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## Self-control as a control factor of interpersonal violence of Indian school teachers

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### Abstract

Violence occurs in all spheres of life. All across the world, people are being beaten, tortured mentally and physically. It becomes brutal behind closed doors, especially among partners. It includes psychological harm, abuse, insult, neglect, verbal attacks, abusive behaviour, threats, maltreatment, sexual abuse and harassment among partners. Such incidences of violence against each other continue to present alarming problems for years. One or both partners being in an intimate relationship can be victim and victimizer. Responding to violence with violence makes it vulnerable. This research aims to investigate the self-control as a factor to control interpersonal violence of school teachers. Descriptive survey method was adopted followed by purposive sampling technique in order to collect data from 280 Indian male and female school teachers. The quantitative analysis of data revealed that self-control is a significant controlling factor for decreasing interpersonal violence of school teachers. The qualitative analysis divulged that both male and female can experience violence in their relationships. The study revealed that violence can be in different forms and the control indicator, self control plays an enormous role to control the violent behaviour.

**Keywords:** self-control, intimate partner violence

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### Introduction

World report on violence has divided violence into three broad categories: interpersonal violence (IPV), self-directed violence and collective violence or community violence. Violence is interwoven into the relationships that every member of the family suffers from its enormous effects. Beside the broader forms of violence, partner violence is common among people and is a big threat. Interpersonal violence includes family/partner violence and community violence. It can be a male's or a female's atrocities towards another male or a female. Irrespective of gender, IPV affects more than 12 million people each year. It is a pattern of behaviour, which includes physical, psychological, sexual, economic harm. IPV is a generational and learned behaviour that dig deep in the individuals. People, who witness violence at any stage of their life, are more vicious in their relationships. Subramaniam et. al., 2001 explored that predominantly, in abusive relationships victims endure silence. The reason to abide silence can be that the victims are habitual with the violence or shame since their childhood. Children pick up everything. So many children live in homes, and witness violence regularly. They are pulled into the cycle of violence themselves as they grow up. Bad parenting can be the provenance of low self-control; some have theorized that the lower self-control among males can be due to differential parenting styles, which have applied between boys and girls (Hayslett et al., 2002) [7]. However, the atmosphere of violence in their home since childhood make them familiar with violence. Children absorb that violence is normal and in result of this males turn out to be violent and females learn to tolerate that violence. The male child of females who are beaten by their partners are more likely to beat their partners. Moreover daughters whose mothers are under abusive relationships are more likely to be under violence too. Even the females who are treated bad or beaten in childhood by parents are probably to be abused or beaten by their partners as adults. Women continue to stay in an abusive relationship for the welfare of their children, irrespective of their employment status and level of education.

Rather than physical abuse, psychological abuse and degradation were found to be arduous to bear. The greedy attitude of in-laws, dowry, alcoholism, childlessness, incompetence in childcare, superstition, financial problems are the mainspring of violence. Extending from mild verbal abuse to terrible physical abuse, violence varies in forms and includes a diverse behavioural pattern of physical, sexual, psychological, emotional and economic abuse used to commemorate fear, intimidation, control and power (Roberts, 2002). The repercussion of IPV involves incidences of suicide attempts and suicides, as well as depression, phobias and anxiety. Other consequences include eating and sleeping disorders, poor self-esteem, abuse, post-traumatic stress disorder, psychosomatic disorders and risky sexual behaviours. Sexual assault can be ended into disastrous consequences that can be severe and long-lasting, including post-traumatic stress disorder, sleep and eating disorders as well as to conduct disorder (Jewkes et. al, 2002). The assaultive behaviour of the person ends with severe harm to the individual. Violent behaviour among partners has been significantly associated with eminence frequency of poor mental health (Kumar, 2005). Although the majority of the cases are recorded of female violence where men tend to be more violent towards their partner. Beside this men are a victim too. They witness assault in different

