

INTELLECTUAL OUTPUT 2 - TASK 2.7

A PRE-INTERVENTION EXPLORATORY ANALYSIS

INTERPRETATION OF THE QUESTIONNAIRE FOR MOTHERS HOSTED IN SHELTERS FOR VICTIMS OF DOMESTIC VIOLENCE WITH OR WITHOUT THEIR CHILDREN

RE-ABILITY: Adult education to promote Relational Ability -
Agreement number: 2020-1-IT02-KA204-079777 Erasmus + KA2 - Strategic Partnership for adult education



Women's Support and
Information Center
There is a way out of violence!





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1. Summary

The report will address the following aspects:

- The context and objectives of the survey
- The methodology used for data collection, analysis and interpretation
- Results analysis according to the themes that derive from the survey objectives, such as:
 - ❖ the beneficiary general profile
 - ❖ the emotional intelligence aspects (self-awareness, self-management, social awareness, relationship management)
 - ❖ the type of parent-child relationship
 - ❖ the needs of the beneficiary to build a better rapport with her child and to develop socio-emotional skills
- Conclusions and potential directions of intervention

2. Background and objectives

This survey was carried out in the context of the Erasmus+ Re-Ability project, with the participation of all partners.

The reason for conducting the research was to design the future intervention plan and to compare post-intervention outcomes. The intervention that will be carried out on the study participants proposes to help the beneficiary to acquire emotional intelligence skills and to improve the mother-child relationship.

The present research did not aim to obtain predictions for a larger population, however, the information obtained from the questionnaire was intended to best describe the characteristics of the sample.

Scope: Identifying the need of mothers (victims of domestic violence) to receive support in establishing a better mother-child relationship and to develop emotional intelligence skills.

Objectives:

- Identification of emotional, relational and social skills of mothers, currently located in centres for victims of domestic violence
- Identifying the type of mother-child relationship

- How effective are social services in meeting the needs of beneficiaries to develop their emotional intelligence skills and strengthen the mother-child relationship

3. Survey methods

The participants of the study were women, victims of domestic violence, beneficiaries of social services (shelters) from the following countries: Croatia, Estonia, Italy, Greece and Romania.

11% of the respondents were beneficiaries of social services for victims of domestic violence in Croatia, 20% in Italy and 23% in Romania, Estonia and Greece.

Between 06.08.2021 and 29.09.2021, 44 responses to the questionnaire were obtained. The survey was disseminated online via the partner network and included 24 questions addressing the three objectives mentioned above.

A questionnaire was developed as a data collection method. The data obtained was centralized and analysed using 1KA one-click survey software.

This report outlines the main findings from the survey.

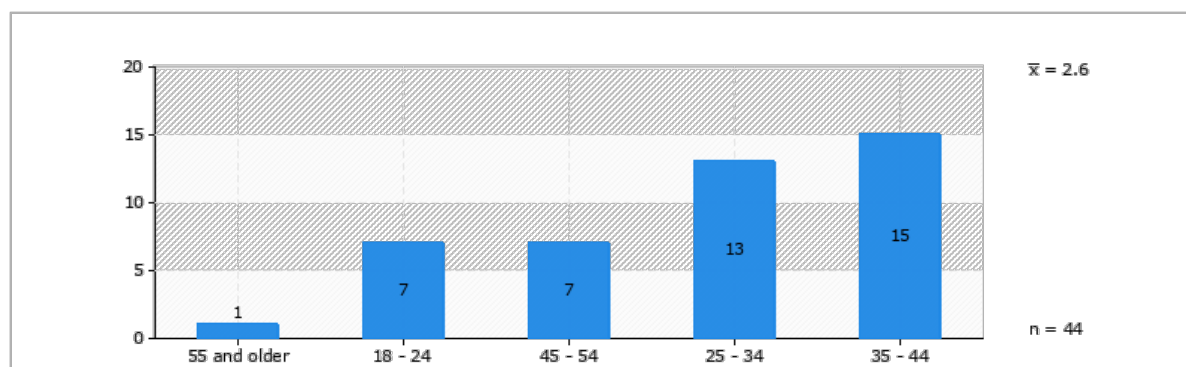
4. Survey results

4.1. Sample characteristics

- Age

The breakdown of respondents by age group can be seen in the figure below.

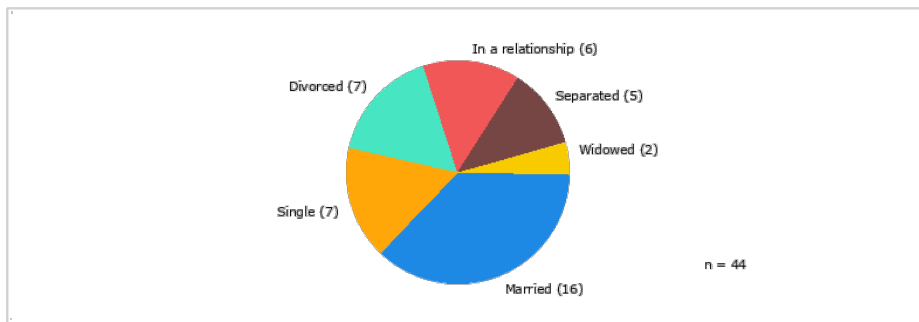
Figure 1



- Marital status

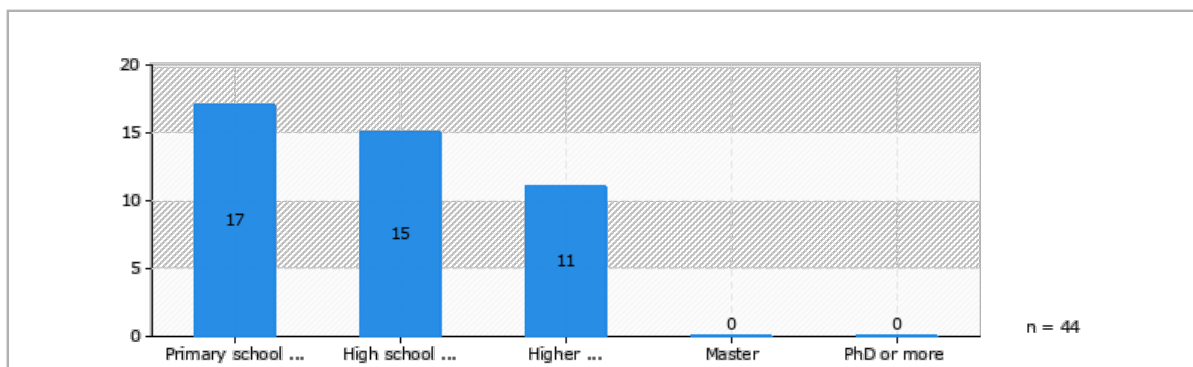
We can observe an equal number of people who identify themselves as single or divorced. In addition, the number of women who declare themselves married is 16 out of 44 subjects.

