

Mechanism of Socio-Psychological Support for Women Victims of Psychological Violence

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Received: 12 February 2026; **Accepted:** 10 March 2026; **Published:** 31 March 2026

Abstract: This article analyzes the theoretical and practical aspects of the socio-psychological support mechanism for women who have experienced psychological violence. The aim of the study is to provide a scientific basis for the system of social and psychological assistance offered to women subjected to psychological violence and to identify effective support mechanisms. During the research process, methods such as analysis of scientific literature, comparison, observation, interviews, and generalization were used.

The results of the study indicate that psychological violence negatively affects women’s emotional stability, self-confidence, and social activity. Furthermore, the importance of psychological counseling, emotional support, training aimed at social adaptation, and cooperation among various social institutions in supporting women has been substantiated. The findings suggest that improving the support system for women who have experienced psychological violence requires a comprehensive approach.

Keywords: Psychological violence, women, socio-psychological support, psychological assistance, psychological rehabilitation, social adaptation, emotional stability, counseling, violence prevention, social institutions, psychological services, women’s protection.

Introduction: In modern society, ensuring human rights and freedoms, especially protecting women from various forms of violence, is recognized as one of the most pressing social issues. In recent years, violence against women has manifested in different forms, among which psychological violence occupies a special place. Psychological violence is expressed through humiliation, constant emotional pressure, insults, intimidation, and isolation, which negatively affect a woman’s psychological stability, social activity, and quality of life. Such conditions impact not only women’s mental health but also their social adaptation and family relationships.

Women who are subjected to psychological violence often try to hide their problems, which prevents them from fully benefiting from social support. As a result, they may develop psychological issues such as depression, anxiety, low self-esteem, and social isolation. Therefore, providing socio-psychological support, restoring their mental condition, and ensuring their successful integration into society are of great

scientific and practical importance.

Although the issue of violence against women has been studied from various perspectives in scientific literature, the mechanisms for socio-psychological support of women subjected to psychological violence, as well as effective methods and approaches in this process, have not been sufficiently explored in a systematic way. In particular, developing an effective support mechanism based on cooperation between social institutions, psychological services, and society remains an important scientific challenge.

The aim of this study is to provide a scientific basis for the socio-psychological support mechanism for women who have experienced psychological violence and to identify its effective directions.

Based on this aim, the following tasks were set:

- to analyze the impact of psychological violence on women’s psychological condition;
- to identify the social and psychological problems faced by women subjected to psychological

violence;

- to study existing approaches and methods of socio-psychological support;
- to develop scientific recommendations for creating effective support mechanisms.

The results of this study contribute to improving the system of social and psychological assistance provided to women affected by psychological violence and can be applied in the professional activities of psychologists, social workers, and other specialists.

LITERATURE REVIEW

The issue of psychological violence against women has become one of the most актуал topics widely studied in psychology, sociology, and social pedagogy in recent years. Studies conducted in different countries confirm that psychological violence negatively affects women's emotional stability, self-confidence, and social adaptation.

European researchers have deeply analyzed the psychological consequences of violence against women, its impact on personality development, and the importance of support mechanisms. For example, American psychologist L. Walker explained the process of violence through the "cycle of violence" theory, emphasizing that prolonged psychological pressure leads to low self-esteem, fear, and social passivity in women. Similarly, according to A. Bandura's social learning theory, violent behavior is often learned through observation within the social environment, including family settings.

Scholars from CIS countries have also studied violence against women and its psychological consequences. Russian researcher E. Ilyin analyzed the psychological factors of violence, noting that emotional pressure significantly harms emotional stability. I.S. Kon emphasized that family conflicts and violence should be considered socio-psychological problems, highlighting the importance of psychological assistance and social support systems.

Modern Uzbek psychologists have also studied this issue from the perspective of national social context and mentality. For instance, G'.B. Shoumarov analyzed the psychological causes of family conflicts and violence, emphasizing the need to develop psychological counseling and social support mechanisms. B.R. Qodirov scientifically substantiated the relationship between personality development and psychological environment, highlighting the negative impact of adverse social factors.

The analysis of these sources shows that restoring the psychological condition of women subjected to psychological violence and providing them with socio-

psychological support remains an актуал scientific problem. However, effective mechanisms for such support have not been sufficiently developed, and a comprehensive approach is required.

METHODS

A number of scientific methods were used in this study. First, the method of analyzing scientific literature was applied to explore the theoretical foundations of the problem. Comparative analysis was used to examine different approaches across countries and scientific schools.

Observation and interview methods were used to study the psychological state, social adaptation, and support needs of women subjected to psychological violence. Additionally, logical analysis and generalization methods were applied to systematize the findings and substantiate the main directions of socio-psychological support mechanisms.

RESULTS AND DISCUSSION

The study revealed that long-term psychological violence leads to emotional instability, decreased self-confidence, fear, anxiety, and reduced social activity among women. These conditions negatively affect their interaction with society and limit their active participation in social life.

It was also found that many women hesitate to express their problems openly or seek help due to social stereotypes, fear of stigma, and desire to preserve family relationships. They often experience feelings of guilt, low self-worth, and uncertainty about the future.

The results show that effective support requires a combination of psychological and social assistance. Psychological counseling, emotional support, stress management training, and social adaptation programs play a crucial role in restoring emotional stability.

The study also identified key directions of support mechanisms:

- providing professional psychological assistance;
- establishing cooperation among social services and institutions;
- strengthening preventive measures against violence.

Overall, a comprehensive approach involving psychologists, social workers, legal institutions, and society is essential for effective support.

CONCLUSION

The study analyzed the theoretical and practical aspects of socio-psychological support mechanisms for women subjected to psychological violence. The

findings indicate that psychological violence negatively affects women's mental health, self-confidence, emotional stability, and social activity, often leading to depression, anxiety, fear, and social withdrawal.

The research confirms that effective support requires both psychological and social assistance. Counseling, emotional support, training programs, and social adaptation measures are essential for restoring psychological well-being.

Furthermore, the study highlights the necessity of a comprehensive approach involving cooperation between psychologists, social workers, legal organizations, and social institutions. Such collaboration contributes to restoring women's mental health, ensuring their reintegration into society, and preventing violence.

In conclusion, improving the socio-psychological support system for women affected by psychological violence is crucial for creating a healthy social environment. Therefore, further research, development of effective support programs, and strengthening preventive measures are highly recommended.

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