

Unpacking Post-Pandemic Realities of Domestic Violence: Baseline Study for a Strategic Extension Program

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Abstract

Domestic violence trends fluctuated globally during the COVID-19 pandemic with some countries reporting increases. Other countries reported declines, though experts caution that these declines likely reflect underreporting as many victims were isolated with abusers and lacked access to support. In post-COVID-19 pandemic, domestic violence remains a pervasive issue across all regions and demographics, transcending geographical, cultural, and socioeconomic boundaries. This study aimed to determine the domestic violence and its causes during the post COVID-19 pandemic in Katipunan, Zamboanga del Norte as basis in the development of strategic extension program. The respondents of the study were victims of domestic violence during the post-COVID-19 period and were residents of the municipality of Katipunan, Zamboanga del Norte. They were identified through records from the Municipal Police Station and Social Welfare and Development Office. Utilizing quantitative data, descriptive correlational was employed as research design utilizing quantitative data. Findings revealed that post-COVID-19 domestic violence stemmed from individual factors like alcohol abuse, jealousy, adultery, and drug abuse; family factors such as relationship issues, communication problems, in-laws interference, and family stress; socioeconomic factors like financial struggles, debt, unemployment, female employment status, and work-related issues; and societal factors including low education, cultural and religious beliefs, social norm breakdown, and isolation. There was no significant correlation between the types of domestic violence and its causes. Collaborative prevention efforts involving the Municipal Police Station, Jose Rizal Memorial State University, and the Municipal Social Welfare and Development Office are essential in addressing this community issue effectively.

Keywords: post-pandemic, domestic violence, individual factors, family factors, socioeconomic factors, other societal factors, extension program



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INTRODUCTION

Domestic violence is a problem that affects every aspect of life by individuals and families around the globe, regardless of their location or social status. The period after the pandemic has

made it more evident than ever that domestic abuse is widespread and complicated. As reported by the World Health Organization (2024), almost one-third of women globally have had encounters with sexual and/or physical domestic violence or non-partner

sexual violence throughout their lives. This worrying statistic emphasizes the urgency for dealing with domestic violence as it has only gotten worse amid COVID-19 pandemic. Kaukinen (2020) points out that stress related to incidences of domestic violence against women have increased which demonstrates a similar trend in other crises and humanitarian disasters.

In countries like South Africa, Egypt, Kenya, Zimbabwe, Nigeria, or Ghana, the COVID-19 lockdown aggravated already existing situations concerning domestic violence. Inadequate response from government towards issues around domestic violence cases during COVID-19 period has been observed by Uzobo and Ayinmoro (2023). In Nigeria where more than 200 million people live—making it the most populous nation in Africa—there have been numerous reports of domestic violence against women including murders and rapes during and after the COVID-19 lockdown period (Willie et al.).

Most victims (62.3%) did not seek help, citing reasons such as believing it was unnecessary, feeling embarrassed, or thinking it would make no difference, and also due to perceiving the abuse as not severe or doubting the effectiveness of police intervention (Gama et al., 2021). During the COVID-19 pandemic, home confinement intensified the situation by increasing constant contact between perpetrators and victims, leading to heightened violence but fewer reports (Kourti et al., 2023). Furthermore, risk factors such as financial stress, social isolation, limited access to support systems, and delays in legal and social services contributed to the rise in domestic violence during this period (Palantza et al., 2023).

Meanwhile, domestic violence is also an ongoing problem within the Philippines. The number of reported cases of violence against women and children was estimated at around 7.42 thousand in 2022 representing a decline from previous statistics according to Statista (2024). Even though there has been a fall in

statistics, domestic violence is still a great concern.

In the Philippines, there have been important actions taken against abuse happening between household members especially those that involve women and children. An instance of this is Republic Act No. 9262 whose major objective is to deal with home-based abuses under the Anti-Violence Against Women and Children Act (VAWC) Act (Republic Act No. 9262 - Anti-Violence Against Women and Their Children Act (2004)) which shows how much commitment is placed by the country on this matter.

The Philippine Commission on Women (PCW), which is the primary policymaking and coordinating body for women and gender equality concerns, was allocated 140 million Philippine pesos in 2023 and about 171 million Philippine pesos for the 2024 fiscal year for all its programs and projects (Statista, 2024). The Philippines has shown its commitment towards tackling domestic violence by putting in place different programs that aim at reducing it; however, instances continue to be reported even after COVID-19 such as those in Katipunan town located in Zamboanga del Norte. This analysis will go down after posting pandemic period of COVID-19 when there is such a chance for assessing what has changed concerning domestic violence within families in a modified environment. Therefore, if one looks only at post pandemic situation, this research may provide a clearer understanding of possible transformations concerning patterns of domestic violence or even increase its rate.