Figure 2

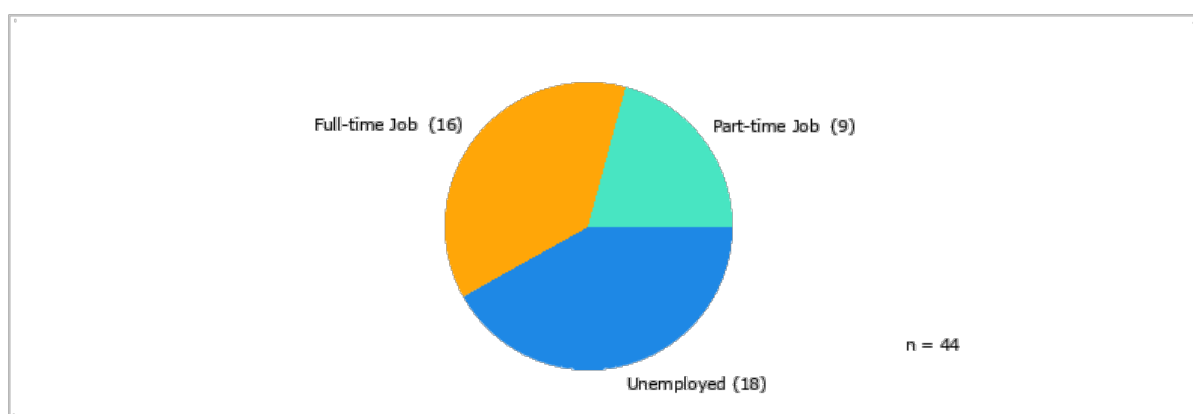


- Regarding the **educational status**, responses were present in only 3 of the 5 possible sections. Most of the respondents (17) turn out to be primary school graduates, followed by holders of a high school (15) and higher education diploma (11).

Figure 3



- **Employment status** Although the frequency of unemployed people is best represented (18 people out of 44) it can be observed that the total number of people who have a job, either full or part-time, is slightly higher (25).Figure 4



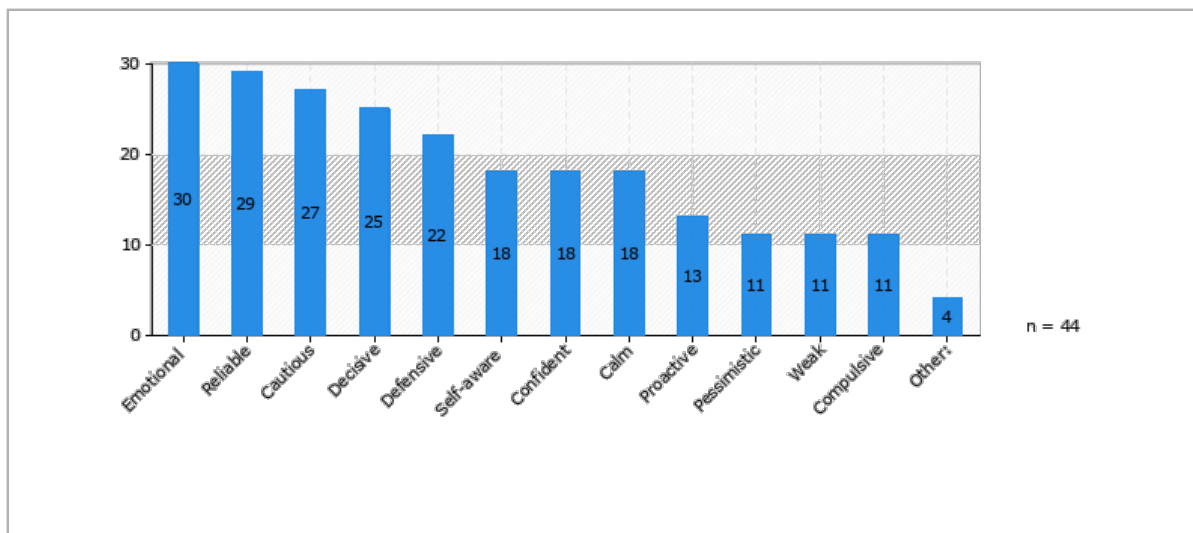
- **Regarding** the number of children in their care, more than half of the mothers reported having 1(12 responses) or 2 (15responses) children.

4.2. Emotional intelligence aspects

4.2.1. Self Awareness

Related to the characteristics that subjects perceive about themselves we can observe from the figure below that 30 out of 44 respondents describe themselves as emotional, followed by 29 who consider themselves reliable, and 27 cautious. Nevertheless, we can also remark that 18 out of 44 people consider themselves self-aware.

