Effectiveness of PEDE Training for The Psychological Well-Being of Women

Neka Erliyani*, Rika Vira Zwagery, dan Ayu Regina
Lambung Mangkurat University, Banjarbaru, Indonesia
*) n.erlyani@ulm.ac.id

Abstract

Every individual will experience various pleasant or unpleasant events, including women. One of unpleasant experience is domestic violence. Some forms of fear and stress experienced by victims will lead to behavior that can hinder their daily activities. For this reason, treatment needs to be carried out by helping them to have abilities and improving their quality of life through psychological well-being. PEDE (Forgiveness, Self-Efficacy and Empathy) training aims to improve the psychological well-being of women from an internal perspective through three main training elements. This research used a quasi-experiment method and non-randomized one group pre-test post-test design involving 30 women from Palam Village Banjarbaru. The research results show that PEDE training is effective in improving the psychological well-being of women in Palam Village. It is hoped that this training in forgiveness, self-efficacy and empathy can be applied in everyday life as a form of strengthening the family, and an effort to reduce the mental burden of the problems experienced so as to achieve the psychological well-being of women in the family.
Keywords*: Psychological well-being, Forgiveness, Self-efficacy, Empathy*

INTRODUCTION

Throughout the course of their lives, individuals will encounter a range of events, both positive and negative. How each person responds to these events will vary. While some may be able to overcome challenges and find happiness, others may struggle to do so, leading to the development of negative emotions and a sense of dissatisfaction (Anindya & Soetjiningsih, 2017).

One specific negative experience is the occurrence of violence. Acts of violence not only cause emotional distress but also impose a heavy burden on the individual's life. The numerous problems and consequences associated with such experiences raise concerns about the mental well-being of women who have endured violence. These impacts can hinder the completion of their developmental tasks and make it challenging for them to achieve a state of psychological well-being (Kusbadini & Suprapti, 2014).

In Indonesia, women are often perceived as being susceptible to violence. They viewed as weak and helpless, particularly within the confines of their homes, where they reckon to occupy a lower status contrast with men (Hasanah, 2016). According to data from the Ministry of Women and Child Protection, a total of 25,050 women fell victim to violence in Indonesia in 2022 (Rizati, 2023). This figure represents 15.2% increase from the previous year, which recorded 21,753 cases. Analysis of the age groups affected reveals that 30.3% of female victims of violence were between the ages of 25 and 44, while 30% between 13 and 17. In terms of location, 58.1% of violence against women occurred within their own households, while 24.9% took place elsewhere (Rizati, 2023). The head of the Ministry of Women and Child Protection in South Kalimantan also reports a steady rise in cases of violence against women in the region. There were 281 recorded cases in 2019, which increased to 297 in 2020. By 2021, the number had risen to 333, and become 663 cases in 2022. This upward trend can partly be attributed to the heightened awareness of citizens, leading them to come forward and report incidents (Hasan, 2023).

Since the declaration of the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW), the issue of eradicating violence and discrimination against women has gained prominence, particularly in countries that have ratified the agreement. CEDAW is recognized as an international charter of women's rights (Freeman et al., 2012; Riswani et al., 2021). Consequently, discrimination against women is no longer solely a national concern but has become an international issue (Hasanah, 2016). Nevertheless, victims of violence often experience various forms of fear and stress that are difficult to overcome. It is further compounded by negative opinions of their behavior, making it challenging for them to recover psychologically and emotionally (Pattiradjawane et al., 2019). Maisah and Yenti (2016) explain that the violence endure by victims leads to additional mental obstacles, such as loss of self-confidence, trauma triggered by witnessing similar incidents, and fear of engaging in daily activities. Therefore, it is crucial to provide them with comprehensive support. This support should not only accompany them during their ordeal but also assist women in acquiring the necessary skills and enhancing their quality of life post the distressing experience, with a focus on their psychological well-being.

Psychological well-being encompasses more than life balance and satisfaction between positive and negative emotions. It also involves an individual's perceptions and the challenges they encounter throughout the life (Keyes et al. 2002; Kusbadini & Suprapti, 2014). According to Ryff (2014), psychological well-being refers to the state of a person who not only lacks mental problems but also possesses the ability to determine their life's direction and goals, optimize their potential, maintain positive relationships with others, and find meaning in life (Cahyani et al. 2021). Individuals with high psychological well-being tend to experience happiness, a sense of capability, gain support from others, and satisfaction with their lives (Hartato et al. 2017). Ryff (1989) further conceptualized psychological well-being as the genuine development

of an individual, characterized by a positive self-perception. Six dimensions gauged to measure psychological well-being: self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth.