Municipalities such as Katipunan, Zamboanga del Norte highlight the omnipresence of domestic violence, an enduring problem that demands constant watchfulness and focused measures to protect weak communities and tackle its original root causes. Given this opportunity, this research has taken a vital role in identifying the forms of domestic violence and their most common causes in Katipunan, Zamboanga del Norte after COVID-19. To conclude, the study anticipates developing strategic extension programs designed to deal

with the root causes of domestic violence while providing support for victims at local level.

Objectives of the study. This study aimed to determine the domestic violence and its underlying causes during the post COVID-19 pandemic in Katipunan, Zamboanga del Norte as basis for strategic extension program planning. More specifically, the study seeks to address the following:

1. Determine the profile of respondents in terms of age, sex, level of education, and type of relationship.
2. Determine the type of domestic violence encountered in terms of physical abuse, sexual abuse, psychological abuse and economical abuse.
3. Determine the causes of domestic violence during post COVID-19 pandemic in terms of individual factors, family factors, socioeconomic factors and other societal factors.
4. Determine the correlation between the type of domestic violence and its causes.

Theoretical Consideration. The theoretical framework of this study is grounded in Bandura's (1977) "Social Cognitive Theory," as cited by Forsyth and Ward (2021), which emphasizes that individuals acquire ideas, values, attitudes, and behaviors through social observation. According to this theory, human behavior is influenced by a dynamic interplay between environmental, personal, and behavioral factors, a concept known as triadic reciprocal determinism. These factors interact reciprocally, meaning that changes in one aspect can influence the others.

In this context, Social Cognitive Theory is particularly relevant to the study because it highlights how individuals are shaped by their environment while simultaneously influencing it through their behaviors and personal characteristics. For instance, a person's environment—whether familial, societal, or

cultural—can shape their attitudes and actions, while their behaviors, in turn, may alter their environment and impact how they perceive themselves. This reciprocal relationship underscores the complexity of behavior change, as multiple factors operate simultaneously and interact in unique ways for different individuals.

This theoretical perspective is directly applicable to the present study, which examines the experiences of victims of domestic violence—specifically physical, psychological, sexual, and economic abuse—during the COVID-19 pandemic, as defined under Republic Act 9262 (Violence Against Women and Children or VAWC). During the lockdown in COVID-19 pandemic, there was a surge in domestic violence cases, driven by the psychological and socio-economic impact of the lockdown, which contributed to substance abuse and depression, ultimately leading to increased violence (Al-Nazhir et al., 2023). The study draws on Social Cognitive Theory to explore how environmental factors (e.g., pandemic-related stressors, lockdown measures), individual factors (e.g., psychological responses, coping mechanisms), and behavioral factors (e.g., interactions with abusers, social isolation) contributed to domestic violence during this period.

The theory's emphasis on reciprocal interactions aligns with the study's goal of understanding the complex interrelations between the victim's environment, personal characteristics, and behaviors in the context of domestic violence. Moreover, Social Cognitive Theory recognizes individuals' capacity for self-regulation, meaning that even in adverse circumstances like domestic violence, people have the potential to influence their thoughts, emotions, and actions. This self-regulatory function is critical in understanding how victims of violence might navigate and respond to their situations during crises like the pandemic. Therefore, the application of Social Cognitive Theory in this study provides a robust framework for examining the multifaceted nature of domestic violence and the factors that contribute to it.

LITERATURES

Domestic violence is a pervasive issue deeply rooted in power dynamics, often reflecting societal structures of gender inequality. According to Ghatak (2021), domestic violence fundamentally involves the abuse of power, authority, and dominance, a problem exacerbated during crisis situations such as the COVID-19 pandemic. The pandemic's disruption created conditions where underlying inequities, particularly gender divides, intensified, leading to escalated instances of domestic violence. This aligns with the notion that stressors such as economic hardships and social difficulties contribute to the amplification of violent behaviors within households. McNeil et al. (2022) underscored the role of vulnerability factors, including low socio-economic status and unemployment, in escalating domestic violence incidents.

The COVID-19 pandemic served as a catalyst for these issues, further heightening the vulnerability of individuals trapped in abusive relationships. Pérez et al. (2022) identified factors such as perceived financial constraints, reliance on medications for sleep or relaxation, and elevated stress levels as key contributors to the rise in domestic violence during the pandemic. Such stressors were compounded by stay-at-home orders, which forced victims into constant proximity with their abusers. Piquero et al. (2021) noted a global increase in domestic violence incidents during lockdown periods, with cities, states, and countries all reporting spikes in cases as a direct consequence of enforced confinement.

In some regions, physical violence remained predominant; however, other forms of abuse—such as psychological, emotional, and financial—were also pervasive, especially among educated women. Ghatak (2021) emphasized that many victims endured abuse regularly, yet they were hesitant to seek help due to fears of social ostracism and a lack of support systems. The study highlighted the inadequate government response to domestic violence during the COVID-19 lockdown, with minimal intervention or assistance provided to

victims. Nevertheless, NGOs played a crucial role, actively advocating for victims' rights and offering much-needed relief (Uzobo & Ayinmoro, 2023).

