

## RELATIONSHIP BETWEEN SELF EFFICACY AND COPING STRATEGIES WITH ANXIETY IN WOMEN VICTIMS OF DATING VIOLENCE

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**Abstract:** Anxiety is an unpleasant subjective experience of worry or tension in the form of feelings of worry, tension and emotions experienced by a person. Anxiety is a certain symptom, namely facing an uncertain situation and uncertainty regarding one's ability to deal with the situation, in the form of unpleasant emotions experienced by the individual. The type of research used is quantitative using design *cross sectional*. The research will be carried out at Rifka Annisa Women's Crisis Center. The population of this study were all clients who were victims of dating violence who complained to Women Crisis Center Rifka Annisa. The sample taken was 50 respondents who were selected using *Purposive sampling*. This research can be concluded that there is a relationship between Self-Efficacy and coping strategies and Anxiety in Women Victims of Dating Violence.

**Keywords:** Self-Efficacy, Coping Strategies, Anxiety

### I. INTRODUCTION

Someone who is in a dating relationship will feel happy because they receive protection and affection between the two of them. According to the Big Indonesian Dictionary (KBBI), dating is a pair of lovers or friends of the opposite sex who remain and have an intimate relationship based on love. Dating is making love, making love with your boyfriend, while courting is dating to make him your boyfriend. This period of courtship provides an individual with a strong emotional bond with their partner (Berk, 2014). There is also another possibility that can occur during dating, namely violence in dating. So it's not just happiness, violence can also occur in dating because sometimes in a relationship a teenager tries to control their partner (Solferino & Tessitore, 2019). Dating violence occurs when someone intentionally hurts or scares their partner (Womens Health, 2011). One of the impacts that occurs due to this violence is anxiety in the victims. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes such as increased blood pressure. People with anxiety disorders usually have persistent intrusive thoughts or worries. A person who has anxiety will experience physical symptoms such as sweating, insomnia, shaking, dizziness, and a fast heartbeat (American Psychological Association, 2019). Anxiety according to the World Health Organization (WHO) is caused by the biggest factor because of unprecedented coercion, loneliness and causing fear are also one of the factors that cause anxiety. Director general of the World Health Organization (WHO) Tedros Adhanom Ghebreyesus said and urged countries in the world to immediately overcome the health problem of anxiety by improving the mental health service system, because investment in mental health is an investment in a better life and future for all. The director general of the World Health Organization (WHO)

also emphasized that the world should work together to change attitudes and approaches to promote and protect people with mental health disorders, one of which is anxiety (Ministry of Health, 2022)

Anxiety according to data from the World Health Organization (WHO) penetrates more than 2,000,000,000 people worldwide or 3.6% of the population suffers from anxiety and in March 2022 on Foxnews Dr. Tedros Adhanom Ghebreyesus as director general of the World Health Organization (WHO) stated that anxiety in the world has increased by 25% from 90 countries in the world (Ghebreyesus, 2022). The Health Research and Development Agency of the Ministry of Health stated that the condition of anxiety at the end of 2021 in Indonesia increased 6.8% from the previous year, based on data from the Ministry of Health throughout 2020, 18,373 people in Indonesia experienced anxiety disorders, more than 23,000 experienced depression and as many as 1,193 people experienced anxiety disorders. attempted suicide (Delianna, 2021). Anxiety is an unpleasant subjective experience of worry or tension in the form of feelings of worry, tension and emotions experienced by a person. Anxiety is a certain symptom, namely facing an uncertain situation and uncertainty regarding one's ability to deal with the situation, in the form of unpleasant emotions experienced by the individual. Anxiety can be experienced by everyone at some time. Anxiety arises in a state of tension and worry about doing something that is beyond one's abilities. Anxiety is a reaction to threats from pain or the outside world that are not ready to be handled and functions to warn individuals that there is danger.

Dating violence occurs when someone intentionally hurts or scares their partner (Womens Health, 2011). According to Subhan (2004) that violence in dating is violence in physical and non-physical forms. Meanwhile,

according to Shinta and Bramanti (2007), violence in dating is not only physical, psychological and sexual violence, but also in dating relationships there is also economic violence. Self-efficacy is an individual's belief or self-confidence regarding his ability to carry out a task, achieve a goal and achieve certain skills. Self-efficacy is an individual's belief in all aspects of an individual's strengths which aim to produce an achievement (Bandura, 2011). The level of self-efficacy can influence an individual's anxiety in facing their tasks (Riani and Rozali, 2014). In fact, in the learning process at school, self-efficacy plays a role in determining how a person approaches various goals, tasks and challenges. When self-efficacy influences anxiety, the individual will feel afraid and anxious, the individual will have low self-efficacy. Meanwhile, individuals who have high self-efficacy feel capable and confident of success in overcoming the problems they experience (Nabillah, 2021).

