

## POSITIVE-PSYCHOLOGICAL CHARACTERISTICS OF ADDRESSING HARASSMENT AND VIOLENCE AGAINST WOMEN IN THE FAMILY: EMPOWERMENT, RESILIENCE, AND HEALING

Fayzieva Shaira Ayupovna

Gulistan State University

Department of Pedagogy and Psychology Senior Teacher

### Abstract:

This scientific article explores the positive-psychological characteristics that emerge in the context of addressing harassment and violence against women in the family. While these forms of abuse have severe negative consequences, it is important to shed light on the positive aspects that can arise from the process of healing and recovery. This article examines the concepts of empowerment, resilience, and healing as positive-psychological characteristics that women can develop in response to family-based harassment and violence. Understanding and promoting these characteristics can contribute to the well-being, recovery, and long-term empowerment of survivors.

**Keywords:** harassment, violence against women, positive-psychological characteristics, empowerment, resilience, healing, victimhood, survivorhood, trauma, support, self-empowerment, collective empowerment, individual resilience, community resilience, emotional healing, social healing, implications, recommendations.

### Introduction

Harassment and violence against women in the family are pervasive social issues with profound negative consequences. However, within the context of addressing and overcoming these challenges, positive-psychological characteristics emerge that deserve recognition. This article aims to explore the concepts of empowerment, resilience, and healing as positive-psychological aspects that women can develop while navigating the journey from victimhood to survivorhood.

Harassment and violence against women in the family can take various forms, including physical, emotional, and sexual abuse. These experiences can have devastating effects on women's physical and mental well-being, self-esteem, and overall quality of life. However, it is important to recognize that women who have experienced such trauma can also develop positive-psychological characteristics that contribute to their healing and growth.

Empowerment is a crucial concept that plays a central role in the process of transitioning from victimhood to survivorhood. Empowerment involves gaining a sense of control, agency, and self-efficacy in one's life. For women who have experienced family violence,

empowerment can involve reclaiming their autonomy and making decisions that promote their well-being and safety. This can include seeking support, setting boundaries, and taking steps towards independence. By developing a sense of empowerment, women can regain control over their lives and break free from the cycle of violence.

Resilience is another important positive-psychological characteristic that emerges in the face of adversity. Resilience refers to the ability to bounce back and adapt in the face of challenges and traumatic experiences. Women who have experienced family violence often demonstrate remarkable resilience as they navigate the healing process. They show strength in the face of adversity, persevere through hardships, and develop coping mechanisms to overcome the trauma they have endured. Resilience allows women to rebuild their lives, develop a sense of self-worth, and cultivate a hopeful outlook for the future.

Healing is a transformative process that encompasses physical, emotional, and psychological restoration. It involves addressing the trauma and its effects on one's well-being and working towards reconciliation and recovery. Healing can take various forms, including therapy, support groups, self-care practices, and engaging in activities that promote well-being and self-expression. Through the healing process, women can find solace, rediscover their inner strength, and reconnect with their authentic selves.

It is important to acknowledge and celebrate these positive-psychological aspects within the context of addressing violence against women in the family. By focusing on empowerment, resilience, and healing, we recognize the strength and potential for growth that women possess. This perspective not only supports women in their journey from victimhood to survivorhood but also contributes to the broader societal efforts to combat gender-based violence and create a more just and equitable world.

In the following sections, we will explore each of these concepts in more detail, highlighting their significance, strategies for development, and their impact on women's lives. By understanding and promoting these positive-psychological aspects, we can empower women, promote healing and resilience, and work towards a society free from violence and oppression.

## **2. Empowerment: Reclaiming Agency and Control**

### **2.1 Self-Empowerment**

Survivors of family-based harassment and violence often go through a process of self-empowerment, where they regain a sense of agency and control over their lives. This journey involves recognizing their self-worth, establishing personal boundaries, and making decisions that align with their values. Self-empowerment enables survivors to break free from the cycle of abuse and lay the groundwork for a healthier future.

### **2.2 Collective Empowerment**

Collective empowerment refers to the strength and support survivors find in connecting with others who have gone through similar experiences. By participating in support groups,

engaging with community organizations, and building social networks, survivors can share their stories, receive validation, and collectively advocate for change. Through collective action, women can amplify their voices and challenge societal norms that perpetuate harassment and violence.

### **3. Resilience: Overcoming Adversity and Thriving**

#### **3.1 Individual Resilience**

Resilience is the ability to bounce back from adversity and grow stronger in the face of challenges. Survivors of family-based harassment and violence often display remarkable resilience, drawing upon their inner strengths to rebuild their lives. Through resilience, women develop coping strategies, perseverance, and a renewed sense of purpose, allowing them to not only overcome their traumatic experiences but also thrive beyond them.

#### **3.2 Community Resilience**

Communities play a vital role in fostering resilience among survivors. Supportive networks, access to resources, and responsive services contribute to community resilience. By creating safe spaces, raising awareness, and providing comprehensive support systems, communities can help survivors heal, rebuild their lives, and make positive contributions to society.