The home confinement imposed by the pandemic not only exacerbated domestic violence but also significantly hindered victims' ability to report abuse and seek help. Kourti et al. (2021) argued that the constant contact between abusers and victims during lockdown periods created an environment where violence flourished unchecked, as the opportunity to escape or seek external support was severely limited. Furthermore, Usta et al. (2021) pointed out that the measures intended to curb the spread of COVID-19, such as lockdowns, inadvertently increased household tensions and restricted access to essential support services for domestic violence survivors.

The pandemic brought to light a troubling rise in the severity and prevalence of various forms of domestic violence, particularly psychological and emotional abuse. Thiel et al. (2022) synthesized data indicating that psychological, emotional, and sexual violence saw a significant uptick during the pandemic. However, the evidence regarding the increase in economic, financial, and physical violence remains inconclusive. Despite these uncertainties, the overarching trend indicates that domestic violence became more widespread and severe during the pandemic, with the victims facing even more barriers to accessing protection and support.

The findings from these studies paint a grim picture of the post-pandemic realities of domestic violence, underscoring the urgent need for strategic interventions. The baseline study presented here aims to contribute to this effort by informing the development of a comprehensive extension program that can respond effectively to the evolving challenges posed by domestic violence in the post-pandemic era.

METHODOLOGY

Research Design. This study employed a descriptive-correlational research design, aiming to determine the domestic violence and its underlying causes during the post COVID-19 pandemic in Katipunan, Zamboanga del Norte, particularly in the post-COVID-19 pandemic context. Descriptive research was utilized to depict the current state of domestic violence incidents, while the correlational approach allowed the researchers to examine the relationship between various factors contributing to types of domestic violence. A questionnaire checklist was the primary instrument used to gather data, supplemented by documentation to portray the extent of domestic violence cases in the locality.

Population and Sampling Technique. The population for this study consisted of domestic violence victims in Katipunan, Zamboanga del Norte, as documented by the Katipunan Municipal Social Welfare and Development Office (MSWDO) and the Municipal Police Station. A complete enumeration sampling technique was employed, ensuring that all 50 victims identified from these records were included in the study. The inclusion criteria required that respondents be residents of Katipunan and victims of domestic violence during the post-COVID-19 pandemic period.

Instrument. The data collection tool used for the purposes of this study was a standardized research questionnaire that went through much validity and reliability testing. This instrument had three segments. The first part contained personal profiles of the responders. The second part, based on Republic Act Number 9262 or the "Anti-Violence Against Women and Their Children Act of 2004," outlines different types of domestic abuse victims. The final part discusses the causes of domestic violence during post COVID-19 pandemic period.

The researcher collected and categorized the indicators of each checklist from online publications on causes of domestic violence. The psychometrician at Jose Rizal Memorial State University- Dipolog Campus, in Dipolog

City, Zamboanga del Norte, then confirmed the categorization of the causes of domestic violence. Before the validation and reliability testing of the instrument, the researcher made sure that all potential causes and contributing factors to domestic violence were documented and left unaltered.

Data Gathering Procedure. The data collection process followed a structured approach, beginning with the evaluation of instrument validity. To make sure the instrument is in line with the purpose of the study, three (3) carefully selected psychometricians and university guidance counselors were requested to evaluate the draft. Each reviewer used a 4-point Likert scale, namely, 1 = not relevant (NR), 2 = somewhat relevant (SR), 3 = relevant (R), and 4 = very relevant (VR), to independently score each item on the instrument's relevance to the study's objectives. Using the Content Validity Index (CVI) as the instrument's measure, higher than the acceptable level of 0.87 CVI was reached.

An evaluation form was created to assist respondents in evaluating each item for clarity of phrasing, the likelihood that the target audience could answer the questions, and layout and style in order to determine the face validity of the instrument. Five faculty members from the Jose Rizal Memorial State University's College of Teacher Education, located at the Katipunan Campus in Katipunan, Zamboanga del Norte, were chosen at random and asked to complete the face validity form using a Likert scale: strongly disagree-1, disagree-2, agree-3, and strongly agree-4. Ninety-six (96%) of the respondents said the investigation's intended target audience would find the appearance and layout acceptable, and ninety-five (95%) said they understood all the questions and has found easy to answer.

Reliability testing was done on the instrument's final version. The instrument's reliability was assessed using two different reliability estimators: test-retest reliability and internal consistency reliability. According to DeVon et al. (2007), internal consistency assessed an instrument's inter-item correlations and

provided insight into how conceptually the items fit together.

To assess the instrument's internal consistency and the unidimensionality of its items, Cronbach's alpha was calculated. In order to ensure internal consistency, the instrument was administered to twenty psychometricians, guidance counselors, and psychology teachers working in higher education institutions (HEIs) located in Dapitan City and Dipolog City. The improved instrument's Cronbach's alpha was calculated following the acquisition of face and content validation. With a high correlation and a Cronbach's alpha correlation coefficient of 0.911, the instrument was shown to be consistently reliable.

