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KEYWORDS	ABSTRACT
Domestic Violence, Self-efficacy, Self-esteem, Adolescents	The present study aims to examine the relationship between domestic violence, self-efficacy, and self-esteem in Adolescents. Domestic Violence for the current study can be referred to as: Exposure of adolescents to any violence that includes physical, emotional, psychological, verbal, sexual, controlling, and threatening behavior amongst family members, caregivers, or intimate partners within the domestic sphere. Self-Esteem regarding domestic violence relates to the way in which exposure to abuse, criticism, humiliation, fear, or family conflict might affect adolescents' sense of self-worth and self-respect. Self-efficacy is how adolescents view their competence to deal with stress, manage their emotions, seek help, make the right decisions, and function despite the problems at home. Using a correlational research design, N=200 participants aged 16 to 19 years were selected using a convenience sampling technique. Standardized research instruments included the Child Exposure to Domestic Violence Scale by Edleson et al. (2008), Self-Efficacy Scale by Matthias et al. (1981), and Self-Esteem Scale by Rosenberg (1965). Results revealed that there was a significant positive correlation between domestic violence, self-efficacy, and self-esteem. Regression Analysis showed that domestic violence and self-efficacy were significant predictors of self-esteem. The results can be used to formulate strategies that enhance self-efficacy and self-respect in adolescents who have experienced domestic violence.
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Introduction

The adolescent period is an important one where family interactions have significant effects on their emotional well-being, identity development, competence and sense of self-worth (Asiedu & Baliki, 2025). Domestic violence refers to physical, psychological, sexual and coercive acts that take place within close personal relationships such as those between intimate partners or family members, and can impact adolescents either through being direct victims themselves or by witnessing violence between their caretakers (Doroudchi et al., 2023). Adolescent exposure may result from witnessing or hearing the violence take place, seeing injuries or damage to property, being involved in violent events, and being the victim of other forms of abuse at home (Edleson et al., 2008).

According to a systematic review, children and adolescents who have been victims of intimate partner violence suffer from more anxiety, depression, post-traumatic stress reactions, withdrawal, aggression, and behavioral problems compared to those not affected by violence (Asiedu & Baliki, 2025). The impact of domestic violence on individuals can be different based on age, gender, degree of violence, victimization experiences, parental mental well-being, parenting style, and relationship support (Asiedu & Baliki, 2025; Carter et al., 2022).

Self-efficacy is defined as a person's faith in his/her abilities to organize and execute the necessary activities to overcome obstacles and reach desired results (Bandura, 1997). High self-efficacy among teenagers enables persistence in their actions, better problem-solving, emotional regulation, adaptation, and confidence in dealing with difficult situations (Li et al., 2021). Frequent encounters with uncontrollable family violence can decrease teenagers' sense of control and competence due to a belief that individual actions are not able to prevent or influence any threatening events. The research proves that adolescents experiencing family violence possess a weaker sense of competence and self-efficacy compared to those who were not exposed to it (Rode et al., 2019). Another study conducted among 597 Chinese adolescents proved that exposure to parental intimate partner violence is related to poorer core self-evaluations and difficulties in psychological adjustment. Core self-evaluations partially mediated this association, which means that low self-beliefs regarding one's value, competence, control, and emotional stability can partially explain the consequences of domestic violence (Li et al., 2021).

Self-esteem is the individual perception of oneself and the assessment of one's value and worthiness (Rosenberg, 1965). Good self-esteem in adolescence is associated with emotional stability, positive interpersonal relationships, resilience, and adjustment, while poor self-esteem is linked with insecurity, withdrawal from society, psychological distress, and depressive symptoms (Mwakanyamale & Yizhen, 2019). Domestic violence may decrease self-esteem in adolescents as it affects how criticism, humiliation, rejection, fear, and dysfunctional family communication can be interpreted as a reflection of individuals' worthlessness or inefficiency (Doroudchi et al., 2023). In a recently conducted systematic review, negative self-perception, low self-esteem, social stress, and emotional distress were mentioned among the psychological problems faced by children exposed to intimate partner violence (Asiedu & Baliki, 2025). Another recently published study

on 1,011 Chinese adolescents found that domestic violence is negatively associated with self-evaluation and positively correlated with depression (Fu et al., 2025). Moreover, self-evaluation mediated the link between domestic violence and depressive symptoms, implying that violence influences adolescents' mental well-being by undermining positive attitudes toward themselves (Fu et al., 2025).

