



EFFECT OF EMOTIONALLY ABUSIVE RELATIONSHIP ON RESILIENCE AND MENTAL HEALTH AMONG COLLEGE STUDENTS

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ABSTRACT :- "Emotional abuse" is any non-physical behavior or mentality that aims to control, curb, rebuff, or segregate another person through embarrassment or dread. According to Follstad, Coyne, & Gambone (2005), emotional abuse can take the form of verbal assault, dominance, control, isolation, ridicule, or the misuse of intimate knowledge for degrading purposes. This study entitled "Effect of Emotionally Abusive Relationship on resilience and mental health among college students" aimed to find out the relationship between emotional abuse and mental health, to find out the relationship between emotional abuse and resilience and to find out the differences between emotional abuse, resilience and mental health between males and females. Tools used for this: 1) Multidimensional measure of emotional abuse, 2) Brief resilience scale, 3) Mental health health inventory. The participants were 52 males and 49 females with 18-26 years of age. The results of this study revealed that there is a significant difference in all four dimensions of emotional abuse with a mean score of males being higher than females in restrictive engulfment, denigration, hostile withdrawal dimensions and scores of females being higher than males in dominance/intimidation dimension. There is a significant difference in the resilience with the scores of males being higher than females. There is a significant difference in the general positive affect, emotional ties, life satisfaction, psychological wellbeing, and overall mental health of males and females with the scores of females being high in all these dimensions along with overall mental health. The association of resilience with restrictive engulfment, denigration, hostile withdrawal dimensions of emotional abuse is positive and significant. The association of resilience with general positive affect, life satisfaction, and psychological wellbeing dimensions of mental health is significant and negative. The association of restrictive engulfment, denigration, hostile withdrawal dimensions of emotional abuse with general positive affect, emotional ties, life satisfaction, psychological wellbeing, and overall mental health is significant and negative. The association of dominance/intimidation dimension of emotional abuse with general positive affect, emotional ties, life satisfaction, and psychological wellbeing dimensions of mental health is significant and negative.

Keywords: - Emotional Abuse, Resilience, Mental Health

INTRODUCTION

Emotional abuse

According to Engel (2002), "emotional abuse" is any non-physical behavior or mentality that aims to control, curb, rebuff, or segregate another person through embarrassment or dread. According to Follstad, Coyne, & Gambone (2005), emotional abuse can take the form of verbal assault, dominance, control, isolation, ridicule, or the misuse of intimate knowledge for degrading purposes. According to The Hotline's 2020 data, 95% of contacts reported experiencing emotional abuse. Psychological mistreatment may not be a large number individuals' perspective about when they picture abuse, yet that doesn't make it any less real or less serious. Considering its subtleties, psychological mistreatment can be extremely difficult to perceive when it is being fit. Psychological mistreatment is similarly a foundation for various sorts of abuse. It is frequently used to break an individual's self-confidence and mental reliance on the harmful partner. Psychological mistreatment is a type of abusive behavior at home. Although mental abuse can be a precursor to actual harm in a relationship, truly oppressive relationships do

not always include actual violence. Most people think that psychological abuse is any kind of hurtful, harmful behavior that isn't physical. When an example occurs more than once over the course of a relationship, it becomes evident that the relationship is truly harmful. A single episode could simply be a terrible struggle. In any case, a couple of episodes set the stage for a toxic relationship. Emotional abuse can have a significant impact on your emotional well-being and can feel just as bad and harmful as actual abuse. It doesn't have to include other forms of abuse to be considered misuse; it is typically used to maintain power and authority over another person. It is significant enough to cause concern on its own.

Resilience: -

Resilience is the interaction and outcome of successfully adjusting to challenging or challenging educational experiences, particularly through mental, profound, and social adaptability and acclimatization to demands from the outside and within. People's ability to adapt to illness is influenced by a number of factors, the most prominent of which are:

The mental examination demonstrates that the assets and abilities associated with more certain transformation (i.e., more prominent strength) can be developed and practiced. • the ways in which people view and interact with the world; the accessibility and nature of social resources; specific survival techniques; and the ways in which people view and interact with the world.