On the other hand, test-retest reliability was calculated using the same instrument with the same sample twice, presuming that the construct being studied had not changed significantly between the two sampling times (DeVon et al., 2007). Six days after the initial administration of the instrument, 20 psychometricians, guidance counselors, and psychology teachers in HEIs in Dipolog and Dapitan City were given the evaluation again to assess the instrument's test-retest reliability.

The researchers, with the help of a social worker in the municipality, personally administered the instrument to the respondents after receiving the required ethics certificate from the university and an approval letter from the Katipunan Municipal Police Station and Municipal Social Welfare and Development Office. Prior to gathering data, the social worker and researchers got the respondents' agreement by signing the consent form before having them complete the research questionnaire. The research instrument was translated from English to Visayan or Cebuano, but the social worker and researchers made sure that every piece of information in the questionnaire was understood. The questionnaire was quickly collected when the respondents completed it, and the answers were then tallied, calculated, and interpreted.

Statistical Treatment. The gathered data were analyzed using a combination of descriptive and inferential statistics. The profile of the victims and the type of domestic abuse experienced by the respondents were ascertained with the use of frequency counting and percent. The causes of domestic violence were also determined using these statistical tools. The percent was computed by dividing the total number of victims by the frequency of each group. The factors that contribute to domestic violence were ranked from most to least important using a ranking system. Pearson correlation coefficient was used in the study to determine the correlation between the types of domestic violence and its causes.

RESULTS AND DISCUSSION

In this section, the research results were unveiled, giving an all-inclusive interpretation and analysis on the information obtained. In this regard, this section intends to examine how the findings relate to the research questions and objectives that were established in this study.

Profile of the respondents. The purpose of the survey was to determine each respondent's profile. The profile of the victims is summarized in Table 1 to table 4 according to a number of demographic variables, including age, sex, level of education, and type of relationship. The information in the table provides an understanding of the respondents' makeup with regard to these important attributes.

Table 1
Profile in terms of respondents' "Age"

| Age | Frequency | Percentage |
|--------------------|-----------|------------|
| 41-50 | 12 | 24% |
| 31-40 | 28 | 56% |
| 21-30 | 8 | 16% |
| 20 years old below | 2 | 4% |
| Total | 50 | 100% |

The distribution of respondents across age groups highlights a notable focus on the 31-40 age bracket, representing 56% of the total, followed by 41-50-year-olds at 24%, 21-30-year-

olds at 16%, and a minimal representation of individuals under 20 years old at 4%. As stated by Gama et al. (2021) and Gurning et al. (2020), it appears that most people who reported domestic abuse in the course of the pandemic were between 31 and 40 years old. This trend was also observed by Both et al. (2019), who made an observation that most female victims of domestic violence in their study were 35 years old. In a global context from World Health Organization (2024), it was reported that about 27% of women aged 15-49 in relationships experienced physical and/or sexual assault by their partners.

Table 2
Respondents Profile in terms of "Gender"

| Gender | Frequency | Percentage |
|----------|-----------|------------|
| Women | 48 | 96% |
| Bisexual | 2 | 4% |
| Total | 50 | 100% |

The demographic breakdown of respondents showcases a significant gender imbalance, with women comprising 96% of the sample, while bisexual individuals constitute a mere 4%. This distribution confirms Boxall et al.'s (2020) findings by depicting that there are more females involved in domestic violence studies. According to Huntley et al. (2019), it is more likely for women than men or other genders to experience and report domestic violence emphasizing a gendered phenomenon behind it. In addition, the study indicates that most abuse victims in homes are women while their male counterparts are considered as attackers according to Both et al. (2019).

Moreover, bisexual persons, especially those who belong to sexual minorities, face greater family violence rates than their heterosexual associates as indicated by Drotning et al (2022). Strikingly, women are one unique category that has been reported with increased occurrence of family violence; besides it was also observed that decrease in income leads to higher cases of verbal abuse.

In a meticulous review conducted by Corey et al. (2022), an in-depth exploration of risk factors

associated with domestic violence revealed a nuanced interplay of variables, encompassing bisexual identity, experiences of discrimination, partner gender dynamics, and various contributing factors. This comprehensive analysis not only enhances our comprehension of the intricate nature of domestic violence but also emphasizes the necessity of tailored interventions and systems of support to address diverse needs of individuals affected by these complex risk factors.

Table 3
Respondents Profile in terms of "Educational Attainment"

| Educational Attainment | Frequency | Percentage |
|------------------------|-----------|------------|
| Elementary Level | 32 | 64% |
| High School Level | 13 | 26% |
| College Level | 5 | 10% |
| Total | 50 | 100% |

The distribution of the educational attainment among those respondents reveals a notable pattern, with the majority at the Elementary level, comprising 64% of the sample, followed by High School level respondents at 26%, and College level respondents with the least frequency at 10%. This breakdown underscores the educational landscape of the surveyed population, indicating a higher representation of individuals at the Elementary and High School levels.

