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## 青少年性別角色、約會暴力與心理健康關係之探討 研究成果報告(精簡版)

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Depression, Self-Esteem and Victim Experience of Perpetrators of Dating  
Violence in Hong Kong, Taipei and Shanghai\*

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## *Introduction*

Dating violence has been drawing increasing concern among the issues of interpersonal violence not just because of its immediate hazards of unprotected sex (Banyard et al., 2006; Howard & Wang, 2003; Lawyer et al., 2006; Raj et al., 2007; Swart et al., 2002), psychological and physical injury, but also of its becoming a possible breeding ground and close association with interpersonal violence in later life (Langhinrichsen-Rohling et al., 2004; O'Donnell et al., 2006).

Victimization in an intimate but abusive relation raised the question if the psychosocial development of the person would be adversely affected. Women who had experienced dating violence had lower self-esteem (Aguilar & Nightingale, 1994), and poorer sexual view on themselves (Offman & Matheson, 2004). While it was generally agreed that abusive intimate relationships as a whole was not contributing to healthy psychological development, research studies have been less certain if the self-esteem measured is a consequence, a vulnerability factor leading to, or a reciprocal function of dating violence (Lewis & Fremouw, 2001). A longitudinal study found that together with other predictors like low socioeconomic status, acceptance of violence in dating relationships and low self-esteem actually predicted onset of serious physical dating violence victimization for teenage boys (Foshee et al., 2004). It is probable that low self-esteem lowered one's resistance and reduced one's effective coping in facing violence, making violence more likely to occur and reoccur. On the other side of the dating violence, self-esteem of the perpetrator was less heard of. Low self-esteem was found to mediate partially the link between parenting processes low self-esteem partially mediated the link between parenting processes (monitoring, closeness, and support) and measures of dating violence (victimization, perpetration, attitudes, and perceptions) (Pflieger & Vazsonyi, 2006). Low self-esteem together with other risk factors may bring about victimization or perpetration when was facing relational conflicts.

It has been generally accepted that abusive relationship is closely connected with poor physical (Campbell & Soeken, 1999) and mental health (Campbell, 2002). Many studies confirmed that serious victimization were related to higher levels of anxiety, post-traumatic stress, depression (Banyard & Cross, 2008; Bohn & Holz, 1996; Callahan et al., 2003; Holt & Espelage, 2005; Kaura & Lohman, 2007; Lawyer et al., 2006), alcohol use and suicidal ideation (Swahn et al., 2008), and eating disorders (Ackard & Neumark-Sztainer, 2002). Even though there was direct injury inflicted by stalking, it would have caused 'psychological injury' (Fisher et al., 2000) and somatic symptoms (Westrup et al., 1999). However, there is very little research about the mental health of the perpetrator. It has been learned from a study on bullying (Juvonen et al., 2003) that it was the victim-perpetrator group who were most troubled psychologically, rather than the perpetrator or the victim group. Similarly, in Jonson-Reid and Bivens' study (1999), the most effective predictor for different models of physical and sexual abuse, was the victim experience of the perpetrators. A recent study found that it was actually the perpetrator group who had experienced victimization before had higher level of anxiety and depression (Espelage & Holt, 2007). The social learning model may explain better the intergenerational transmission of violence (O'Keefe, 1998) rather than such coincidence.

Lowered self-esteem and depression are two known proxies to poor mental health but evidence so far are mostly about victimization rather than perpetration. Without knowing more about the perpetrators, it will be difficult both for policy makers to plan services to meet their needs of the perpetrators, and for clinicians to work effectively with the perpetrators. It will need to look into this under-researched area.

This study analyzed the perpetrator subset data of a larger survey on dating experience of more than 3000 teenagers in Hong Kong, Taipei and Shanghai, with the objectives to find out 1) level of violence of the perpetrators and its relation to victimization; 2) the correlation between mental health related variables (self-esteem and depression), victim and perpetrator identities, and gender; 3) if there is any significant predictors for perpetrators.

