

- Abusiveness of parents towards their children and neglect of their interests can have different kinds and forms.
- Most parents who abuse their children were themselves in their childhood often subjected to physical abuse.
- Any kind of child abuse leads to a variety of consequences: low self-esteem, loss of confidence in him, formation of pathological character traits, leading to a violation of socialization, physical injury, damage, acute mental disorders.

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PSYCHOLOGICAL ABUSE AND EMOTIONAL INTELLIGENCE

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Psychological abuse is a form of mistreatment in which there is intent to cause mental or emotional pain or injury. There are many forms of psychological abuse. Victims of psychological abuse can develop a number of symptoms including behavioral changes, stress, and unhappiness. Emotional intelligence has become a world recognized phenomenon. Emotional intelligence includes self-awareness, impulse control, persistence, zeal, self-motivation, empathy and social deftness.

We can face violent actions at any time and in any situation: at work, on vacation, in a public place and at home.

Violence is "the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, or deprivation" [4].

Violence does not allow children to develop well; children who are victims or witnesses of violent acts have a greater predisposition to diseases. They have difficulty in communicating with both children and adults [4].

Domestic abuse – defined as a chronic mistreatment in marriage, families, dating and other intimate relationships – can include emotionally abusive behavior [3].

Around the world, at least one in every three women has been beaten, coerced into sex, or otherwise abused by a man in her lifetime. More than 20 % of women are reported to have been abused by men with whom they live [5].

Some studies tend to focus on psychological abuse within the workplace. A 1998 study of male college students by Simonelli & Ingram found that men who were emotionally abused by their female partners exhibited higher rates of chronic depression than the general population [4].

There are the following types of violence in our life: sexual, physical, economic, and psychological.

Psychological violence is characterized by the use of various influences on personality. Psychological abuse is a form of abuse characterized by a person subjecting or exposing another to behavior that may result in psychological trauma [4].

Psychological abuse does not always lead to physical abuse, but physical abuse in domestic relationships is nearly always preceded and accompanied by psychological abuse.

It can be inculcation, threatening, tampering, blackmail, intimidation and control. Psychological abuse can lead to psychological injury. Psychological abuse can be found today in many families.

Psychological abuse has much the same intention as physical abuse and threats: to control and dominate. Such pattern of behavior is really often adopted from childhood. A child, who had been abused in childhood, can use the same patterns of behavior in adulthood. Violence can not be tolerated. That's why we need to prevent violence in everyday life.

From September to November 2008 the Center for Sociological and Political Studies of the Belarusian State University in the framework of the Joint National Media Campaign to combat domestic violence under the leadership of the UN Office in Belarus carried out a study aimed at obtaining data on the situation of domestic violence in Belarus.

According to the survey 4 out of 5 women in Belarus from 18 to 60 years old had experienced psychological domestic violence caused by their husbands or partners. 25% of women were victims of physical abuse, 22.4% – economic abuse, 13.1% – sexual abuse. It was hard to understand but 9.5% of women had been physically abused by her husband or her partner during their pregnancy. 40% of women – victims of sexual abuse, had had to leave their homes, trying to avoid or escape abuse [6].

Abusive statistics among men in Belarus (the above mentioned study):

- 22% of men admitted that they had been physically abused by their wives or permanent partners;
- 5,7% men were victims of sexual abuse;
- 12,5% men were victims of economic violence;
- 79% of men had been subjected to some form of psychological abuse [6].

Psychological pressure is carried out at four levels: control of behavior (abuser controls the circle of friends of the victim and her actions), control of thinking (opinionating, installations), control of emotions (provoking emotions – from positive to negative), and control of information (abuser controls what books victim reads what kind of music victim listens).

Psychological abuse can include controlling what the victim can and cannot do, isolating the victim from family and friends. Name-calling, constant criticism that damages the victim's self-esteem is also common verbal forms of psychological abuse. Psychological abuse includes conflicting actions or statements which are designed to confuse and create insecurity in victim. Psychological abuse includes forceful efforts to isolate the victims, keeping them from contacting friends or family.

S.N. Yenikolopov indicates the following personality traits that distinguish those who are prone to abuse from people who are not prone to violence [7]:

- 1) Rapists were brought up in families where violence was carried out. They were witnesses of aggression between parents;
- 2) Rapists have a defective self-concept, low frustration tolerance;
- 3) They are more likely to use drugs and / or alcohol.

