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Relationship between Emotional Abuse, Sense of Coherence and Resilience among Married People
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Abstract

Objective; *The current study was designed to identify the association between emotional abuse, sense of coherence and resilience. Another objective of the study was to find the extent to which emotional abuse and sense of coherence predict resilience among married people.*

Method; *Quantitative survey design was employed to conduct this study. The sample (N=200) of the study consisted of both men (n=100) and women (n=100) with the age range of 20 to 50 years. Data was collected using scales i.e. emotional abuse questionnaire (EAQ), brief resilience scale (BRS) and sense of coherence scale.*

Results; *Sense of coherence was positively associated with resilience whereas emotional abuse was negatively associated with resilience. Sense of coherence was found to be a significant predictor of resilience than emotional abuse in the current study sample.*

Conclusion; *Amplifying sense of coherence appeared to be an encouraging approach to enhance resilience. This notion is mainly important for the field of interventions in clinical psychology, where efforts are made to specifically uphold psychological resistance. Married people confronted with chaotic situations on day-to-day basis should receive specific training, not only to be able to process these chaos, but to reinforce and develop their sense of coherence and resilience to prevent them from developing trauma when being faced with emotional abuse.*

Keywords: *Sense of Coherence, Resilience, Emotional Abuse, Chaos, Psychological Resistance, Trauma.*

Introduction

Abuse irrespective of gender is a global issue and has notable mental impact on its victims. Stark (2015) stated that all kind of abuse is about power and control, and the abuser uses different strategies to impose power and control over his or her victims Abuse comes in many forms, some more visible than others and dismally emotional abuse is the one that shrinks into the background (Sims, 2008). Emotional abuse is any kind of non-physical abuse exerted from one person to another (Glaser, 2002). People who report emotional abuse scored higher on anxiety, melancholy, trauma, and neuroticism personality traits than those who report only physical and/or sexual abuse (Stark, 2015). Experiences of emotional abuse are efficiently disregarded and made obscure by the attention given to physical forms of violence, such as battery and sexual abuse (Sims, 2008). Victims of emotional abuse are exposed to constant threats, manipulation, intimidation and loneliness that cause them to feel anxious, frightened, and worthless (Follingstad et al., 2000). Emotional damage is not easily recognized because it is not readily evident.

Abuse is more common in psychiatric patients but is under detected by mental health experts (Howard, 2012). Emotional abuse is the second most common form of abuse after physical abuse (Al-Shdayfat, 2017). Abuse regardless of its forms is considered to be an identity trauma which can crack one's behavioral and emotional freedom or his sense of self, eventually leading them to the feelings of alienation and inadequacy (Kira, 2001). Current study intends to investigate what makes married people with emotional abuse stay resilient in face of such distressing events.

Emotional Abuse

Roland Maiuro (as reported in Mitchel, 2006) outlined four aspects of emotional/ abuse. The first aspect is demeaning behaviors that hurt a partner's esteem (i.e. insulting and overly criticizing behaviors). The second aspect is indirect reluctance to provide encouragement and emotional support by showing silent behavior and disrespect. The third aspect of emotional abuse is intimidating behaviors, both overt and covert, (i.e., threatening to physical violence and harm). The fourth aspect entails limiting personal space and autonomy (i.e., isolating oneself from loved ones and dictating relationship decisions).

Sense of Coherence

Sense of coherence is about individual's capacity to recognize and utilize his inner and outer strengths in such a manner that promotes wellbeing and contentment (Eriksson & Lindstrom, 2007). In proposing the salutogenic model, Antonovsky focused on generalized resistance resources (GRRs), which build up a firm sense of coherence, crucial to person's ability to manage tension well. Lindstrom and Eriksson (2005) found that GRRs are about innate strengths and legal rights, psycho-social, traditional and mystical resources, material, and a protective health attitude, among other things. A person's sense of coherence reflects their outlook on life and ability to respond to difficult situations. It is a method of thinking, being, and behaving that is guided by an inner trust that encourages people to recognize, profit from, use, and re-use the resources available to them (Eriksson & Lindstrom, 2007).

Sense of coherence consists of three elements: comprehensibility, manageability, and meaningfulness

Comprehensibility

Comprehensibility is the rational aspect of sense of coherence which refers to the degree to which the information is perceived as logical, clear, and coherent rather than disruptive, disorganized, unpredictable, and confused (Antonovsky, 1987). The ability to create order out of adversity makes it simpler to understand individual's position and his role in it, such as his part in the household or at work place. It is easier to control what one comprehends.