### *Method*

Two-step randomized samples were drawn from the available school lists of each site. Target subjects were those in the third and sixth years of secondary schools. Respondents completed a self-administered questionnaire without the presence of teachers. The questionnaire set was piloted with 600 subjects before finalized and administered to more than 3000 subjects. The questionnaire set consisted items on socio-demographics, attitude towards dating violence, actual experience of dating violence, depression inventory (John Tung Foundation), and Rosenberg's Self-Esteem. Since initially Shanghai had different 3th/6<sup>th</sup> class ratio, and male/female gender ratio, to allow easy interpretation, a further random selection of the Shanghai subjects was done to align her ratios to that of Hong Kong and Taipei. Since the three sites had very similar pattern of socio-demography, subsequent statistical procedures used the combined data set instead of analysis by site. Both descriptive and statistics and multivariate analyses of logistic regression were carried out with the aid of SPSS.

### *Findings*

**Subjects** There were near to nine hundred subjects (N=898) who had reported dating experience, with about half male and female subjects. They were of a mean age of sixteen years old (SD=1.60). About half (47.3%) were from Junior form (3<sup>rd</sup> year) and the remaining from Senior form (6<sup>th</sup> year). Irrespective of sites, the majority of them lived with their parents. There were more Taiwan subjects not living with their parents (22.1%), and more of their parents not living together (22.0%) when compared to other two sites. Taiwan subjects had first dating at the youngest age (Mean=13.35; SD= 1.68) when compared to other groups, though they were not having more numbers of dating than others. The gender of the partner was predominantly of different sex to the subjects. Same-sex dating was only between 4% -7%. The majority of the current dating was without sex but the Hong Kong group had the highest 10.7% while Shanghai group had the lowest 3.9%. Only less than one per cent of the subjects thought they were engaged to a definite person. (Please refer to Table 1 for details)

(Insert Table 1 here)

Both the actual victimization and perpetration experience were classified by four-level of violence (no violence at all, psychological violence only, physical violence, and life threatening violence). Since victimization and perpetration experience were independent items, it formed an interesting matrix of victim-perpetrator experience. There were about one-quarter of those who had dating experience (26%) reported themselves as perpetrators, having some forms of violence against the other. There were more than one-third of these dating subjects (37.9%) reported victimization experience. It was striking to notice that more than three-quarter of the perpetrators (76%), a coincident rate much higher than would have by chance (Kappa = 0.368,  $p < .001$ ). Counting either victimization or perpetration experience as a constituent of dating violence, it gave an estimate of 44% of those who were dating.

(Insert Table 2 here)

Logistic regressions revealed that there were no variables more predictive of the perpetrator identity than the victim experience itself. It was clear in Table 3 subjects with victimization experience of physical violence in dating were nine time more likely than those with no victim experience to become a perpetrator with physical violence (OR=9.23 (5.97-14.26)). Those who had experienced victimization of life threatening violence were almost seventeen time more likely than those with no victim experience to become a perpetrator with physical violence (OR=17.44 (6.15-49.48)). Younger age of first dating was also predictive of the physical perpetration. For psychological perpetrators, they were best predicted by all levels of victim experience, including psychological violence (OR=15.32 (8.24-28.19)), life-threatening violence (OR=7.51 (1.87-30.10)) and physical violence (OR= 4.32 (2.31-8.07)). They were also those with lower self-esteem.

(Insert Table 3 here)

For girls, dating violence irrespective of victim or perpetrator identity (0/1) correlated significantly with depression and self-esteem scores. As expected depression score were negatively correlated with self-esteem. Self-esteem was also negatively and significantly correlated with both victim and perpetrator identity (0/1). For boys, it was of similar correlations except that perpetrator identity (0/1) did not relate significantly with depression or self-esteem.

(Insert Table 4 here)

Analysis of variance of self-esteem by levels of perpetration revealed that psychological perpetrators and life-threatening perpetrators had a lower self-esteem while the physical perpetrators did not than the non-violent group ( $F(893, 3)=3.59, p<.05$ ). Psychological perpetrators and life-threatening perpetrators had a higher depression score ( $F(893, 3)=3.91, p<.01$ ), though all violent perpetrator groups in general had a higher depression score than the non-violent group.