Arisukwu et al. (2021) highlighted a significant relationship between the level of education and the perception of domestic violence among respondents, suggesting that educational background influences how individuals define and recognize domestic violence. Additionally, the rural setting of Katipunan, Zamboanga del Norte, as noted, presents unique challenges for women, particularly in terms of educational opportunities and economic independence. Women in rural areas often face barriers to education and employment, increasing their vulnerability to domestic violence due to dependence on spouses and limited access to resources, as discussed by Lasong et al. (2020).

Conversely, urban women, with better access to education and employment prospects, are less likely to experience domestic abuse. This

disparity underscores the impact of education and economic empowerment in reducing the risk of violence against women, as highlighted in the studies by Arisukwu et al. (2021) and Lasong et al. (2020).

Moreover, the research by Ghatak, I. (2021) brings to light the universal nature of violence, transcending educational boundaries and affecting women across all educational backgrounds. This insight emphasizes the pervasive and indiscriminate impact of violence, underscoring the urgent need for comprehensive interventions to address and prevent violence against women in diverse educational settings.

Table 4
Respondents Profile in terms of "Types of Relationship"

| Types of Relationship | Frequency | Percentage |
|---|-----------|------------|
| Married couple | 29 | 58% |
| Live in partner | 18 | 36% |
| Boyfriend/girlfriend or significant other | 3 | 6% |
| Total | 50 | 100% |

The data collected from the respondents indicates a predominant presence of "Married Couples" comprising 58%, followed by "Live-in Partners" at 36%, and the least representation from "Boyfriends/Girlfriends or Significant Others" at 6%. This distribution sheds light on the prevalence of different types of romantic relationships among the surveyed population.

Domestic violence, as highlighted in the Republic Act 9262, can occur not only between spouses or adult partners but also extend to children, emphasizing the broad impact and reach of domestic abuse within families.

The study by Lasong et al. (2020) reveals a concerning trend among married Zimbabwean women, showing an increasing vulnerability to domestic abuse. Among the victims who were married, a high percentage were aware of domestic violence, indicating a significant awareness of the issue within this demographic. Additionally, a substantial proportion had a history of marrying at a young age, as noted by Arisukwu et al. (2021),

suggesting a potential correlation between early marriage and domestic violence.

On the other hand, Pereira & Gaspar (2021) highlight that over 50% of domestic violence incidents involved a partner or boyfriend, underscoring the prevalence of intimate partner violence in these relationships. This underscores the complex dynamics of domestic violence within different types of romantic relationships.

Type of Domestic Violence. The post COVID-19 pandemic period in Katipunan, Zamboanga del Norte has witnessed a troubling increase in domestic violence, fueled by a complex interplay of individual, family, socioeconomic, and societal factors. As detailed in Tables 9, 10, 11, and 12, these causes underscore the multifaceted dynamics contributing to this issue.

Table 5
Type of Domestic Violence Encountered in terms of "Physical Violence"

| Physical Violence | Frequency | Percentage |
|-------------------|-----------|------------|
| Slapping | 33 | 30.56% |
| Kicking | 24 | 22.22% |
| Burning | 8 | 7.41% |
| Punching | 28 | 25.93% |
| Biting | 11 | 10.19% |
| Use of Weapons | 4 | 3.70% |
| Total | 108 | 100% |

The most common forms of the physical violence reported include slapping, punching, and kicking, with frequencies of 32.41%, 25.93%, and 22.22%, respectively. Additionally, biting and burning were reported at 10.19% and 7.41%, while the least common form was the use of weapons, accounting for 3.70% of cases. These statistics highlight the prevalence of direct physical aggression as a means of inflicting harm in cases of domestic violence.

Barbosa et al. (2019) identified brute force and body strength as the primary mechanisms of injury in domestic violence incidents which involve e.g. punches, kicks, slaps, headbutts, and knee strikes. These findings underscore the

physical nature of violence in abusive relationships, emphasizing the use of forceful physical actions to cause harm and injury. In a study by Pallikadavath and Bradley (2019), the correlation between dowry practices and physical violence was explored. The research revealed that women who did not practice dowry reported a higher incidence of being slapped compared to those who did, indicating a potential association between cultural practices and the prevalence of specific forms of physical abuse, such as slapping, punching, and kicking.

Furthermore, Bhattacharya et al. (2020) emphasized that among various forms of physical domestic violence, slapping emerged as the most prevalent. This observation resonates with the results of Jyothsna et al. (2023), where a significant proportion of respondents reported experiencing severe physical violence, including incidents of pushing, slapping, and punching.