Manageability

Manageability is described as behavioral approach of sense of coherence which help people perceive their ability to recognize and utilize resources they have to meet the demands of the stimuli that one is exposed to (Antonovsky, 1987).

Meaningfulness

The third aspect of sense of coherence is motivational which refers to individual's belief that life has emotional significance, realization that at least some of life's issues are worth engaging in and to devoting oneself to, and that they are viewed as challenges rather than problems or burdens (Antonovsky, 1987).

Resilience

Thoma et al. (2018) defined resilience as person's ability to adjust to stress or unfavorable life circumstances. Resilience can also be utilized as an effective intervention for the treatment of stress and related pathologies. Resilience can be restored by swapping out from stress provoking thoughts and irresistible traumatic memories (Hiew, 2004).

An emerging frame of literature indicates that most adults who have gone through traumatic experiences are resilient (Westphal & Bonano, 2007). The main objective of this study was to find out the level to which emotional abuse and sense of coherence contributes in developing resilience among married people. Aside from that, the goal of this research was to see how people who have experienced emotional violence develop resilience in the face of such turmoil and harm. Examining emotional abuse fighters' comprehensions of their experiences after facing traumatic incidents helps in understanding how resilience can appear from such havoc and destruction (Anderson et al. 2012). Anderson et.al. (2012) indicated that this kind of evidence highlights the exceptional level of strengths present in people with emotional abuse. Previous studies (as cited in Spadine, 2020) report over 80% of people suffer psychological exploitation (i.e., emotional abuse, isolation, intimidation, and financial abuse) from their partner. One unexpected finding was that 4.8% of people reported that they did not even know if they have gone through emotional abuse from an intimate partner (Spadine et al., 2020). While bruises and breaches often heal swiftly and completely, the damage of unpatched emotional abuse is lifelong (Rees, 2010). Existent research and theory postulate that emotional abuse/emotional neglect is exclusively harmful during adulthood (Cohen & Thakur, 2021). Pakistan is one of the major countries that has become victim to the problem of abuse in South Asian countries.

The American Psychological Association defined resilience as a process of healthy and positive adaptations when exposing misfortune, ordeal, threat, or any other potential sources of stress (APA, 2015). Nonetheless of being exposed to adversity, people with high levels of resilience appear to be less affected by adversity and remain to operate normally (Edwards et al., 2016). In a mixed-method study, Anderson et.al. (2012) investigated the process of recovery and the results for 37 women previously in an abusive intimate partner relationships indicated that respondents with no symptoms of post-traumatic stress disorder, had comparatively strong resilience. They also explained how societal and spiritual support was helpful to their recovery, growth, and resilience (Anderson et.al. 2012).

Psychological conflicts for trauma survivors are critical and can have persistent, and long-lasting impacts on people's emotions, cognitions and behaviors (Enoch, 2011). Such long-lasting consequences can have adverse effects on people's self-identity and emotional strength, eventually leading them to develop depression, anxiety, low self-esteem, grumpiness, and reduced emotional reciprocity (Dye, 2019). According to Heim et al. (as cited in Dye, 2019), emotional abuse also impacts the nervous system as it causes alterations in the brain, particularly in regions linked with emotional regulation and also with identifying and countering to the emotions of others. Emotionally abused individuals are frequently encountered with the memories of abuse which provoke undesirable emotions and nervous sensations that are hard to normalize and regulate due to the changes in nervous system (Dye, 2019).

On a related topic, emotional abuse is a common occurrence in many families (Mitchell 2006). Emotional abuse occurs in a wide spectrum of families, but it is more prevalent in homes where stressors surpass supports and dangers surpass protective factors (Belsky, 1993). Physical and mental disorder, handicap, learning problems, substance misuse, early parenting and poverty are all possible causes of emotionally offensive behavior (Chaffin et al. 1996).

Past researches have shown correlation between sense of coherence and resilience, as mentioned by Mc Gee et al. (2018), sense of coherence is a crucial groundwork supporting the development of stress related resilience. Iacoviello and Charney (2014) stated that constellation of factors, including cognitive, behavioral, and existential components, have been acknowledged in the literature as contributing factors to resilience in reaction to stress or trauma. Thus, sense

of coherence may be understood as the collaborative concept of (stress-related) resilience (Thoma et al, 2018).

