

## CASE REPORT

# Impact of domestic violence on adolescent self-esteem: A case study

*Impacto de la violencia doméstica en la autoestima adolescente: estudio de un caso*

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## Resumen

Domestic violence is a risk of suicide associated with low self-esteem and self-harm. This case illustrates how domestic violence affects mental health.

The client was often pinched, beaten and compared to other siblings by her mother. She never got recognition from her mother. This experience made her insecure, hurting herself when she could not control her emotions and using alcohol. Clients often have the mind to die and pray to die quickly to meet their father immediately. Mental health nursing management for clients is a positive affirmation. The evaluation results from the care management showed an increase in self-esteem, a positive mind and an adaptive coping mechanism. Mental health nursing management with positive affirmation is essential in helping adolescents who experience domestic violence. It can increase self-esteem and change negative thoughts and self-harm behaviour that arises due to domestic violence.

**Palabras clave:** Adolescente, autoestima, estudio de caso, violencia doméstica.

## Abstract

La violencia doméstica es un riesgo de suicidio asociado con baja autoestima y autolesiones. Este caso ilustra cómo la violencia doméstica afecta la salud mental.

La cliente a menudo era pellizcada, golpeada y comparada con otros hermanos por su madre. Nunca obtuvo el reconocimiento de su madre. Esta experiencia la volvió insegura, lastimándose cuando no podía controlar sus emociones y consumiendo alcohol. Los pacientes a menudo tienen en mente la muerte y rezan para morir rápidamente para encontrarse con su padre de inmediato. La gestión de enfermería en salud mental para los pacientes es una afirmación positiva. Los resultados de la evaluación de la gestión del cuidado mostraron un aumento de la autoestima, una mente positiva y un mecanismo de afrontamiento adaptativo.

El manejo de enfermería en salud mental con afirmación positiva es esencial para ayudar a los adolescentes que experimentan violencia doméstica. Puede aumentar la autoestima y cambiar los pensamientos negativos y el comportamiento de autolesión que surge debido a la violencia doméstica.

**Key words:** Adolescent, case study, domestic violence, self esteem

## Introduction

Domestic violence is a multifactorial phenomenon that requires intervention from a multidisciplinary team for comprehensive care for victims. It is excruciating when done on children. Domestic violence is a life event that can change children's behaviour over a long period. The impact on children can be seen directly or in the medium and long term. Feelings of pain caused by acts of violence are most often suppressed, forgotten, and rejected but never disappeared. Psychological trauma can develop and negatively affects the child's personality<sup>1,2</sup>.

Youth victims of domestic violence have a greater tendency to be involved with substance abuse, show suicidal behaviour and injury to themselves, and have difficulty in building interpersonal<sup>3</sup>. Youth victims of domestic violence have lower self-esteem<sup>4</sup>.

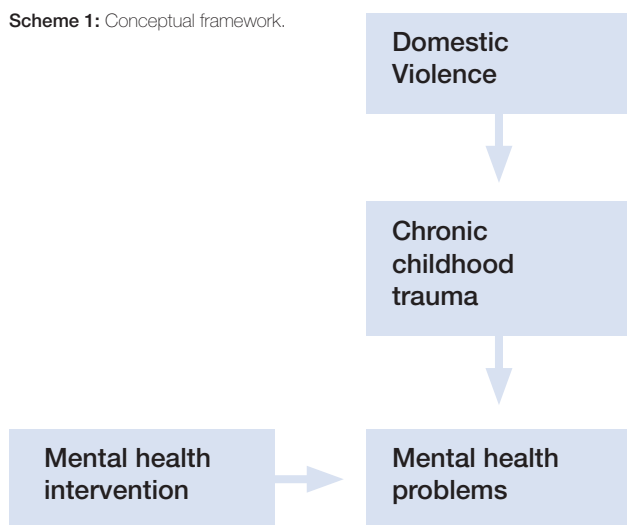
Good self-esteem is an essential component of mental health. It can help the achievement of individual life. Teenagers with low self-esteem have worse mental health conditions<sup>5,6</sup>. Low self esteem in adolescents can increase the risk of suicide<sup>7</sup>.

This case describes a teenage girl who is traumatized by domestic violence. The trauma experienced affects the psychological aspects so that they have low self-esteem, self-harm and suicide. The purpose of the study is to describe case reports and mental health nursing management from the client.