From APA Word reference of brain research

Being versatile doesn't infer that people don't experience pressure, individual disturbance, and mulling. Managing severe suffering and enduring it are essential components of demonstrating resilience. The resilient person frequently accomplishes more than simply returning. After a significant event, such as the death of a friend or family member or a shockingly negative clinical finding, even the strongest person is likely not going to return to their previous state — or even remain unchanged.

Mental well-being

Psychological mistreatment can cause different ailments. Emotional wellness effects of misuse integrate melancholy, nervousness, and a portion of the time the post-horrible pressure issue too. A state of mental well-being that enables individuals to adapt to life's challenges, comprehend their capabilities, learn effectively, perform admirably, and contribute to their community is known as psychological well-being. It is an essential component of well-being and prosperity that enables us to easily make decisions, build connections, and shape the world in which we live. A fundamental freedom is psychological well-being. In addition, it is crucial to individual, regional, and financial developments. The absence of mental issues is only one component of emotional well-being.

METHODOLOGY

Aim: -The aim of this study is to understand the impact of emotionally abusive relationship on resilience and mental health among college students.

Objectives: -

- To find out the relationship between emotional abuse and mental health
- To find out the relationship between emotional abuse and resilience
- To find out the differences between emotional abuse, resilience and mental health between males and females.

Hypotheses: -

- There would be a significant relationship between emotional abuse and mental health among college students.
- There would be a significant relationship between emotional abuse and resilience among college students.
- There would be a significant difference between emotional abuse, resilience and mental health between males and females.

Sample and its selection: -

A delegate subset or part of a larger group or population is a sample. It is used to collect data about the entire population by focusing on a smaller, more reasonable subset in various fields like measurements, research, and market analysis. Specialists can derive inferences or make decisions about the larger population from which an example was drawn by dissecting it. The sample chosen for this study consisted of 52 males and 49 female college students of age ranging from 18-26 years. incidental and purposive sampling method was used.

Variables: - The variables used in the study on the effect of emotionally abusive relationship on resilience and mental health among college students include:

- Independent variable: Emotional abuse is an independent variable because it represents the factor or experience that is hypothesized to have an impact on resilience and mental health.
- Dependent variable: Resilience and Mental Health are dependent variables because they are the outcomes or variables of interest that are examined in relation to emotional abuse. The study aims to understand how emotional abuse influences resilience and mental health among college students.

Description of tools employed : -

The tools used in the research were

1. **Multidimensional emotional abuse questionnaire:** - The MMEA (Murphy and Hoover, 1999; Murphy and other, (Murphy and Cascardi, 1999) is a self-report scale that was developed through an organized survey of the writing as well as clinical and subjective examinations on mental abuse in conjugal and dating relationships. The MMEA exhibits a calculated shift in comparison to the various mental health models and measures previously mentioned as it transitions from an assessment of mental health as a one-dimensional development to a complex assessment that takes into account estimation of the most significant aspects of mental health. 54 items were selected from a few hypothetical sources and existing measures to address mental abuse for the first measure. Besides, a couple of things were patched up or made ex novo with the objective that they would similarly apply to dating associations (Murphy and Hoover, 1999). Things like evaluating male power and strength were outlawed because they were limited to the behavior of one orientation, and things related to economic abuse were outlawed because most dating and younger couples keep their finances private. Finally, measures aimed at minimizing physical abuse were also dropped because they could only be used in really violent relationships. The last variation of the MMEA contains 28 things that were picked in light of trial principles associated with subscale faithful quality and division of subscale content to assess four kinds of mental abuse, that were made on a rational, found premise (Nunally, 1978). The action includes four plans of seven things assessing the essential parts of mental abuse.
2. **Resilience Scale:** - It was created by Smith et al. (2008) and comprises of six items. The brief resilience scale (BRS) was made to survey the capacity to return or recuperate from pressure. Its psychometric qualities were analyzed in four examples, including two student samples and tests with heart and persistent agony patients.
3. **Mental health inventory:** - The Mental Health Inventory - 38 (MHI - 38) is a customer self -report device intended to measure general mental misery and prosperity in the RAND Health insurance Experiment (veil and Ware, 1983), a review intended to gauge the impacts of various wellbeing care funding plans on the interest for administrations as well as on the wellbeing status of the patients in the review. The RAND research bunch fostered the MHI close by another measure (SF-36) utilized broadly in populace general wellbeing studies. Various inquiries were taken straightforwardly from the MHI to make up the psychological well-being subscale of the SF-36. These five things have likewise been utilized as a free-standing scale by their own doing, known as the MHI-5.