Healthy interactions, hobbies, and pursuits can provide a database from which to question dysfunctional beliefs formed in the context of abuse while also increasing self-esteem and self-assurance (Daniel et al. 1999). It has been proven that having a supportive relationship can mitigate the effects of emotional abuse and increase resilience (Iwaniec et al., 2006). Having a supportive person around promotes resilience and decreases the damaging effects of abuse by assisting an individual in developing the ability to make decisions, form a logic of right and wrong, disengage emotionally from the exploitative caretaker, and engage in other healthy relationships, (Briggs & Hawkins, 1996).

With the evidence that the confronting misfortunes is an inescapable facet of human life, it has become vital to comprehend the reasons behind individuals varying responses to adversities. It has been studied in a previous research that individuals with weak sense of coherence showed substantially slower adjustment to negative effects of a traumatic experience than those with strong sense of coherence (Surtees et al., 2006). The sense of coherence has the capacity to place salutogenic assets and empowerment practices at the focus of therapeutic attention (Andreas, 2012). Health scientists can put up to the advancement of factors that promote resilience in countries that are trying to reconstruct their communities by engaging women and men in evaluation of their own psycho-social health, expanding their insight of sense of coherence, and thus upholding salutogenic traits (Almedom et al., 2007).

Despite being exposed to potentially traumatic events many people stay resilient (Bonanno, 2004). The goal of this research is to get a more comprehensive and systematic understanding of how people cope with emotional abuse, how it effects their wellbeing and what keeps them going in face of adversities, using a theoretical framework of 'salutogenesis' to anticipate coping resources used in lifelong abuse.

Rationale

International evidence suggests that the problem of emotional abuse is being overlooked by professionals and policy makers (Lazenbatt & Devaney, 2014). Adults who have experienced abuse may benefit from interventions designed to build affect regulation skills. The current study focused on the odds of nurturing the sense of coherence in a therapeutic setting.

The goal of this research was to get a more comprehensive and systematic understanding of how married people cope with marital chaos and abuse, how it effects their wellbeing and what keeps them going in face of adversities, using a theoretical framework of 'salutogenesis' to anticipate coping resources used in lifelong abuse. Since no research study has been previously done in order to explore the relationship between emotional abuse, sense of coherence and resilience among married people in Pakistan, so this study will add to literature focused on understanding the process of resilience that may greatly benefit practitioners and researchers alike.

Objectives

- To find out relationship between emotional abuse, sense of coherence and resilience among married people.
- To find out whether emotional abuse and sense of coherence are significant predictors of resilience.

Hypothesis

H1: Sense of coherence, emotional abuse and resilience are significantly correlated.

H4: Sense of coherence and emotional abuse are significant predictors of resilience

Theoretical Background

Salutogenesis

The term salutogenesis is a creation of the medical sociologist Aaron Antonovsky. He in his book "unraveling the mystery of health", tried to unwind a worldwide process that explains the reasons people stay well even under potentially difficult conditions. The model shift from the pathogenic focus on risk factors for disease to the salutogenic focus on the strengths and determinants for health was presented (Eriksson & Lindstrom, 2005). Salutogenesis explains the functional aspects of how people comprehend their reality, what gives them the drive and meaning to life and how people cope with life which ultimately make them able to create coherence and make sense out of reality (Antonovsky, 1987). The salutogenic model has been used in health outcome studies both on individual, group and population levels (Lindstrom, 2001). This approach to health is often used as a context in health promotion enquiries as it has been appeared as one of the most effective aspect to human health evolution (Lindstorm, 2001). The salutogenic model of Antonovsky is based on two concepts: generalized resistance resources (GRRs) and a sense of coherence (SOC). The extrinsic and intrinsic characteristics of generalised resistance resources are outlined, making it easier for people to manage their lives (Jung et al., 2020). GRRs are psychological mechanisms that might be tangible or nonmaterial (Antonovsky, 1987). However, having the ability to use one's GRRs, which is dependent on one's feeling of coherence, is more significant than having access to generalised resistance resources (Lindstrom, 2001).