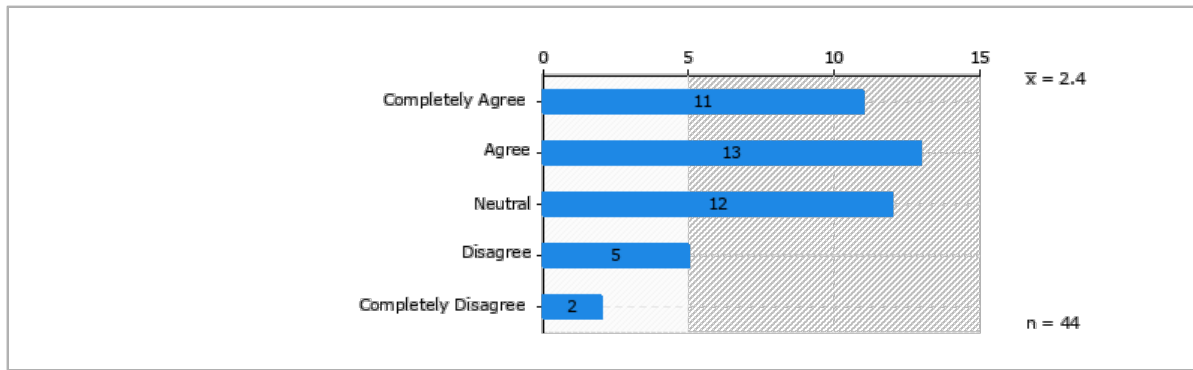
Figure 5



4.2.2. Self-management

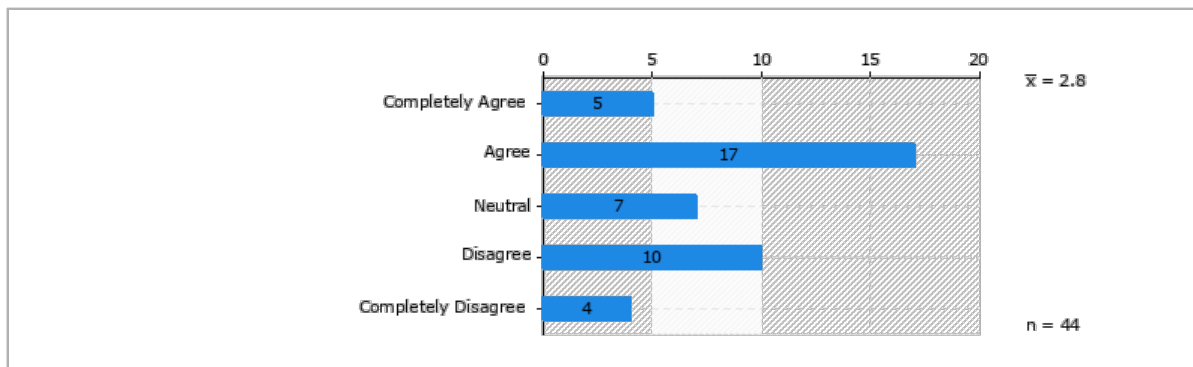
The loss of **self-control in moments of frustration** was expressed as agreement by more than half of the respondents, and as disagreement by 7 out of 44.

Figure 6



The **ability to calm herself when she is angry or anxious**. Half of the respondents state that they can calm themselves when they are faced with feelings of anger or anxiety. At the same time, 14 of them express disagreement, thus difficulty in achieving this.

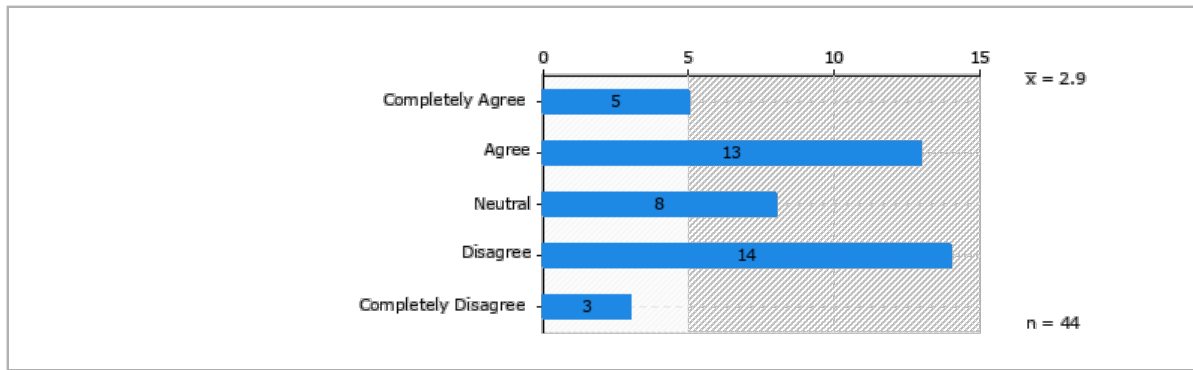
Figure 7



4.2.3. Social Awareness

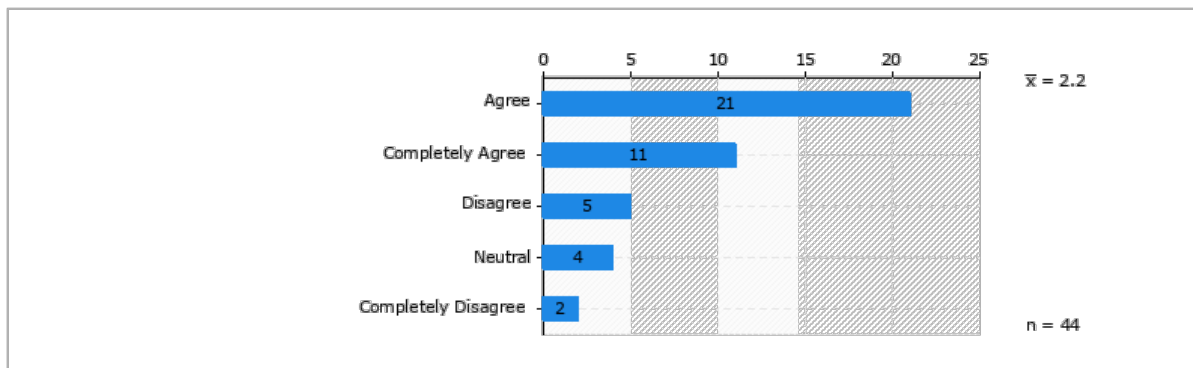
Listening and observing are the most important elements of social awareness. **The difficulty of reading other people's emotions** is represented in the figure below. Also important is that 18 out of 44 people report that they have difficulty reading other people's emotions.

Figure 8



The ability to adjust their conduct according to the people they interact with. More than half of the respondents state that they can distinguish between family-friendly, child-friendly behaviour and professional behaviour at work. They can change their behaviour according to the person they interact with. The rest of the respondents mentioned that they are neutral or admit that they have problems making this distinction.