Jankowiak et al. (2021) looked into the connections between violence experiences, including child abuse, bullying, cyberbullying, and dating violence, and self-esteem. Violence-experienced adolescents had low self-esteem levels, while those who felt supported by others and were better at dealing with social problems had higher self-esteem. It seems that experiences of violence affect self-esteem in different interpersonal situations rather than just when violence takes place between parents.

Self-efficacy can also be an essential psychological resource for adolescents who have been exposed to domestic-violence situations. In one study, there was a highly significant positive correlation between self-efficacy and post-traumatic growth in adolescents with prior domestic-violence experiences, where individuals with higher self-efficacy showed more positive changes psychologically after experiencing trauma. Cognitive flexibility was also significantly correlated with post-traumatic growth, and together these factors could explain about 31% of the variation in post-traumatic growth. This indicates that adolescents who have faith in their ability to handle adversity and change the way they think may recover from adversity more easily (Kohi Khajaha et al., 2025).

As such, there may be some variation in terms of how much the experience of domestic violence impacts an adolescent's self-esteem and self-efficacy based on the presence of a caregiver that serves as a source of affirmation and mastery (Sousa et al., 2022).

Methodology

Sample

The study involved 200 adolescent participants with representation of (Boys =100, Girls=100) aged 14 to 19 years taken from different areas of Lahore. The participants belonged to different socioeconomic status and educational background. Non-Probability Convenience Sampling Technique was used for the current research.

Instruments

The following instruments were used to study the variables

Demographic Form

The demographic form was constructed by the researcher for getting information about the demographic characteristics of the participants which includes age, gender, Birth order, family system, education level, family income, marital status, family history Of Domestic Violence and duration and severity of Child Exposure to Domestic Violence.

Child Exposure to Domestic Violence Scale (CEDV)

The Child Exposure to Domestic Violence Scale was developed by Edleson et al. (2008) for the purpose of measuring child exposure to domestic Violence. CEDV consists of 42 questions in three sections. Part I and Part II of the CEDV contain five subscales that measure (1) Violence, (2) Exposure to Violence at Home, (3) Exposure to Violence in the Community, (4) Involvement to Violence, (5) Risk Factors and (6) Other Victimization. Each question in the First two parts are answered using a four-point Likert-type scale with their choices being (0="Never," 1="Sometimes," 2="Often," and 3= "Almost Always." Clearly, a higher score indicates more violence, involvement, risks or other victimizations while the lower score Indicates less of each category.

Self-Efficacy Scale (SES)

The scale was developed in German by Matthias et al. (1981). It examines general self-efficacy among individuals and has 10 item with 4 point Scoring 1 to 4 (1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true). The scale has shown good internal consistency, where the alpha coefficients have been found to range between .76 and .90, representing acceptable to excellent reliability.

Rosenberg Self-Esteem Scale (RSES)

The Rosenberg Self-Esteem Scale (RSES) was constructed by Rosenberg (1965) for the purpose of measuring global self-esteem. The SES is a self-report scale that consists of 10 items that assess participants' feelings of self-acceptance or self-worth. The SES is a four-point Likert scale ranging from "Strongly Agree" to "Strongly Disagree". The 5 items of SES are phrased positively, "On the whole, I am satisfied with myself," And the last 5 items are phrased negatively, "I feel I do not have much to be proud of." The scale has been found .87 to have good test-retest reliability and internal consistency.

Procedure

After approval of the topic and receipt of the permission letter from the Board of Studies, Applied Psychology Department of Govt. APWA College for Women, Lahore, the research was conducted. Data were collected using standardized tests: the Child Exposure to Domestic Violence Scale by Edleson et al. (2008), the Self-Efficacy Scale (SES) by Matthias et al. (1981), and the Rosenberg Self-Esteem Scale (SES) by Rosenberg (1965). Data were collected from Petaloid High School and through online sources, limited to those who met the inclusion criteria.