Based on the explanation above, it can be seen that anxiety can occur in women when they experience violence in a relationship. The anxiety level of victims of dating violence experienced by young women in Purworejo Regency is in the moderate anxiety category and experiencing violence in dating is 62.86%. Based on the research results of Suci Musvita Ayu, Mohammad Hakimi, Lack of self-confidence (*self efficacy*) causes a tendency for interpersonal problems to occur in setting boundaries and resolving conflicts. Results of research carried out Setyarini, Selviana, Triningsih (2019), on Most of the young women at SMAN 7 Malang city have *self efficacy* high (81.64%). The negative correlation results show that it is getting higher efficacy, the lower the violence experienced, and the lower the self-efficacy, the higher the tendency to experience violence in dating (Setyarini, 2019).

The actions and circumstances of violence experienced by women in dating mean that victims certainly need a coping strategy. Lazarus & Folkman (Putriani, 2018) define coping as defining coping as a process where individuals try to regulate the gap between stressful situations and their ability to fulfill those situations.

Researchers conducted interviews and observations of 3 women who had experienced dating violence in May 2023 at the Rifka Annisa Woman Crisis Center, Yogyakarta. Based on the results of interviews obtained from these 3 women, they experienced verbal violence in dating such as harsh words, inappropriate insults, and physical violence such as hitting, slapping, and even choking. When experiencing this violence, 3 women felt anxious such as heart palpitations, tremors, restlessness and not focusing on their activities. Researchers measured the anxiety experienced by women victims of violence using the Hamilton Anxiety Rating Scale questionnaire. From the results obtained, 2 women experienced severe anxiety and 1 woman who was a victim of violence experienced moderate anxiety, trauma and it affected daily life. Based on the above phenomenon, researchers are interested in examining "The Relationship between Self-Efficacy and Coping Strategies and Anxiety in Women Victims of Dating Violence"

#### 1. Emergency

Durand and Barlow (2006) explain that anxiety is a mood characterized by physical symptoms such as physical nervousness and worry about the future. In humans, anxiety can take the form of subjective restlessness, a number of behaviors (appearing worried, anxious and restless) or a physiological response that originates from the brain and is reflected in the form of an increased heart rate and tensed muscles. Seminum (2006) stated that the symptoms of anxiety are 1) mood symptoms in the form of tense feelings, panic, depression and irritability, 2) cognitive symptoms that are shown through worry and concern about disasters anticipated by individuals, 3) somatic symptoms that divided into direct symptoms in the form of sweat, dry mouth, shortness of breath and tense muscles and when anxiety is prolonged, additional symptoms such as chronically increased blood pressure, headache and intestinal disorders (difficulty in digestion and stomach pain) can occur; 4) motor symptoms in the form of restlessness, nervousness, motor activities become meaningless and purposeless, for example, toes tapping and being very surprised by a sudden sound. These motor symptoms are a reflection of high cognitive and somatic stimulation in the individual and are an effort to protect oneself from anything that threatens.

#### 2. Self-Efficacy

Bandura defines self-efficacy as a person's belief in his or her ability to exert some form of control over the person's own functioning and events in the environment. Bandura believes that belief in one's efficacy is the basis of being human. People who believe that they can do something that has the potential to change events in the environment, will be more likely to act more likely to be successful than people who have low self-efficacy (Feist & Feist, 2013). Self-efficacy is also a basic assumption of social cognitive theory, Albert Bandura, who takes chance meetings and unexpected events seriously even though he knows that these meetings and events do not necessarily change the course of human life. It is the way humans act, towards expected encounters or events that is usually more powerful than the event itself. Social cognitive theory, which uses an agency perspective, explains that humans have the capacity to exercise control over nature and the quality of their own lives. Humans are both producers and products of social systems. Human performance generally develops when they have high self-confidence, namely the belief that they can display behavior that will produce the desired behavior in a particular situation (Feist & Feist, 2013). Ghufroon (2014) stated that self-efficacy is an individual's belief regarding his or her ability to carry out tasks or actions needed to achieve certain results. People may work on activities they believe they can do rather than work they feel they cannot. Baron and Bryne also define a person's self-efficacy as a person's belief in their ability or competence to perform a given task to achieve a goal or overcome a problem (Rizky Safitri Nasution, 2018). Meanwhile, according to Alwisol, efficacy is self-assessment, whether you can carry out good or bad actions, right or wrong, whether you can or cannot do what is required, (Rizky Safitri Nasution, 2018).

