

LIFESTYLES AND ITS RELATION TO SELF-ESTEEM AND DEPRESSION IN A SAMPLE OF ABUSED WOMEN IN JORDAN

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Abstract The study aimed to study the lifestyles of a sample of abused women in Jordan and its relation to self-esteem and depression. The sample of the study included the abused women who were living in the centers of family protection in the city of Zarqa

The study tried to answer the following questions:

1. What are the common lifestyles for the abused women in Jordan?
2. Is there a relationship between the common lifestyles of abused women and their self-esteem and depression?

The results of the study showed that the victim's lifestyle was at the highest level among the abused women, followed by the sedentary lifestyle followed by the inefficient lifestyle in third place, while the Avenger lifestyle came in the fourth grade. The results also showed that the lifestyles (the victim and the Estimation seeker, incompetent and compliant) are associated with depression and low self-esteem)

Keywords: Lifestyles, self-esteem, depression, abused women

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1. Introduction

The term "lifestyle" was used by the founder of individual psychology, Alfred Adler. The lifestyle is the most important characteristic of individuals, it is the method or strategy individuals follow to achieve their life goals. Adler defines it as "the individual's style, or his individual and unique style of thinking, actions, and behavior, which is centered on the individual's goal of life." Adler adds that the way of life is the individual's creative and distinctive response to the experiences of life that will later affect his self-awareness and his surrounding world, affecting his emotions, motives, and behavior (Adler, 1927).

Life style is described as the expression that includes our awareness of ourselves, our perception of others and the world around us. This expression includes the features of the individual in his way of thinking, his behavioral performance, his feelings, his struggle to achieve long-term goals, and everyone has his own way of life. Individuals differ in their behavior, persistence and continuity with regard to the nature of their actions and behaviors (Corey, 2009).

Life style evolves early in the lives of individuals, through early experiences. Adler (1927) points out that an individual's lifestyle is formed in the fourth and fifth years of his life. Individuals develop certain behaviors and ways to overcome the shortage of feelings that develops in childhood or to compensate the shortfall in the time that the individual feel of weakness and disability.

The lifestyle of individuals is also shaped by the family environment, how the individual perceives his status within the family, and the effort he takes to acquire a position in the family. If an individual feels neglected by his parents, he may feel inadequate in adapting to the requirements of life. he may develop avenging life style, or hate of the successes of others. The birth order of the child in the family also plays a major role in the shaping and development of life style, as older children in the family are often hard-working, past-centered, clinging to power and subjugated, while the second child is more optimistic and more ambitious and more rapid in the language and visual development. The latter child is a spoiled and rebellious and does not respect the authority and does not appreciate it (Mosak, 2005).

The experiences within the family and the relations between the brothers contribute to shaping the individual's unique lifestyle and are related to the way of perception, thinking, feelings and behavior. Although the individual's lifestyle is formed in the first six years of life, the following life events also have an impact on personality development. The most important of these events is how the individual perceives these events and ways of interpreting them (Corey, 2009).

Adler (1927) divides lifestyles into four ways:

- The useful type: is the individual who cooperates with others and,
- The getting type: is the individual who takes and does not give and,
- The avoiding type: is the individual who tries to stay away from people.
- The Ruling Type: is an individual who tries to lead others and controls them.

Wheeler et al. (1986) is one of the most comprehensive lifestyle classifications divided into nine styles:

1. Belonging: is a person who is belonging to the society and who is capable of meeting the demands of life.
2. The Victim: he is a person who feels hurt by others and has a negative relationship with his parents. He is likely to be abused.
3. Estimation seeker: a person who seeks to win the favor of others by seeking success.
4. The controller: is the person who wants to control others and has a tendency to control the activities of the group, and seeks to control his life.
5. Incompetent: is the person who feels the loss of value, the inability to succeed and the competition of others.
6. The spoiled: is the one who relies on others and who wants to get everything he wants.
7. The revenger: is the person who feels hurt, and the desire to avenge from others.
8. The Harmful: he is the person who is described as exploiting others and carrying out subversive behaviors and committing unjustifiably hurt.
9. The compliant: is the person who subject to others, and obeys them negatively.