A total of 275 participants were approached, of whom 75 questionnaires were incomplete, and so they were not included in the study. Data were collected over a total of 2 months. All the ethical principles were followed. The participants were told the nature and purpose of the research and informed consent was obtained from participants, and confidentiality was assured to them. Instructions were given to them. Participants who were willing were requested to fill out research protocols. They were asked to put a mark against response category that they found most

appropriate. The participants were asked to give an honest response. All the participants showed great interest and were acknowledged for their cooperation.

Hypothesis

1. There would be a significant relationship between Domestic Violence, Self-efficacy, and self-esteem among adolescents
2. Self-esteem would be a predictor of Domestic Violence and Self-efficacy among adolescents

Results

Table 1: Pearson Correlation between Domestic Violence, Self-efficacy, and self-esteem used in the study, N=200

Variables	1	2	3
1.CEDV	~		
2.SES	-.168*	~	
3.RSES	-.122*	.559**	~

*p<.05, **p<.01.

Table 1 indicates the results of Pearson's product-moment correlation among study variables. The results show a significant negative correlation between CEDV and SES ($r = -.168^*$, $p < .05$), indicating that higher exposure to domestic violence is associated with lower self-esteem. Similarly, there is a significant negative correlation between CEDV and RSES ($r = -.122$, $p < .05$), suggesting that greater exposure to domestic violence correlates with lower self-efficacy in managing peer relationships. Additionally, a strong positive correlation is observed between SES and RSES ($r = .559^{**}$, $p < .01$), implying that higher self-esteem is significantly associated with better self-efficacy in managing peer relationships. These findings highlight the detrimental impact of exposure to domestic violence on both self-esteem and self-efficacy among adolescents, while also underscoring the close relationship between self-esteem and self-efficacy.

Table 2: Regression Analysis for Predicting Self-Esteem (N=200)

Predictor	B	SE	B	t	P
Constant	1.38	.187	~	7.40	.000
DV	-.029	.060	-.02	-.47	.001
SES	.546	.059	.55	9.19	.000

Note: *p<.05, **p<.01; ***p<.001

Table 2 presents the results of a regression analysis aimed at predicting Self-Esteem (SE) among a sample of 200 adolescents. The analysis includes two predictors: Childhood Exposure to Domestic Violence (DV) and Self-Efficacy for Managing Peer Relationships (SES). The results indicate that both predictors significantly contribute to explaining variance in self-esteem. Specifically, Self-Efficacy (SEM) emerges as a strong positive predictor ($\beta = .554$, $p < .001$), suggesting that higher

levels of self-efficacy are associated with increased self-esteem. In contrast, Childhood Exposure to Domestic Violence (DV) shows a significant negative relationship with self-esteem ($\beta = -.029$, $p < .05$), implying that greater exposure to domestic violence is linked to lower levels of self-esteem among adolescents. The constant term ($\beta = 1.38$, $p < .001$) indicates the expected level of self-esteem when both predictors are zero. There was no multicollinearity among the variables because the values of the Domestic Violence and Self-efficacy are ($R^2 = .313$) which indicates a moderate relation between the independent variables.

Discussion

Our first hypothesis posited that there would be a significant relationship between domestic violence, self-efficacy, and self-esteem. The inter-correlation table indicates significant relationships among these variables, suggesting that exposure to domestic violence negatively impacts both self-efficacy and self-esteem.

The negative connection between domestic violence and self-efficacy is in line with findings from Karakuş and Göncü-Köse (2023), whose research on 569 adolescents, aged 14-17, revealed that exposure to domestic violence hurt general, academic and emotional self-efficacy. In particular, their research has shown that self-confident coping, optimistic coping, and social support-seeking were mediating factors for the relationship between violence exposure and self-efficacy; therefore, the coping skills adolescents have could help alleviate the psychological effects of domestic violence. Such results mean that domestic violence affects not all adolescents in the same way, since individual and social resources may impact their interpretation of violence (Karakuş & Göncü-Köse, 2023).