Both self-empowerment and collective empowerment are crucial in supporting survivors of family-based harassment and violence. Through self-empowerment, individuals regain control over their lives, while collective empowerment provides a platform for solidarity, advocacy, and systemic change. Resilience, both at an individual and community level, further strengthens survivors' ability to overcome adversity and create a brighter future.

### **4. Healing: Restoration and Transformation**

#### **4.1 Emotional Healing:**

Healing from the emotional scars of harassment and violence is a deeply personal and multifaceted process. Each survivor may have different needs and preferences when it comes to healing, but there are some common therapeutic interventions that can be helpful.

Counseling or therapy is often a crucial component of emotional healing. Survivors may work with trained professionals who specialize in trauma to process their experiences, explore their emotions, and develop coping strategies. Therapists can provide a safe and supportive space for survivors to express their feelings, gain insights into their trauma, and learn techniques to manage distressing symptoms such as anxiety and depression.

Support groups can also be a valuable resource for emotional healing. Connecting with other survivors who have had similar experiences can help individuals feel less alone and provide a sense of community. In these groups, survivors can share their stories, receive validation and support, and learn from the experiences and coping strategies of others.

Expressive arts therapies, such as art therapy, music therapy, or dance/movement therapy, can be effective in facilitating emotional healing. Engaging in creative activities can provide

an outlet for self-expression, allow for the release of emotions, and promote a sense of empowerment and control. These therapies can be particularly helpful for survivors who may struggle to put their feelings into words or who find traditional talk therapy challenging. Ultimately, emotional healing aims to help survivors reclaim a sense of self and well-being. It involves addressing the trauma, managing emotions, and developing healthy coping mechanisms. It is a gradual and nonlinear process, and each survivor's journey is unique. With time, support, and appropriate interventions, survivors can work towards restoring their emotional well-being, rebuilding trust in themselves and others, and cultivating healthy relationships.

#### **4.2 Social Healing:**

Social healing focuses on transforming the broader social structures, attitudes, and norms that contribute to harassment and violence against women. It recognizes that individual healing alone is insufficient to address the root causes of violence; societal change is essential.

Survivors often become advocates, educators, and agents of change in the pursuit of social healing. They may use their experiences to raise awareness about the realities of harassment and violence, challenge victim-blaming attitudes, and promote empathy and understanding. By sharing their stories, survivors can help others recognize the prevalence and impact of violence against women and inspire collective action.

Survivors may also work to influence policies and legislation that address gender-based violence. They can engage in advocacy efforts to promote the implementation and enforcement of laws that protect survivors, increase access to support services, and hold perpetrators accountable. By participating in policy discussions, survivors contribute to shaping a more just and equitable society.

Challenging the societal acceptance of abuse is another crucial aspect of social healing. Survivors may work to change cultural norms, attitudes, and behaviors that perpetuate violence. This can involve engaging with community organizations, educational institutions, and media platforms to promote respectful relationships, consent education, and gender equality. By promoting healthy and nonviolent ways of relating to others, survivors actively participate in creating safer and more inclusive communities.

Social healing is an ongoing and collective effort that requires collaboration between survivors, activists, organizations, policymakers, and community members. It aims to prevent future violence by addressing its underlying causes and creating a society that values and respects the rights and dignity of all individuals, regardless of gender.

The recognition and promotion of positive psychological characteristics such as empowerment, resilience, and healing have significant implications for addressing harassment and violence against women in the family. Here are some recommendations for intervention programs, policies, and societal responses:

- 
- **Comprehensive support systems:** It is essential to provide survivors with comprehensive support systems that address their physical, emotional, and practical needs. This includes access to safe shelters, healthcare services, counseling, legal assistance, and financial support. Collaboration between various sectors, such as social services, healthcare, and law enforcement, is crucial to ensure a coordinated response and holistic support for survivors.
  - **Empowerment programs:** Empowerment is a key factor in helping survivors regain control over their lives and break the cycle of violence. Intervention programs should focus on providing survivors with tools, skills, and resources to rebuild their self-esteem, assert their boundaries, and make informed decisions. This can include self-defense training, financial literacy, vocational training, and educational opportunities.
  - **Access to resources:** Survivors should have access to resources that facilitate their healing and recovery. This includes affordable and quality mental health services, support groups, and specialized trauma-informed care. Additionally, ensuring access to legal aid and justice systems that are sensitive to the needs and experiences of survivors is crucial for holding perpetrators accountable and promoting a sense of justice.
  - **Education and awareness:** Educational initiatives and awareness campaigns play a vital role in preventing violence against women. Schools, colleges, and community organizations should incorporate comprehensive and age-appropriate education on consent, healthy relationships, gender equality, and bystander intervention. By promoting understanding, empathy, and respect, these initiatives can help challenge harmful attitudes and behaviors that perpetuate violence.
  - **Community engagement:** Engaging the community in efforts to address harassment and violence against women is essential. This can involve partnerships between community organizations, local leaders, and law enforcement agencies to raise awareness, provide training, and establish support networks. Community-based initiatives can encourage bystander intervention, create safe spaces, and foster a culture that rejects violence and supports survivors.
  - **Policy reforms:** Policymakers should prioritize the development and implementation of comprehensive policies that address violence against women effectively. This includes enacting and enforcing laws that criminalize harassment and violence, protect survivors, and hold perpetrators accountable. Policies should also focus on prevention strategies, survivor support services, and the promotion of gender equality.
  - **Collaboration and coordination:** Addressing harassment and violence against women requires collaboration and coordination among various stakeholders, including government agencies, NGOs, civil society organizations, and survivors themselves. By working together, sharing resources, and exchanging best practices, these stakeholders can maximize their impact and create a comprehensive response to the issue.