Sense of coherence is defined as "the general ability to view life phenomena as connected to one another and to balance positive and negative appraisals of life experiences" (Thoma et al, 2018). People build a sense of coherence throughout their childhood, and it becomes stable around the age of 30, when only the most extreme life circumstances can disrupt and change it (Nosheen et al., 2014). Lindstrom (2001) discovered that the idea of sense of coherence has been employed in research on positive health consequences as a joint concept of resilience. The idea of salutogenesis, operationalized by the sense of coherence concept is inclusive of the allied notion of resilience (Almedom, 2005).

What distinguishes the salutogenic model from the resilience literature in psychology is that having a strong feeling of coherence is not a question of having broad resistance resources available, but of being able to employ them. In general, the resilience literature is significantly more static when it comes to the components that influence resilience (Lindstrom, 2001). However, it's important to realize that both resilience and salutogenic model are "survival kits," and that they don't necessarily produce better people, but merely those who are better prepared to deal with adversity (Lindstrom, 2001).

Method

Research Sample

The study was conducted on the sample of 200 married people with the age range of 20 to 50 years. It included only those people who are married. The study comprised of both males (N=100) and females (N=100). Participants were selected from general population of Rawalpindi and Islamabad using convenient sampling technique. Participants were approached from different institutes and organizations.

Research Design

This study used survey design, accompanied by questionnaires using quantitative method. Data was collected using scales i.e. emotional abuse questionnaire (EAQ), brief resilience scale (BRS) and sense of coherence scale (SOC).

Instruments

Demographic Form.

Demographic data was collected on age, gender, ethnicity, employment status, educational background, socioeconomic status, family system and number of children (see Appendix D).

Emotional Abuse Questionnaire (EAQ)

Emotional abuse questionnaire was used to measure emotional abuse among married people (see Appendix E). The Emotional Abuse Questionnaire (EAQ) was developed by Jacobson and Gottman (2018) to help individuals determine if they were emotionally abused or not. The questionnaire contained 28 items. Respondents were asked to score 1 point for every “never”, 2 points for every “rarely”, 4 points for every “occasionally and 5 points for every “very often”. If their score was between 73-94 it meant that respondents were being abused. The score higher than 95 meant that the respondents are being more severely abused than the average battered individual. Actual internal consistency for emotional abuse questionnaire was .94 and the one found out in this study was .92.

Sense of Coherence Scale (SOC)

The short form of sense of coherence scale was used to measure sense of coherence. Antonovsky devised this scale to assess the construct of an individual's sense of coherence. The short form of the sense of coherence scale comprised of 13 items that was further divided into three components; comprehensibility, manageability, and meaningfulness, containing 5, 4, and 4 items respectively. While administering SOC, respondents are instructed to rate the items on a seven-point Likert scale. The score for a subscale and the total score for SOC as a whole are calculated by adding the points marked for each item in the scale. Five out of 13 items (1, 2, 3, 5, and 7) were negatively framed and had to be reversed while scoring. The total score ranged from 13 to 91, and a higher score showed strong sense of coherence. The psychometric properties of the scale have been extensively tested in a number of studies across several samples and languages. Cronbach's alpha coefficient was .80 supporting the internal consistency of the SOC (Holmefur et al., 2015). Cronbach alpha reported in the current study was relatively low .63. Cronbach α coefficients for subscales; comprehensibility, manageability and meaningfulness as reported by Naaldenberg et al. (2011), were 0.64, 0.58 and 0.53 respectively.

Brief Resilience Scale (BRS)

The brief resilience scale (Smith et al., 2008) is a six-item resilience assessment that focuses on one's ability to recover from stress and trauma. It was used to assess resilience in married people (see Appendix G). Positive statements were found in items 1, 3, and 5, whereas negative statements were found in items 2, 4, and 6. To avoid social desirability response bias, some of the questions 2, 4, and 6 were reverse scored (Cronbach, 1950). On a 5-point Likert scale, responses were evaluated from strongly disagree (1) to strongly agree (5).

The total ratings, which varied from one to five, were the average of all responses. Higher BRS mean scores suggested a more developed resilience ability in the participants. Cronbach's alpha reported by Smith et al. (2008) was between 0.80-0.91 but the one found in the present study was .63.

Procedure

The current study was conducted after the title got approved by the ethics committee and institutional review board. All ethical guidelines were considered while conducting this research. Correlational survey method was used to collect data. Convenient sampling techniques was used to gather data. Data was collected from general population of different cities of Pakistan, which only included married people. Participants were approached both online and in person. The relevant authorities from different institutions were approached to seek their permission for

data collection. Emotional abuse questionnaire, brief resilience scale and sense of coherence scale were used to assess data. Participants were ensured about confidentiality of the data provided by them and they were also given necessary guidelines to complete the survey forms.