In recent decades, research on psychological well-being has made significant progress, exploring its connections with career choices (Strauser et al. 2008), physical and mental health (Nath & Pradhan, 2012), depression and anxiety (Bergersen et al. 2010; Wood & Joseph, 2010), work commitment (Annisa & Zulkarnain, 2013), and individuals' experiences with illness (Wahyuningsih & Surjaningrum, 2013). Additionally, given the various events involving women that occurred between 2020 and 2022, it is crucial to conduct research on psychological well-being to understand its impact on individuals' mental and physical health (Fadhil, 2021).

Research conducted by Vazquez et al. in 2009 revealed that psychological well-being plays a significant role in preventing and treating physical conditions and diseases. Furthermore, it has the potential to enhance an individual's life expectancy. However, survivors of violence continue to experience lingering feelings of anxiety, fear, and depression, indicating that their psychological well-being has not fully recovered (Rini & Kumolohadi, 2008). It is important to note that psychological well-being varies among individuals due to their unique subjective experiences, encompassing physical, mental, and social aspects (Wells, 2010).

PEDE training, conducted by Setyawan and Dwi (2019), focused on investigating the school well-being of students. The training, which stands for forgiveness, self-efficacy, and empathy, aimed to enhance school well-being. The research findings indicated a positive impact on the well-being of students. In this training, we will apply the same concept, targeting the psychological well-being of women groups from an internal perspective. It will be attain through three main training elements. We opted for this training approach based on Freedman and Enright's (2017) findings, which suggest that forgiveness empowers abused women by enabling them to choose a moral

response to injustice and profound pain. This approach proves effective in mitigating the adverse psychological consequences of emotional abuse, as it validates individuals for their anger and negative emotions, guiding them toward healing. Enhancing self-efficacy correlates with improved mental health, fostering hope and facilitating the adoption of more adaptive coping strategies (Magalhães et al., 2021; Paphitis et al., 2022). For women subjected to intimate partner violence, empathy training also emerges as a valuable intervention, addressing potential deficits in empathy often observed in abused individuals. This deficit may contribute to partners feeling misunderstood and frustrated (Duffy, 2016).

The first element is forgiveness, which involves freeing oneself from negative attachments resulting from offenses committed by oneself, others, or uncontrollable situations (Synder & Lopez, 2005). Forgiveness plays a pivotal role in improving psychological well-being as it positively influences physical and mental health (Warsah, 2020). Moreover, forgiveness serves as a constructive problem-solving approach, fostering support and attention towards one's partner and reducing future marital stress (Asnawati, 2017). It is associated with constructive problem-solving behaviors, contributing to reduced ineffective conflicts and diminished reliance on negative conflict approaches. In turn, it has a significant impact on overall relationship satisfaction (Braithwaite et al., 2012). Moreover, employing forgiveness as a problem-solving approach can effectively mitigate feelings of anger, the desire for revenge, and negative judgments toward the person who offended (Boonyarit et al., 2013). The second element is self-efficacy, which is significantly furnish to psychological well-being (Rathi & Rastogi, 2007). Self-efficacy refers to an individual's belief in their ability to motivate themselves, utilize cognitive resources, and perform necessary actions to accomplish specific tasks (Luthans et al., 2007). Lastly, the third element is empathy, which entails the capacity to understand and relate to the emotions and experiences of others. Developing empathy allows individuals to build meaningful relationships and gain cognitive understanding of others' feelings (Baron & Byrne, 2005).

The findings of Barlow et al. (2006) indicate that self-efficacy training may effectively enhance the psychological well-being of parents while also providing guidance for promoting the psychosocial well-being of children. In their study, Martha and Kurniati (2018) emphasize the significant role of forgiveness in enhancing an individual's subjective well-being. Additionally, Amalia et al. (2022) discovered that forgiveness training can improve the subjective well-being of women who have experienced domestic violence. Furthermore, Vinayak and Judge (2018) found a positive association between empathy and psychological well-being. Numerous case studies, theoretical reviews, and applied articles have identified potential factors can enhance psychological well-being. The presence of psychoeducation or training aims to improve the psychological well-being of individuals following difficulties, particularly within the family context. Consequently, there is an urgent need to empirically examine the effectiveness of PEDE training in enhancing psychological well-being of women who experiencing domestic violence.