(Insert Table 5 here)

Perpetrators of psychological violence appeared to be a separate group, different from perpetrators of physical violence (including life-threatening violence). Therefore variable lists were again rearranged with caseness of psychological and physical violence (Table 6). For those who were psychological perpetrators only, far more of them had experienced psychological violence before than those who were not psychological perpetrators ( $\chi^2=107.36, df=3, p<.001$ ). They also had a significantly lower self-esteem ( $t=2.87, df=1, p<.01$ ) and higher depression score ( $t=3.21, df=1, p<.01$ ). For physical perpetrators, they were significantly younger at the time of first dating ( $t=3.13, df=1, p<.01$ ), had sex or engaged with partner ( $\chi^2=10.29, df=2, p<.01$ ) than those who were not physical perpetrators. They were also those who experienced more victimization of physical violence before ( $\chi^2=149.93, df=3, p<.001$ ). Interestingly, though they had a slightly lower self-esteem and higher depression score, statistical significance was not reached.

## *Discussions*

An overall 44% of dating violence and a rate of 40% physical violence in dating among Chinese teenagers was far higher than the 28.6% (Hong Kong) cited by Straus in 2001. It actually came close to the college estimate of Straus (1996) in the States, and of University students in Taiwan (Shiou & Sun, 2003). This was perhaps something the Chinese would not have expected for a group generally considered too young to experience dating violence and in a culture too intolerable for disharmony. Owing to the lack of baseline data at an earlier time, it was uncertain whether there was a rising trend, or whether such high rate came down in its journey into adulthood. It told of the imminent problem that associated with younger age of puberty and of going into intimate relations (13-14), yet the lack of healthy coping among the lovers, and lack of awareness among helping professionals, educators, and parents. It has been observed that there were more subjects reporting victim experience (37.9%) than perpetrator experience (26.0%). It was plausible that subjects may feel more ready to tell as a victim than as a perpetrator (social desirability) or that many girls, especially those in the girls' school had abusive partners outside the school, thus making the perpetrators fewer in the survey net.

The coincident of victim experience with perpetrators echoed with the findings of other studies (Jonson-Reid & Bivens, 1999; Jonson-Reid et al., 2007; Stermac et al., 2006), but the rate is unexpectedly high (76.0%). This may be due to the inclusion of psychological perpetration. It lent definite support to the thesis that victim experience made one more susceptible to become future perpetrator though the mechanism was currently not clear enough. This victim-perpetrator experience warrants more in-depth and dynamic analysis so that the knowledge of it can be available to the clinicians. The traditional emphasis on women and victim will need to embrace a more comprehensive concept which does not overlook the other gender when attention is drawn to one gender. The findings opposed a simple dichotomy of victim-perpetrator and a female-victim-male-perpetrator discourse.

It was interesting to notice that many socio-demographic variables failed to predict satisfactorily the perpetrators in the regression analyses. Although problem family, marital discord, and childhood experience of family violence were considered responsible for the perpetrations in dating in previous studies, this was not the case in this study. It was difficult to go beyond saying that those who dated at younger age, had sex with partner, and who had experience physical victimization before were more likely to become physical perpetrators. It was in line with the findings of other studies that tension situations were more likely to happen in dating where partners were more involved, and had more physical intimacy. The findings of this study inclined to support that it was not the socio-demographic variables that determined the dating violence (who they were), but rather the kind of involvement and attitude one had. Early identification of high-risk group would require the construction of reliable and valid measures of attitude and sense of involvement in dating, and of the orientation of coping and the use of force and coercion.

There was no indication that more boys used physical perpetration than girls. However, for boys who resorted to physical violence, they did not differ much from the non-perpetrators in terms of depression and self-esteem. It was the girls who felt bad about being the perpetrators. This may have suggested a normalization, among boys, of internal appraisal to achieve internal congruence. This normalization may have smoothed out sense of unease and depressed mood and paved way for violence in later adult life. Why boy rather than girl perpetrators succeeded in this psychological strategy was largely unclear, but it may relate to the gendered expectations on

preserving the self through justifications of violence. It was yet to be seen whether boys demonstrated a greater need for justifying violence and whether that was particular to Chinese societies.