## Conceptual framework

Children and adolescents with a history of trauma are at risk of experiencing mental health problems<sup>8,9</sup>. Children and adolescents with a history of trauma need mental health intervention<sup>8</sup>.

Scheme 1: Conceptual framework.



## Case Introduction

A client is 18 year old, single, female sex with medium socioeconomic status. She came from a city in Bengkulu Province and was a second-year student at a university in West Java.

The stages of mental health nursing management are assessment, nursing diagnosis, goals and intervention, implementation and evaluation.

### Mental health nursing management

#### Stage 1: Assessment

##### Main complaint

The client has felt increasingly insecure since college. She felt the most stupid in class and shunned by friends, revealed low academic achievement, and could not understand each topic. According to the client, since childhood, she has been said to be stupid by his mother. For one month, the client increasingly had difficulty concentrating, felt sad, had trouble sleeping, and had no appetite.

#### Treatment history

The Client is being counselling for the first time. Clients have never visited health services before.

#### Assessment

The assessment uses the Psychiatric-Mental Health Nursing practice standards. The Proforma Gives Guides for Assessment of Past and Current Health History, Mental Status Examination (Physical Behavior, Nonverbal Communication, Appearance, Speech Pattern, Mood and Affect, Thought Content, Perceptions, Cognitive Ability, Insight and Judgment Assessment, Cultural and Social Assessment<sup>10</sup>.

#### Individual interview

In the current condition, the client is not confident and gets a rejection by friends. Screening results using SRQ -29 (Self Reporting Questionnaire) = 26 (0 - 29). The self-esteem identification results using the Rosenberg Self Esteem Scale = 20 (10 - 40).

History, since childhood, often accepts acts of violence from the mother, often compared to other siblings, not recognised and undesirable. As a result, she is not confident and often hurts herself by scratching her hand and banging her head when she cannot control her emotions. The client has a habit of drinking red wine to overcome the problems experienced. Clients often have the mind to die and pray to die to meet their father's

#### Mental Status Examination

The client tends to bow during the interview, and the tone of voice is slow. Affect appropriate, the mood looks sad. The client has the mind to commit suicide and hurt himself.

#### Psychosocial Assessment

The mother is distinguished and loves her brother more than her. She judges her daughter as stupid and never gives recognition and praise. This situation causes the client to lose confidence and want to harm herself. The client has a feeling of having no friends, away from friends because of stupid. If the client feels unable to control herself, feels comfortable when self-harm and drinks red wine. The client reveals the frequency of drinking red wine is uncertain but done when feeling stressed with the amount that drinks about 3-4 cups (1 glass = 100 ml).

#### Spiritual Assessment

The client runs worship according to his religion.

#### Cultural and Social Assessment

The client is the second child of three siblings from the Batak tribe. Since college, the client has lived alone.

#### Stage 2: Nursing Diagnosis

The nursing diagnosis refers to the Nanda International diagnosis<sup>11</sup> :

Domain 6. Class 2. Diagnosis Code 00119 Chronic Low Self Esteem

Domain 9. Class 2. Diagnosis Code 00069 Ineffective Coping

### Stage 3: Purpose and Intervention

The interventions focus on building mutual trust relationships with clients, increasing self-esteem and strengthening practical coping skills—the interventions of positive affirmation in 4 sessions, each session for 90 minutes.

### Stage 4: Implementation

The implementation aims to help clients recognize their potential, act according to their abilities and improve coping skills.

The implementation process includes:

#### *Know self-potential*

Therapists help clients to recognize their abilities or advantages. The knowledge possessed is written in the client's notebook. This potential or ability is important to increase the client's self-esteem.

#### *Developing positive activities according to their abilities*

Therapists help clients to do the capabilities in the client's notebook. The success of the ability exercise will cause valuable feelings and increase the client's self-esteem.

#### *Practice effective coping*

Therapists help clients to overcome the problems experienced in an effective way in solving the problems encountered. This exercise forms the client's ability to deal with problems in an adaptive way.

#### *Self-affirmation*

Self-affirmation allows the client to reflect on the core value that can give individuals a broader view of themselves. It helps clients reduce stress, overcome situations that are considered a threat to self-integrity or competence and make them more open to changing behaviour.