Violence against Woman

Violence is defined as any act or threat involving the use of force to inflict harm, harm to oneself or others and their property, or aggressive behavior by a party with the aim of subjecting another

party to a strong and heterogeneous relationship that causes material and moral harm to an individual or group (Abdul Azim, 2008).

The concept of violence against woman or wife refers to any violent act motivated by gender intolerance and which results in physical or psychological harm or suffering to women, including threats or deprivation of liberty (Potkov and Mindevska, 2012).

The General Assembly of the United Nations has adopted a definition of violence against women that refers to any act that results in physical, sexual or psychological abuse of women and includes the threat of such an act, coercion or arbitrary deprivation of liberty, both in public and private life (Bhatti et al,2011).

There are many effects of violence against women, including family, friends and children. This impact also affects the economic side of society, whether in the use of available resources or in the loss of productivity (Gilfus and Eaton 1995)

Many studies also point to the impact of violence on women, especially by the partner, which appear in the near or long term. These effects are physical harm, illness, mental disorders and economic costs. These effects may lead women to a very discreet manner where most women do not seek help and do not call for violence against them for fear for themselves and their children (Torres, 199).

Forms of violence against women:

a. physical violence

It is the most common and refers to the behavioral patterns of violence, and often causes injuries to women and its multiple forms such as slapping, punching, wound, burning, strangling, stabbing, pushing, hair tightening, and arms.

b. Verbal violence

It aims to pejorative and humiliate directly or indirectly, such as profanity and verbal abuse and the launching of undesirable labels that devalue women, this is one of the most widespread forms of violence against women.

c. Sexual violence

This targets women sexually or forces them to engage in undesirable sexual behavior or activities. Women are subjected to many serious physical injuries as a result of violence, which may be particularly serious, especially sexual assaults that cause rape in the reproductive organs that could lead to death.

d. Psychological violence

It aims to undermine women's dignity, self-confidence or devaluation of their status and sense of self-esteem, such as ridicule, mockery, and unwarranted criticism. This form of violence is the most complex and ambiguous of the psychological consequences such as fear, guilt, lack of self-esteem, loss of security and isolation, and problems of sleep and control (Kumar, 2012).

There is also the so-called economic violence, which is physical violence used by parents or husbands against women by depriving them of their expenses and notifying them that they are nothing without them, and taking their money and not supporting them financially if they need it. (Abu Omair, 2014).

Effects of violence against women

Violence against women is a violation of human rights and prevents women from enjoying their human rights and fundamental freedoms, such as the right to life, psychological and personal security, the highest attainable standard of physical and mental health, the right to education, housing and the right to participate in public life. This has implications for health, where women are affected, physical and mental signs of ill health and poor physical and reproductive health (Heise, 1993).

The risk of drug abuse and alcohol use among the victims, as well as suicides and central nervous system disorders, is also increasing (Cohen, et al., 2004).

The physical effects of violence in women also include many chronic health conditions, bowel and stomach disorders (175) as well as miscarriage, birth problems, infections, bleeding, and weight loss (Palmerlee, 2004)

The psychological effects of violence against women have been linked to the seriousness of symptoms and physical effects. Depression is one of the most violent effects of sexual violence, in addition to anxiety disorders.

The effects of violence go beyond women to children. A child who is subjected to domestic violence affects his or her growth as well as behavioral and emotional problems, and the husband's hostility towards the wife is as dramatic as post-traumatic stress disorder (PTSD) (Bosede, 2013).

The Tarawneh study (2003) revealed some of the personal characteristics of battered women in Jordan. These characteristics include the adoption of distorted ideas by women against whom violence is practiced, such as the reason for violence and the belief that aggressive people are everywhere and remain under violence for fear for their children and their lives (walker, 2006).