Table 6
Type of Domestic Violence Encountered in Terms of "Sexual Violence"

| Sexual Violence | Frequency | Percentage |
|--------------------------------|-----------|------------|
| Marital Rape or Sexual Assault | 12 | 55.56% |
| Sexual Harassment | 15 | 44.44% |
| Total | 27 | 100% |

The sexual violence prevalence in the context of domestic abuse is a significant concern, with marital rape or sexual assault accounting for 55.56% and sexual harassment for 44.44% of reported cases. The home, often perceived as a place of safety, tragically becomes a site of physical, psychological, and sexual abuse for victims of domestic violence, as highlighted by Xue et al. (2020) and Jones & Isham (2020). A disturbing trend emerges with the most common form of sexual violence involving the use of physical force to coerce sexual acts, categorized as marital rape or sexual assault within intimate partner violence, as identified by Bhattacharya et al. (2020). Mahmood et al. (2021) underscore the concerning rise in sexual assault and coercion against women during the

COVID-19 pandemic lockdown, presenting a heightened risk for vulnerable individuals.

Despite these alarming statistics, legal and social obstacles, as noted by Atrey (2023), pose challenges in prosecuting marital rape cases. Boxall and Morgan's study (2020) reveals that women victimized by domestic abuse, particularly by current or past cohabiting partners, faced heightened risks during the early phases of the COVID-19 pandemic. The lasting impacts of rape and sexual violence extend beyond physical harm, affecting survivors psychologically, medically, economically, and socially, as highlighted by Sifat (2020), underscoring the profound and enduring repercussions that torment survivors and their families.

Table 7
Type of domestic violence encountered in terms of "Psychological Violence"

| Psychological Violence | Frequency | Percentage |
|------------------------|-----------|------------|
| Humiliation | 36 | 41.38% |
| Control | 29 | 33.33% |
| Threats | 18 | 20.69% |
| Isolation from others | 4 | 4.60% |
| Total | 87 | 100% |

Bhattacharya et al. (2020) corroborates these findings, highlighting that humiliation is the most common form of psychological violence, representing 88.46% of cases. The COVID-19 pandemic lockdown has exacerbated instances of humiliation as a type of psychological violence, as noted by Mahmood et al. (2021), underlining the heightened risks faced by individuals during periods of crisis.

Additionally, coercive control has been utilized as a form of domestic violence during the pandemic to exert dominance and control over partners, as highlighted by Xue et al. (2020). Tripathi et al. (2022) further emphasize the impact of economic instability and societal norms on fueling psychological abuse against women during the pandemic, underscoring the intersection of economic, social, and cultural factors in perpetuating psychological violence within domestic relationships.

Psychological violence, often overlooked in favor of its physical counterpart, carries with it serious and everlasting consequences for the emotional and mental well-being of individuals. The commonality of humiliation, control, threats and isolation as forms of abuse illustrate how deep rooted and damaging domestic emotional violence can be. Such forms of abuse may create immense emotional scars which are capable of causing lifetime trauma or psychological suffering to victims. In addition, those who pass through physical abuses may suffer various effects such as PTSD according to Lutwak (2023).

Table 8
Type of Domestic Violence Encountered in terms of "Economical Abuse"

| Economical Violence | Frequency | Percentage |
|---|-----------|------------|
| Taking away the earnings of the victim | 35 | 35% |
| Preventing from obtaining a job | 9 | 9% |
| Unauthorized use of money | 37 | 37% |
| Unauthorized use of property or other valuables | 19 | 19% |
| Total | 100 | 100% |

The type of Domestic Violence Encountered in terms of "Economical Abuse" as to "Unauthorized use of money" obtained a frequency of 37 or 37%, "Taking away the earnings of the victim" with a frequency of 35 or 35%, "Unauthorized use of property or other valuables" with a frequency of 19 or 19% and the "Preventing from obtaining a job" with a frequency of 9 or 9%.

Economic abuse popularly known as financial abuse in scholarly literature, stands out as a prevalent yet often concealed form of abuse within intimate partner relationships. This insidious form of abuse, highlighted in the study by Dragiewicz et al. (2019), involves unauthorized use of money through tactics such as intrusion and identity crime, allowing abusers to exert control, harass, and manipulate their victims. Intrusion tactics are frequently utilized by abusers to coerce and pressure their victims, creating a sense of fear and dependency. Additionally, abusers may resort to identity theft, seizing the earnings of the victim, unauthorized access to accounts and

devices, and other deceptive tactics, often initiating these behaviors before victims realize the abusive nature of their partner.

In the study by Kaittila et al. (2022), the exploration of post-separation economic abuse (PSEA) reveals four distinct types: economic sabotage, withholding resources, financial harassment, and stealing. These findings shed light on the multifaceted nature of economic abuse that continues even after the separation of partners, perpetuating financial control and manipulation. Furthermore, the research by Adams et al. (2023) delves into the intricate dynamics of economic abuse, highlighting the differential use of tactics based on the financial circumstances of perpetrators and victims. Perpetrators may employ economic restrictions when advantaged in assets or disadvantaged in debt, while victims may face economic exploitation when advantaged in assets or credit. These insights underscore the complex interplay of financial disparities and power dynamics in cases of economic abuse.