Procedure: - All the participants had experienced emotional abuse in their relationships over the course of 6 months. Research explained the process and purpose of this study. The study included 52 male and 49 female college going students and aged

from 18-26 years of age. The data was collected from Delhi itself through online google forms. They were ensured the confidentiality and thus they responded honestly and were assured that the data collected will be used for research purposes only.

Research design: - This was a non-experimental study so no specific design was followed. This was a field study, hypothesis testing type.

RESULT: -

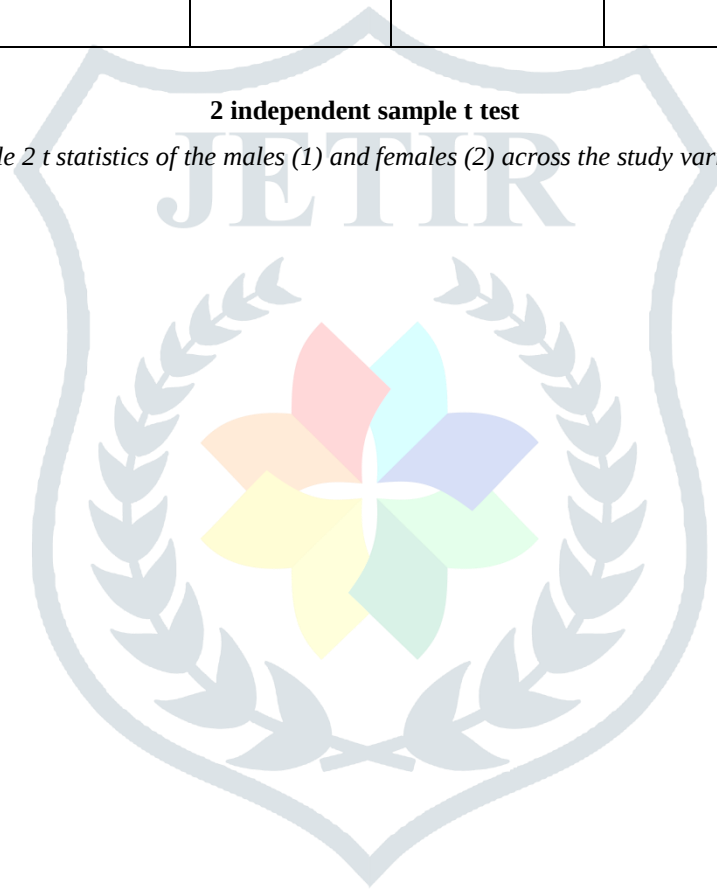
Table 1 mean, standard deviation, standard error across the study variables

	Gender	N	Mean	Std. deviation	Std. Error Mean
Restrictive engulfment	1	52	25.8846	10.73688	1.48894
	2	49	13.3469	9.63620	1.37660
Denigration	1	52	25.5962	11.59489	1.60792
	2	49	8.8571	9.03466	1.29067
Hostile withdrawal	1	52	26.7115	9.53289	1.32197
	2	49	9.6939	9.04665	1.29238
Dominance /intimidation	1	52	19.9231	0.10472	1.26260
	2	49	7.4898	10.29385	1.47055
Resilience	1	52	21.9038	3.65288	.50656
	2	49	18.2653	4.01962	.57423
Anxiety	1	52	33.0769	7.58442	1.05177
	2	49	34.4082	7.99718	1.14245
Depression	1	52	12.8269	3.31793	.46011
	2	49	11.9796	3.87562	.55366
Loss of behavioral/emotional control	1	52	32.1538	6.29156	.87248
	2	49	30.7755	7.11590	1.01656
General positive affect	1	52	25.0000	6.26537	.86885
	2	49	29.9796	8.18151	1.16879
Emotional ties	1	52	6.2500	1.76985	.25453
Life satisfaction	2	49	7.7143	2.55767	.36538
	1	52	3.0385	.92803	.12869

Psychological distress	2	49	4.1224	1.21848	1.7407
	1	52	81.8846	17.81347	2.47028
Psychological well-being	2	49	77.1429	20.83167	2.97595
	1	52	37.4231	8.75896	1.21465
Global mental health	2	49	45.5510	11.87620	1.69660
	1	52	128.5385	20.43494	2.83382
	2	49	141.4082	29.52536	4.21791

2 independent sample t test

Table 2 t statistics of the males (1) and females (2) across the study variable.