Ethical Considerations

All ethical considerations were prioritized in the study. Approval for conducting this research was taken from university’s ethics committee and institutional board. Different institutes were formally approached using permission letter granted by university authorities. Participants were asked to voluntarily participate in the study with informed consent. Participant’s rights for their privacy and confidentiality were assured. Participants were briefed about the goals and purpose of the study. Proper instructions were provided to the respondents, so they could complete questionnaires with clarity.

Results

The current study was undertaken to investigate the relationship between emotional abuse, sense of coherence and resilience. This study explored resilience in married people which was hypothesized to be predicted by emotional abuse and sense of coherence. For this purpose 200 married people (both males and females) were conveniently selected from the general population of Islamabad and Rawalpindi. Data was collected using questionnaires: Emotional Abuse Questionnaire (EAQ) to assess level of emotional abuse, Sense of coherence (SOC) scale to measure sense of coherence, Brief Resilience Scale (BRS) to measure resilience.

Preliminary analyses were performed to test the assumptions for correlation and multiple linear regression. Kolmogorov-Smirnov and Shapiro-Wilk test was performed to check assumption of normality for the study participants. For one of the scale i.e. emotional abuse questionnaire, test was significant which meant data was not normally distributed. So it did not meet the assumption of normality to perform Pearson’s correlation. Next, assumptions of normality and homoscedasticity were inspected for linear regression using scatterplot and P-P plot respectively for dependent variable BRS. Multicollinearity for independent variables was tested using variance inflation factor (VIF) which was in range. Assumptions were considered to be met for multiple linear regression.

Spearman correlation was performed to find out the association between emotional abuse, sense of coherence and resilience. Multiple linear regression was used to predict resilience among married people by their sense of coherence and experience of emotional abuse.

Results yielded from above-mentioned analysis have been shown in the following tables.

Table 1; Correlations for Study Variables

Variable	1	2	3
1. Emotional abuse questionnaire	—		
2. Sense of coherence	-.266**	—	
3. Brief resilience scale	-.236**	.260**	—

Note. N =200. ** $p < .01$.

Table 1 displayed the Spearman correlation analysis which was performed to check the association between the study variables. A statistically significant ($p < .01$) positive correlation was seen among sense of coherence and resilience. Emotional abuse was negatively correlated to both sense of coherence ($p < .01$) and resilience ($p < .01$). Weak correlation was found among all three study variables.

Variable	B	SE B	B	t	p	95% CI
Constant	2.725	.271		10.037	.000	[2.189, 3.260]
Emotional abuse questionnaire	-.005	.003	-.135	-1.892	.060	[-.010, .000]
Sense of coherence	.011	.004	.182	2.551	.012	[.002, .019]
F	6.724				.001	
R ²	.064					
ΔR ²	.054					

Note. N=200, B=Unstandardized Beta, CI=Confidence Interval, SE B=Standard Error for Beta, β=Standardized Beta Coefficient, t= Test Statistic, R²=Coefficient of Determination, ΔR²=Adjusted R². p<.05

Table 2 presented the multiple linear regression for predicting resilience of the participants from their sense of coherence and their experience of being emotionally abused. The R² value of .064 showed that predictors explain 6.4% of the variance in the outcome variable with F(2, 197) = 5.950, p < .05. The above table also revealed that sense of coherence was positively significant (β = .156, p < .05) in predicting resilience whereas emotional abuse (β = -.160, p < .05) showed negative impact on resilience. The values of unstandardized beta (B) in table 4 demonstrate that for every 1 unit increase in sense of coherence, the level of resilience increases by .007 units and for every 1 unit decrease in emotional abuse, the level of aggression increases by .006 units. The analysis shows that both sense of coherence (β = .156, p < .05) and emotional abuse (β = -.160, p < .05) significantly predicted resilience. The individual predictors showed no multicollinearity, approving that the two predictors independently predicted resilience levels.