### 3. Coping Strategy

Coping is a process carried out by individuals in an effort to overcome the gap between perceived demands and the resources they have in dealing with situations (Sarafino in Mariyanti, 2013). Furthermore, coping is the process of managing demands that come from both within and outside the individual which are considered to be burdensome or exceed the individual's abilities. According to Robani (2017), coping strategies are a process of self-adjustment in the form of internal behavior and thoughts in the form of resources, espoused values, and commitment as an effort to defend oneself from external demands that threaten to gain a sense of security and reduce the negative effects they cause. The methods used to deal with stress are called coping strategies. The description of coping strategies generally discusses the relationship between stress and individual behavior in dealing with various sources of stress. According to Tesfaye, (2018) coping strategies are an individual's thoughts or feelings in an effort to overcome, restrain, reduce the effects of situations that threaten him. The selection of coping strategies that individuals will use in solving problems is influenced by two factors, namely external factors and internal factors. Some of those included in external factors are memories of experiences or various situations as well as social support, all the pressure from various valuable situations in life. Furthermore, internal factors are the coping decisions that a person usually uses in everyday life, and that person's individual personality. When the decision to determine coping has been determined by looking at external and internal factors, the individual will choose the appropriate coping strategy in dealing with the pressure situation they face to solve the problem.

### 4. Emergency

Anxiety is a vague feeling of restlessness due to discomfort or fear accompanied by a response (the cause is not specific or unknown to the individual). Feelings of fear are uncertain as a signal that alerts a warning about danger to come and strengthens the individual to take action to face the threat. Events in life that involve demands, competition and disasters can have an impact on physical and psychological health. Which has a psychological impact and causes anxiety (Yusuf, Fitriyarsi & Nihayanti, 2015). Anxiety is an assessment and emotional response to something dangerous. Anxiety is closely related to feelings of uncertainty and helplessness. Conditions are experienced subjectively and communicated in interpersonal relationships. Anxiety is an excessive feeling of fear, anxiety, impending disaster, worry or fear of real or perceived threats (Saputro & Fazrin, 2017). According to Kurniati et al., (2017) anxiety is an unfocused, diffuse response, which increases an individual's awareness of a threat, real or imagined. According to Mardjan (2016), the level of anxiety or namely: a. Mild anxiety is a feeling that something is different and requires special attention. Sensory stimulation increases and helps individuals focus attention on learning, solving problems, thinking, acting, feeling, and protecting themselves. b. Moderate anxiety is a nagging feeling that something is really different, the individual becomes nervous or agitated. c. Severe anxiety is experienced when individuals believe that something is different and that

there is a threat. Pay attention to fear and distress responses. When an individual reaches the highest level of anxiety, severe panic, all rational thinking stops and the individual experiences a fight response. d. Panic is related to fear of terror, due to experiencing a loss of control. People who experience panic or are unable to do something even with direction, panic involves personality disorganization, with panic there is increased motor activity, decreased ability to relate to other people, distorted perception and loss of rationale. This level of anxiety is not in keeping with life and if it continues for a long time, extreme exhaustion and even death can result. There are developments from year to year in the concept of anxiety. Theories are needed to understand anxiety as a whole. The following are several theories of anxiety (Kaplan & Sadock's, 2015) 1. Psychoanalytic Theory In this theory it is said that there is conflict in a person that is not realized. This anxiety arises as a response to various situations experienced during life. 2. Behavioral Theory Behavioral or learning theory explains that anxiety is a response that is influenced by certain environmental incentives. 3. Existence Theory In this theory a person experiences a feeling of helplessness towards life so that they are anxious and feel that life is empty or meaningless

