

**COPING MECHANISM TOWARD MARITAL ABUSE AND SELF-ESTEEM OF
SELECTED WOMEN IN INDANG, CAVITE**

Undergraduate Thesis
Submitted to the Faculty of the
College of Arts and Sciences
Cavite State University
Indang, Cavite

In partial fulfillment
of the requirements for the degree,
Bachelor of Science in Psychology

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April 2013

ABSTRACT

PEÑAFLORES, RUBIE ANNE G. Coping Mechanism toward Marital Abuse and Self Esteem of Selected Women in Indang, Cavite. Undergraduate Thesis. Bachelor of Science in Psychology. Cavite State University Indang, Cavite. April 2013. Thesis Adviser: Ms. Imelda R. Filart.

This study aimed to: (1) determine the marital abuse experienced by the participants in terms of physical abuse and emotional abuse. (2) determine what coping mechanism of the participants in term of confrontive coping, distancing, self controlling, seeking social support, accepting responsibility, planful problem solving, escape-avoidance, and positive reappraisal; (3) determine what is the self-esteem of the participants in term of physical abuse and emotional abuse; (4) determine the significant relationship between marital abuse to coping mechanism and self-esteem of the participants; and (5) determine the significant relationship between coping mechanism and self-esteem of the participants.

This study used descriptive-correlational method to describe and relate the variables with each other. The respondents of this study were selected women in Indang Cavite who experienced marital abuse.

This study revealed that majority of the women has high self esteem. Women have high level of self esteem in terms of marital abuse. It also revealed that majority of the respondents used confrontive coping, distancing, self controlling, seeking social support, accepting responsibility, planful problem solving, escape- avoidance, and positive reappraisal.

Instead of thinking the negative side of the problem, they used their self effectively and seek the help of others to learn how to adjust and cope with their situation. This

strategy helps the women to fully understand their situation. Whether it is good or bad, what is important for them is to release the burden they are carrying.

This study revealed that there is no significant relationship between marital abuses to the coping mechanism of the participants. There's no significant relation between marital abuse to the self-esteem of the participants.