individuals who may choose abusive relationships for the sake of maintaining family unity, but many women are patiently enduring physical abuse to avoid a broken family. Key informant C stated that multiple times she was planning to separate from her husband but for the sake of their children's situation, she chooses to stay. For further explanation below statement explained that:

Key informant C said;

“Maminsan, mamin adu nga beses ko nga kinayat nga sinaan sunan ngem nu kitkitak ti sitwasyon ti anak ko kit kaasi isuda nu maperdi ti pamilya mi lalo ta awan mit ti nagadalan, awan mitlang ti trabaho isu kanya nakam lang uimas asa” (“Minsan, or maraming beses ko nang gustong hiwalayan siya pero Kung titignan ko Ang sitwasyon Ng mga anak ko kawawa Sila pag nasira Ang pamilya namin Lalo at Wala din Naman Ang pinag aralan, Wala ring trabaho Kaya sa kanya lang kami umaasa”) (“ Sometimes, or many times I want to separate with him but if I look at my children's situation, they will suffer if my family falls apart, especially since I haven't finished any education, I also don't have a job so we only rely on him”)

Another statement from Key informant D saying that for their children she endured every for not being separated:

“Haan paymet, ipagpagapuk lang kadagitoy anak ko maaddaan da lang ti kumpleto nga pamilya uray kasjay aramid na” (“Hindi, kasi gusto ko parin na buo ang pamilya namin kahit ganon ang ginagawa niya”) (“ No I didn't, because I don't want my children feels a broken family even though he hurt me”)

The participants asserted affection toward their partners and hoped that the latter might eventually change for

the better. Thus, the victims found it difficult to leave their abusive partners and reflect their sense of fear and hatred about their deplorable conditions, especially toward their abusive spouses. Peled, et. al (2000). The statements of key informant C and key informant D asserted that they love their children and don't want to experience a broken family, and that they are willing to endure the pain and simply accepted their miserable conditions.

### **Recommendations and Suggestions to Address the Challenges Experienced by the Battered Woman**

This section presents the suggestion and recommendation of the participant to address the challenges experience by the battered woman.

**Resilience and Endurance.** Its the capacity of the battered woman to recover quickly from their difficulties. Resilience gives those battered woman the ability to bounce forward with new insights and learning they can carry into their future. Endurance is the ability to continue or last, especially despite fatigue, stress and pain of those women experiencing battery. This is vital for every woman facing difficult situations, like those who are victim of battery. This allows the battered woman to know that they are not alone and that there are resources and support to help them build their lives and regain control for their family. This could be shown in the following statement of Key Informant C and Key Informant F:

Key informant C stated;

“Tilang maibagak kanyada nga nu makapadpadas da ti kastuy nga nagpadpadas ko ita dapat masursuro da ti lumaban nu kasjay nga saksaktan da suda iti assawa da kin habang kaya dapay ti tumalaw dalattan kin agsubli da nu mayatin jay asawada kin pagtungtungan da nu kasano ti dapat da nga aramidin. Panunutin da lattan nga jay aramidin da kit para kadagijay annak da” (“Ang masasabi ko lang sa kanila na kapag nakakaranas sila ng gaya Ng sitwasyon ko ngayon dapat matuto silang lumaban kung ganun na sinasaktan Sila ng mga asawa nila at kung habang kaya pa nila lumayas nalang at bumalik kapag maayos na yung asawa nila at pag usapan nila kung ano dapat gawin nila. isipin nalang din nila na ginagawa nila iyong para sa mga anak nila”) (“The only thing I can say to them is that when they experience a situation like mine now, they should learn to fight if their husbands are hurting them and distance themselves for the meantime and come back when their husbands are okey and talk about the right thing to do for their children.)

Key Informant F also stated:

“Nu kayam pay nga ibturan kin makitam mit nga kaya na ti agbaliw, di agtalinaed ka kanyana, ngem nu napalalo mittin kit maasi ka dta bagim ket tibkiram ti pakinakem mo ta isinam isunan. (Kung kaya mo pang mag tiis at nakikita nyo naman na pwede pa syang mag bago edi manatili ka parin sakanya, pero kung sobra na maawa kayo sa sarili nyo at magpakatatag at iwan na sila.) (If you can still endure, and you can see that there's a chance for him to change then be with him; but if it too much then have pity on yourself and be strong and leave him.)

The statement above shows how strong those women and how to handle their husband when they are mad and thinking for their family.

Abused women typically acquire more inner resources over time to cope with challenging situations and experiences. Accepting the chance to get away and some women are shielded by maintaining a strong spiritual connection and faith in God. Overall, utilization a sense of humor, spirituality, a social support network, and hopefulness enable women to survive, endure, and disassociate from an abusive partner. Lazarus, et. al (2002).