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		F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Lower
Restrictive Engulfment	Equal variances assumed	1.760	.188	6.163	99	.000	12.53768	2.03436	8.50106
	Equal variances not assumed			6.183	98.772	.000	12.53768	2.02780	8.51397
Denigration	Equal variances assumed	3.904	.051	8.059	99	.000	16.73901	2.07703	12.61774
	Equal variances not assumed			8.118	95.686	.000	16.73901	2.06185	12.64610
Hostile Withdrawal	Equal variances assumed	1.109	.274	9.191	99	.000	17.01766	1.85165	13.34359
	Equal variances not assumed			9.205	98.994	.000	17.01766	1.84874	13.34935
Dominance/Intimidation	Equal variances assumed	1.154	.269	6.438	99	.000	12.43328	1.93112	8.60151
	Equal variances not assumed			6.415	95.837	.000	12.43328	1.93821	8.58587
Resilience	Equal variances assumed	1.053	.318	4.765	99	.000	3.63854	.76354	2.12350
	Equal variances not assumed			4.752	96.674	.000	3.63854	.76573	2.11871
Anxiety	Equal variances assumed	1.237	.269	-859	99	.393	-1.33124	1.55041	-4.40759
	Equal variances not assumed			-857	97.755	.393	-1.33124	1.55288	-4.41297
Depression	Equal variances assumed	2.249	.137	1.182	99	.240	.84733	.71657	-.57450
	Equal variances not assumed			1.177	94.688	.242	.84733	.71989	-.58190
Loss of Behavioural / Emotional Control	Equal variances assumed	1.712	.194	1.033	99	.304	1.37834	1.33472	-1.27003
	Equal variances not assumed			1.029	95.824	.306	1.37834	1.33963	-1.28087
General Positive Affect	Equal variances assumed	3.135	.080	-3.446	99	.001	-4.97959	1.44501	-7.84680
	Equal variances not assumed			-3.419	89.877	.001	-4.97959	1.45635	-7.87295
Emotional Ties	Equal variances assumed	5.936	.017	-3.362	99	.001	-1.46429	.43553	-2.32847

	Equal variances not assumed			-3.327	84.833	.001	-1.46429	.44016	-2.33947
Life Satisfaction	Equal variances assumed	10.361	.002	-5.048	99	.000	-1.08399	.21476	-1.51011
	Equal variances not assumed			-5.007	89.616	.000	-1.08399	.21648	-1.51408
Psychological Distress	Equal variances assumed	2.464	.120	1.232	99	.221	4.74176	3.84966	-2.89680
	Equal variances not assumed			1.226	94.645	.223	4.74176	3.86763	-2.93684
Psychological Well-being	Equal variances assumed	6.756	.011	-3.930	99	.000	-8.12794	2.06817	-12.23164
	Equal variances not assumed			-3.895	88.046	.000	-8.12794	2.08658	-12.27456
Global Mental Health	Equal variances assumed	5.566	.020	-2.560	99	.012	-12.86970	5.02803	-22.84641
	Equal variances not assumed			-2.533	84.843	.013	-12.86970	5.08146	-22.97328

Table 2 shows the t statistics for males (1) and females (2) across the study variables. Findings suggest that there is a significant difference in all four dimensions of emotional abuse with a mean score of males being higher than females in restrictive engulfment, denigration, hostile withdrawal dimensions and scores of females being higher than males in dominance/intimidation dimension. There is a significant difference in the resilience with the scores of males being higher than females. There is a significant difference in the general positive affect, emotional ties, life satisfaction, psychological wellbeing, and overall mental health of males and females with the scores of females being high in all these dimensions along with overall mental health.