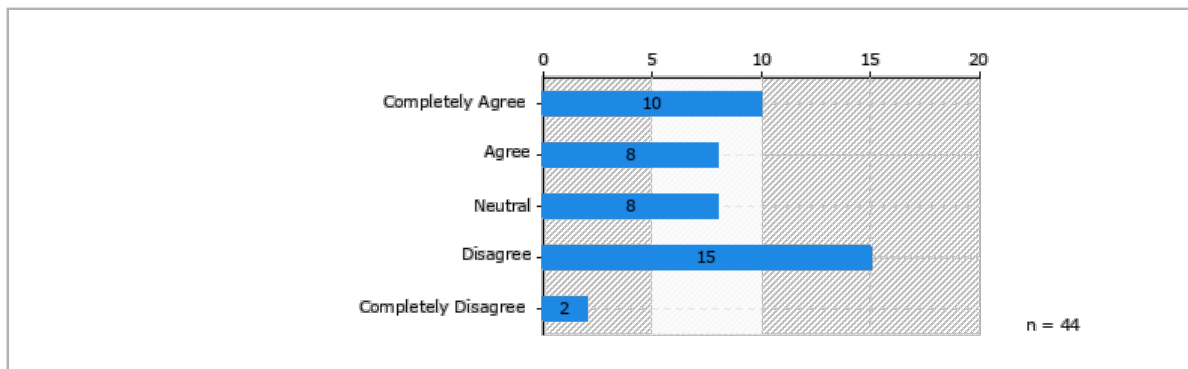
Figure 9



4.2.4. Relationship Management.

On the **struggle to build relationships with others**: 17 people did not indicate this as a problem, while 18 subjects mentioned agreement or total agreement on the difficulty of building relationships

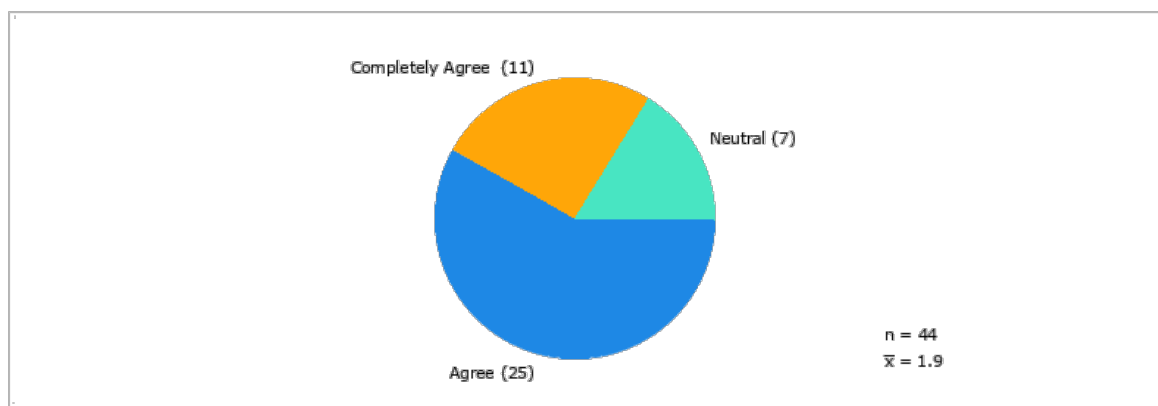
Figure 10



4 3. Parent-child relationship

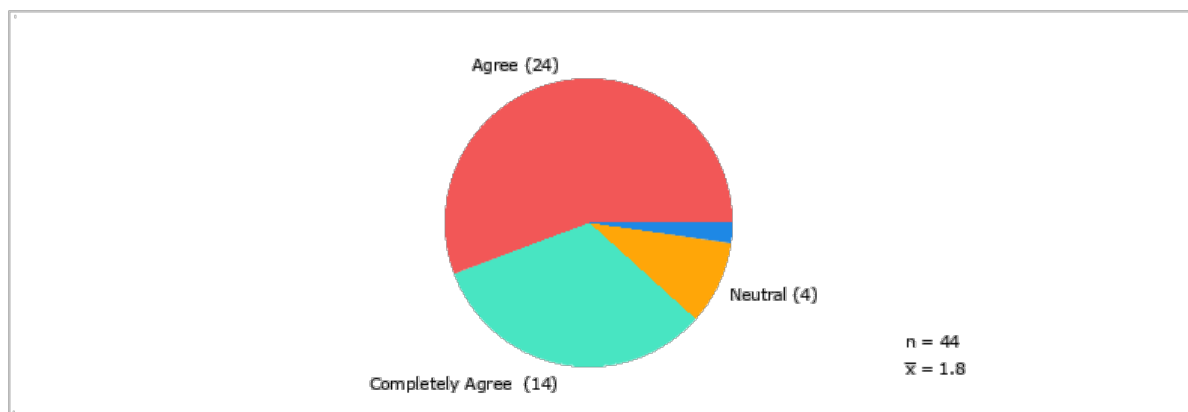
About **how they perceive themselves as mothers** - more than half of mothers identified themselves as competent parents (36 from 44 respondents)