Causes of Domestic Violence. The post COVID-19 pandemic period in Katipunan, Zamboanga del Norte has witnessed a troubling increase in domestic violence, fueled by a complex interplay of individual, family, socioeconomic, and societal factors. As detailed in Tables 9, 10, 11, and 12, these causes underscore the multifaceted dynamics contributing to this issue.

Table 9
Causes of Domestic Violence in terms of "Individual Factors"

| Individual Factors | Frequency | Percentage |
|--------------------|-----------|------------|
| A. Alcohol Abuse | 40 | 43.01% |
| B. Drug Abuse | 7 | 7.53% |
| C. Jealousy | 35 | 37.63% |
| D. Adultery | 11 | 11.83% |
| Total | 93 | 100% |

The causes of domestic violence in terms of Individual factors in "Alcohol Abuse" obtained a frequency of 40 or 43%, as to "Jealousy" which obtained a frequency of 35 or 37%, "Adultery" obtained a frequency of 11 or 11.83%, and the

least is “Drug Abuse” with a frequency of 7 or 7.53%.

Kumar (2024) highlighted that a significant proportion (87%) of families experienced violence due to the critical addiction of alcoholic members. Brooks et al. (2020) further emphasized the association between alcohol consumption, depression, and posttraumatic stress disorder, particularly in the context of quarantine during the COVID-19 pandemic. Kolbe and Buttner's (2020) study linked domestic violence to alcohol misuse, jealousy, mental illness, physical impairment, and brief relationship duration.

Notably, domestic violence against women during pregnancy and the postpartum period is significantly influenced by husbands who consume alcohol. Bhatta et al. (2021) reported that a high percentage of women attributed physical, psychological, and sexual abuse during pregnancy and postpartum periods to their husbands' drinking habits. Women with husbands who drank were twice as likely to experience domestic violence, irrespective of their socio-demographic background. The frequency of abuse was highest during the second trimester, indicating a correlation between increased alcohol consumption by husbands and higher rates of spousal abuse (Das et al., 2022).

Table 10
Causes of Domestic Violence in terms of “Family Factors”

| Family Factors | Frequency | Percentage |
|-------------------------------|-----------|------------|
| A. Relationship Factors | 37 | 45.68% |
| B. Communication Problems | 21 | 25.93% |
| C. Child Stress/Family Stress | 8 | 9.88% |
| D. Interfering In-Laws | 15 | 18.52% |
| Total | 81 | 100% |

In the realm of family factors contributing to domestic violence, the predominant issue identified is "Relationship Factors," accounting for 37-45% of cases. This is followed by "Communication Problems," reported at 21-25.93%, "Interfering In-Laws" at 15-18.52%, and the least prevalent factor being "Child Stress/Family Stress" at 8-9.88%.

Simbolon et al. (2023) revealed how the dynamics of husband-wife relationships can greatly influence the distribution of power inside the family. Men are often seen as being strong and authoritative, which can result in increased aggression that may translate into domestic violence against women. One of the implications made by the study is that other factors such as economic independence in a marriage affect power relations.

Mas'udah (2021) emphasized the importance of intellectual and economic assets in determining spouse power dynamics thereby impacting domestic violence occurrence. Fascinatingly, Aziz et al. (2018) posited that if women are given resources, their interactions will be more functional and therefore there will be less probability of violence occurring at home.

On a contrary note, Yarinasab & Amini (2022) established an inverse correlation between good communication skills and domestic violence occurrence. This finding points to the intricate web characterized by family interactions where ineffective dialogue may lead to worsening situations and consequently instances of domestic abuse.

Table 11
Causes of Domestic Violence in terms of “Socioeconomic Factors”

| Socioeconomic factors | Frequency | Percentage |
|----------------------------|-----------|------------|
| A. Work Related Problems | 8 | 10% |
| B. Financial Problems | 34 | 42.50% |
| C. Unemployment | 15 | 18.75% |
| D. Debt Problems | 32 | 40% |
| E. Working Status of Women | 11 | 13.75% |
| Total | 80 | 100% |

The causes of domestic violence in terms of “Macro Factors” as to “Financial Problems” obtained a frequency of 34 or 42.50%, followed by “Debt Problems” obtained a frequency of 32 or 40%, the “Unemployment and Working Status of Women” obtained a frequency of 15 or 18.75% and 11 or 13.75% respectively, and the least is “Work related Problems” obtained a frequency of 8 or 10%. The impact of financial factors on domestic violence is a significant and complex

issue that has been explored in various studies. Shehzadi et al. (2022) highlighted that domestic abuse tends to escalate during pandemics and beyond, primarily due to financial strains and the quest for financial security. Financial constraints can impede a victim's ability to leave the abuser, thereby increasing stress and making it challenging to break free from the abusive relationship (Myhill & Hohi, 2019).