Causes of violence

Violence may have multiple causes, including an imbalance in the psychological composition of the individual or the result of psychological and economic pressures such as poverty and unemployment that may be suffered by the individual. Violence may be a symptom of psychological disorder or mental illness, and sometimes the violence may be caused by failure and washout to satisfy the psychological needs of the aggressors , and the use of drugs can lead to violence and abuse of others. The inability to cope with problems, control emotions, family disintegration, and improper parenting methods are among the causes of violence and abuse of others (Jibrin, 2006).

Self-esteem

Self-esteem is a unique concept. It is one of the most important differences that characterize humans from other creatures. It means the individual's thoughts and feelings that express physical, mental and personal characteristics, as well as his beliefs, convictions, previous experiences and aspirations for the future (Palacios, 2005).

Self-esteem is defined as the value that individuals give to themselves, their abilities and behaviors, and this value is either negative or positive (Farid and Akhtar, 2013).

Self-esteem depends on the emotions of the person, which can vary during periods of emotional disorders. Smith (1963) defines it as an individual's assessment of himself, which is the judgment of the person on himself.

The individual expresses his self-esteem negatively or positively by recognizing himself and describing it through the behavioral methods that he follows and that are observed by others. Self-esteem has two types:

e. Positive self-esteem: the individual's acceptance of himself and his sense of value, and that he is worthy of life and happiness, as well as his sense of personal competence (Alsaid, 2002).

f. Negative self-esteem: It is the individual's evaluation to himself with a lack of importance and dissatisfaction with himself and his sense of failure and frustration and helplessness in front of the challenges and difficulties of life and his sense of personal incompetence, which leads to the use of defensive tricks, as he seems to be concerned and insecurity in his relations. (Atta, 1993). Among the factors affecting self-esteem are school experiences, practical experiences, how the individual interacts with others, his thoughts about himself, his role, social status, illness, disability, and the relationship between the individual and his or her close friends (Palacios, 2005).

g.

Self-esteem is one of the most important elements of success in life and has been associated with the activities of the individual and his relationships with others. Studies indicate that high and positive self-esteem is associated with mental health. In contrast, low self-esteem is associated with non-social behaviors, depression, and physical health (Myers, Willse and Villaba, 2012). Family factors, punishment, threats, criticism and fear are factors of low self-esteem (Ghalib, 2000).

Self-esteem has a great influence on the details of personal, family and professional life, and the compatibility and psychological adjustment of individuals through its impact on several aspects of the individual. Positive self-esteem greatly affects marital satisfaction, job satisfaction, and physical health. On the other hand, negative self-esteem is associated with depression (Palaciose, 2005).

The relationship between self-esteem and exposure to violence:

The study of Sackett and Snanders (1999) suggests a relationship between self-esteem and violence experienced by the wife within the family. There is a relationship between self-esteem and partner behavior. Women's acceptance of their form and the roles they perform all increase their self-esteem and thus adapt to their family life. The study also shows that the low self-esteem of abused women or victims allows the violators to attack them because they believe they deserve it. And that her husband's satisfaction will not be reached no matter how unsuccessful attempts are made to stop the cycle of violence against her, reinforcing her sense of helplessness and surrender, which indirectly increases her vulnerability to violence.

In a study conducted by Leslie, and Sackett Daniel (1999) on (30) abused women who visit the DVA regression and after interviewing the psychosocial abuse (ridicule, criticism, disregard, and jealousy) showed that the women who were ignored were the lowest in self-esteem compared with other psychological abuse. The study of Michele and Daniel (1992) in which (33) of the abused women who visited an organization providing services to victims of domestic violence for support and counseling in New York, showed that (89%) of women were exposed to physical abuse and (31%) were subjected to surgery as a result of being injured by violence. The results showed that more than (20%) of abused women recorded high scores on the Beck scale for depression as well as low self-esteem.

The study of Rudy and Aguilar (1994) which examined the impact of the experience of violence on self-esteem among abused women, in which (48) women were physically abused compared with (48) non-violent women. It was found that abused women were less self-esteem, as the results showed a correlation between low self-esteem and psychological abuse than other abuses.