Pearson's Correlation

Table 3 Pearson's correlation across the study variables

		Restrictive Engulfment	Denigration	Hostile Withdrawal	Dominance/Intimidation	Resilience	Anxiety	Depression	Loss of Behavioural / Emotional Control	General Positive Affect	Emotional Ties	Life Satisfaction	Psychological Distress	Psychological Well-being	Global Mental Health
Restrictive Engulfment	Pearson correlation		.95	.64	.98	.26	.37	.26	.067	.05	.74	.806	.009	.21	.31
	g. (2-tailed)		.00	.00	.00	.23	.15	.96	.05	.02	.05	.02	.96	.01	.93
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Denigration	Pearson correlation	.95		.37"	.53"	.05	.41	.76	.00	.70	.97	.06	.71	.894	.21
	g. (2-tailed)	.00		.00	.00	.03	.81	.50	.97	.00	.03	.00	.83	.00	.26
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Hostile Withdrawal	Pearson correlation	.64	.37"		.45	.01	.095	.63	.57	.05	.76	.92	.39	.30	.88
	g. (2-tailed)	.00	.00		.00	.44	.33	.03	.68	.00	.00	.00	.66	.00	.04
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Dominance/Intimidation	Pearson correlation	.98	.53	.45		.37	.40	.024	.076	.25	.57	.98	.25	.36	.25
	g. (2-tailed)	.00	.00	.00		.73	.94	.08	.51	.01	.10	.02	.02	.01	.4
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Resilience	Pearson correlation	.26	.05	.01	.37		.06	.78	.063	.23	.086	.71	.78	.27	.039
	g. (2-tailed)	.23	.03	.44	.73		.90	.39	.34	.25	.93	.06	.38	.22	.98
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Anxiety	Pearson correlation	.37	.41	.95	.40	.06		.20	.18	.40	.48	.27	.952	.43	.15
	g. (2-tailed)	.15	.81	.43	.94	.90		.00	.00	.16	.12	.06	.00	.14	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Depression	Pearson correlation	.26	.76	.63	.024	.78	.820		.60	.809	.76	.11	.93	.16"	.03
	g. (2-tailed)	.96	.50	.03	.08	.39	.00		.00	.02	.05	.34	.00	.01	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Loss of Behavioural / Emotional Control	Pearson correlation	.067	.00	.57	.076	.63	.18	.60		.86	.894	.82	.1	.08	.55
	g. (2-tailed)	.05	.97	.68	.51	.34	.00	.00		.00	.00	.04	.00	.00	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
General Positive Affect	Pearson correlation	.805	.70	.05	.25"	.23	.40	.09"	.886		.17	.19	.94	.78	.13
	g. (2-tailed)	.02	.00	.00	.01	.25	.16	.02	.00		.00	.00	.00	.00	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Emotional Ties	Pearson correlation	.74	.97	.76	.57	.86	.48	.76	.894	.17"		.87	.75	.41	.32
	g. (2-tailed)	.05	.03	.00	.10	.33	.12	.05	.00	.00		.00	.00	.00	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Life Satisfaction	Pearson correlation	.06	.06	.892	.98	.71	.27	.11	.82	.19	.87		.51	.10	.92
	g. (2-tailed)	.02	.00	.00	.02	.06	.96	.34	.04	.00	.00		.1	.00	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Psychological Distress	Pearson correlation	.009	.71	.39	.025	.78	.52	.33	.11	.94	.75	.51		.04	.20
	g. (2-tailed)	.26	.83	.66	.02	.38	.00	.00	.00	.00	.00	.11		.00	.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Psychological Well-being	Pearson correlation	.21	.94	.30	.36	.27	.33	.16	.08	.78"	.21	.10"	.04		.30
	g. (2-tailed)	.01	.00	.00	.01	.22	.4	.01	.00	.00	.00	.00			.00
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01
Global Mental Health	Pearson correlation	.31	.21	.88	.25	.39	.15	.03	.55	.13	.32	.92	.20	.30	
	g. (2-tailed)	.93	.26	.04	.14	.98	.00	.00	.00	.00	.00	.00	.00	.00	
		.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01	.01

Correlation is significant at 0.01 level (2- tailed)