### Stage 5: Evaluation

Evaluation of the implementation of increasing the client's self-esteem, the client can carry out activities that boost self-esteem and coping skills.

## Discussion

Domestic violence is a traumatic experience for the Client. The traumatic experience experienced by the Client since childhood affects their mental health condition. These conditions are low self-esteem, self-harm, low academic achievements, consuming alcoholic drinks and having suicidal ideas. This case study is similar to the research; adolescents who have had chronic

trauma experience since childhood tend to experience academic difficulties, emotional problems and behaviour and use of substances<sup>9</sup>. Traumatic experiences such as emotional abuse are low self-esteem contributors. Low self-esteem people risk self-harm to reduce negative emotions and overcome life difficulties<sup>12,13</sup>. Domestic violence is associated with a decrease in mental health conditions. Individuals who experience domestic violence are more at risk of experiencing anxiety and depression<sup>14</sup>. The results of the study state that the idea of suicide is related to the history of emotional violence. The use of alcohol in adolescents is associated with an account of physical violence<sup>15</sup>.

The Client is often compared to her siblings because their academic achievements are not like her brothers. since childhood, she was often pinched and beaten by her mother, Which shows the form of domestic violence is physical and emotional violence. Physical and emotional violence committed by parents can occur because of inappropriate parenting. The results of previous studies state that physical and emotional hardness can affect self-esteem and that parenting that is hard or inconsistent negatively affects children<sup>16,17</sup>.

The therapist gives positive affirmation. The exercise expands the individual perspective as a whole. Affirming positive practice done by clients with therapists or independently can reduce negative emotions and increase self-esteem. Self-esteem is one component of the self-concept. Positive affirmation helps maintain self-integrity when there is a threat to self-esteem. Self Affirmation is an intervention widely used in health, clinical and social psychology. Self-affirmation helps increase self-esteem, improve cognitive and academic performance and reduces cortisol and epinephrine levels<sup>18</sup>.

The affirmation can increase focus on the source of positive individual values. Giving actions and exercises for self-affirmation helps clients know positive things about themselves and develop their abilities to increase self-esteem. Positive affirmation interventions depend on the ability to reflect on personal core values and valuable experiences. Biologically involves nerve mechanisms related to appreciation and optimistic assessment. A meta-analysis shows that the most prominent brain regions involve rewards and positive judgment, including Ventral Striatum (VS) and ventral medial prefrontal cortex<sup>19</sup>. Self Affirmation decreases stress using neural mechanisms Increasing the activity of the ventral striatum and ventromedial prefrontal cortex (VMPFC) and decreasing the anterior insula (AI) activity<sup>20</sup>.

### Implications of Mental Health Nursing Management

Teenagers with low self-esteem impacted by domestic violence risk experiencing anxiety and depression. The self-affirmation focuses on making clients aware of

themselves, receiving and cooperating in overcoming the problems encountered and strengthening coping skills.

### **Limitations and challenges of case management**

The author is a client-therapist, so the potential bias is difficult to avoid, even though the author wrote the article after the mental health nursing management was complete. This case study is the result of an in-depth analysis of one case. This situation will be difficult to generalize to all teenagers with domestic violence. Differences in the family's characteristics and context can affect the study's results.

Case study management using Self Affirmation can cause discomfort in clients with chronic low prices. It is due to the presence of self-criticism in the client. So that at the beginning of the session, it is essential to foster a relationship of mutual trust and explore the cause of low self-esteem and the client's ability.

### **Recommendation**

It is essential to conduct research and apply case study management by using self-affirmation to clients who experience self-esteem problems due to domestic violence at different stages of life (such as school-age children or young adults).

### **Conclusion**

Teenagers with domestic violence experience cause low self-esteem. Increasing self-esteem by thinking and positive behaviour can overcome mental health problems in adolescents with a history of domestic violence. Mental health nursing management plays an essential role in treating mental health problems.

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### **Availability of data and materials**

Not applicable

### **Authors' contributions**

SN evaluated and examined the client, drafted and prepared the manuscrypt. LNS did the nursing assesment the client. All authors read and approved the final manuscript.

### **Conflict of interest**

Authors have no conflicts of interest to declare.

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