Depression

Depression is a neurological disease characterized by a significant decrease in the mood of the individual, loss of interest and enjoyment of daily activities, and the occurrence of fundamental changes in weight and appetite for food and other symptoms insomnia or excessive sleep and irritability, and feeling tired and loss of energy and effort and feelings of weakness and guilt. Depressed person decreases in ability to think, focus, hesitation and indecision, in addition to thinking about death and suicide (APA, 2000).

Depression may appear as a special symptom in common mental and physical disorders as part of a syndrome that can be measured by measures of depression.

Beach (1998) notes that depression is widespread in all social strata, races, groups and minorities alike, it is so widespread that it is called the general flu of mental illness, and that depression is roughly common among women and is less common in men. This may be due to many reasons, including the emotional composition of women and experiences of attachment and loss, such as attachment to her husband and her children and her parents. In addition to the successive biological changes, women undergo hormonal changes that change the chemistry of the body and brain, especially in pregnancy and childbirth, and these conditions are predisposed to the incidence of depression.

Beck (1967) pointed to the existence of three basic cognitive models that cause depression in people, which is called the (cognitive triad), which is thinking negatively about the self and here considers himself an outcast and incompetent and tends to attribute his unpleasant experiences to the lack of physical or mental or moral In addition to the negative view of the world surrounding the individual, he sees his personal world with great difficulties and has goals that he cannot achieve. Finally, the negative individual view of the future where it is considered, that the current difficulties and suffering will continue without end so that his future will be dark. These three previous models combine together the pleasing desires, the depressive mood, the suicidal desires, and the addition to the extra dependence (Beck, 1997).

2. Problem of the study

The problem of the current study is to identify the common lifestyles of abused women in Jordan and to identify their lifestyle with low self-esteem and depression. By answering the following questions:

2.1 : What are the common lifestyles of abused women in Jordan?

2.2: What is the relationship between the life styles of the abused women with low self-esteem and depression?

3. The importance of studying

The importance of the study stems from the importance of the safety of the psychological aspect of the individual and the effect of living a peaceful life away from the disorders. It contributes to a preventive aspect in terms of identifying the common lifestyles of a group of the society, the women who are abused, and the extent to which these methods are associated with mental disorders such as depression and Self-esteem. The knowledge of this relationship, if any, contributes to the development of preventive psychological programs that help protect this category of disorders that affect the daily life of this category, the extent of psychological stability, tranquility and a sense of happiness.

This study also contributes to the clarification of an important aspect of the life of the individual lifestyle and the impact on his mental health.

4. Method and procedures

The study population consists of abused women officially registered with the Ministry of Social Development.

The sample of the study included a group of abused women who review the family guidance center in the city of Zarqa. There number was (60), who have suffered various abuses, most of them sexual and physical, all of whom have experienced psychological abuse, and some suffered from neglect.

5. Study Tools

5.1: Personal list of lifestyles

Adler's life-style measurement aims at understanding the individual's life style and knowing how life styles influence affect the individual' performance of his daily functions (Kern, 2008).

Wheeler et al., (1986) set this self-assessment list consisting of (54) paragraphs that reflect the individual's awareness of the experiences and events of childhood. Al-Shukhanba (2010) translated them into Arabic where the high score on the scale indicates that the dimension is applied to the individual to a large degree, and low degree indicates that the dimension does not apply to the individual very significantly and this list measures nine life styles which are:

1. Belonging: This measure reflects the degree of individual's belonging to the community. Represented by paragraphs (1-6).
2. The victim: is the person who feels hurt by others. Represented by paragraphs (7-12).
3. Estimation seeker: is a person who searches and seeks to obtain approval from others and represented by paragraphs (13-18).
4. The controller: a person who wishes to control others and has a tendency to control the activities of the group, represented by paragraphs 19-24.
5. Incompetent: the person who feels the loss of self-worth and inability to accomplish. It is represented by paragraphs (25-30).
6. The Spoiled: the person dependent on others and represented by paragraphs (31-36).
7. Avenger: is a person who feels a desire to avenge others, and acts in order to hurt or retaliate against them. It is represented by paragraphs 37-42.
8. Harmful: A person who commits subversive behavior and exploits others and does not justify his retaliatory behavior because his goal is only to harm and is represented by paragraphs 43-48.
9. Compliant: is a person who is obedient to others in a negative way, and wants to be good and live by high moral standards. It is represented by paragraphs 49-54.