METHODOLOGY

The research employed a quasi-experimental design utilizing a non-randomized one-group pre-test and post-test design. This design based on the inability to randomly assign participants into experimental and control groups for the study (Seniati et al. 2011). Instead of using a comparison group, the research employed a pre-test and post-test to assess reversal in participants' psychological well-being before and after the training given. The design chart utilized in this study is unveil in the accompanying image.

The participants of this study comprised a group of women residing in Palam Village, Banjarbaru. A total of 30 women who experience domestic violence were included in the study using quota sampling, without randomization, forming an experimental group without a control group. The training sessions were conducted for one hour per day and focused on an experiential learning approach, emphasizing the role of experience in the learning process. The key of experiential learning, as defined by Kolb et al. (2001), include concrete experience, observation and reflection, abstract conceptualization, and active experimentation.

The training program, based on the PEDE model (Forgiveness, Self-Efficacy, and Empathy), aimed to develop these various capacities. The participants were encouraged to apply these skills in their daily lives, serving as active experiments. It delivered through several methods, such as lectures, audiovisual presentations, written assignments, discussions, games, and reflection exercises, all aligned with the experiential learning.

Figure 1. Research Design

NR O1 -------- X -------- O2
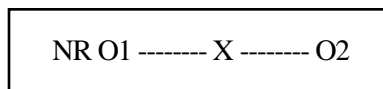
Annotation:
NR : Non-Random
O1 : Pre-test
X. : PEDE Training
O2 : Post-test

The training sessions incorporated different components, including gaming activities, role-plays, and video presentations, to promote a comprehensive experiential learning process. The training program provided participants with a tangible experience, allowing them to observe and reflect on the effects of their strategies. This stage represented the observation and reflection phase. Through this experience, participants were able to develop abstract concepts and enhance their cognitive understanding of the training content (abstract conceptualization). The training program consisted of six sessions.

The collection of data was conducted using the Ryff (1989) psychological well-being scale, which was adapted into the Indonesian version by Fadhil (2021). This scale consists of 28 items and exhibits α reliability ranging from .543 to .828 for each factor. The research variables were measured using a Likert scale model, employing five answer choices from one (strongly disagree) to five (strongly agree). The data was analyzed utilizing a statistical paired sample t-test to ascertain the disparity in participants' psychological well-being levels before and after treatment.

RESULTS

The study involved a group of 30 women residing in Palam Village. The research activities were conducted in person between July and August 2023. The objective of this study was to assess the impact of PEDE training on the psychological well-being of women.

Prior to conducting hypothesis testing, researchers perform a normality test to assess whether the data in the study follows a normal distribution. The IBM SPSS Statistics 26 program was utilized to process the data. The results of the normality test indicated that the data exhibited a normal distribution ($p = .200$), which is greater than the significance level of .05.

Table 1. Demographic Characteristics of Participants

Participant Characteristic	n	%
Age Category		
< 31 years old	4	13.34
31 – 44 years old	7	23.33
> 45 years old	19	63.33
Employment		
Unemployed (Housewife)	22	73.34
Self-employed (craftsmen, salon, tailor, etc.)	4	13.33
Employed (civil servant, teacher, midwife, etc.)	4	13.33
Marriage Status		
Married/partnered	9	30
Divorced	10	33.33
Death Divorced/widowed	11	36.67

The researcher proceeded with a paired sample t-test analysis to examine the research hypothesis. The hypothesis in this study posits that PEDE training is efficacious in enhancing the psychological well-being of women. If the pre-test value is less than the post-test value (p value < .05), it indicates a significant relationship between the pre and post-training periods. Conversely, if the pre-test score is greater than the post-test score, there is no significant relationship between the pre and post-training periods. The researchers conducted a pre- and post-training assessment to examine the impact. The findings indicate that a significant difference exists in the psychological well-being of the female before and after receiving training, as evidenced by a sig (2-tailed) value (.00 < .05).

The study employed a quasi-experimental design, specifically a non-randomized one-group post-test design. The findings of the PEDE training revealed a significant impact on psychological well-being, as indicated by a calculated t-value that exceeded the critical t-value (-4.540 > 2.045). Furthermore, these results demonstrated an increase in psychological well-being from the pre-test (M= 106.73; SD= 8.859) to the post-test (M= 111.27; SD= 9.417), with an average difference of -4.533 and a range of -6.576 to -2.491.