### 5. Violence in dating

Murray stated that psychological violence is the most common violence and often occurs in dating relationships. In fact, this violence is often not realized and is considered a normal thing in dating relationships. This violence includes possessive attitudes (a high sense of ownership of a partner and excessive jealousy), limiting, controlling, scolding, shouting, insulting, degrading, humiliating in public, threatening, actions that cause fear in others, making accusations, calling names. bad things, and blaming your partner. Also included in this violence is ignoring and demanding all attention (Rubio-Garay, F., López-González, M.A., Carrasco, M. Á. & Amor, P. J. 2017) Physical violence is defined as any contact that is unwanted or undesirable to a person's body and does not always leave scars or wounds. Physical violence includes pushing, choking, hitting, slapping, biting, pinching, hitting, punching, kicking, using objects as weapons, throwing victims, lack of sleep, lacerations, broken bones, internal injuries, use of weapons, scratching, burning and throwing. objects (Rubio-Garay, F., López-González, M.A., Carrasco, M. Á. & Amor, P. J. 2017). Sexual violence is any unwanted sexual behavior. Sexual violence by the book *Love is Not Abuse* consisting of unwanted kissing or touching, rape, forcing someone to go further sexually than he or she wants to, unwanted rough or violent sexual activity, not allowing someone to use birth control or protection against sexually transmitted infections, forcing someone to pose for still images or videos while partially or completely nude or while engaging in sexual acts, forcing someone to watch another person engaging in sexual acts in real life or in still images or videos, forcing someone to take nude or sexual images of themselves and share them, forcing someone to expose themselves sexually to others or in public, forcing someone to wear or not wear items of clothing (such as underwear), videotaping or recording sexual acts or

nude images of someone without their knowledge or consent, sending sexual images that someone does not want or like, altering someone's image to make it appear that they are posing nude or engaging in sexual activity. (Fifth & Pacific, 2013)

Economic violence is violence related to money and goods, for example: often asking your partner for a treat, borrowing things from your partner without ever returning them. The Ontario Native Women's Association also states that preventing a partner from getting or keeping a job, making him ask for money, giving him pocket money, taking his money are also acts of economic violence (Ontario Native Women's Association, 2013)

II. RESEARCH METHODS

The type of research used is quantitative using design cross sectional. The research will be carried out at Rifka Annisa Women's Crisis Center. The research will be conducted in July-August 2023. The population of this study were all clients who were victims of dating violence who complained to Women Crisis Center Rifka Annisa. The sample taken was 50 respondents who were selected using Purposive sampling. This research instrument uses an anxiety questionnaire, self-efficacy questionnaire, and coping strategy questionnaire. Data analysis was carried out using univariate analysis for each variable, as well as bivariate analysis using tests chi-square. Data processing was carried out using the SPSS application.

III. RESEARCH RESULT

Respondent Characteristics

Table 1 Frequency distribution of respondent characteristics

Table with 3 columns: Respondent Characteristics, Frequency, Percentage (%). Rows include Education (SD, SMP, SMA, D3, S1) and Age (21 years, 22 years, 23 years, 24 years old, 25 years, 26 years).

Based on table 1, it can be seen that the respondents in this study were mostly 25 years old with 23 (46%) respondents. Most of the respondents' education was Bachelor's degree, 22 (44%) respondents.

Univariate Analysis

This univariate analysis was carried out to see the frequency distribution and percentage of Self-Efficacy and Coping Strategies with Anxiety in Women Victims of Dating Violence.

1. Self-efficacy

Table 2 Frequency Distribution of Self-Efficacy among Women Victims of Dating Violence

Table with 3 columns: Self-efficacy, Frequency, Percentage (%). Rows include Good, Enough, Bad, and Total.

Based on table 2, it can be seen that respondents who have self-efficacy in the sufficient category are 28 (56%) respondents, while respondents with self-efficacy in the poor category are 22 (44%) respondents.

2. Coping strategies

Table 3 Distribution of Respondents Based on Coping Strategies for Women Victims of Dating Violence

Table with 3 columns: Coping Strategy, Frequency, Percentage (%). Rows include Good, Enough, Bad, and Total.

Based on table 3, it can be seen that 22 respondents (44%) had good coping strategies, while those with adequate coping strategies were 28 (56%) respondents.