In order to remain in control over their victims for so long, abusers often have different strategies they employ—financial exploitation being one of them (Lyons & Brewer, 2021). It has also been determined by Zheng et al. (2020) that moderate household debt levels do correlate positively with incidents where domestic violence exists confirming how much money issues influence some actions at home towards each other.

On this view, Silverio-Murillo et al. (2023) asserted that psychological domestic violence has been rising because of financial stresses. This means that when there are financial problems like those associated with debts, it results into quarrels and ultimately might lead to violent confrontations among intimate partners.

Table 12
Causes of Domestic Violence in terms of "Other Societal Factors"

| Other Societal Factors | Frequency | Percentage |
|-------------------------------------|-----------|-------------|
| A. Cultural Belief | 12 | 19.05% |
| B. Religious Belief | 9 | 14.29% |
| C. Low Educational Level/Illiteracy | 32 | 50.79% |
| D. Breakdown of Social Norms | 5 | 7.94% |
| E. Social Isolation | 5 | 7.94% |
| Total | 63 | 100% |

The "Causes of Domestic Violence during post COVID-19 Pandemic in Katipunan, Zamboanga Del Norte in terms of "Other Societal Factors" is the "Low Educational Level/Illiteracy" with a frequency of 32 or 50.79%. The "Cultural Belief" and Religious Belief" obtained a frequency of 12 or 19.05% and 9 or 14.29 respectively. The least

is the "Breakdown of Social Norms and Social Isolation" with a frequency of 5 or 7.94%.

The relationship between domestic violence and educational attainment is an important concern that has been studied widely over the years. Yari et al. (2021) noted that there is a strong link between education levels and domestic violence susceptibility, adding that only having basic education or illiteracy increases women's risks of experiencing violence at home. This was confirmed by Khosravi et al. (2023) who also found illiteracy and primary schooling to be risk factors for domestic violence against women.

According to Singh and Kumar (2021), illiteracy has a negative effect on the incidence of domestic violence especially in countries such as India. They pointed out that particularly in rural parts of the country, it is important to have knowledge so as to reduce cases of family related conflicts. Southern Indian urban slums are known for domestic abuse where various factors including wife age, levels of education, duration of marriage, husband's prior abusive behavior and alcohol usage play important roles in continuing the cycle of abuse (Das et al., 2022).

Correlation between the type of domestic violence and its causes. The p-value of 0.075 is greater than 0.05, indicating that the correlation between the types of domestic violence and their causes is not statistically significant. This finding suggests that the various causes examined in this study do not have a significant correlation on the different types of domestic violence observed. This result aligns with the study by Hasan et al. (2023), which investigated the impact of socioeconomic factors such as household size, income, roof category, and total land area on domestic violence and found no significant statistical correlation.

Table 13
Correlation between The Types of Domestic Violence to Its Causes

| Statistic | df | P-value |
|-----------|----|---------|
| -1.95 | 12 | 0.075 |

Conclusion and Recommendation. Based on the findings of this study, it was evident that domestic violence during the post-COVID-19 pandemic affected women who were middle-aged, married, had little education and low-income levels. Women experienced domestic violence in the form of slapping, punching, kicking, marital rape, sexual harassment, humiliation, control, unauthorized use of money and taking away of earnings.

Domestic violence was influenced by a complex interplay between the individual, family, socioeconomic, and other societal factors. At the individual level, alcohol abuse, jealousy, adultery, and drug abuse emerged as prominent triggers for violence. Family dynamics such as relationship factors, communication problems, interfering in-laws, and stress within the household, especially affecting children, were also identified as significant contributors to domestic violence. Socioeconomic factors, including financial problems, debt problems, unemployment, and challenges related to women's employment status and work-related problems, have also been identified as significant influencers of domestic violence. On a broader societal scale, other societal factors like low educational level or illiteracy, cultural belief, religious belief, breakdown of social norms, and social isolation were prevalent in cases of domestic violence. These factors are crucial in recognizing that communities may have had difficulty navigating the aftermath of the COVID-19 crisis and adjust to new realities in the post-pandemic era.

Interestingly, the study did not establish a clear-cut correlation between specific types of domestic violence and their respective causes, underscoring the intricate and varied nature of abusive behaviors. Addressing these multifaceted challenges demands coordinated efforts from law enforcement, social welfare agencies, and local government bodies such as the Katipunan Municipal Police Station, Katipunan Municipal Social Welfare and Development Office, and Sangguniang Bayan. Collaboration with educational institutions like the School of Criminal Justice Education at Jose Rizal Memorial State University, Katipunan

Campus, could create intervention programs tailored to local needs.

Consequently, this research serves as a basic reference point for the extension program of the School of Criminal Justice Education at Jose Rizal Memorial State University, Katipunan Campus. Such programs are vital in improving community responses to domestic violence through the use of empirical evidence tailored towards addressing and reducing incidences of domestic violence in the municipality.

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