Correlation is significant at 0.05 level (2-tailed)

The association of resilience with restrictive engulfment, denigration, hostile withdrawal dimensions of emotional abuse is positive and significant. The association of resilience with general positive affect, life satisfaction, and psychological wellbeing dimensions of mental health is significant and negative. The association of restrictive engulfment, denigration, hostile withdrawal dimensions of emotional abuse with general positive affect, emotional ties, life satisfaction, psychological wellbeing, and overall mental health is significant and negative. The association of dominance/intimidation dimension of emotional abuse with general positive affect, emotional ties, life satisfaction, and psychological wellbeing dimensions of mental health is significant and negative.

Discussion: -

This study sought to determine how college students who had experienced emotional abuse in relationships between the ages of 18 and 26 affected their resilience and mental health. An example of 52 guys and 49 females was taken who had encountered psychological mistreatment in their connections. Really disastrous and harming, psychological mistreatment can essentially affect your emotional well-being. It is not surprising that it is utilized as a strategy for maintaining control and power over another individual. Emotional abuse can happen to couples of the same sex or to men and women. It does not require sexual proximity. Mistreatment of the mind can be difficult to spot right away. It could involve insulting you, ignoring your emotions, yelling at you, or cursing at you. It regularly heightens to a progression of slurs, expecting you to represent the entire time, blaming you for doing things you didn't do, and mentioning that you quit investing energy with your loved ones. Emotional abuse and psychological distress frequently occur simultaneously. Abuse victims and perpetrators alike are likely to suffer from mental health issues. Mental health problems are frequently the result of emotional abuse. They could experience difficulty resting, disapprove of their eating routine and food, and begin mishandling drugs. Additionally typical are feelings of sadness, unease, and excessive urgency. Self-harm and suicidal ideation are possible. Put-downs and endeavors to scare, segregate, or control you are instances of profound and obnoxious attack. For example, McCloskey, Treviso, Scionti, and daPozzo (2002) found that batterers utilized confinement techniques, and Carlson, McNutt, Choi, and Rose (2002) found that battered ladies got less friendly help than non-battered ladies. As per Tan, Basta, Sullivan, and Davidson (1995), different analysts found no distinctions in the size of the informal organizations of ladies who had been manhandled and the people who had not (Tan, Basta, Sullivan, and Davidson, 1995). However, extensive research revealed a correlation between perceptions of emotional and instrumental support and assault severity: The severity of the abuse, according to Kocot and Goodman (2003), increases the degree of isolation. Then again, often attempting to stop ruthlessness, women might take cover (Flitcraft, 1995). However, self-segregation is frequently brought on by a sense of compulsion or fear of being challenged (Goetting, 1999).

Hypotheses1: - There would be a significant relationship between emotional abuse and mental health among college students

Results suggests that the dimensions of emotional abuse (restrictive engulfment, denigration, and hostile withdrawal) are significantly and negatively associated with general positive affect, emotional ties, life satisfaction, psychological well-being, and overall mental health. This implies that higher levels of these forms of emotional abuse are associated with lower levels of general positive affect, emotional ties, life satisfaction, psychological well-being, and overall mental health.

Hypotheses 2: - There would be a significant relationship between emotional abuse and resilience among college students.

Results suggests that the association between resilience and the dimensions of restrictive engulfment, denigration, and hostile withdrawal of emotional abuse is positive and significant. This suggests that higher levels of resilience are associated with higher levels of these forms of emotional abuse. The dominance/intimidation dimension of emotional abuse is significantly and negatively associated with general positive affect, emotional ties, life satisfaction, and psychological well-being. This means that higher levels of dominance/intimidation in emotional abuse are associated with lower levels of general positive affect, emotional ties, life satisfaction, and psychological well-being

Hypotheses3: - There would be a significant difference between emotional abuse, resilience, and mental health between males and females.

Results suggest that: -

1. Emotional Abuse:

- Restrictive Engulfment: The mean score of males is higher than females.
- Denigration: The mean score of males is higher than females.
- Hostile Withdrawal: The mean score of males is higher than females.
- Dominance/Intimidation: The mean score of females is higher than males.

