

Emotional Abuse And Post-Traumatic Stress Disorder Among Women In Baidoa District Somalia

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ABSTRACT: *The purpose of the study was to examine the effect of emotional abuse on post-traumatic stress disorders among women in Baidoa District, Somalia. The study employed an embedded mixed design where data was collected from respondents using questionnaire and interviews. 346 and 10 respondents through questionnaires and interview guide and analysis done based on both descriptive and inferential statistics and the effect tested between the variables of the study. The study findings indicate that there is a positive and significant effect of emotional abuse on negative mood. The researcher contends that increased emotional abuse has led to increase in negative mood situations amongst the women in Baidoa district, Somalia second research objective indicate that there is a moderate positive significant effect of physical and emotional reactions of women. The increased emotional abuse has led to increase in physical and emotional reactions of women amongst the women in Baidoa district, Somalia. Thirdly the study found that there is a positive and significant effect of emotional violence on intrusive memories of women in Baidoa district, Somalia. The researcher contends that increased emotional abuse has led to increase in intrusive memories of women in Biadoa district, Somalia of women amongst the women in Baidoa district, Somalia. The researcher concludes that emotional abuse has increased negativity of moods amongst the women in Baidoa district, Somalia. Emotional abuse has been increased by the emotional abuse of the women and its increase further will potentially harm the physical and emotional reactions and emotional abuse has had a positive effect on intrusive memories, this means that increased in the emotional abuse has further increased the intrusive memories of women in Baidoa district, Somalia. The study recommend for a systematic physical development approach for women need to be developed to ensure that they are provided with appropriate nutrition significant for the women's physical wellbeing and develop them emotionally.*

Key Words Emotional abuse Post-traumatic stress disorders

Introduction

Posttraumatic stress disorder (PTSD) is a psychiatric disorder which occur in people who have experienced or witnessed a traumatic event, series of events or set of circumstances. An individual may experience this as emotionally or physically harmful or life-threatening and may affect mental, physical, social, and/or spiritual well-being. Examples include natural disasters, serious accidents, terrorist acts, war/combat, rape/sexual assault, historical trauma, intimate partner violence and bullying (Alfianita, 2021). The characteristics include intrusive thoughts such as repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event. Avoiding reminders of the traumatic event may include avoiding people, places, activities, objects and situations that may trigger distressing memories. Alterations in cognition and mood such as inability to remember important aspects of the traumatic event, negative thoughts and feelings leading to ongoing and distorted beliefs about oneself or others and alterations in arousal and reactivity (Mshweshwe, 2020). Posttraumatic stress disorder is common among women who have been exposed to domestic abuse. Globally, recent data reveals that 27 % of women aged 15–49, globally, who have ever been in a committed relationship have experienced IPV in their lifetime. The prevalence of Intimate Partner Violence (IPV) for men is estimated to be between 3.4 % -20.3 % (Kolbe and Büttner, 2020). The consequences of IPV are not limited to physical harm; it can have detrimental impact on an individual's mental health. Indeed, research suggests that individuals who have experienced IPV are more likely to experience symptoms of depression and anxiety among other psychological difficulties. Survivors of IPV also commonly experience post-traumatic stress disorder (PTSD), which is recognized as a psychological aftermath of trauma resulting from various forms of violence (Basedow et al., 2020). Research has demonstrated that PTSD can have significant physical and mental health impacts such as substance use (Basedow et al., 2020). PTSD has been known by many names in the past, such as “shell shock” during the years of World War I and “combat fatigue” after World War II, but PTSD does not just happen to combat veterans. PTSD can occur in all people, of any ethnicity, nationality or culture, and at any age. PTSD affects approximately 3.5 percent of U.S. adults every year. The lifetime prevalence of PTSD in adolescents ages 13 -18 is 8%. An estimate one in 11 people will be diagnosed with PTSD in their lifetime. Women are twice as likely as men to have PTSD. Three ethnic groups – U.S. Latinos, African Americans, and Native Americans/Alaska Natives are disproportionately affected and have higher rates of PTSD than non-Latino whites. Every year, millions of individuals are forced to flee their homes around the globe, due to violence, war, and natural disasters, and others remain in displacement within their home countries (UNHCR, 2023). By the end of 2020, approximately 55 million individuals were reported to be living in internal displacement because of conflict and environmental hardships, and approximately 40.5 million new displacements were recorded in 2020 only. This surge in displacement was associated with conflict and natural disasters in 149 states (IDMC, 2022)