This study also indicated the level of perpetrator experience had different characteristics of self-esteem and mental health (depression). Subjects inflicted psychological violence on the partner had a low self-esteem, as low as those taking life-threatening violence. The message was clear enough, though in milder form, psychological violence against partner was detrimental to one's own self-appraisal, and mental health. It may well be argued that for this group, psychological violence was but a consequence of low self-esteem and depressed mood. They became irritable and were more likely to react with non-physical violence. It warranted further research to verify the theses, and whether there existed circular relations.

### *Implications and Recommendations*

Unlike domestic violence which has a predominantly male representation, dating violence has a close prevalence of perpetration for both boys and girls. This may have been caused by minimum selection bias in the recruitment process of the subjects. It provided an excellent platform for researchers to understand how violence first appeared in its primitive form before it evolved into one's adulthood. It may be argued that preventive program at this early stage may achieve better outcome than remedial measures at a later life. Teenagers must be enabled to express freely and handle their concern in intimate relationship. There were several respondents asking if their opinion would be made known to the school and whether the police would be informed of the violence they had against their partner. This reflected psychological or actual barrier to the expression of the issues. Besides, existing preventive and education programs modeled after adult physical violence may not at all be fit for the teenagers. Teenagers may have more considerations than adult even in disclosing the personal issues. Perception on disclosure has to be explored and understood.

Attention must not be only given to the mere fact of male perpetrator and the direct impact of violence on one's psychosocial development, but also to the victim-perpetrator comorbidity. One of the reasons why research studies found similar predictors / factors for both victim and perpetrator in dating violence was probably confounded by this concurrence of experiences. As the public generally held punitive view against violence, perpetrators may make more effort to hide their identity. One practical way to identify them is to follow up with those with victimization experience. However, helping professionals must be aware of this possibility so that problem telling at the early contact would not predefine and narrow the scope to work entirely with the victimization experience.

Gender-related expectation and socialization appeared to have shaped the reaction and affect of the perpetrator. There were some indications that though in behavioral terms they had similar violence, but the psychology varied by gender. The further understanding on how boys smoothed away psychological unease would bring new insight into gender-sensitive practice and may general new knowledge in breaking the perpetuating forces. It was unclear if this normalizing strategy was a psychological milestone to one's journey to violence in later life. More empirical studies were needed and knowing it would benefit much the policy formulation and clinical intervention.

Socio-demographies have provided some clues only for physical perpetration. Those who dated at younger age, had sex with partner, and who had experience physical victimization before were more likely to become physical perpetrators. Clinicians will be able to identify perpetrators if these proxy variables or inventories are refined and developed. By then subjects will not need to tell directly on an area they are less willing to disclose, in the beginning of the helping process.

While physical perpetration has attracted much attention, psychological perpetration was often less concerned. Subjects inflicted psychological violence on the partner had a low self-esteem, as low as those taking life-threatening violence. Psychological violence was apparently not a pleasant experience for the perpetrator either. They had a significantly lower self-esteem and higher depression score than the non-perpetrators. If subjects with low esteem and depression were more prone to psychological violence against partner, better coping of this particular group will help ease the problem. If psychological perpetration brought about adverse psychological effect, the awareness of it will provide a valuable opportunity for engagement and education.

### *Limitations*

This study did not provide separate logistic analyses for the three sites. It was partly due to the assumption that these different Chinese societies held similar gender-related expectations and socialization process for genders, and partly because separate analyses would require a larger sample size. One may justifiably argue that there is more than one Chinese culture and therefore subsamples may vary, but at least some work to start with is better than none. Perhaps further studies will be able to make up such limitations. Besides, while evidence on gender difference emerged in perpetrator psychology, there was still much need to understand how the subjects journeyed in the path of violence and whether there were different shaping forces for different gender. It will require a more sophisticated design and probably a qualitative endeavor to look into this early journey of violence.