2. Resilience:

- The mean score of males is higher than females, indicating that males tend to have higher levels of resilience.

3. Psychological Well-being:

- General Positive Affect: The mean score of females is higher than males.
- Emotional Ties: The mean score of females is higher than males.
- Life Satisfaction: The mean score of females is higher than males.
- Psychological Well-being: The mean score of females is higher than males.
- Overall Mental Health: The mean score of females is higher than males.

Conclusion:

In conclusion, the findings indicate significant differences between males and females in various dimensions of emotional abuse, resilience, and mental health outcomes. Males tend to score higher than females in the dimensions of restrictive engulfment, denigration, and hostile withdrawal, whereas females score higher in the dominance/intimidation dimension of emotional abuse. Additionally, males exhibit higher levels of resilience compared to females. Furthermore, there are significant gender differences in general positive affect, emotional ties, life satisfaction, psychological well-being, and overall mental health, with females scoring higher in all these dimensions, including overall mental health.

The associations between resilience and emotional abuse dimensions reveal a positive and significant relationship with restrictive engulfment, denigration, and hostile withdrawal. On the other hand, the association between resilience and general positive affect, life satisfaction, and psychological well-being dimensions of mental health is significant and negative. The associations between emotional abuse dimensions (restrictive engulfment, denigration, and hostile withdrawal) and general positive affect, emotional ties, life satisfaction, psychological well-being, and overall mental health are all significant and negative. This suggests that higher levels of emotional abuse in these dimensions are associated with lower levels of well-being and mental health in these areas.

Lastly, the dominance/intimidation dimension of emotional abuse is significantly and negatively associated with general positive affect, emotional ties, life satisfaction, and psychological well-being dimensions of mental health. This implies that

higher levels of dominance/intimidation in emotional abuse are linked to lower levels of well-being and mental health in these dimensions.

These findings highlight the importance of understanding gender differences in emotional abuse and its impact on resilience and mental health outcomes. They underscore the need for interventions and support systems that address emotional abuse and promote resilience and well-being, especially for individuals who have experienced emotional abuse.

Implications: -

Mental abuse can have unfortunate results on a person's psychological well-being and prosperity. The impacts of psychological mistreatment can be similarly pretty much as extreme as physical and sexual maltreatment, and it is essential to remember it as a type of relationship misuse that can really hurt.

Gender differences: The findings highlight significant gender differences in the experience and impact of emotional abuse. Understanding these differences can inform targeted interventions and support systems tailored to the specific needs of males and females.

Focus on specific dimensions: The identification of specific dimensions of emotional abuse, such as restrictive engulfment, denigration, hostile withdrawal, and dominance/intimidation, allows for a more nuanced understanding of the types of abuse that individuals may experience. This can guide interventions in addressing these specific dimensions effectively.

Importance of resilience: The positive association between resilience and certain dimensions of emotional abuse suggests that individuals with higher levels of resilience may be better equipped to cope with and overcome the negative effects of emotional abuse. Interventions focusing on resilience-building can help individuals develop strategies to mitigate the impact of emotional abuse.

Mental health outcomes: The significant differences in general positive affect, emotional ties, life satisfaction, psychological well-being, and overall mental health between males and females emphasize the need for gender-sensitive approaches to mental health promotion and support. Tailoring interventions to address the specific mental health needs of each gender can contribute to improved well-being.

Research has demonstrated the way that mental abuse can prompt discouragement, nervousness, post-horrendous pressure issue (PTSD), and other psychological well-being issues (Dull et al., 2011; Rivara et al., 2009). Furthermore, it can adversely affect a singular's confidence, relational connections, and generally speaking personal satisfaction. It is fundamental to focus on one's psychological well-being and prosperity and make strides towards recuperating and recuperation. The generally higher rate of psychological abuse as stated in this review, these findings highlight the significance of teaching youth about psychological abuse and the need for both male and female counteraction campaigns. Relationship coaches ought to be aware of the seriousness of psychological abuse and the significant rates of exploitation experienced by men. Psychological abuse must be addressed not only to end the harm it causes, but also to prevent its progression into actual vileness, which harms families and society.

