



Psy 360- Close Relationships

DATING VIOLENCE
Manipulation in Romantic Relationships & Toxic Relationships

Dating Violence - Manipulation in Romantic Relationships - Toxic Relationships

- Dating violence is one of the most common types of interpersonal violence.
- Dating violence is defined as “all words, gestures and behaviors that involve the use of painful or injurious physical or psychological force and threats against the partner in a dating relationship” (Sugarman & Hotaling, 1989).
- Dating violence is defined as physical, verbal, sexual, emotional and economic violence behaviors of the person or persons in a romantic relationship against each other or imposing social restrictions on the life of the partner (Polat, 2015).

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- Dating violence is explained by many theories in the literature.
- According to feminist theory, it is caused by power inequality between genders.
- According to social learning theory, it is caused by taking the violent parent as a role model.
- Dating violence is a phenomenon seen in every socioeconomic level and ethnic group.
- The fact that society sees dating violence as a natural part of the relationship is also considered as an element that increases and legitimizes violence (Esele et al., 2021).

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Prevalence of Dating Violence

- Research on violence shows that violence in dating relationships is at least as common as violence in marriage.
- According to Sugarman and Hotaling's (1989) study, the rate of violence in dating relationships in the university sample is approximately 30%, similar to that of marriage.
- When the prevalence of dating violence in university students was examined, in a study conducted with 863 women between the ages of 18-25, the rate of those who had experienced dating violence once was 48%, while the rate of those who stated that they had experienced dating violence more than once was 39% (Amar & Gennaro, 2005).
- In a study conducted by Toplu and Hatipoğlu-Sümer (2011) with 834 university students, 46% of women and 35% of men stated that they were exposed to physical dating violence.
- In addition, the rate of exposure to emotional dating violence was found to be 85% among women and 76% among men (Eselek et al., 2021).

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Types of Dating Violence

- When the types of dating violence are analyzed, it is seen that they are similar to other classifications of violence.
- Physical dating violence includes behaviors such as kicking, slapping, pushing and punching.
- Psychological dating violence, on the other hand, includes non-physical but psychologically injurious behaviors such as name-calling for the purpose of shaming, mocking or preventing the partner from seeing family and friends.
- In addition, insulting, belittling, not communicating or putting pressure on the partner, preventing social life, damaging important and meaningful personal belongings, cheating, deceiving, humiliating, threatening, interfering with clothing are also considered as psychological violence. These attitudes basically lead to dominating the individual and ignoring his/her free will (Açikel, 2009).
- It is known that 90% of psychological violence is mutual between partners (Cry et al., 2006).

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Types of Dating Violence

- Situations such as forcing sexual intercourse against the person's will or spreading rumors about this issue when this request is rejected are defined as sexual dating violence (Baldan & Akış, 2017).
- Although economic violence is less discussed than other types of violence, it should be kept in mind that this type of violence can also cause physical and psychological violence.
- In the most basic sense, economic violence is defined as trying to control the economic power of the partner or taking it away from him/her, making the person victimized and needy (Gürkan & Coşar, 2009).
- The indicators of economic violence include making the partner economically dependent, not allowing the partner to have a say in their expenditures, ignoring the partner's desire to work or not to work, making the partner needy even for basic needs such as food and health, and any behavior that includes an attack on economic freedom (Fawole, 2008).

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- In studies, it has been determined that one of the groups most at risk in terms of exposure to violence is the adolescent and young adult age group.
- Dating violence is a type of violence that is difficult to intervene, that people try to solve on their own and live in their own privacy, and that the parties often prefer to hide.
- In addition, dating violence may turn into domestic violence in the future.
- Preventing violence during the dating period will also prevent many types of violence that may occur in the future.
- When evaluated in terms of risk factors, there are similar reasons with other types of violence as well as different risk factors (Baldan & Akış, 2017).