DISCUSSION

The research results indicate that PEDE training is effective in improving the psychological well-being of women in Palam Village. These findings align with research by Setyawan and Dewi (2019), in which social skills like forgiveness, self-efficacy, and empathy contribute to students' adjustment and fulfillment of well-being despite dynamic challenges encountered in school. If individuals lack psychological well-being, they will have difficulty coping with stress and solving problems, as demonstrated in research conducted by Faulkner et al. (2005), Ofovwel et al. (2013), and Damariyanti (2017). For this reason, social skills such as forgiveness, self-efficacy, and empathy are necessary.

Forgiveness involves pardoning mistakes and aims for inner peace, improving family relationships, and releasing oneself from hatred and freedom from negative feelings towards those who erred, erasing the effects of pain (Karremans et al. 2003). Forgiveness relating to psychological well-being can act as a source of strength to help maintain well-being (Karremans et al. 2003). Previous studies have found that forgiveness can provide benefits such as impacting mental health and psychological well-being (Brown, 2003; Damariyanti, 2020). Individuals with a tendency to forgive will have greater psychological well-being compared to those who do not (Shourie & Kaur, 2016; Van der Wal et al. 2016; Singh & Sharma, 2018).

Forgiveness can be a problem-solving strategy that focuses on emotions. Positive emotions can counteract negative ones, and help trigger further to ultimately replace them positively (Synder & Lopez,

2005; Habibi & Hidayati, 2017). Consistent with this, forgiveness is described as an attitude to overcome negative views and judgments of the guilty party by acknowledging rather than denying the torment, through cultivating pity and affection for the individual responsible (Utami, 2015).

Self-efficacy is also related to psychological well-being. Research by Suranto and Sugiarti (2021) found self-efficacy impacts psychological well-being. Similar findings were inaugurated in other studies (Deasyanti & Mafazi, 2019; Jannah et al. 2020). Individuals with high self-efficacy tend to be motivated and rise to challenges in solving problems, interdiction to become stressed or give up easily (Alwisol, 2009; Suranto & Sugiarti, 2021). Self-efficacy can be likened to the power to achieve success and gives rise to beliefs directly or indirectly related to happiness (Situmorang, 2017). In addition, self-efficacy is a concept associated with positive psychology, namely happiness (which can be assumed to represent well-being) (Dogan et al. 2013).

Self-efficacy allows individuals to determine goals and persist when facing challenges during the process of achieving goals (Rustika, 2012). It can be utilized as a positive indicator for self-evaluation, which is convenient for recognizing and understanding one's abilities (Sandra, 2013). In developing self-efficacy, a person must personally experience difficult tasks to complete them through persistence and hard work (Rustika, 2012).

Psychological well-being can be attained through warm interpersonal relationships demonstrated by empathy, intimacy, and relationship building (Ryff & Keyes, 1995). Empathy differs from sympathy in that sympathy focuses more on one's feelings while empathy centers on understanding other people's perspectives (Nurfazrina et al., 2020). Empathy can be considered an individual's capacity to understand others' situations and place themselves in another's position (Nurfazrina et al., 2020).

Several studies have found a relationship between psychological well-being and empathy (Depaulo, 2004; Stutzer & Frey, 2006; Khajeh et al., 2014). A sense of empathy between individuals, particularly women, can create a feeling of substantial gratitude for what they have and to always think positively about what they face and receive (Astini et al. 2022). It aligns with the findings of Konrath et al. (2011) found a strong correlation between women and empathy.

This study solely focused on providing social skills training, specifically forgiveness, self-efficacy, and empathy to participants as antecedents of psychological well-being, without consideration of potential influences from demographic factors (such as marital status, employment status, age) and other elements (like optimism, self-compassion, mindfulness, self-esteem, Etc.,) on the psychological well-being of women. Other researchers may consider exploring additional factors related to psychological well-being, especially for women.

CONCLUSION

The research findings indicate that PEDE training is an effective method for enhancing the psychological well-being of women. Consequently, it is important to address and amplify women's forgiveness, self-efficacy, and empathy behavior to promote their psychological well-being. These improvements can have practical applications in everyday life, such as strengthening family bonds and reducing the mental stress associated with various challenges, ultimately leading to improved psychological well-being among women within the family context.

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