Figure 11



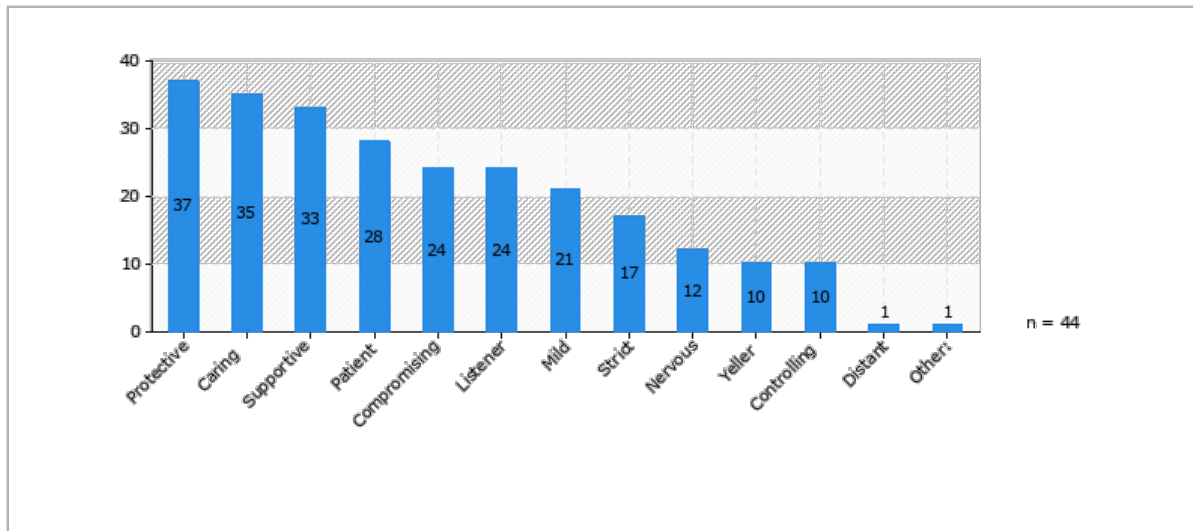
More than three-quarters of mothers describe themselves as "**good mothers**"

Figure 12



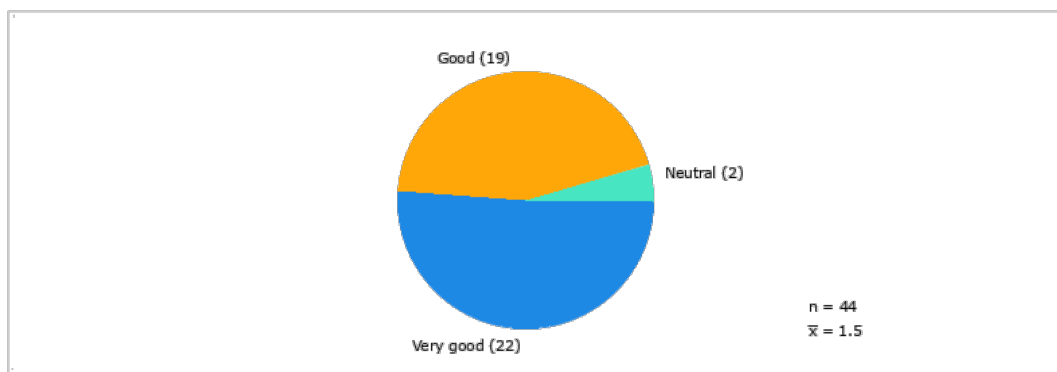
Related to the **self-perceived characteristics of motherhood**, the most common answers were: protective, caring and supportive. Also worthy to mention are the negative characteristics like: strict (17 out of 44), nervous (12 out of 44), yellor and controlling (each with 10 out of 44).

Figure 13



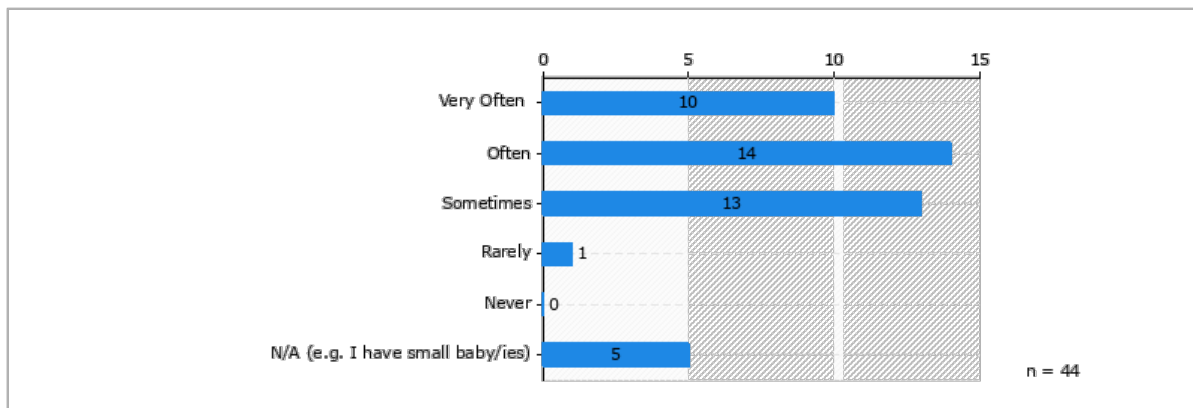
The mother-child relationship was described as good and very good by the majority of the respondents.

Figure 14



About **having discussions with their own children about their personal feelings, anxieties and problems** except for those caring for babies and 1 other participant, the rest of the respondents are willing to communicate on these topics with their children often and very often (24)

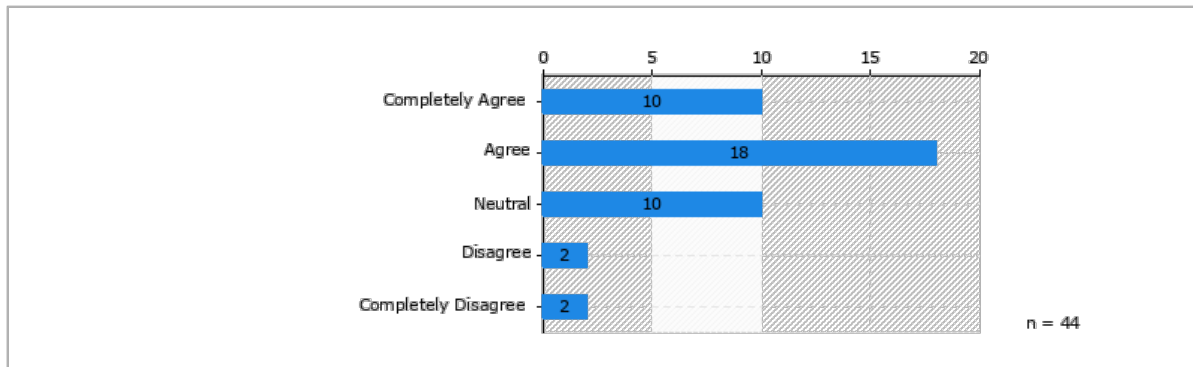
Figure 15



The ability to calm the children when they are anxious or upset.