Evidence for the present correlation can be provided based on recent research, where family violence has been proven to hurt academic self-efficacy among adolescents. According to Álvarez Chunga et al. (2026), in a sample of 336 adolescents, 29.9% of the variance of academic self-efficacy was explained by family violence and depression. Physical family violence has been identified as having a significant negative correlation with academic self-efficacy, which can mean that adolescents' academic efficacy can be undermined by threatening and uncontrollable situations in families.

As per Yan et al. (2024), adverse childhood experiences were related to low self-esteem in adolescents, and social capital acted as a positive buffer for adolescents. Adolescents who have faced violence, neglect, rejection, and dysfunctional family relationships may come to view these experiences as an indication of their own worthlessness, helplessness, and undesirability. Positive relationships with their family members, friends, teachers, and even the larger community may work against such negative self-perceptions.

The results obtained concerning the connection between self-esteem and self-efficacy can also be explained by recent research on adolescents. The results of the previous study have shown that adolescents who have faith in their own ability to overcome obstacles also have high levels of

self-esteem. Resilience was discovered as the main mechanism of this link between self-efficacy and self-esteem (Usán Supervía et al., 2025).

The second hypothesis posited that Self-esteem would be a predictor of Domestic Violence and Self-efficacy among adolescents. The findings from the regression analysis confirmed the hypothesis, as self-esteem had a significant relationship with the two variables. Self-esteem was positively associated with high domestic-violence scores but negatively with self-efficacy.

Similarly, self-efficacy and self-esteem could have a relationship through resilience. Usán Supervía et al. (2025) discovered that resilience was significantly correlated with both variables and mediated the association between self-efficacy and self-esteem. This means that positive evaluations of oneself can help with adaptive coping and recovery from stress and adversity, which in turn could contribute to increased confidence regarding the management of future challenges (Usán Supervía et al., 2025). On the other hand, domestic violence could disrupt this process through creating more emotional distress and providing less opportunities for gaining feelings of control, achievement, and social safety.

Additionally, this theory is supported by Karakuş and Göncü-Köse (2023) who found out that exposure to domestic violence was negatively associated with resilience and self-efficacy. It turned out that adaptive coping was able to weaken the negative association and hence reduce the effect of psychological vulnerability resulting from violence. Therefore, self-esteem could also be seen as part of a broader framework of psychological protection along with coping mechanisms, resilience, and social support.

Implications and Recommendations

- Schools and health professionals should consider exposure to domestic violence when supporting adolescents with low self-esteem or self-efficacy.
- Adolescents need safe, confidential ways to disclose violence and access counselling.
- Support programmes may help adolescents build coping skills, confidence, and social support.
- Future studies should include more diverse participants and follow them over time to clarify how these relationships develop.

Limitations

- The correlational design cannot establish whether domestic violence causes changes in self-efficacy or self-esteem.
- The sample of 200 adolescents aged 14–19 may not represent younger adolescents or adolescents in other settings.
- If convenience sampling was used, the findings may have limited generalizability.

- Self-reported responses about domestic violence may be affected by recall errors or reluctance to disclose sensitive experiences.
- Factors such as family income, parental support, and prior mental health difficulties may have influenced the results.

Conclusion

The findings of the study revealed interesting identifications for the relationship among study variables in the context to Pakistani Culture. The study of domestic violence, self-efficacy, and self-esteem in adolescents underscores the profound impact of familial and intimate relationship dynamics on psychological well-being. Adolescents exposed to domestic violence often experience diminished self-esteem, reflecting the damaging effects of such trauma on their sense of self-worth and identity. However, higher levels of self-efficacy emerge as a significant protective factor, offering resilience against the negative consequences of domestic violence by empowering adolescents to navigate challenges and seek support. Effective interventions that enhance self-efficacy through targeted programs and promote awareness of healthy relationship behaviors are crucial in mitigating the adverse effects of domestic violence and fostering positive developmental outcomes. By addressing these factors comprehensively, interventions can support adolescents in overcoming the challenges posed by domestic violence, promoting their resilience and well-being as they transition into adulthood.

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