5.1.1: Reliability and Validity of the Tool:

The study used the lifestyle list of Mullins and Kurlitt (1907). This list was translated and modified to Jordanian environment by Shakhanbeh (2010), the list consists of (54) paragraphs,

which are answered through a five-digit classification. This list is validated. The list analysis results in nine methods. The sub-dimensional reliability rates are between (0.64 - 0.90) and this gives the list a sub-degree in each of the life styles, where the high degree means the dominant method.

a. Face Validity: The list was presented by Shakhanbeh, ten arbitrators specialized in psychological counseling to express an opinion on the validity and compatibility of paragraphs and the extent of belonging of each paragraph to the dimension to which it falls within, and the proportion of agreement was (90%).

b. Construct Validity: The construct validity was computed by calculating the correlation of each paragraph with the dimension within which it falls, all the paragraphs were statistically significant, ranged from (0.35-0.91) (Shakhanbeh, 2010).

c. Factorial Validity: The factorial analysis of the list was calculated by applying it to a survey sample of (220) people. The orthogonal rotation was followed resulting eight factors that corresponded to the assumption on which the list was based, namely, which is the existence of nine factors or lifestyles.

The relative value of each of these factors was exceeded. These factors together accounted for (0.63 and 69%) of the total variance.

5.1.2: Reliability of the list

a. Test Retest Method

The validity of the list was calculated using test retest method on a sample of (34) male and female students from the University of Jordan to calculate the correlation between the two applications at a time interval (14) days. The correlation coefficients ranged between (0.42) for the harmful lifestyle and (0.86) for the Victim Lifestyle

b. Internal Consistency

The internal consistency of the list was calculated by using the Kronbach alpha equation for the dimensions of the list and ranged from (0.79) to the compliant and the incompetent and (0.95) to the harmful dimension.

c. Correction of the list: Respond to the paragraphs of the list in accordance with the five-step scale (very little 1, little 2, moderate 3, much 4, and very much 5), taking into account the reversal of negative paragraphs (2,3, 4, 5, 6, 10, 25, 26, 30, 48). The final score on each

dimension of the list ranges between (6-30). The range is calculated by subtracting the lowest value from the highest value and then dividing this range to (2) i.e. $(30 - 6) \div 2 = 12$ and thus the range was divided into two categories so that grades (0) to less than 18 were considered as non-applicability of the dimension to the individual.

5.2: Depression Scale:

The revised list of symptoms of derogates et al. This measure consists of 18 paragraphs and is answered with yes or no where the high mark indicates high depressive symptoms.

5.3: The low self-esteem scale developed by Khateeb (2004).

It consists of (25) paragraphs where the answer to the paragraphs (yes) or (no) where the high mark indicates low self-esteem.

Mhaidat (2011) verified the validity and reliability of the two measures (depression and low self-esteem) by ensuring logical validity, discriminate, and construct validity.

The reliability of the two measures (depression and low self-esteem) were confirmed by using test retest and calculating the reliability coefficient between the scores of the subjects at the two application times. The results of the Pearson Depression (0.87) and the low self-esteem (0.410) were confirmed.

The correction of the scale of depression and low self-esteem gives a yes (2) marks and no (1) a mark and high degree of the scale means the applicability of the attribute to the individual.

6. Results of the Study

The aim of this study was to learn about the common lifestyles of battered women in Jordan and to learn about the relationship between lifestyle and depression and low self-esteem.

6.1: Results related to the first question: What are the common lifestyles of battered women in Jordan?

To answer this question, means and standard deviations were calculated among a sample of battered women. Table (1) shows this.