Table 1: Description of Sample with Dating Experience (N=898)								
Site	Taiwan		Hong Kong		Shanghai		Overall	
Variable	%	(n)	%	(n)	%	(n)	%	(n)
Gender								
Male	46.8	(175)	48.4	(183)	45.4	(59)	47.3	(417)
Female	53.2	(199)	51.6	(195)	54.6	(71)	52.7	(465)
Mean age ( $x \pm SD$ )	15.41 $\pm$ 1.38		16.50 $\pm$ 1.76		15.59 $\pm$ 1.30		15.90 $\pm$ 1.60	
Schooling								
Junior Forms	50.5	(193)	47.5	(182)	37.6	(50)	47.3	(425)
Senior Forms	49.5	(189)	52.5	(201)	62.4	(83)	52.7	(473)
Living Condition								
Living /w parent(s)	77.9	(240)	84.3	(295)	82.0	(91)	81.4	(626)
Not living /w	22.1	(68)	15.7	(55)	18.0	(20)	18.6	(143)
Parental Status								
Married & together	78.0	(298)	79.8	(301)	82.6	(109)	79.5	(708)
others	22.0	(84)	20.2	(76)	17.4	(23)	20.5	(183)
Age of 1 <sup>st</sup> Dating	13.35 $\pm$ 1.68		14.06 $\pm$ 2.14		14.02 $\pm$ 1.1.48		13.71 $\pm$ 1.90	
No. of Dating before	2.12 $\pm$ 1.94		2.23 $\pm$ 2.49		1.95 $\pm$ 2.15		2.14 $\pm$ 2.22	
Gender of Partner								
Same sex	4.2	(16)	6.5	(25)	4.5	(6)	5.2	(47)
Different sex	95.8	(366)	93.5	(358)	95.5	(127)	94.8	(851)
Status of Intimacy								
Dating, no sex	91.9	(353)	88.8	(340)	94.6	(122)	91.0	(815)
Dating, with sex	7.3	(28)	10.7	(41)	3.9	(5)	8.3	(74)
Engaged	0.8	(3)	0.5	(2)	1.6	(2)	0.8	(7)

**Table 2 Information on Victims and Perpetrators of Dating Violence**

Level of Victim Experience	Level of Perpetrator Experience				Total
	No violence at all	Psych Violence only	Physical Violence	Life-threatening	
No violence at all	502	19	33	4	558
Psych. Violence only	63	40	12	2	117
Physical Violence	96	27	67	17	207
Life-threatening	4	3	2	7	16
Total	665	89	114	30	898

Perpetrator experience =  $898 - 665 = 223$  (26.0%)

Victim experience =  $898 - 558 = 340$  (37.9%)

Perpetrators who had some forms of victim experience =  $(89-19)+(114-33)+(30-4) = 177$  (76.0%)

Prevalence of dating violence =  $1 - (502/898) = 0.44$  (44%)

Kappa = 0.368,  $p < .001$

**Table 3. Predictors for Perpetrator among Subjects with Dating Experience**

Variable	Odds Ratio (95% Confidence Interval)	P value
<b>Physical Violence</b>		
<b>Level of Victim Experience</b>		
Experienced no Violence (Reference Group)	1.00	
Psychological Violence	1.92 (1.00-3.68)	0.05
Physical Violence	9.23 (5.97-14.26)	<0.001
Life Threatening Violence	17.44 (6.15-49.48)	<0.001
Age of First Dating	0.88 (0.80-0.98)	<0.05
Note: Nagelkerke R-square =.237, Method: Forward Logistic Regression		
<b>Psychological Violence</b>		
<b>Level of Victim Experience</b>		
Experienced no Violence (Reference Group)	1.00	
Psychological Violence	15.32(8.24-28.19)	<0.001
Physical Violence	4.32 (2.31-8.07)	<0.001
Life Threatening Violence	7.51 (1.87-30.10)	<0.01
Self Esteem	0.95 (0.60-0.99)	<0.05
Note: Nagelkerke R-square =.218, Method: Forward Logistic Regression		

Table 4 Correlations of Self-Esteem, Depression Score, and dummy variables by Gender