In Africa, the prevalence of Post-Traumatic Stress Disorder (PTSD) varies widely, ranging from 3% to 88% depending on the specific country and population studied (Morina, Akhtar, Barth & Schnyder, 2018). The prevalence of PTSD in East Africa ranges from 11% to 80.2% (Madoro et al, 2020). Similarly, a meta-analysis study conducted in sub-Saharan African countries reveals that the magnitude of PTSD ranges from 12.3% in Central Sudan to 85.5% in Nigeria, and the majority of them reported to have more than 50% of the magnitude of PTSD (Koshe et al, 2023). This suggests that PTSD is a significant public health problem among in Africa. Despite the high prevalence of PTSD in different African countries, there is a lack of comprehensive studies that show the pooled impact of PTSD and the nature of risk factors. Thus, a comprehensive study that can address the overall public health impact of internal displacement in terms of causing PTSD could be important to provide mental health services. Therefore, the purpose of this systematic review and meta-analysis is to synthesize existing evidence on the prevalence of PTSD and its associated factors in Africa. This information will be used to inform the development of interventions to prevent and treat PTSD in Africa (Madoro et al, 2020).

In East Africa, recent trends in emotional abuse and post-traumatic stress disorder (PTSD) highlight significant mental health challenges, particularly in conflict-affected regions such as in DRC and South Sudan and among vulnerable populations such as refugees and survivors of intimate partner violence (Basedow et al., 2020). In countries such as Kenya and Burundi, Emotional abuse, a form of violence that deeply affects psychological well-being, has been linked to the development of PTSD, especially among women. Studies show that emotional violence, alongside physical and sexual violence, contributes to a higher risk of PTSD. Women exposed to intimate partner violence, including emotional abuse, report higher rates of PTSD, often characterized by symptoms like flashbacks, hyperarousal, and avoidance behaviors. For refugees in East Africa, particularly in Uganda, Kenya, and Ethiopia, the trauma from conflict and displacement has exacerbated mental health issues. Refugees from countries like South Sudan, Somalia, and the Democratic Republic of Congo face elevated risks of PTSD due to exposure to violence, displacement, and loss (UNHCR, 2023)

Approximately 2.6 million individuals are internally displaced in Somalia. Armed conflicts and environmental disasters affecting most parts of Somalia have caused several individuals to flee their homes. Most of the displacements recorded were into or within Mogadishu, which makes Mogadishu the second highest densely populated city in the world. It hosts more than 600,000 IDPs (IDMC, 2018). Most of the displaced people came from neighboring regions: Middle and Lower Shabelle, Bay, and Bakool regions. These regions were the most affected areas of the 2011 famine, and they also experienced military offensives and clan-based conflict. Somalia coupled with high cases of turmoil has experienced high degree of Post-traumatic stress disorder which has affected mainly women affecting them due to the death of their husbands/ partners, economic strife affecting them in the daily lives and these has presented a danger to the women affecting their status of life in the communities.

Baidoa district and Somalia entirely has suffered from protracted conflict and social unrest since the collapse of the central government in 1991 (Ibrahim et al, 2022). Women in Baidoa especially in protracted conflict, social unrest and ensued political instability since the fall of the central government in 1991 has left the country in a complex humanitarian situation. The profound impact of political instability, conflict, insecurity, coupled with resultant economic stagnation and poverty, has been a driving force behind the increased rates of mental illness and psychosocial distress across all segments of society, with vulnerable groups such as women and youth most affected (Ibrahim, Rizwan, Afzal & Malik, 2022).

Purpose of the study

The purpose of the study was to examine the effect of emotional abuse on post-traumatic stress disorders among women in Baidoa, District Somalia.

Research Questions

- 1) What is the effect of emotional abuse on negative mood changes among women in Baidoa district, Somalia?