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Health Effects of Dating Violence

- Dating violence has serious health effects.
- These effects can be evaluated as short-term or long-term effects.
- While short-term effects include injuries and even death, long-term effects are more extensive.
- Alcohol, smoking and eating disorders are more common in victims of dating violence.
- Mental disorders such as decreased self-confidence, anger outbursts, post-traumatic stress disorder come to the forefront; anxiety, depression, and suicidal thoughts or attempts increase in frequency.
- Long-term health effects include an increase in chronic gastrointestinal and cardiovascular diseases.

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Risk Factors for Dating Violence

- Being in the adolescent age group is one of the most important risk factors in itself.
- Adolescence is a psychologically fragile period and it is a time when the effects of violence are more severe due to inexperience.
- Mental health problems, substance and alcohol abuse, antisocial personality and behaviors, and exposure to or witnessing violence, especially in childhood, are important risk factors.
- Behavioral problems, decreased social relations, decreased problem-solving skills and lack of communication skills are some of the factors that lead to violence.
- Many studies emphasize that low self-esteem is an important risk factor for both being a victim and perpetrator of violence.

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Research on Dating Violence

- The results of the study conducted by Smith, Hebert, and Brendgen (2021) with adolescents (14-18 years old) show that 59.6% of the girls experienced dating violence, peer bullying and the psychological problems it brings with it.
- Ayhan (2020) examined the relationship between secure attachment and parental similarity with dating violence and attitudes towards dating violence, and concluded that as the perception of secure attachment to parents and parental similarity decreases, the attitude towards dating violence and dating violence increases.

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Emotional Manipulation in Romantic Relationships

- Emotional manipulation is defined as manipulating the emotions of others in a self-serving manner.
- Deception and various strategies are used to change or direct the perception, feelings, thoughts and behaviors of the other party.
- One of the concepts used to explain the concept of emotional manipulation is gaslighting.

Etkinlik: Sınır Nerede?

- **Flört Şiddeti Nedir? Hangi tür flört şiddeti?**

Senaryolar:

1. Partnerlerden biri, diğerinin telefonuna şifre koymasını yasaklıyor ve sürekli mesajlarını kontrol etmek istiyor.
2. Bir kişi, sevgilisiyle daha fazla vakit geçirmek için arkadaşlarıyla görüşmemesi gerektiğini söylüyor.
3. Partnerlerden biri, diğerine sürekli fiziksel temas kurarak rızası olmadan sarılıyor, dokunuyor.
4. Sosyal medyada sevgilisinin paylaştığı fotoğrafları veya kıyafetlerini kontrol edip kıskançlık krizleri çıkarıyor.
5. Bir kişi, partnerinin hayallerini küçümsüyor, ona başarısız olacağını söylüyor.



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Duygusal / Psikolojik Şiddet:

- 1.Manipülasyon:** "Beni gerçekten sevseydin, benim dediğimi yapardın."
- 2.Aşağılama:** Partneri sürekli küçümsemek, alay etmek veya onunla dalga geçmek.
- 3.Suçlama:** Partnerinin hislerini veya tepkilerini küçümseyerek "Sen çok abartıyorsun, hep sorun çıkartıyorsun." gibi cümleler kurmak.

Fiziksel Şiddet:

- 4.Fiziksel temas yoluyla kontrol:** Partnerinin kolunu sertçe tutmak, engellemek veya itmek.
- 5.Eşyaları fırlatma:** Sinirlendiğinde kapıları çarpma, eşyaları kırma veya fırlatma.
- 6.Tehditkar beden dili:** Öfkeyle yaklaşma, korkutucu şekilde üzerine yürüme.

Dijital Şiddet:

- 7.Sürekli Takip Etme:** Partnerinin sosyal medya hesaplarını kontrol etmek, konumunu istemek, çevrimiçi olup olmadığını takip etmek.
- 8.Hesap Şifrelerini Zorla Öğrenme:** "Eğer saklayacak bir şeyin yoksa şifreni ver." diyerek baskı yapmak.
- 9.Özel Fotoğrafları İzinsiz Paylaşma / Tehdit Etme:** Ayrılmak isteyen partnerine özel fotoğraflarını paylaşmakla tehdit etmek.