For Boys (N=417)	Depression Score	Self- Esteem	Perpetrator (0/1)	Victim (0/1)
Depression Score	1.000			
Self-Esteem	-.423**	1.000		
Perpetrator (0/1)	.086	-.033	1.000	
Victim (0/1)	.125**	-.033	.484**	1.000
For Girls (N=465)	Depression Score	Self- Esteem	Perpetrator (0/1)	Victim (0/1)
Depression Score	1.000			
Self-Esteem	-.495**	1.000		
Perpetrator (0/1)	.098*	-.136**	1.000	
Victim (0/1)	.117*	-.143**	.466**	1.000
** p < 0.01 level	* p < 0.05 level			

Table 5. Self-Esteem & Depression Score of Perpetrators

	Level of Perpetrator Experience				F
	No violence at all	Psych Violence only	Physical Violence	Life- threatening	
Self-Esteem Mean	18.45	16.92	18.29	17.07	3.59*
(SD)	(4.43)	(4.87)	(4.47)	(5.14)	(3,87)
Depression Mean	7.37	9.36	7.82	8.27	3.91**
(SD)	(5.28)	(5.01)	(5.61)	(5.30)	(3,89)
** p < 0.01 level	* p < 0.05 level				

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## 參加國際會議心得報告與發表論文

### 一、會議簡介

- 1.會議名稱：Family Aggression: Causes & Consequences: First Biennial Conference of the International Family Aggression Society.
- 2.會議時間：March 18-19, 2008
- 3.會議地點：University of Central Lancashire, Preston, UK
- 4.主辦單位：International Family Aggression Society
- 5.會議規模：約有 200 人參與

### 二、心得感想

非常感謝國科會補助本人參加家庭暴力國際研討會，且在其中發表文章(主題：**Coping Strategies of Dating Violence: A National Study of Chinese College Students**)。此次研討會是由成立不久的國際家庭暴力學會第 1 次舉辦，參與者來自世界各大洲，甚至包括非洲。研討會的主題從倡導、政策、預防、評估、處遇、到研究，可說是包羅萬象。這是本人第一次到歐洲參加研討會，有機會學習到歐美及其他國家有關家暴防治的最新研究，收穫非常的豐富。最特別的是，大會請來的主講者所從事的家暴研究多是橫跨好幾個世代的縱貫研究，令我非常感佩。整體而言，非常感謝國科會補助本人參加國際研討會，對本人的研究與教學，皆有莫大的助益。

### 三、發表論文之簡報內容

#### **Coping Strategies of Dating Violence: A National Study of Chinese College Students**

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## Purpose

- **Examining the types of coping strategies adopted by Taiwanese college students when facing dating violence**
- **Exploring the relationship between coping strategies, depressive symptoms, and Chinese traditional beliefs.**
  - **Cultural values may influence victims' choices, prescribing the range of coping strategies available or acceptable to them**

## Literature Review

- **Dating violence in Taiwan remains a rarely discussed yet pervasive problem**
- **Compared to other nations' physical dating violence prevalence (Straus, 2007), Taiwan ranked number 6 (35.8%) among 32 countries (median = 29.8%), signaling the high prevalence dating violence in Taiwan**
- **No study has focused on the coping strategies of dating violence in Chinese population yet**

## Research questions

- **What is the prevalence of dating violence victimization among college students?**
- **What type of coping strategies do Taiwanese victims use to cope w/ DV?**
- **Is there a relationship between the Chinese culture and the use of coping strategies?**
- **Is there a relationship between the depressive symptoms and the use of coping strategies?**

## Method

- **The research design is cross-sectional**
- **A national stratified random sample of 1018 college students from 19 universities**
- **The participation rate was 78.4%**
- **Sample consists of 40.7% males & 59% females with a mean age of 21 years old**
- **Mean age of beginning dating: 18 years old**
- **Average length of latest intimate relationship last/lasted: 17months**

## Measures: Self-report measures

- **Chinese Traditional Belief Scale:**

- **Fate & Gender role sub-scales; 12 items**
- **internal consistency alpha was .79**
- **Higher scores reflected a higher degree of Chinese traditional belief identification**
- **Beck Depression Scale:**
  - **21 items; alpha was .90**
  - **Higher scores reflected a higher degree of depressive symptoms**