METHODOLOGY

Research Design

This study adopted a mixed-methods design, specifically an embedded design, where quantitative and qualitative data were collected concurrently, but the qualitative component played a supportive role to help explain and contextualize the quantitative results. The mixed-methods design was chosen to enable triangulation, providing both statistical evidence and deeper insights into the effects of emotional abuse on post-traumatic stress disorder (PTSD) among women in Baidoa, Somalia. The quantitative strand of the study employed a correlational research design. This design was appropriate for examining the relationship between emotional abuse and PTSD symptoms (negative mood changes, physical/emotional reactions, and intrusive memories). A correlational approach enabled the measurement of the degree and direction of associations between variables without manipulating any of them.

The qualitative component employed a phenomenological design, aiming to explore and understand the lived experiences of women who had suffered emotional abuse and its psychological impacts. This design was justified because it captures subjective meanings and perceptions, helping to uncover in-depth insights that statistical data alone may not reveal.

Population of the Study

The population of the study comprised women residing in the Baidoa district of Somalia. Baidoa is a prominent urban center with a range of economic, social, and humanitarian activities, attracting a diverse female population. For this study, the population was drawn from three main categories of women, reflecting various social and professional groupings relevant to the research objectives:

1. **Women in the Baidoa Business District:** These include women engaged in small-scale businesses, market activities, and informal trading. This group represents the largest segment and serves as the core target for the quantitative component, with an estimated population of 7,898 (Baidoa Demographic Survey, 2020).
2. **Women NGO Representatives:** These are women working with local and international non-governmental organizations operating in Baidoa, particularly those involved in women's welfare, psychosocial support, and human rights advocacy. This group plays a crucial role in understanding systemic and institutional responses to emotional abuse.
3. **Identified Victims of PTSD:** These are women who have experienced significant emotional abuse and have been identified through NGOs and health centers as showing symptoms consistent with post-traumatic stress disorder. They provide experiential narratives necessary for the qualitative aspect of the study.

Sample and Sampling Technique

The study utilized a mixed-method approach, requiring separate sampling techniques for the quantitative and qualitative strands. Each was carefully designed to ensure representativeness, relevance, and ethical integrity.

Data Analysis

The data collected in this study comprised both quantitative and qualitative components, and each type was analyzed using methods appropriate to its nature and purpose.

For the quantitative data, analysis was conducted using the Statistical Package for the Social Sciences (SPSS), version 20. The first stage of analysis involved the use of descriptive statistics to summarize the demographic characteristics of the participants and provide an overview of the main variables under study. These included the calculation of frequencies, means, and standard deviations, which helped in understanding the distribution and central tendencies of the data.

To test the research hypotheses and examine relationships among the variables, inferential statistical techniques were employed. Specifically, simple linear regression analysis was used to assess the predictive effect of emotional abuse on the various dimensions of Post-Traumatic Stress Disorder (PTSD). This analysis allowed the researcher to determine the strength and direction of the association between the predictor and outcome variables, thereby addressing the core objectives of the study.

What is the effect of emotional abuse on negative mood changes of women in Baidoa district, Somalia

Table 4.8: Regression analysis on the effect of emotional abuse on negative mood changes of women in Baidoa district, Somalia

Model Summary						
Model		R	R Square	Adjusted R Square	Std. Error of the Estimate	
1		.613 ^a	.376	.374	.62930	
a. Predictors: (Constant), Emotional Abuse						
ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	82.099	1	82.099	207.309	.000 ^b
	Residual	136.231	344	.396		
	Total	218.330	345			
a. Dependent Variable: Negativemoodchanges						
b. Predictors: (Constant), Emotional Abuse						
Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.009	.154		6.532	.000
	Emotional Abuse	.668	.046	.613	14.398	.000
a. Dependent Variable: Negative mood changes						

Source: Primary Data, 2024

In assessing the effect of emotional abuse on negative mood changes of women in Baidoa district, Somalia. The model summary shows that the adjusted r-value is .374.

The study results indicate that emotional abuse had a 37.4% effect on negative mood changes of women in Baidoa district, Somalia. The study standard error estimate value was .62930 indicating closeness of the data. On the analysis of variance, it was found that that emotional abuse had a significant effect on negative mood changes of women in Baidoa district, Somalia, the sig-value was 0.000 was below the P-value of 0.05 which indicate that there is a statistically significant effect on negative mood changes of women in Baidoa district, Somalia, given the responses provided in study, the researcher contend that increase in emotional abuses among women to moderate level lead to moderate increment in negative mood changes of women in Baidoa district, Somalia.