3. Emergency

Table 3 Distribution of Respondents Based on Anxiety in Women Victims of Dating Violence

Table with 4 columns: Emergency, Frequency, Percentage (%). Rows include Light, Currently, Heavy, and Total.

Based on table 3, it can be seen that respondents who have moderate anxiety are dominated by 40 respondents (80%), while those in the severe category are 10 (20%) respondents.

Bivariate Analysis

This analysis was used to determine the relationship between self-efficacy and coping strategies and anxiety in women who are victims of dating violence.



Table 4 Relationship between Self-Efficacy and Anxiety in Women Victims of Dating Violence

Self-Efficacy	Emergency						Total n %	p valu e
	Light		Currently		Heavy			
	N	%	N	%	N	%		
Light	0	0	0	0	0	0	9 0	
Currently	0	0	25	80,6	6	19,4	31 100,0	0,012
Heavy	0	0	8	42,1	11	57,9	19 100,0	

Based on the results of table 4, it can be seen that 25 (80.6%) respondents had moderate self-efficacy with moderate anxiety, while 11 (57.9%) respondents had moderate self-efficacy and severe anxiety.

Based on the results of statistical analysis using tests *Chi-Square* obtained p value = 0.012. Because the p value is <0.05, it can be concluded that there is a relationship between Self-Efficacy and Anxiety in Women Victims of Dating Violence.

Table 5 Relationship between coping strategies and anxiety in women who are victims of dating violence

Coping strategies	Emergency						Total n %	P value
	Light		Currently		Heavy			
	N	%	N	%	N	%		
Good	0	0	0	0	0	0	9 0	
Enough	0	0	22	78,9	6	21,4	28 100,0	0,035
Bad	0	0	11	50	11	50	22 100,0	

Based on the results of table 5, it can be seen that 22 (78.9%) respondents had moderate coping strategies with moderate anxiety, while 11 (50%) respondents had moderate coping strategies with severe anxiety.

Based on the results of statistical analysis using tests *Chi-Square* obtained p value = 0.035. Because the p value is <0.05, it can be concluded that there is a relationship between coping strategies and anxiety in women who are victims of dating violence.

The research results were dominated by respondents who had moderate anxiety, 40 respondents (80%), while those in the severe category were 10 (20%) respondents. Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes such as increased blood pressure. People with anxiety disorders usually have persistent intrusive thoughts or worries. A person who has anxiety will experience physical symptoms such as sweating, insomnia, shaking, dizziness, and a fast heartbeat (American Psychological Association, 2019). According to Utama, 2013 in (Vellyana, Lestari, & Rahmawati, 2017) anxiety is excessive behavior towards events or events in life with emotional conditions and the presence of worry. Anxiety is the emergence of fear when thinking that something scary will

happen to the individual and this is long-lasting (Widodo et al, 2017).

The results of this research are that low levels of anxiety are not influenced by high levels of violence. The low anxiety obtained in this questionnaire is most likely influenced not by the violence received but by the response received and feedback given by each individual or respondent regarding the violence received. So it does not rule out the possibility that high levels of violence will also result in high levels of anxiety, because it depends on each individual in responding. The results of the questionnaire showed that victims of violence complained of mild anxiety with signs such as restlessness, not being able to rest peacefully, waking up at night, loss of interest. According to researchers (Natasya & Susilawati, 2020), it is explained that anxiety can also take the form of withdrawing from the surrounding environment, the inability to carry out an activity which results in unhealthy behavior such as alcohol. Violence in dating itself includes physical violence, emotional or psychological violence, and sexual violence. In this case, the violence is explained in an emotional form so that it can be concluded that violence can trigger anxiety, because the victim's psychological condition has been damaged first because he was suggested by the thought that the victim had been treated harshly by people he loved. The results of this research are in line with research conducted by (ILYA, 2016) that the proportion of anxiety likely to occur in students who experience violence in dating is 3 times higher. In accordance with WHO research which shows that emotional/psychological violence has an impact on women's mental health disorders, such as depression, anxiety, phobias and post-traumatic stress disorder. According to Annisa & Ifdil (2016), explains the factors that cause anxiety, such as the knowledge a person has about the situation they are feeling, whether the situation is threatening or not threatening, as well as knowledge about their own ability to control themselves (such as their emotional state and focus on the problem). The implementation of large-scale social restrictions has the potential to trigger anxiety disorders, depression and stress in society. Other factors that can cause someone to experience anxiety disorders are environmental, emotional and physical factors. Apart from that, the spread of incorrect information can also worsen people's mental health conditions. Anxiety can be controlled with self-efficacy and coping strategies (Rusman et al, 2021)