Table (1) Means and standard deviations of the common lifestyles of battered women in Jordan

N	Lifestyle	Mean	Standard deviation
1	Victim	22.9	2.34
2	Compliant	22.75	3.43
3	Incompetent	22.15	2.45
4	Avenger	21.54	4.65
5	Belonging	14.80	2.17
6	Estimation seeker	16.83	3.89
7	Controller	14.92	1.78
8	Spoiled	15.24	2.76
9	Harmful	11.35	5.34

The results showed that the victim's life style was at the highest level, followed by the compliant lifestyle followed by the incompetent lifestyle in third place, while the Revenger lifestyle came in the fourth grade for battered women in Jordan.

6.2: Results related to the second question:Is there a relationship between the prevailing lifestyles of battered women and depression and low self-esteem?

To answer this question, Pearson correlation coefficients were calculated between both the lifestyle of the battered women and the depression and low self-esteem. Table 2 shows this.

Table (2): The correlation between the lifestyle of the battered women and the depression and low self-esteem

N	Lifestyle	Depression	Low self esteem
1	The victim	0.38	0.35
2	Estimation seeker	0.31	0.32
3	Incompetent	0.028	0.24
4	Compliant	0.29	0.22
5	Belonging	0.14	0.15
6	Avenger	0.13	0.17
7	Controller	0.18	0.16
8	Spoiled	0.15	0.17
9	Harmful	0.19	0.16

The results indicate that the life style (victim, estimation seeker, incompetent, and compliant) is associated with depression and low self-esteem.

7. Discussion of the Results

7.1: Discussion of results related to the first question.

Notes from the results that the prevailing lifestyle of the battered women is the victim method followed by compliant and incompetent then the revenger. this can be explained that the battered women who are subjected to abuse and violence, living imperfect psychological life making them vulnerable to many mental disorders which are reflected on the lifestyle they adopt in their life, this is in line with the results of the Kyser (1978) study, which indicated that individuals with a high degree of mental disorder are characterized by avoidance, victimization and incompetent as well as the results of the Boynton (1989) study, which indicated that addicted individuals characterized by revenger lifestyle or incompetent life and a decline in belonging lifestyle.

The results of this study are also consistent with the Adler study (1927), which noted that mental disorders are usually caused by a lack of social belonging in the individual, where the previous methods the study reached (victim, submissive, incompetent and revenging) were characterized with a lack of social belonging in the individual opposite of other methods (estimation seeker, belonging and spoiled).

The results of this study differ from the results of the Slaton et al. (2000) study, which indicated that prison inmates who conducted criminal behavior were controlled and sought for, and agreed with the results of the study that they were characterized by a compliant lifestyle.

7.2: Discussion of the results of the second question

The results of the study showed that there is a link between the victim's life style and the estimation seeker, the incompetent, the compliant, the depression and low self-esteem.

This can be explained by the fact that individuals who develop victimized lifestyles live under the pressure of being persecuted by others, causing them to suffer from mental disorders.

Individuals who develop an incompetent and compliant lifestyle feel incompetent compared to others and have a bad psychological feeling compared to others.

This result consistent with what Slavik and Carlson (2006) point out that individual with a deficient lifestyle may become delinquent, addicted or psychologically disturbed. Mosak, 2005, points out that individuals who develop victimhood as a way of life face a high degree of suffering in the workplace and intimate relationships with others, and the study also agrees with Campbell et al (2006) They found that battered women were depressed after a long period of violence as well as a sense of disability and low social interaction, and Barnett et al (1996) found that abused women had a higher level of self-blame and lack of social support.

The results of the study agree with what Adler (1927) points out that individual who develop a victimized lifestyle in childhood are later depressed.

The results of the study also consistent with the results of Crandall and Reimans (1976), which found that there was a negative correlation between lifestyle, depression and stress

Golding (1999) found that 47% of battered women suffer from depression and that 18% of them commit suicide as well as post-traumatic stress disorder, and that abuse and violence leave traces of the effects of wars, difficulty in planning, decision-making and resorting to alcohol and drug addiction.

The results of the study also agree with the study of Al-Rihani and Tanous (2012), which indicated a positive correlation between the victim's life style, the revenger and depression, and the negative correlation between the lifestyle and depression, victim and mental disorders such as depression, obsessive and paranoid.

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