On the coefficients of analysis, the study had that emotional abuse on negative mood changes of women in Baidoa district, Somalia are significantly related. The T-values for emotional abuse is 14.398 and the constant (negative mood) was 6.532 indicated with the respective levels of significance as 0.000 and 0.000, since the p-values are all below 0.05 significant level, the researcher argue that there is a positive and significant effect of emotional abuse on negative mood. The researcher contends that increased emotional abuse has led to increase in negative mood situations amongst the women in Baidoa district, Somalia.

Discussion of results

The discussions presented here are done in line with the respective specific objectives of the study provided in the assessment provided in the respective assessments of the responses provided.

Effect of emotional abuse on negative mood changes among women in Baidoa district, Somalia

The study findings indicate that there is a positive and significant effect of emotional abuse on negative mood. The researcher contends that increased emotional abuse has led to increase in negative mood situations amongst the women in Baidoa district, Somalia. This agree with those of Postmus, Hoge, Breckenridge, Sharp-Jeffs and Chung (2020) who in the study investigated emotional abuse as an invisible form of domestic violence as leading to negative mood changes among women. The predominant perception of intimate partner violence (IPV) as constituting physical violence can still dominate, particularly in research and media reports, despite research documenting multiple forms of IPV including sexual violence occurring between intimate partners and various forms of psychological and emotional abuse.

The findings agree with those of Alfianita (2021) in a journal article Toward of Post Appalachian Sense of Place analyzes post-southern theory development in exploring Appalachian culture and literature in physical and emotional reactions. Nightwoods as a case of his studies in presenting rural, agricultural, and in the end perhaps be the fantasies of Appalachia's agrarian. It represents how the main character Luce engages the Lytle numerous behavior and Agrarian that living on the lodge, growing cash crops, and limited in using cash, all of which portray how lives in the ancient period. The author argument is that emotional abuse significantly affects the physical and emotional reactions of women. The findings are in agreement with those of Kassa et al (2024) who did a study which assessed the prevalence and factors associated with posttraumatic stress disorder among high school students who experienced war. A multi-centered school base cross-sectional study was conducted from May 23 to June 08, 2022. Data were collected from high school students in Woldia town. Bivariable and multivariable logistic regression was used to identify the independent factors associated with post-traumatic stress disorder. Results: A total of 338 of the 410 students participated in this study (94.5% response rate).

The prevalence of post-traumatic stress disorder was 39.2%. In the multivariable analysis, poor social support (AOR = 3.40, 95% CI: 1.45, 7.95), depression (AOR = 3.24, 95% CI: 1.69, 6.21), high level of perceived stress (AOR = 2.98, 95% CI: 1.61, 5.50), being in war fighting situation (AOR = 2.85, 95% CI: 1.40, 5.78), and witnessing the murder of family members or friends (AOR = 3.05, 95% CI: 1.47, 6.32) were factors significantly associated with post-traumatic stress disorder at a p-value <0.05.

Conclusion

Effect of emotional abuse on negative mood changes among women in Baidoa district, Somalia

The study findings indicate that there is a positive and significant effect of emotional abuse on negative mood. Based on the results the researcher concludes that emotional abuse has increased negativity of moods amongst the women in Baidoa district, Somalia. It's therefore imperative to argue that emotional abuses to the systems of the control have a high potential to generate the negativity of the moods of the women.

Recommendations

Effect of emotional abuse on negative mood changes among women in Baidoa district, Somalia

The study findings indicate that there is a positive and significant effect of emotional abuse on negative mood. Based on the findings, the researcher recommend for the following to be undertaken;

- Social approaches such as community counseling by Baidoa district officials women and community department and guidance need to be undertaken to control the women from emotional abuse.
- There is need for social policy interventions by government aimed at strengthening the legal arm and developing capacity for the women to sue those who abuse them emotionally.
- The cultural system need to be strengthened with norms that avoid women emotional abuse by cultural leaders in order to increase the women capacity towards the resources handling in the communities appropriate to the generation of women in development.

- Further research interventions from the NGOs are needed to undertake action and help the mother physically seek for justice so that the wrongful memories are avoided in their communities.

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