In the 70s of the last century the American researcher Lenore Walker formulated a theory describing the nature of domestic violence. According to this concept, domestic violence is a repetitive cycle of action, which includes 4 stages:

1. The increase in tension in the family. In family relationship discontent is brewing, disturbed communication between members of the family are becoming common. At this stage, the victim tries to calm the aggressor.

2. The violent incidents. An outbreak of emotional or physical abuse occurs. It is accompanied by violent disputes, accusations, threats, insults, intimidation.

3. Reconciliation. The abuser apologizes, explains the reason for violence, passes the blame on the victim, sometimes denies the incident or convinces the victim of an exaggerated perception of the events.

4. A quiet period in the relationship ("honeymoon"). A violent incident is forgotten, the offender is forgiven. This phase is called the "honeymoon" because the quality of the relationship between the partners at this stage is returned to flowers, dates, requests by the abuser to forgive him. After the "honeymoon" the relations return to the first stage, and the cycle repeats itself, and its consequences each time are only worse.

The abuser will control who the victim sees, where she goes, who she speaks to and what she does. This can take the form of simply not allowing her to use the phone, have her friends round or visit her family, or ensuring that it simply isn't worth doing by being in a bad mood because she left some housework undone, making her feel guilty that she was out enjoying herself while he worked, or even encouraging her – theoretically – to make friends, and then discounting them or complaining that she cares more for her friends/family/hobby than she does for him or is neglecting him.

We conducted a survey in Polotsk State University. 57 students were interviewed. We wanted to know whether they had been subjected to psychological abuse in their childhood and adolescence. The questionnaire included 14 questions that were directly related to experiences of abuse and 3 distracting questions – to create the atmosphere of trust. The questions allowed exploring the following forms of abuse: isolation, abuse, forcing someone else's opinion, and, insult to the dignity, control. It was found that 22 of the respondents had experienced psychological abuse rarely, and 35 people – often.

We supposed that being exposed to psychological abuse affected the level of emotional intelligence.

Emotional intelligence is a concept that describes a person's ability to recognize emotions, understand what they mean, and also the ability to manage them in such a way as to contribute to their emotional and intellectual growth [1].

Emotional intelligence includes self-awareness, impulse control, persistence, zeal, self-motivation, empathy and social deftness [2].

The average level of emotional intelligence of the students who rarely experienced psychological violence was – 133.

The average level of emotional intelligence of the students who often experienced psychological violence was 125.

In order to identify the connection between psychological abuse and emotional intelligence, we used the program Statistica.

Thus, between psychological violence and understanding of other people's emotions, intrapersonal emotional intelligence, understanding their own and others people's emotions, as well as the overall emotional intelligence there is a connection. This suggests that psychological violence does affect some components of emotional intelligence.

It means that victims of any form of violence understand people's emotions worse; they have worse emotional intelligence. Children who are subjected to psychological violence have the following problems: depression, low self-esteem, depression, and there is a high risk of neuropsychiatric and psychosomatic diseases.

How can we prevent psychological violence?

Identification of abuse is the first step to prevention. If you feel that your feelings, your needs, your opinions are being devalued, are given no importance, then you are experiencing psychological abuse.

Psychological abuser destroys the victim's identity, breaks his or her installation, and lowers self-esteem. Victims feel themselves increasingly worthless, stupid, non-independent, and selfish. Victims feel dependent on their abusers. It is often difficult for victims to acknowledge their situation and seek help. Huge amount of suppressed pain, fear, anger and self-hatred, has a great influence on what people feel at the moment. Unconscious feelings and emotions are trying to get out and provoke depression, hysteria, panic attacks or aggression, as well as diseases of the body.

All of these abusive behaviors prohibit a normal, healthy interaction between two adults as well as a lack of respect for individual thoughts, feelings, and opinions. A healthy, mutual interaction and conversation between two persons promote respect and a right of each partner to their own individual thoughts, perceptions and values.

To cope with the problem person needs to be purged from their own lies, to realize what is happening and start to trust themselves. The longer victim stays in such a relationship, the more he is exposed to the ravages of his psyche. The next step is to find support. Then there is a very important step: to remember one's interests, friends, beliefs. A significant moment in such situations is to break off all contacts with an offender. It is necessary to gain strength, relaxation and find a way to true dreams, goals and aspirations. One should consult a qualified psychologist and believe that he or she is a unique person who deserves happiness, respect and acceptance.

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