Discussion

The purpose of current study was to identify the relationship between emotional abuse, sense of coherence and resilience. The sample population involved married people (both males and females) with the age range of 20 to 50 years. Participants were recruited using convenient sampling technique from general population of Rawalpindi and Islamabad. Another goal of this study was to anticipate resilience among the participants by their orientation to life (SOC) and their experience of emotional abuse.

The data for the study was collected from 200 participants out of which 100 were females and 100 were males. Emotional Abuse Questionnaire was used to assess emotional abuse (Jacobson & Gottman, 1998), Sense of Coherence Scale was used to measure sense of coherence (Holmefur, 2015) and the resilience of the selected sample was determined using Brief Resilience Scale (Smith et al., 2008).

Descriptive analysis (see Table 1) showed that females and males were equal in frequency in the sample population. The demographics also indicated that age of the participants ranges from 20-49. This age group was selected to explore study variables at different levels of age i.e. early and middle adulthood, as the protective factor in this study sense of coherence is often measured to be a stable entity in young adulthood and stabilizes after the age of 30 (Nosheen et al., 2014). The participant's ratio in the age group of 41-50 was lower than other age groups. The number of participants in age group of 20-30 were highest. The reason might be the fact that data was gathered from working class of Rawalpindi and Islamabad where most of the people were young adults. Demographics also revealed that most of the participants lived in joint family system. The number of participants from lower and upper class were equal in number and were more in number than those from middle class.

Reliability analysis was used to evaluate the psychometric properties of the instruments (see Table 2). The results revealed that Emotional Abuse Questionnaire yielded the internal consistency of $\alpha = .92$ which is close to the value of Cronbach alpha ($\alpha = .94$) observed in original scale. The average alpha coefficient value for Sense of Coherence is .625 which is relatively lower than the value of Cronbach alpha ($\alpha = .80$) observed in original scale. Similarly reliability value of Brief Resilience Scale is .63 which is also lower than the one ($\alpha = 0.80-0.90$) found in original scale (Smith et al., 2008). The low reliability values might be because of difference in cultural context of the participants as original scales were developed on western population whereas the current study was conducted in Pakistan.

Mean differences for demographics were explored to which no significant results were found for gender. It was found that people in joint families scored higher on emotional abuse (see Table 3). Upper class also scored higher on emotional abuse (see Table 4).

The current study was designed to identify the association between emotional abuse, sense of coherence and resilience. Another objective of the study was to find the extent to which emotional abuse and sense of coherence predict resilience among married people.

Reviewing literature it was hypothesized that *there is significant relationship between sense of coherence and resilience*. The results (see Table 5) showed that hypothesis has been accepted as sense of coherence has significant positive relationship with resilience. This result was consistent with the past researches which have shown an association between sense of coherence and resilience, as mentioned by Mc Gee (2018), sense of coherence is a significant groundwork supporting the development of stress-related resilience. Resilience and sense of coherence are also highly connected, according to Streb et al. (2014).

It was also hypothesized that *there is a significant relationship between sense of coherence and emotional abuse*. The results of the study (see Table 5) support this hypothesis as significantly negative correlation was found between sense of coherence and emotional abuse. The findings were consistent with the study that has documented that the sense of coherence can shield the impact of emotional abuse and uphold resilience (Iwaniec et al., 2006). In addition, a sense of coherence might provide a database from which to challenge unhealthy beliefs formed in the context of emotional abuse (Daniel et al. 1999).

Besides this it was also hypothesized that *there is a significant relationship between resilience and emotional abuse*. The findings of this study (see Table 5) support this hypothesis as results has shown the negative but significant correlation between resilience and emotional abuse. These findings are also supported literature as resilience has previously been shown to be associated with emotional abuse (Abbas et al. 2020). The past literature indicated that numerous studies investigated the potential association between psychological resilience and trauma caused by emotional abuse (Bonano, 2007). The results of this study reinforced the concept that emotional abuse by an intimate partner indicates a negative relationship with a higher level of resilience among married people (Abbas et al. 2020).

Another hypothesis of this study was that *sense of coherence and emotional abuse were inclined to be significant predictors of resilience among married people*. Sense of coherence and emotional abuse was expected to predict subsequent resilience, such that the married people with sense of coherence and also those with emotional abuse were likely to stay resilient. The results of regression analysis (see Table 6) showed that 6.4 % of the variance in resilience was predicted by both sense of coherence and emotional abuse. Findings of this study suggest that this hypothesis is partially correct as it was observed that beta coefficient (β) value for sense of coherence was significant but no statistically significant linear dependence of resilience on emotional abuse was detected.