More than half of respondents feel they can calm their children when they are anxious or upset, but 4 in 44 feel they do not have this ability.

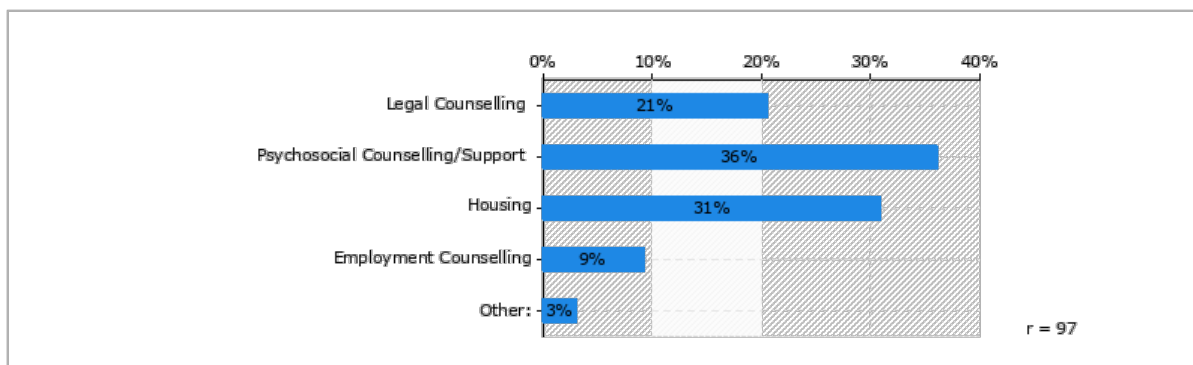
Figure 16



4.4. Beneficiaries' access to social services that improve parenting skills

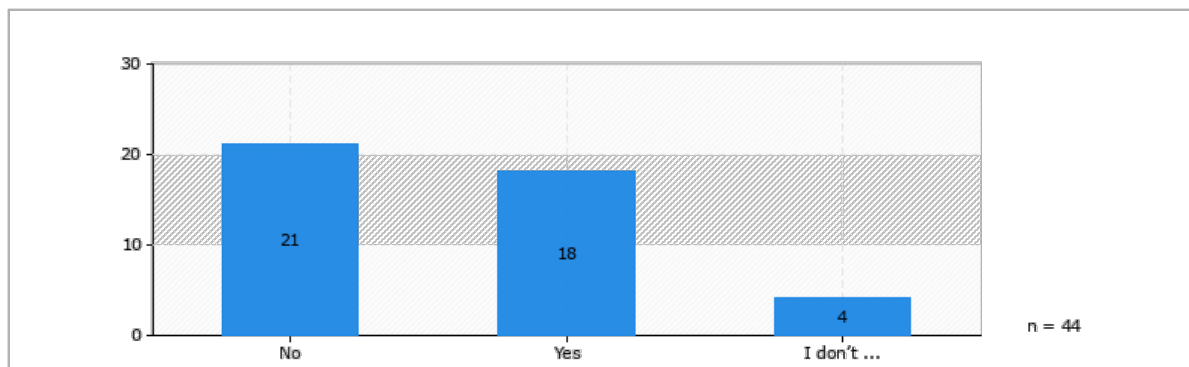
- The type of social service accessed by the beneficiary

Figure 17



- About their access to **training/sessions/counselling on mother/child relationship** in the Domestic Violence Organization/Service: nearly half of the respondents express that they have not participated in sessions, counselling or events aimed at strengthening the relationship between mother and child

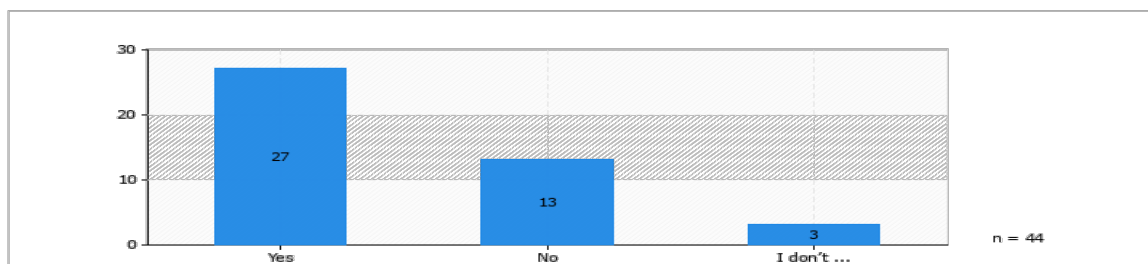
Figure 18



- **Regarding the opportunities of training/sessions/counselling on handling their emotions**

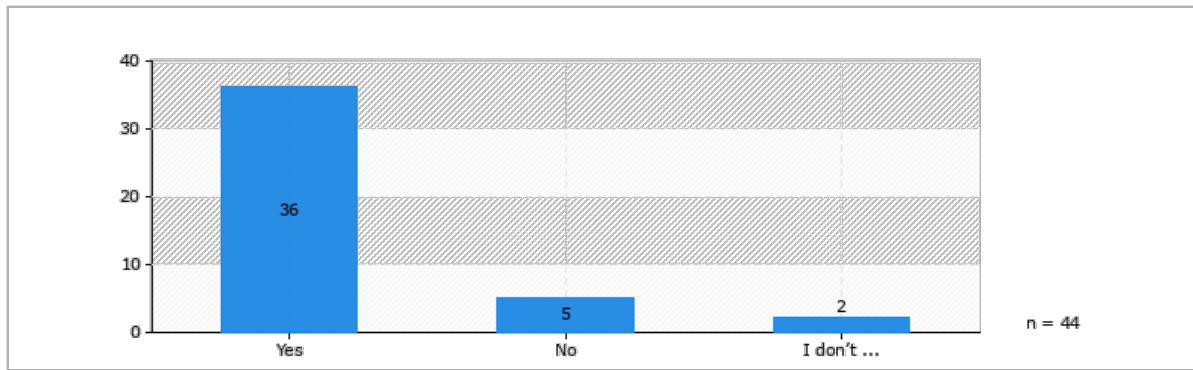
more than half of the respondents participated in such activities, while 13 out of 44 did not have this opportunity.