forms i.e. stalking, verbal maltreatment, blames, degradation, threats, sabotage etc. Violence exists in same-sex partnerships, the extensive burden of violence is imposed by men against the female partners, however, in relationships with men, women can be violent too (Krug *et al.*, 2002) <sup>[9]</sup>. Male partner's violence against an intimate female partner is contemplated to be more critical than women's violence against an intimate male partner (Sorenson and Taylor, 2005). Psychological abuse prognosticated poor health outcomes rather than physical or sexual abuse Oftentimes victims ashamed to divulge their situations and hesitate to seek help frightened of being mocked or ignored. It is always disparity of power and control in an offensive relationship. The abuser uses his coercive behaviour to control the partner. Violent experiences usually result in low self-esteem, depression and suicidal ideas. Restraint capabilities and low self-control can result in violence. If the control of the partner increases the capability of self-control and restraint gets down in such situations violence erupts and even gets severe sometimes. Self-control is the propensity of people to hamper their behaviour in relative autonomy from external pressures, from their innate or learned autohypnosis, and physiological impulses (Baumeister & Tierney, 2011; Krug & Carter, 2010; Muraven & Baumeister, 2000) <sup>[2]</sup>. It does not work spontaneously and effortlessly. Conversely, getting out of the automatic mode of behaviour requires work, understood literally as the utilization of available energy resources (e.g., Baumeister, Bratslavsky, Muraven, & Tice, 1998; Gailliot *et al.*, 2007) <sup>[1]</sup>. Usually, victims of IPV are conditioned to remain silent by social norms and thus silence prolongs the violence. Self-control has shown vigorous effects in the American, and being the sufferers of violence in the home has effects that are more conspicuous in the Koreans (Park 2009). Endorsing violence is not related to self-control, and those who witnessed violence were less likely to have subsequent experiences with partner abuse. Modest self-control has a link with partner violence (Paynea *et. al.*, 2011). Self-control is important to modulate cognition and emotion to preserve optimal emotional experience (Tangney *et al.*, 2004) <sup>[18]</sup>. It helps to restrain rumination that promote emotional problems (Nolen-Hoeksema, 2000). Self-control helps to initiate optimistic behaviour and thoughts which negate emotional problems (Cuijpers, van Straten, & Warmerdam, 2007) <sup>[5]</sup>. Self-control has shown up persuasion on the association between strain and partner violence, reducing the feasibility of strain that leads to violence (Cheung, 2014) <sup>[3]</sup>. Studies related to self-control claim that low self-control is linearly corresponding to emotional problems. Collectively it is said that self-control is a proximal mechanism which describes that stressful events and experiences lead to negative outcomes (Cho, Kim, & Park, 2017; Finkenauer *et al.*, 2015; Kogan, Brody, Chen, & Di Clemente, 2011) <sup>[4]</sup>. Researchers have described that there are harmful psychological, physical, social, and academic consequences associated with Interpersonal violence and self-control as well.

### Significance of the Study

Interpersonal violence is perhaps the most sensitive topic to be discussed. Abuse or violence deviates across individuals and cultures. It is merely a product of social milieu. Consequently, to understand the genesis of such violence, requires the inquisition the victims or perpetrator. The victim as well as perpetrator differs in their dispositional capacity to self-regulate. As in some cases low self-control is manifested by people as impulsive behaviour, physical responses to conflicts, lack of persistence in tasks. People with low self-control poorly fit in the conventional society and often end up in weakened or broken social relationships. On the contrary, researchers have found that high self-control lowers anxiety and lessens depression by predicting better psychosocial functioning. People having high self-control tend to modify their behaviour to best fit in the society and to match the presuppositions they hold for their own self or the world around them. Furthermore, the expression of interpersonal violence among people in different contexts is influenced by self-control, age, religion, economic status, culture and profession as well. The present study focuses on self-control as a control factor of interpersonal violence of Indian school teachers.