#### Measures, con'td

- **Dating Violence Scale: Physical, Psychological, and Sexual, 45 items x 2**
  - **Assessed both perpetration and victimization**
- **Coping Strategies: 20 items, principal component analyses grouped 20 items into five factors**
  - **Safety related**
  - **Passive strategies**
  - **Formal help-seeking**
  - **Informal help-seeking**
  - **Active strategies: Relationship related**

#### Results

- **62.2% of college students have experienced some form of dating violence**
  - **Physical: 59.1%**
  - **Psychological: 43.1%**
  - **sexual violence: 8.3%**
- **College students used a wide range of coping strategies to deal with dating violence, and often used multiple strategies: mean = 5.5 types**

The most common strategies reported by the participants  
(multiple choices)

- **Confronted the partner: 65.5%**
- **Focused on positive aspects of partner/relationship: 52.7%**
- **Sought help from friends: 43.6%**
- **Endured: 37.3%**
- **Break up with the partner: 35.2%**



The least used coping strategies

- Sought help from the police or legal system: 2.8%
- Sought help from professionals (medical or IPV): 2.9%
- Sought help from school teachers or counselors: 5.2%
- Used alcohol or drugs: 6.1%

Type of violence Experienced Coping strategies used	Physical %	Sexual %
Sought help from school teachers or counselors	5.2	12.9
Sought help from professionals (medical or IPV)	2.3	5.9
Sought help from the police or legal system	2.3	7.1

Factor	Coping Strategies	Chinese	Depression
<b>1. Safety related</b>	Arranged safety plan		
	Avoided a potentially violent situation		
	Suggested that the partner get help		
	Sought information		+.002**
<b>2. Passive strategies</b>	Obedied partner's request to prevent further violence	+.011*	+.014*
	Kept it as a secret to protect one's and partner's reputation	+.001**	+.002**
	Cried in private		+.000**
	Focused on positive aspects of partner/relationship		+.006**
	Minimized the seriousness of situation		+.013*
	Used alcohol or drugs	+.003**	+.002**
	Endured	+.004**	+.000**
<b>3. Formal</b>	Sought help from school counselors or teachers	+.044*	
	Sought help from professionals (e.g., medical,		

<b>Help</b>	IPV)
<b>Seeking</b>	Sought help from police or legal system
<b>4. Informal</b>	Sought help from friends +.034*
<b>Help</b>	Sought help from family
<b>Seeking</b>	
	Break up with the partner
<b>5. Active:</b>	Tried to break up with the partner, but failed
<b>Relationship</b>	Confronted the partner
<b>related</b>	Fought back verbally or physically

#### Chinese traditional beliefs

- **There is a significant relationship bet. Chinese traditional beliefs and coping**
- **Participants who used the following coping strategies were firmer believers in traditional Chinese beliefs than those do not**
- **sought help from school teachers or counselors, used alcohol or drugs, endured, minimized the seriousness of situation, kept it as a secret, and obeyed partners' requests to stop violence**

#### Depression and Coping Strategies

- **There is a significant relationship bet. depression and coping strategies**
- **Victims who used passive coping strategies reported more depressive symptoms than victims who did not.**

#### Implications

- **Teach students how to copy with dating violence safely and healthily**
- **Seeking help from an outsider is often a new experience fro most Chinese, the entry point to rapport building is to acknowledge victims' feelings of ambivalence about seeking help**
- **Students are unlikely to seek help directly from professionals. They do talk to their friends. Peer counseling is recommended**

#### Conclusions

- **College students use a wide range of coping strategies to deal with dating violence**
- **Chinese is reluctant to seek formal help. Traditional cultural beliefs rooted in patriarchal ideology & rigid gender norms, such as obedience,**

**collective interest, & shame, may deter victims from seeking formal help when facing dating violence**

- **Depression is not only related to dating violence victimization, but also related the coping strategies victims used to deal with dating violence**