Figure 19



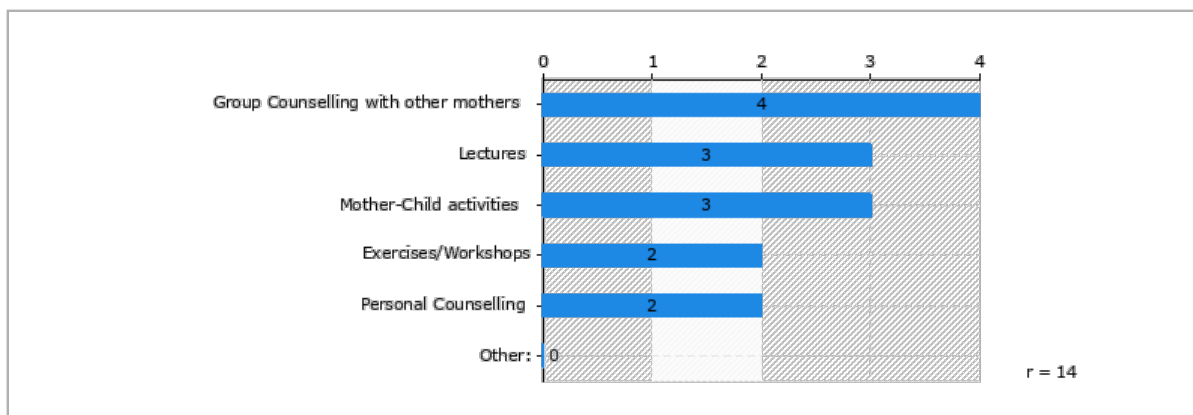
- About **the effectiveness of social services to help improve mothers' emotional skills**
The majority of the respondents consider that the social services provided to them contributed to the improvement of their emotional intelligence skills.

Figure 20



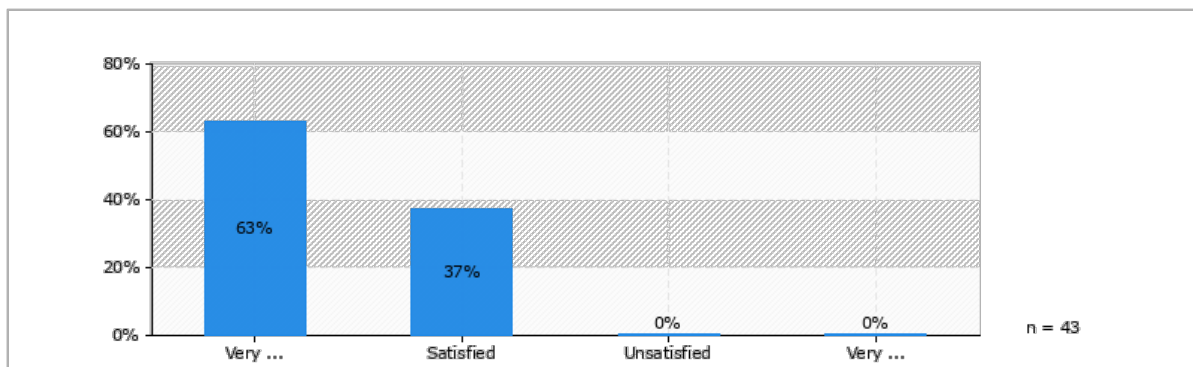
- The suggestions on **how to improve/enhance their emotional skills as mothers** have been listed in their order of importance as shown in Figure 21

Figure 21



- As regards **the degree of satisfaction towards the social service received** we can detect from the figure below that the majority of beneficiaries are satisfied with the services received

Figure 22



To underline this result we can mention the words of appreciation used by 2 of the respondents:

- *The support centre was a lifeline for me and for so many other women, I sincerely hope that their activities are fully supported.*
- *I have become a much more self-confident person because of the people I have met here. I didn't think of the centre as a shelter - I called it "home"*

5. Conclusion and recommendations

Considering the **profile of the beneficiary** in the intervention that we are going to carry out, we can take into account the following aspects:

The future intervention may be addressed to women aged between 18 and 55 years old. According to the specifics of the beneficiary, marital status may vary. Although half of the respondents state that they are married or in a relationship, it can be stated that the marital status of victims of domestic violence is expected to change.

The design of the intervention must take into account the educational status of the individuals and should be adapted for both primary school graduates and those with higher education.

The proportion of people who are employed (part-time or full time) is almost equal to the proportion of those who are currently unemployed. This information is useful to determine the amount of time a beneficiary can allocate to the wanted intervention

The presence of children (an average of 2 children per person) demonstrates that mother-child group activities can be carried out.

Regarding **the emotional skill set of mothers** we identified several positive aspects as well as areas for improvement :

Though most often mothers identify themselves as emotional, reliable and cautious the descriptions such as pessimistic, weak or compulsive also exist. 18 out of 44 consider themselves self-aware.

More than half of respondents admit to losing their temper in moments of frustration. We can consider in this context the statement provided by one of the beneficiaries *„Sometimes it's hard to control my emotions, especially when a man/partner gets aggressive again, then I feel like I'm not a very good mother to my children”*

Although half of the respondents can calm themselves when they are angry or anxious, 14 out of 44 admit having difficulty doing so.

Nearly half of the respondents find it difficult to read the emotions of others

The ability to adjust their conduct according to the people they interact with is present in more than half of the respondents, however, 7 out of 44 people report this skill as missing.

Almost half of the respondents mention the struggle in building rapport with others.

Regarding **the relationship between mother and child**, we observed that, in general, respondents have a positive image of themselves as mothers. More than half of the respondents identify themselves as competent parents and more than three quarters consider themselves to be good mothers. A large majority consider that they have a good or very good relationship with their child.

More than half of the respondents discuss frequently or very frequently with their child about the feelings or problems their child is experiencing.