### Objectives of the Study

1. To explore the effect of self-control on interpersonal violence (partner violence) among Indian school teachers
2. To reveal the gender difference of self-control among Indian school teachers

### Hypotheses

1. Self-control will decrease interpersonal violence of Indian school teachers
2. There will not be a significant gender difference of self-control among Indian school teachers

### Methodology

Descriptive survey method was used to execute the study. To collect the data purposive sampling technique was applied. Interpersonal Violence Scale with 28 items and Self-Control with 16 items questionnaire constructed by researcher and were used to collect data. 280 Indian school teachers constituted the sample, out of which 155 were found to be female respondents and 125 male respondents. Collected data was analysed by both qualitatively and quantitatively.

### Data Analysis and Interpretation

To explore the effect of self-control on interpersonal violence among Indian school teachers t-test was used. The results have been given below.

**Table 1:** Affect of self-control on interpersonal violence among Indian school teachers

	<b>Self-Control</b>	<b>Interpersonal Violence</b>
MEAN	56.86	38.74
SD	9.12	13.03
N	280	280
df	558	558
t-value	19.06	

.05= 1.96 and .01=2.58

In the above table mean and SD scores of social control were found to be 56.86 and 9.12, mean scores and SD of interpersonal violence is 38.74 and SD 13.03 respectively. t-value being 19.06, significant at .05 level of confidence. It infers that self-control has a significant effect on Interpersonal violence among Indian school teachers.

### Findings and Result of Objective 2

To meet the objectives of the paper and test the hypotheses, t-test was employed to reveal the gender difference of self-control among Indian school teachers. The results have been given as under:

**Table 2:** Gender difference of Self-control among Indian school teachers

	<b>Female</b>	<b>Male</b>
MEAN	58.14	55.28
SD	9.10	8.94
N	155	125
df	278	278
t-value	2.63	

.05= 1.96 and .01=2.58

Table given above depicts that mean score and SD of female school teachers came out to be 58.14, SD 9.10 as compared to the mean score of 55.28 and SD 8.94 of female school teachers of India. The t-value has been found out to be 2.63. This value is significant at 0.05 level of confidence. Thus, it can be stated that there lies the difference of self-control among male and female Indian school teachers.

### Findings of Qualitative Analysis

Collected data was analysed qualitatively. After examining the data thoroughly following findings were evaluated.

1. There is approximation in female's responses towards interpersonal violence. The study divulged that 45.80% out of the total female respondents have accepted via their responses that they are under violence. However that is not tend to fall under only physical violence but psychological violence or economic violence.
2. To attain more insight into the interpersonal violence, this study investigated that not only women are under violence, but the males are also found to be victims as 36% men have admitted the fact of being victims of IPV.
3. Qualitative analysis of the data revealed that men and women are more prone to be victims or perpetuators of psychological or emotional violence rather than physical violence.
4. Self-control has highlighted positive outcomes. As people with higher self-control projected better adjustment, less anger, self-acceptance, better management and less proneness to wade in personal distress. All these are related to better interpersonal outcomes.
5. The study revealed that level of self-control is not equal among people, it fluctuates. People with low self-control are prone to be impulsive, angry, self-destructive and violent in relationships.

### Conclusion and Suggestions

The foregoing analysis reveals that interpersonal violence victimisation involves both male and female. It is all about behaviour. In a marriage type of social institution, partners prefer to remain in abusive relationships for the sake of their children's betterment. Additionally, it is prominent to mention that variable like self-control significantly affects violence. With high self-control, one can control his/her thoughts, regulate emotions; however, in low self-control it becomes abusive. People with low self-control tend to be violent in their relationship with their partner. On account of the problem, it is suggested to have mindfulness programmes in the schools for teachers. As self-control is linked to good mental health and serves as an executive function necessary to inhibit humans from impulsive responses in behaviour and favouring a more appropriate type of context-specific behaviour. Further it is suggested that teacher should be aware and responsible of their behaviours and actions as well. Violence is present in all the sectors so a study can be conducted about work place violence among teachers which may affect their professionalism. Further it can be conducted on college

teachers, lawyers, doctors and entrepreneurs as well. In addition child behaviour can be examined to know the effects of family violence on their childhood.

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