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## **DECISION-MAKING BEHAVIOR OF WOMEN EXPERIENCING VIOLENCE: PSYCHOLOGICAL AND SOCIAL RESTRICTIONS**

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### **Annotation**

This article examines the decision-making behavior of abused women, as well as the specific effects of psychological and social constraints on them. In addition, the article analyzes the decision-making processes of women who have been subjected to violence, such as avoiding violence, seeking legal assistance, or seeking social support.

**Keywords.** Violence, female victims, decision-making, psychological constraints, social constraints, trauma, self-esteem.

### **Аннотация**

В этой статье рассматривается поведение женщин, подвергшихся насилию, в принятии решений, а также специфическое влияние на них психологических и социальных ограничений. Кроме того, в статье анализируются процессы принятия решений женщинами, подвергшимися насилию, такие как избегание насилия, получение правовой помощи или поиск социальной поддержки.

**Ключевые слова.** Насилие, женщины-жертвы, принятие решений, психологические ограничения, социальные ограничения, травма, самооценка.

### **Introduction**

The topic "Decision-Making Behavior of Women Victims of Violence: Psychological and Social Restrictions" examines important issues related to protecting women from violence, their psychological status, and their place in the



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social environment. When women are subjected to violence, their decision-making process is influenced by many internal and external factors.

Violence, especially violence occurring in the home or in intimate relationships, weakens women not only physically but also mentally and psychologically. Women who have experienced violence often feel vulnerable and uncertain. This makes it very difficult for them to make decisions, as they face various constraints - psychological, social, and material.

Psychological limitations: When women are subjected to violence, they often lose self-confidence, and have difficulty making decisions due to stress and anxiety. Their self-esteem decreases, causing them to fall and make decisions with fear. The effects of violence sometimes cause traumatic stress in women, which can lead to long-term psychological problems.

Social limitations: Women often expect help from the surrounding community to get out of violence, but social stigma, neglect from neighbors or family, societal attitudes towards women, lead to difficulties in concealing their problems or defending themselves. In many cultures, concealing violence against women or responding to it physically or mentally is viewed as a socially unacceptable condition that prevents women from talking to others, asking for help, and seeking to solve the problem.

This topic shows how psychological and social support is needed to protect women from violence, support their decision-making abilities, and overcome stereotypes in society. Social systems and psychological support are of great importance to help women.

### Analysis of literature

Scientists who have conducted scientific research on the decision-making behavior, psychological and social constraints of women who have been subjected to violence have conducted research in many areas. These studies are aimed at studying the psychological state of women, the social environment, and factors influencing decision-making processes. Below is a brief overview of some scientists who have conducted scientific research on this topic and their research:



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Ellen Pence is a scholar who has made significant contributions to the promotion of social services and psychological support for abused women. She is, in particular, one of the founders of the Duluth Model, which was put forward to support women who have experienced violence. This model teaches effective ways to protect women from violence and help through social services. Pence has conducted research on the decision-making behavior, self-defense, and physical safety of women who have experienced violence.

Lenore Walker is a psychologist known for her research on the psychology of abused women. She specifically developed the concept of "Battered Woman Syndrome." This syndrome analyzes how it psychologically weakens abused women and how it affects their decision-making behavior. Walker's research is concerned with the psychological impact of violence, women's uncertainty in decision-making, and societal constraints.

Jacquelyn Campbell is a world-renowned scholar on the health and safety of abused women. He created the "Danger Assessment" methodology, which is important for assessing risks and taking necessary measures to protect women from violence. Campbell's research explores the psychological state of abused women and the social factors influencing decision-making behavior.

Angela Brownemiller - he has conducted a number of studies on the study of violence and its social and psychological consequences. In her book When Battered Women Kill, she talks about what decisions women make to protect themselves after being bullied. Browne analyzed the connections between social, legal, and psychological systems in protecting women from violence.

Lisa Goodman is one of the scholars who has conducted scientific research on supporting abused women and studying their decision-making behavior. She has conducted research aimed at developing social support systems for abused women. Goodman's research helps to understand how women play the role of social support in decision-making.

These scientists and their research demonstrate the importance of psychological and social constraints on the decision-making behavior of abused women, their need for security, and the need to improve support systems in society.



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### Discussion

Decision-making behavior of abused women: the topic of psychological and social constraints, protecting women from violence, their decision-making processes, and their support in society opens the way for important discussions. These discussions are aimed at finding ways to support abused women and improve their decision-making skills by analyzing psychological and social factors.