The majority of respondents feel that they can calm down their child when he/she is anxious or upset, however, 4 out of 44 people still face this difficulty.

Beneficiaries are offered a wide range of **social services**, the most common being psychological counselling.

Although the majority of beneficiaries had access to training in managing their own emotions, almost half of the respondents had not attended counselling sessions/training/activities aimed to strengthen the mother-child relationship. Only 1 of 44 respondents mentioned that she attended a specific group activity (*In my home country, Germany, I completed a group activity aimed at improving parenting skills ("strong parents, strong children")*).

Study participants declared themselves satisfied or very satisfied with the quality of the services received so far, at the same time 27 out of 44 people consider that social services help them to improve their emotional intelligence skills.

In terms of activities identified by respondents to improve or train emotional intelligence skills, group counselling was preferred to individual counselling, followed by lectures and mother-child activities. 2 of the respondents also mentioned: *activities targeted to children, groups for mothers (sharing experiences), occupational therapy for children*.

In conclusion, the survey clearly shows the usefulness of intervention to help the victim improve her emotional intelligence skills and enable her to have an even better relationship with her child.

6. Appendices: Task 2.6 - Questionnaire for mothers

CONSENT FORM

PROJECT RE-ABILITY

You are invited to take part in the survey carried out within the Re-Ability project for which 3P (Padre Pino Puglisi) Società Cooperativa Sociale and partner organisations, are responsible. The completion of the survey requires 15 minutes.

1. Brief description and objectives

The aim of the Re-Ability project is to identify functional paths for the acquisition of a good level of emotional, relational and social skills in mothers who are placed in protection systems together with their children.

2. What does participation in the study entail?

Participating in a semi-structured interview aimed at identifying the needs of the target group to which the interview is addressed.

3. Benefits, disadvantages and/or potential risks of participation

Participation in the study is voluntary and free of charge. For participants, collaboration does not involve any kind of risk or discomfort. Researchers expect information on community activities/procedures/tools adopted within services.

4. Withdrawal from the study

You have the right to withdraw your consent to participate in this study at any time, even without prior notice or specific reason.

5. Return

You have the right to request information about the results and outcome of the study.

6. Measures foresaw for data protection/anonymity

The data collected will be processed in such a way as to eliminate any references that might allow individual statements to be linked to a specific person. The results of the research will be published in summary form and in no case will short quotations be linked to individuals. Data will be held securely and used only by the researchers and the European Commission/ National Agency for the purposes of the project.

7. Contact

You can contact the researchers by email at coordinamento@cooperativa3p.org for any information or clarification on this study or if you have any needs.

Consent - I have read the above information or it has been read to me. I voluntarily agree to participate as a participant in this survey.

- ☐ No
- ☐ Yes

Coding -

Please write your answer
Day of your Birthday (01-31)
Last 2 numbers of your year of birthday
1st and 2nd letters of your surname
The number of sisters (00-...)
The number of brothers (00-...)

Q1 - What is your Age?

- ☐ 18 - 24
- ☐ 25 - 34
- ☐ 35 - 44
- ☐ 45 - 54
- ☐ 55 and older

Q2 - How many children do you have?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4 or more

Q3 - What is your marital situation?

- ☐ Single
- ☐ Married
- ☐ In a relationship
- ☐ Separated

- Divorced
- Widowed

Q4 - What is your education level?

- Primary school or less
- High school diploma
- Higher Education Diploma
- Master
- PhD or more

Q5 - What is your employment status?

- Unemployed
- Part-time Job
- Full-time Job
- Retired

Q6 - What type of services do you benefit from at the moment at the Domestic Violence

- Organization/Service (Choose as many as apply)?
- Multiple answers are possible
- Legal Counselling
- Psychosocial Counselling/Support
- Housing
- Employment Counselling
- Other:

Q7 - Are you satisfied with the services you receive?

- Very satisfied
- Satisfied
- Unsatisfied
- Very Unsatisfied

Q8 - How would you describe your relationship with your child (ren) at the moment?

- Very good
- Good
- Neutral
- Bad
- Very bad

Q9 - Which of the following characteristics do you perceive in yourself as a person?

Choose as many as apply

- Self-aware
- Emotional
- Confident
- Cautious
- Decisive
- Pessimistic
- Proactive
- Reliable

- Weak
- Compulsive
- Defensive
- Calm
- Other:

Q10 - I adjust /change my behaviour depending on who I am interacting with (e.g. calm and friendly with a child, professional with my boss, etc.).

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q11 - I lose my temper when I feel frustrated

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q12 - I know how to calm myself down when I feel anxious or upset.

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q13 - I struggle to build rapport with others.

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q14 - I find it difficult to read other people's emotions.

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q15 - Which of the following characteristics do you perceive in yourself as a mother

Choose as many as apply

- Supportive
- Distant
- Compromising
- Nervous
- Protective
- Mild
- Strict
- Listener

- Patient
- Yeller
- Controlling
- Caring
- Other:

Q16 - How often do you discuss with your children their personal feelings, anxieties and problems?

- Very Often
- Often
- Sometimes
- Rarely
- Never
- N/A (e.g. I have small baby/ies)

Q17 - I know how to calm my child(ren) down when they feel anxious or upset.

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q18 - I feel competent as a mother

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q19 - I feel I am a good mother

- Completely Agree
- Agree
- Neutral
- Disagree
- Completely Disagree

Q20 - Have you received any training/sessions/counselling on handling your emotions in the Domestic Violence Organization/Service?

- Yes
- No
- I don't know

Q21 - Have you received any training/sessions/counseling the Re-Ability project aims at your mother/child relationship in the Domestic Violence Organization/Service?

- Yes
- No
- I don't know

Q22 - Do you believe that the Domestic Violence Organisation/Service is helping you improve your emotional skills as a mother?

- Yes
- No
- I don't know

IF (1) Q22 = [2]

Q23 - If No, how do you think the Organization/Service could support you to ameliorate/improve your emotional skills as a mother?

Multiple answers are possible

- Lectures
- Exercises/Workshops
- Personal Counselling
- Group Counselling with other mothers
- Mother-Child activities
- Other:

Q 24 -Comment/Additional Information you would like to share with us: