

Intimate Partner Violence
DATING AND MARITAL
RELATIONSHIPS

Gracie Trainum & Michaela Mattox

LEARNING OBJECTIVES

1.

UNDERSTAND THE FACTORS CONTRIBUTING TO INTIMATE PARTNER VIOLENCE AMONG COLLEGE-AGED INDIVIDUALS, SUCH AS SOCIETAL NORMS, GENDER ROLES, SUBSTANCE ABUSE, AND POWER DYNAMICS.

2.

IDENTIFY THE VARIOUS FORMS OF INTIMATE PARTNER VIOLENCE PREVALENT AMONG COLLEGE STUDENTS, INCLUDING PHYSICAL, EMOTIONAL, SEXUAL, AND FINANCIAL ABUSE.

3.

RECOGNIZE THE SIGNS OF INTIMATE PARTNER VIOLENCE IN ONESELF AND OTHERS, AND UNDERSTAND THE IMPORTANCE OF EARLY INTERVENTION AND SUPPORT FOR BOTH VICTIMS AND PERPETRATORS.

4.

EXPLORE STRATEGIES FOR PREVENTION AND INTERVENTION AT INDIVIDUAL, INTERPERSONAL, INSTITUTIONAL, AND SOCIETAL LEVELS TO MITIGATE THE PREVALENCE AND EFFECTS OF INTIMATE PARTNER VIOLENCE ON COLLEGE CAMPUSES

DEFINING TERMS

Intimate Partner Violence (IPV): According to the CDC, IPV is “abuse or aggression that occurs in a romantic relationship” and can include: physical violence, sexual violence, psychological aggression, and stalking (CDC, 2022).

Courtship: “Any social interaction related to the dating or mate-selection processes” (Thompson, 1986).

Dating: “A relationship between individuals who are or who have been in a social relationship of a romantic or intimate nature where the existence” is determined by “the length of the relationship, the type of relationship, and frequency of interaction between the persons involved in the relationship,” according to Virginia’s Legislative Information System (2024).

Marriage: “The union of two people as partners in a personal relationship” that is recognized legally or formally as defined by the Oxford dictionary.

DOMESTIC VIOLENCE AND COLLEGE STUDENTS

Statistics from the National Domestic Violence Hotline

WHAT IS DOMESTIC VIOLENCE?

According to the United Nations, domestic violence can be defined as 'a pattern of behavior in a relationship that is used to gain or maintain power and control over an intimate partner.' Physical, sexual, emotional, economic or psychological actions or threats of actions characterize abuse.

57% of college students that reported experiencing dating violence and abuse said it occurred in college.

38% of college students say they don't know how to get help for themselves if they experience dating abuse as a victim.

52% of college women report knowing a friend who's experienced violent and abusive dating behaviors.

57% of college students say it's difficult to identify dating abuse.

Risk Factors

1. ADVERSE CHILDHOOD EXPERIENCES

Individuals who have witnessed or experienced violence within their families or past relationships may be at higher risk for perpetrating or experiencing IPV.

2. SCHOOL BURNOUT

School burnout is associated with emotional dysregulation, independent of anxiety and depression, and self control moderates that relationship. Under low levels of self control there is an increased risk for victimization and perpetration.

3. SUBSTANCE ABUSE

Substance abuse, particularly alcohol, can impair judgement and increase aggression.

4. UNHEALTHY DYNAMICS

Power imbalances and a lack of communication tend to create higher rates of IPV.

5. GENDER EXPECTATIONS

Gender roles/ expectations can contribute to the normalization of violence within relationships.

6. FINANCIAL DEPENDENCE

Limited financial resources may make it difficult for individuals to leave an abusive relationship and seek help.

7. STRESS

High levels of stress and poor conflict resolution skills can increase tension and escalate to violence.

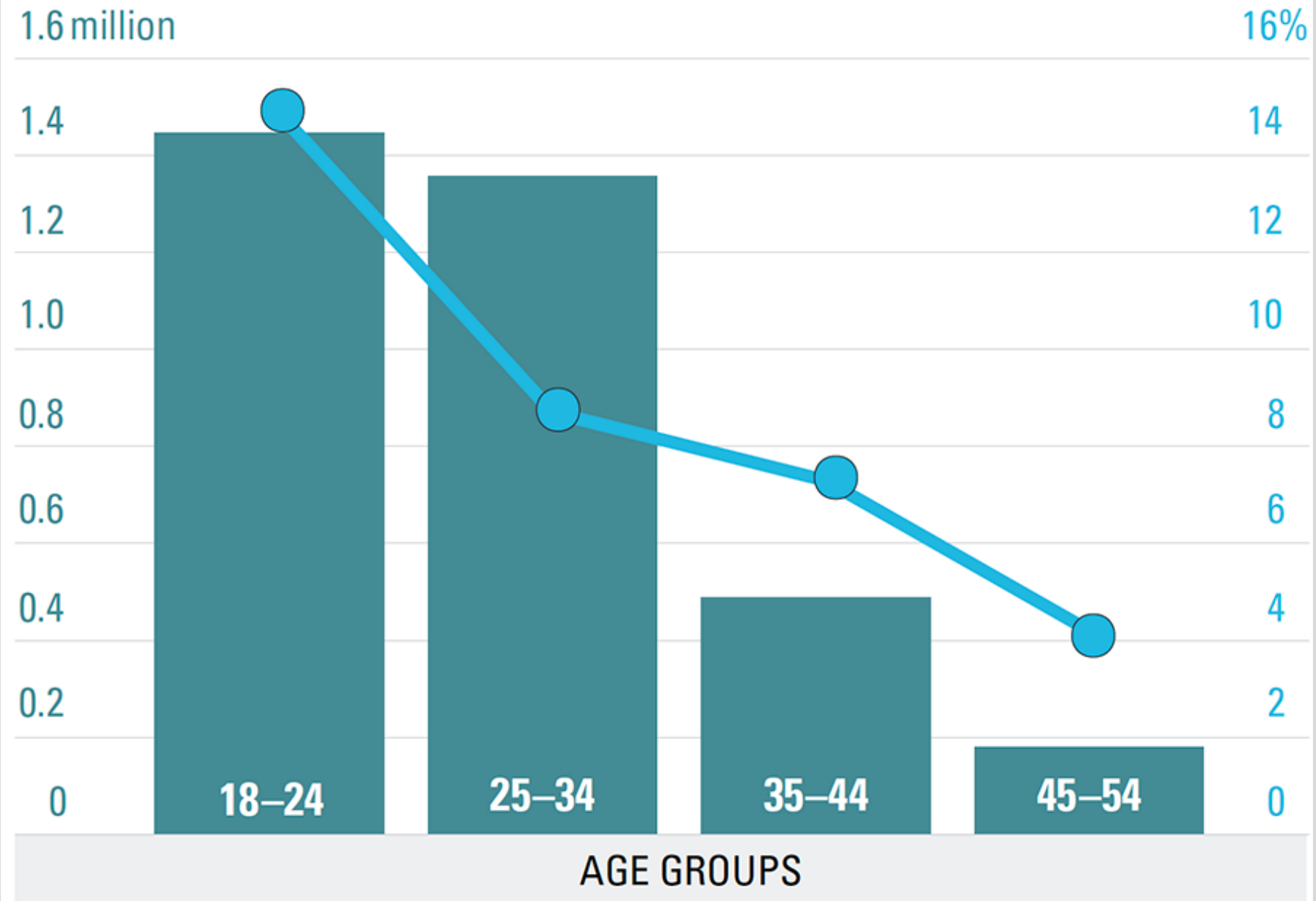
8. LACK OF SUPPORT

Individuals who feel isolated may be more vulnerable to intimate partner violence due to the lack of social support.

STATISTICS

- 40% of female homicide victims are killed by an intimate partner (Niolon et al., 2017)
- 82% of intimate partner violent victimizations ended with the victim not receiving assistance from victim service agencies (Office for Victims of Crime, 2018)
- 67% are victimized by a relative
- 7% of women and 4% of men are victimized before the age of 18 (Office for Victims of Crime, 2018)
- Just above 8% of the participants (college women) had experienced IPV or SV within the last 6 months (Sutherland et al., 2016)
- Women aged 15 to 24 were found to have a lifetime prevalence of intimate partner violence ranging from 19 to 66 percent (Stöckl et al., 2014)

Safety-net family planning providers serve the women who are at highest risk for intimate partner violence.



■ Number of Title X clients
— % of U.S. women experiencing rape, physical violence or stalking by an intimate partner in the past 12 months

Sources: Office of Population Affairs; Centers for Disease Control and Prevention.

PREVENTION METHODS

Education programs: implement comprehensive programs that raise awareness about the dynamics of healthy relationships, consent, boundaries, and warning signs of intimate partner violence.

Bystander intervention: provide education on bystander intervention techniques that allow students to safely intervene and prevent harmful situations.

Access to services: ensure that college campuses have accessible services for students. This includes counseling, legal assistance, medical care, etc.

Policy implementation: Develop and enforce policies that address IPV, including procedures for reporting incidents, providing support to victims, and holding perpetrators accountable.

Campus evaluation: Evaluate the effectiveness of prevention programs through surveys, focus groups, and data analysis.

RESOURCES

National Domestic Violence Hotline:

- Hotline number: 1-800-799-SAFE
- Website: www.thehotline.org

RAINN (Race Abuse and Incest National Network):

- Hotline number: 1-800-656-HOPE
- Website: www.rainn.org

Local Domestic Violence Shelters

Therapy and Counseling Services

Safety Planning

Online Communities

REFERENCES

Cooper, A. N., Seibert, G. S., May, R. W., Fitzgerald, M. C., & Fincham, F. D. (2017). School Burnout and intimate partner violence: The role of self-control. *Personality and Individual Differences, 112*, 18–25. <https://doi.org/10.1016/j.paid.2017.02.047>

Jennings, W. G., Okeem, C., Piquero, A. R., Sellers, C. S., Theobald, D., & Farrington, D. P. (2017). Dating and intimate partner violence among young persons ages 15–30: Evidence from a systematic review. *Aggression and Violent Behavior, 33*, 107–125. <https://doi.org/10.1016/j.avb.2017.01.007>

Niolon, P. H., Kearns, M. C., Dills, J., Rambo, K., Irving, S. M., Armstead, T. L., & Gilbert, L. K. (2017). Preventing Intimate Partner Violence Across the Lifespan: a Technical Package of Programs, Policies, and Practices. National Center for Injury Prevention and Control. <https://stacks.cdc.gov/view/cdc/45820>

Nikulina, V., Gelin, M., & Zwilling, A. (2017). Is there a cumulative association between adverse childhood experiences and intimate partner violence in emerging adulthood? *Journal of Interpersonal Violence, 36*(3–4). <https://doi.org/10.1177/0886260517741626>

Office for Victims of Crime. (2018). 2018 National crime victims' rights week resource guide: crime and victimization fact sheets. https://ovc.ojp.gov/sites/g/files/xyckuh226/files/ncvrv2018/info_flyers/fact_sheets/2018NCVRW_IPV_508_QC.pdf

Stöckl, H., March, L., Pallitto, C., & Garcia-Moreno, C. (2014). Intimate partner violence among adolescents and young women: prevalence and associated factors in nine countries: a cross-sectional study. *BMC Public Health, 14*(751). <https://doi.org/10.1186/1471-2458-14-751>

Sutherland, M., Fantasia, H., Hutchinson, K. (2016). Screening for intimate partner and sexual violence in college women: missed opportunities. *Women's Health Issues, 26*(2), 217-224. <https://doi.org/10.1016/j.whi.2015.07.008>

Voth Schrag, R. J., & Edmond, T. E. (2018). Intimate partner violence, trauma, and mental health need among female community college students. *Journal of American College Health, 66*(7), 702–711. <https://doi.org/10.1080/07448481.2018.1456443>