Ekonomik Şiddet:

- 10.Maddi Kontrol:** Partnerinin harcamalarını sürekli kontrol etmek, parasını nasıl kullanacağına karışmak.
- 11.Bağımlı Hale Getirme:** Partnerinin çalışmasını istememek veya maddi olarak ona bağlı kalmasını sağlamak.

Cinsel Şiddet:

- 12.Rızaya Saygı Göstermemek:** Partnerinin istemediği fiziksel yakınlaşmalarda bulunmak.
- 13. Ayrılma Tehdidiyle Zorlama:** "Eğer benimle birlikte olmazsan senden ayrılıyorum." diyerek baskı yapmak.

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1. What should a woman/man exposed to dating violence do?
2. What are the support mechanisms (friend support, family support, therapy, etc.)?
3. What are the characteristics of **a healthy relationship?**

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What about toxic relationships? 😊

DO YOU THINK PEOPLE ARE TOXIC?

OR

RELATIONSHIPS?

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Toxic Relationships

By definition, a toxic relationship is a relationship characterized by the toxic partner's behavior that harms their partner emotionally and, rarely, physically. While a healthy relationship contributes to our self-esteem and emotional energy, a toxic relationship damages self-esteem and drains energy (Corry, 2021).

- In defining toxic couples, Motz (2014) makes an important distinction that is missing in Cory's definition: the destructive dynamics of the relationship are toxic, not the individuals involved. In other words, it is the interaction between them that leads to toxicity, not the individuals themselves.

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Toxic Relationships

A toxic relationship is often characterized by repeated, mutually destructive patterns of relating between a couple

characterized. These patterns are jealousy, possessiveness, dominance, manipulation, helplessness,

may include selfishness or rejection. However, a common theme in a toxic relationship is that each

It involves partners being intensely drawn to each other, despite the pain they both inflict on each other (PsychAlive, 2014).

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CHARACTERISTICS OF TOXIC PARTNERS

1. İtirazcı – Küçümseyici
2. «Kötü Huylu» Partner
3. Suçlayıcı
4. Aşırı Tepkici – Saptırıcı
5. Gereğinden fazla bağımlı
6. «Özgün» toksik kontrolcü
7. «Kullanan»
8. Paranoid toksik kontrolcü

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Toxic Relationships

CHARACTERISTICS OF TOXIC RELATIONSHIPS

- You give more than you take, which makes you feel worthless and depleted.
- You constantly feel disrespected or that your needs are not being met. - You feel that your self-esteem decreases over time.
- You feel unsupported, misunderstood, humiliated or attacked.
- You feel depressed, angry or tired after talking or being with your partner.

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Toxic Relationships

CHARACTERISTICS OF TOXIC RELATIONSHIPS

- You bring out the worst in each other.
- You are not your best self around that person.
- You feel you have to walk on eggshells around this person to avoid being the target of their poison.
- You spend a lot of time and emotional energy trying to cheer them up.
- You are always to blame. They turn things around so that what you thought they did wrong suddenly becomes your fault.

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EFFECTS OF TOXIC RELATIONSHIPS

- Toxic relationships can take a real toll on your physical health, as well as your self-esteem and overall mental health.
- The constant drama in a relationship can lead to feelings of social isolation, distancing us from other relationships in our lives - which can cause other problems such as depression or deteriorating sleep quality.
- You may find that a toxic relationship affects your ability to perform self-care. If you are constantly dealing with a turbulent or toxic person or relationship, you may sacrifice your normal routine, including personal hygiene, exercise, hobbies and more. Over time, this sacrifice can lead to a decline in your overall physical and mental health.

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SO...

- By staying in such a relationship, we risk our very existence, to put it mildly.
- To say that a toxic relationship is dysfunctional is an understatement at best.
- When dealing with toxic relationships of any kind, it is important to focus on your health and well-being.
- As a result, if you are dealing with someone who is draining your energy and happiness, consider removing them from your life or at least limiting the time you spend with them. And if you are experiencing emotional or physical abuse, seek help immediately.



any questions??