As precursors to psychological abuse, partners' controlling and disconnected behaviours should be the primary focus of counsellors and instructors. Being "lost" in the relationship is a common reason why women stay in oppressive ensnarement, along with a fear of being separated from everyone else (Engel, 2002), so couples' ability to maintain solid, stable relationships with family, friends, and partners without losing the essential heartfelt connection should be emphasized. Finally, women's

higher reporting of property hurt by their male accessories is of concern, especially as it appears to increase for a really long time. Psychological abuse in relationships can be hard for couple counsellors to tell apart, but obliteration of one's own property, even if unintentional, should be addressed (Engel, 2002) and considered a reprobation of abuse.

Limitations: -

1. **Sample characteristics:** The findings are specific to the sample population studied, which may limit their applicability to other populations or contexts. The characteristics of the participants, such as their demographics, cultural backgrounds, or specific college environment, may influence the results and make it difficult to generalize to broader populations.
2. **Cross-sectional design:** The findings appear to be based on a cross-sectional design, which captures data at a specific point in time. This design cannot establish causal relationships or determine the directionality of the observed associations. Longitudinal studies that follow participants over time would provide more robust evidence regarding the temporal relationships between emotional abuse, resilience, and mental health outcomes.
3. **Self-reporting bias:** As with any self-report study, participants may provide biased or inaccurate information due to various factors, such as social desirability bias, memory recall issues, or individual interpretation of the survey questions. This bias could affect the reliability and validity of the findings.
4. **Lack of control variables:** The findings do not specify whether other factors that could influence resilience and mental health, such as pre-existing mental health conditions, social support networks, or external stressors, were considered or controlled for. Failing to account for these variables may limit the ability to attribute the observed differences solely to emotional abuse.
5. **Limited measurement instruments:** The specific instruments used to measure emotional abuse, resilience, and mental health dimensions may have their own limitations. These instruments may have varying degrees of validity and reliability, which could impact the accuracy of the findings.
6. **Gender generalization:** The findings suggest gender differences in emotional abuse, resilience, and mental health outcomes. However, it's important to acknowledge that experiences and responses to emotional abuse can vary among individuals within each gender. Generalizing these findings to all males or females may oversimplify the complex and nuanced nature of these relationships.
7. **Cultural and contextual factors:** Emotional abuse, resilience, and mental health outcomes can be influenced by cultural norms, societal expectations, and support systems, which may vary across different cultural and geographical contexts.

Future suggestions: -

Further research is necessary to explore the underlying mechanisms and develop effective strategies for prevention and intervention in emotional abuse cases. Future research ought to Conduct a longitudinal study to explore the changes in emotional abuse, resilience, and mental health outcomes over time. This would provide a better understanding of the causal relationships and the long-term effects of emotional abuse on individuals' well-being. Expand the sample to include individuals from different demographic groups, cultures, and socioeconomic backgrounds. This would help examine if the observed gender differences and associations between emotional abuse, resilience, and mental health hold true across diverse

populations. Complement the quantitative findings with qualitative research methods, such as interviews or focus groups, to gain deeper insights into individuals' experiences of emotional abuse. This could provide a richer understanding of the underlying factors contributing to the observed gender differences and associations. Examine the presence of protective factors that may buffer the negative effects of emotional abuse on resilience and mental health outcomes. Identify and explore factors such as social support, self-esteem, or coping strategies that may enhance individuals' ability to overcome the detrimental effects of emotional abuse. Develop and evaluate interventions aimed at reducing the negative impact of emotional abuse and promoting resilience and mental well-being. These interventions could target individuals who have experienced emotional abuse, providing them with support, resources, and coping strategies to improve their overall well-being. Compare the findings with other forms of abuse, such as physical or sexual abuse, to better understand the unique effects of emotional abuse on resilience and mental health outcomes. This would contribute to a more comprehensive understanding of the different types of abuse and their varying impacts.

By addressing these suggestions in future research, we can gain a deeper understanding of the dynamics of emotional abuse, its impact on individuals, and potential strategies for prevention and intervention. To truly fight mental abuse and address the fascinating shortcoming of youthful colleagues, fundamental evasion projects should be planned to concentrate in peril couples. I might want to energize people who might be encountering mental abuse to look for help from psychological well-being experts or care groups.

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