## 6. Conclusion

In conclusion, recognizing and nurturing the positive psychological characteristics of survivors of harassment and violence against women is crucial for their healing and empowerment. By emphasizing empowerment, resilience, and healing, we can provide survivors with the support they need to reclaim their lives and contribute to a society that values and respects the rights of all individuals. It is essential to implement comprehensive support systems, educational initiatives, and policy reforms that address the root causes of violence and promote a culture of empathy, respect, and equality. By doing so, we can create a safer and more inclusive society where harassment and violence against women are no longer tolerated.

## References

1. "OILA VA GENDER TUSHUNCHALARINING MOHIYATI, ILMIY-NAZARIY ASOSLARI" Axnazarova, Ganiyava., TerDU xalqaro konf 2024. 661-b., 246-248b.
2. Mirzayev Jamshid Turdalievich. "Social and psychological opportunities of information and psychological security in adolescents" International Conference on Developments in Education. Hosted from Bursa, Turkey. <https://econferencezone.org> July 15th 2022 45-48 p  
<https://econferencezone.org/index.php/ecz/article/view/1279>
3. Мирзаев, Д., & Наргулова, А. (2022). «Лечение интернет-зависимости. Современные инновационные исследования актуальные проблемы и развитие тенденции: решения и перспективы» Современные инновационные исследования актуальные проблемы и развитие тенденции: решения и перспективы 1(1), 498–500. извлечено от <https://inlibrary.uz/index.php/zitdmrt/article/view/5217>
4. Мирзоев, Д. (2022). "Internet qaramligini shakllanishning sabablari, mexanizmlari va diagnostikasi." Современные инновационные исследования актуальные проблемы и развитие тенденции: решения и перспективы, 1(1), № 1 (2022) 500–503. извлечено от <https://inlibrary.uz/index.php/zitdmrt/article/view/5218>.
5. Jamshid Turdaliyevich Mirzayev. Yoshlar ijtimoiy hulq-atvoriga internet muloqoti ta'sirining psixologik jihatlari. Tashkent Medical Academy Volume 4 | TMA Conference | 2023 Integration of Science, Education and Practice in Modern Psychology and Pedagogy: Problems and Solutions. Volume 4 | TMA Conference | 2023. May 6. 812-816 p. <https://cyberleninka.ru/article/n/yoshlar-ijtimoiy-hulq-atvoriga-internet-muloqoti-ta-sirining-psixologik-jihatlari/viewer>
6. Mirzayev Jamshid Turdaliyevich. "Psychological aspects of influence of the internet - communication on the social behavior of the youth" / INTELLECTUAL EDUCATION TECHNOLOGICAL SOLUTIONS AND INNOVATIVE DIGITAL TOOLS. International scientific-online conference. 2023. Part 18. JUNE 3rd. 1295-1300 p. <https://interonconf.org/index.php/neth/article/view/5386>

---

7. Mirzayev Djamshid Turdalievich/ PSYCHOLOGICAL ASPECTS OF INTERNET-COMMUNICATION IN SOCIAL SOCIETY OF YOUTH. The results of the study of Internet addiction on the method of Kimberly-Yang. NEUROQUANTOLOGY | October 2022 | VOLUME 20 | ISSUE 12 | PAGE 3409-3416| DOI: 10.14704/NQ.2022.20.12.NQ77350 <https://www.proquest.com/openview/coc46eaba7bfoeo4fd82a955955a4dd/1?pq-origsite=gscholar&cbl=2035897>

8. Mirzayev Djamshid Turdalievich / Psychological aspects of the influence of internet communication on the social behavior of young / PEOPLE SCIENCE AND INNOVATION INTERNATIONAL SCIENTIFIC JOURNAL VOLUME 3 ISSUE 4 APRIL 2024 ISSN: 2181-3337 | SCIENTISTS.UZ B volume 3 issue 4 - 359p <https://doi.org/10.5281/zenodo.11032109>.