This bond brings the family member together, **Good Communication** families with good communication develop trust and form strong connections with one another. This creates an atmosphere of safety and a sense of security, which makes all members of the family feel valued and loved. Good Communication is essential to maintaining the family unity and strengthening the bonds that hold them together. This provide a solid foundation for them to navigate life's challenges, knowing they have a family for them to be strong and hold on to.

Key informant B stated:

“Ti mai suggest ko wennu mai recommend ko kadagiti padak nga makaranranas ti kasta ket nu mabalin pay nga ayusin ket pagtungtungan yu tapnu madi maperdi ti pamilya yu.” (Suggestion at recommend ko lang sakanila na hangga't kaya pang ayusin ay pag usapan niyong mabuting mag asawa para hindi masira Ang pamilya niyo.) (My suggestion and recommendation to them is that, as long as they can, they should talk about being good spouses to avoid broken family.)

The victims mentioned that to be able to have an harmonious relationship, they must have a good communication with their husband. This suggested that the women were still hoping for their relationships to get better with their partners for the sake of their family and children future. The key informant believes that the only way to end the abusive relationship was to reconcile and understand their partners.

Guanza (2023), stated that some battered women resort to communication as a coping mechanism, believing that open dialogue or communication with their abusive partners may lead to positive changes. They may engage in conversations to express their concerns, boundaries, and the impacts of the abuse, hoping that it will initiate a shift in behavior.

**Patience and Understanding.** Patience is a form of self-control that allows those battered woman to handle life's challenges in a mature way. This will contribute to a harmonious relationship and personal growth. Understanding promotes acceptance and tolerance, and encouraging each women to become stronger for their family specially for their children. This could be shown in the following statement of key informant D and Key informant E:

Key Informant D answered,

“Nu kaya da nga tiisin di tiisin para ti pamilyada ngem nu sobra sobra mittin may mayat nu isarding da lattan.” (Habang kaya nilang tiisin, tiisin muna para sa pamilya pero kapag sumusobras na mas mabuting itigil nalang.) (If she can be patient, be patient for the sake of their family but if it too much its better to stop it.)

Key Informant E also answered,

“Kadagiti padak ti situation na, patibkerin yu ti pakinakem yu para kadagiti anak yu. Nu mabelin kit ireport yu ti partner yu nu dangran na dakayo tapno mitlang maprotektaran yu ti pamilya yu.”. (Sa mga katulad ko ng situation, kailangan niyong maging malakas para sa mga anak niyo. Kung kaya ng loob niyo ireklamo ang mga kapartner niyo gawin niyo para sa proteksyon na rin ng pamilya.), (To those who are in situation like me, you have to be strong for your children. If you have the courage to report your partner do so to also protect your family.)

This highlights the importance of bravery and inner strength for abused women who choose to stay in abusive relationships. It acknowledges that leaving an abusive relationship is not always an easy decision and it may requires extraordinary courage.

Battered woman should know their **Boundaries**, enforcing personal boundaries to prevent emotional or physical harm. Encouraging every battered women out their to prioritize their own well-being and emotional safety by asserting their boundaries and limitation.

Key informant A stated that:

“Nu kasjay nga nakainom haan nga kulkulitin para haan madangaran. Ngim no tay sobra nga dangdangran kit nu haan na kayan mabalin isu na makisina.” (. Kapag ganon na lasing siya wag ng kulitin para di ka niya saktan. Pero kapag sobra na sinasaktan na sya at hindi na niya kaya hiwilayan na niya.) ( If he is drunk don't nag on him so he wont hurt you. Or if she cant handle him and he keeps on battering her, she should leave him.)

Generally it encourages those battered women to prioritize their emotional well being. Knowing their boundaries and recognizing the signs when to leave a situation that ruining their lives. This is important to those battered woman to recognize harmful behavior, even if it means leaving the relationship.

Childress, et al. (2021), explained that victims must realize they do not just want to physically survive. They need to realize they are worth it and set their mind on getting out.

There are few **Suggestion of the battered woman to the LGU to prevent commission of battery.** Local Government Units (LGU) plays a crucial role in preventing the commission of violence to the women. they are the one who are implementing proactive measures and providing support and services, and the one create a safe communities and empower women to break free from abusive environment. This could be shown in the following statement of key informant B, key informant C, key informant D, key informant E, key informant F:

Key Informant A stated,

“Duwa ti ma advice kin mai suggest ko iti LGU nga sapayla Kuma ta tulungan dakami nga madangdangran nga babbae kin ipatupad da nga pagmultain lattan agitay assawa nga mangdangdangran ti asawa da tapnun maiwasan ti kastuy nga pasamak ti pagtaingn” (Dalawa Ang pwede Kong ma advise or Mai suggest sa LGU na tulungan nila kaming mga nasaktan na mga babae at Ipatupad nila Ang multa ng sa ganun maiwasan na ma involve ang asawa.) (“I suggest and recommend to LGU to help injured women by establishing support services and enforce fines to prevent spousal involvement”)

Participant C mentioned that:

“Kadagiti LGU sapay kuma ta ta adda kuma ti programa na nga masecured ti kababaihan ngamen kit adda ti padak nga mabuting nga agipulong. (Sa LGU Sana magkaroon Sila Ng programa na Kung saan ma secured Ang mga kababaihan kase may mga kagaya ko na takot magsumbong.) (“In the LGU I hope they have a program where women can be secured because there are women like me who are afraid to report.”)

Key Informant D answered that,

“Mayat kuma nu ag survey da, para kadagiti mabuting nga reklamo tapno maamwan da ti kalagayan ti kababaihan nga padak nga nakapadas nga madangran. (Maganda sana kung may mga survey sila, para sa mga takot magsumbong or mag reklamo para malaman nila ang mga kalagayan ng mga kagayakong battered wife”) (“It could be better if they had survey, for those who are afraid to report their partner, for them to know the condition of those women who are victims of battery”)

Key Informant E further said that:

“Magconduct sila nga seminars patungkol sa mga karapatan nga isang kababaihan kapag siya ay sinasaktan ng kanyang partner at pagdalaw sa bahay bahay upang makita nila ang sitwasyon ng mga kababaihan” (To conduct seminars about the rights of a women when they experience violence against their partner and to have visitation to every household.)

Lastly Key Informant F mentioned:

“Kadagijay LGU sapay kuma ta agkaroon da ti programa nga apan da ag pasyar ti kada barangay kin nu mabalin kit kada balay nu adda ti iggim da nga kaso ti battered wife idjay nga barangay” (“sana sa mga LGU magkaroon sila ng program kung saan mag visit sila every barangay or kung pwede pa kada bahay kung meron silang case ng battered woman na hawak”)

(“To the LGU we hope they have a program which is to visit every Barangay and if possible it’s better for house visitation if they have a case of battered woman”).

There are lots of existing laws in the Philippine government and civil society organizations to combat violence against women through various initiatives, including establishing support services, awareness campaigns, and strengthening legal frameworks. However, challenges like limited resources, cultural attitudes, and there's a lot implementation gaps remain base on the statement of those woman who are experiencing battery. Women who have experienced abuse should be encouraged to express their feelings and gain self-awareness to strengthen their resilience and empowerment. The issue of wife-beating has received limited societal attention.

The most significant of these is the Republic Act No. [R.A.] 9262, which not only provides protection from all forms of abuse but also defines a crime against women by their partners as a public crime Woerner et al. (2023). Responding to VAWC—A manual on gender responsive case management, DSWD (2006) “It takes the viewpoint of the woman’s subordination and low status at home, in the community and in society, as the starting point of healing partnership; takes the issue of VAW as a violation of the human rights of a woman that is, the right to be free from violence, the right to equal opportunities in all spheres of life; takes women empowerment as the goals of healing partnership and service delivery.”

Nelson (2021) policy and practice in workplaces, welfare offices, job training, placement programs, shelters for the battered women, and feminist and antipoverty advocacy movements must recognize the links between work, battering, and poverty. The legal system must also be involved, as battering is against the law, and most jurisdictions offer remedies such as protective orders. Davis (2002) explains that, social supportt which gives abused women a sense of community and serves as a constructive source of strength is the most important kind of support. Women who have experienced abuse require support in their personal, educational, and other activities that helped them survive and free.

## CONCLUSION

Based on the result and findings of this study, the following conclusions were drawn:

That it is very challenging for them to endure such physical abuse and cope with all the emotional aspects in their lives in order to maintain a complete family. Despite facing numerous challenges, the battered woman chose to overcome this, by seeking advice from their families and support from the authorities, for them to be able to keep their family intact and through their faith to God that someday their husband may change. Moreover, battered woman have suggested and recommended to have a good communication to their partner, to avoid conflicts and settle their relationship for their family, be patient, understanding, and know their boundaries to prevent future misunderstanding that may cause battery or physical abuse. Additionally, there are also suggestions of the battered woman to the Local Government Units (LGUs) to prevent commission of battery.

## RECOMMENDATION

Based on the findings and conclusion in the study, the researchers recommended the following:

- 1.To the Victims may consider seeking support from a friend and family, and even a counselor from DSWD. Consider reaching out to the local authorities that specialize in assisting victims of domestic violence.
- 2.To the Young woman may consider utmost care in choosing a partner in a relationship to avoid being a victim of battery.
- 3.To the Social Worker/ DSWD must enhance those existing program for the victim of battery, and provide free counselling that may help woman to free from emotional and psychological effect of battery. Ensure safety and strengthen their fight against violence.
4. To the Researchers may understand more and explored the different experience of those battered woman in terms of physical and emotional aspects.
5. To the Readers may enhance their understanding regarding to the lived experience of battered woman.
6. To the Future Researchers may use this as a reference and advised to conduct similar studies with wider scope such as; unveiling the Experiences of Battered Woman in Overcoming and Surviving an Abusive Relationship.

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