The hypothesis stated above was consistent with the reasoning that constellation of factors, including cognitive, behavioral, and existential components, which are components of sense of coherence have been acknowledged in the literature as contributing factors to resilience (Iacoviello & Charney 2014). On the other hand aforementioned hypothesis was inconsistent with the reasoning that individuals who witness any kind of abuse are more likely to stay resilient (Firoozabadi et al., 2017).

However these results were supported by the study of Sirikantraporn (2013). He reported that people who experience emotional abuse are at greater risk of developing psychological and behavioral problems as they lack resilience. Also Seery (2011) stated that experience of adverse life circumstances i.e. abuse, usually predicts consequent negative effects on mental health and well-being, such that more adversity predicts worse outcomes.

Limitations

Although the present study made an important influence to the literature but its limitations should be considered. The first and the foremost limitation was not only the small sample size of the study but it was also limited to twin cities. One of the few reasons behind limited sample was the construct emotional abuse to which people were reluctant to respond. A lot of questionnaires I got back were not completely filled and that's why I didn't include them in study. The results of the study cannot be generalized to larger population because of the stated reason. About one third of the data was collected online which can raise concern about validity and reliability of responses. The self-reported data was collected using scales which can be vulnerable for social desirability biasness.

Resilience and sense of coherence showed comparatively low reliability on Pakistani population which might have affected the results of the study. This study focused on exploring already developed constructs to check whether they contribute to resilience in this specific population but not on generating new information and constructs. Considering previous literature, qualitative study would have been a better approach to explore and understand factors that promote resilience among emotionally abused people. It would help in generating new knowledge about abuse and resilience.

Implications of the Study

To conduct studies that understand trauma in an integrative framework has certain implications and will help in devising appropriate interventions plans. For instance, after exposure to any kind of abuse or traumatic situation, an individual would definitely develop some sort of psychopathology and would need certain interventions. Based on these suppositions; interventions are planned.

Humans have the natural tendency to fight back (as evolutionary theorists suggest) and meaning making, in the face of trauma. Focusing on individual resources promoting and protecting health in research could endorse subsequent treatments to strengthen them. However, interventions, if devised, should aim to facilitate the meaning making out of the event. The sense of coherence has the capacity to place salutogenic assets and empowerment practices at the focus of therapeutic attention (Andreas, 2012). It was also suggested that health researchers can help advance resilience factors in countries that are struggling to rebuild their communities by simply engaging women and men in self-evaluation of their psychosocial health, expanding their understanding of sense of coherence, and thus upholding salutogenic traits (Almedom et al., 2007).

The findings of this study have important implications for fostering resilience among married people. Because it is impossible to control how much a person is exposed to adversity, it is critical to focus on increasing resilience in people who are at risk of negative consequences from

unpleasant experiences. According to the findings of this study, a married person's feeling of coherence is more essential in predicting resilience than an individual's exposure to stress (emotional abuse). Establishing and improving protective variable i.e. sense of coherence, should improve the individual's ability to avoid negative outcomes and function normally, fostering resilient outcomes.

Conclusion

Emotional maltreatment is inversely connected with resilience, but sense of coherence is positively associated with resilience. In this study, feeling of coherence was found to be a better predictor of resilience than emotional maltreatment. As a result, strengthening one's sense of coherence appears to be a particularly promising strategy for boosting resilience. This concept is particularly relevant in the field of clinical psychology therapies, where attempts are made to explicitly maintain psychological resistance. Married people who are constantly presented with chaotic events should receive specialized training in order to not only process the chaos, but also to develop their sense of coherence and resilience. With improved sense of coherence, married people's self-care ability may improve, leading to better health and better quality of life. The development of specific approaches that especially promote sense of coherence, and thus indirectly lower the risk of adverse consequences of emotional abuse, should be anticipated. Social support components involving social connectedness, strong network bonds and perceived supportive groups are crucial factors in nurturing resilience among people with emotional abuse (Machisa et al., 2018).

Healthy relationships, hobbies, and pursuits can provide a database from which to question dysfunctional beliefs formed in the context of abuse while also increasing self-esteem and self-assurance (Daniel et al. 1999). Successful resource management is not only likely to improve health, but it also produces dependable and meaningful life experiences that can help to develop a person's sense of coherence.

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