Decision-making behavior of abused women will be significantly altered psychologically. Women often feel weak, frightened, and hopeless in the process of suffering from violence. This situation limits their decision-making capabilities. For example, women who have experienced violence have difficulty defending themselves or taking the necessary measures to get out of the abuse.

Violent women have low self-esteem, leading to uncertainty or delay in decision-making. A decrease in women's self-confidence can weaken their desire to get out of violence.

Women subjected to abuse may suffer from traumatic stress, which causes their mental state and inconsistency in decision-making. This situation makes it difficult for a woman to understand her security needs and make decisions based on them. The psychological impact of violence limits women's logical approaches to establishing relationships with others and making decisions. Sometimes, even if women decide to quit violence, their mental state and fear become an obstacle for them.

Social constraints further reduce women's ability to get out of or respond to violence. Women often face social stigma, family pressure, cultural prejudices, and economic difficulties.

In many societies, it may be socially unacceptable or ill-treated for women to disclose or attempt to get out of violence. This leads to women concealing their problems and avoiding self-defense.

In some cases, women are forced to conceal violence due to family obligations or the family's social views. This exacerbates the helplessness they need, especially when there is no adequate legal or psychological

Social and economic vulnerabilities make it difficult for women to access the resources they need to break free from violence, including financial assistance and



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legal protection. Economic resilience and the difficulty of obtaining support create many barriers to women's decision-making.

Social systems play an important role in overcoming difficulties in decision-making when women are subjected to violence. Social services, psychological support, legal counselling and other support mechanisms help women make decisions for themselves.

Providing psychological assistance to abused women helps to eliminate their traumatic state. Therapy can help reduce stress and restore self-esteem.

Providing legal assistance to women, ensuring their safety, and combating violence are of paramount importance. Increasing women's legal knowledge will help them take the necessary measures to protect themselves.

It is necessary to conduct a deeper analysis of the relationship between cognitive and emotional states in protecting women from violence. It allows for the study of women's feelings and opinions, how they influence the decision-making process, and the development of effective mechanisms for assistance and support.

The impact of the social system is also important for women who have experienced violence to receive effective assistance. There is a need to develop through these systems, government, non-profit organizations and community programs, and to provide women with the necessary resources.

It is important to understand the responsibility of society in combating violence and the prevalence of this problem in society. In supporting women, it will be necessary to change social values in society to improve legal and psychological support.

Decision-making behavior of abused women is closely linked to psychological and social constraints. To overcome these limitations, support for women, meeting their psychological and legal needs, as well as the role of the social system in providing assistance, are of paramount importance. With the help of scientific research and practical measures in this area, it is possible to ensure the safety of women and increase freedom in decision-making.

## Conclusion

Research on the topic "Decision-making behavior of women who have been subjected to violence: psychological and social limitations" shows that the



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decision-making behavior of women who have been subjected to violence is strongly linked to psychological and social limitations. These restrictions create difficulties in ensuring women's safety, managing their lives, and addressing their problems.

The psychological state of women who have been subjected to violence significantly affects their decision-making process. Women often have low self-esteem, anxiety, and lack self-confidence. This situation exacerbates their feelings of fear and hopelessness, as well as leading to uncertainty and delays in decision-making.

Family and cultural pressures in society, as well as economic vulnerabilities, hinder women from receiving the assistance they need to break free from violence. Women often face difficulties in deciding whether to hide or confront violence due to family pressures and societal attitudes. The lack of support mechanisms for social systems hinders women from taking the necessary measures to ensure their safety.

Social, psychological and legal support systems play a significant role in protecting women from violence. These systems are important in helping women make decisions, creating opportunities for their self-defense and ensuring their safety. Psychological support, legal counselling, and community support can give women the confidence and energy they need to break free from violence.

Women's cognitive and emotional states directly influence their decision-making processes. A decrease in the emotions and self-confidence of abused women can lead to delayed decision-making and inappropriate decision-making in dangerous situations. At the same time, through assistance and support, it is possible to overcome these situations and improve women's decision-making skills.

The decision-making behavior of abused women is closely linked to psychological and social constraints, and the role of support systems and society is important to improve their lives. With the help of these systems, it is possible to help women ensure their safety, protect themselves and make the necessary decisions. The fight against violence and the protection of women are carried out not only by individuals, but also by social, legal, and psychological systems within society.





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