Self-efficacy is one aspect of knowledge about oneself or self-knowledge that is most influential in everyday human life. This is because self-efficacy influences individuals in determining the actions they will take to achieve a goal, including estimates of various events that will be faced (Gufron and Suminta, 2010). Bandura holds that beliefs in one's self-efficacy are the basis of human agency. Humans who believe that they can do something that has the potential to change events in their environment will be more likely to act and more likely to be successful than humans who have low self-efficacy (Feist, 2009).

Respondents who had moderate self-efficacy with moderate anxiety were 25 (80.6%) respondents, while severe self-efficacy with severe anxiety were 11 (57.9%)

respondents. Based on the results of statistical analysis using tests *Chi-Square* obtained p value = 0.012. Because the p value is <0.05, it can be concluded that there is a relationship between Self-Efficacy and Anxiety in Women Victims of Dating Violence. Several studies have shown that self-efficacy plays a role in relation to anxiety and stress involving immunosuppression and physiological changes such as blood pressure, heart rate, and stress hormones. Barlow added that according to social cognitive theory, people with low perceptions of self-efficacy are potentially threatened with high levels of anxiety. The incident is not threatening, but feeling unsure about your ability to overcome it is a source of anxiety (Janah, 2015). When a person experiences fear, strong anxiety and high stress, it is possible that a person will have low self-efficacy, so that strong emotions tend to reduce a person's performance. (Feist & Feist, 2013). Self-efficacy plays an important role in anxiety, namely to control the stress that occurs. This explanation is in accordance with Bandura's statement that self-efficacy regulates behavior to avoid anxiety. The stronger the self-efficacy, the more courageous the individual is to act in the face of stressful and threatening situations. Individuals who are confident in themselves can exert control in threatening situations, do not generate disturbing thought patterns. Meanwhile, individuals who cannot manage threatening situations will experience high anxiety.

Lazarus & Folkman (in Sarafino, 2006) reveal that coping is a process where individuals try to regulate the perception gap between the demands of a stressful situation and their ability to meet the demands. Coping strategy itself is defined as a certain process that is accompanied by an effort to change behavior constantly to regulate and control external and internal demands and pressures which are predicted to be able to burden and exceed the resilience capabilities of the individual concerned. Lazarus and Folkman (in Sujadi, 2015) suggest that the factors that influence coping strategies are determined by the individual's own resources, namely 1) physical health, where when dealing with stress the individual is required to exert considerable energy so that health becomes one of the factors. the important one; 2) positive beliefs or views, where when someone thinks positively about themselves, that individual will use various skills to overcome their problems; 3) problem solving skills, namely the ability to search for information, analyze situations, identify problems with the aim of producing alternative actions, then consider these alternatives in relation to the results to be achieved, and finally carry out the plan by taking the appropriate action; 4) social skills, namely the ability to communicate and behave in ways that are in accordance with the social values that apply in society. Effective communication can facilitate individuals in overcoming problems with other people and seeking support and assistance related to the problems they face; 5) social support, namely support for fulfilling the individual's information and emotional needs provided by parents, other family members, siblings, friends and the surrounding community; 6) material support, namely support that includes resources in the form of money, goods or services that can usually be purchased.

The results of this study showed that 22 (78.9%) respondents had moderate coping strategies with moderate anxiety, while 11 (50%) respondents had severe coping strategies with severe anxiety. Based on the results of statistical analysis using tests *Chi-Square* obtained p value = 0.035. Because the p value is <0.05, it can be concluded that there is a relationship between coping strategies and anxiety in women who are victims of dating violence. Coping strategies are ways used by individuals to solve problems, adapt to changes, and respond to threatening situations (Angraini and Yuniar 2012). Coping skills are needed to avoid anxiety and survive in a new environment. The coping strategies used to deal with anxiety vary depending on the problem faced (Eva & Erna 2017).

Efforts to overcome this anxiety are by using coping strategies. Coping strategies are ways used by individuals to solve problems, adapt to changes, and respond to threatening situations (Angraini and Yuniar 2012). Meanwhile, Nevid, Rathus & 9 Greene (2013) revealed that problem focused coping is individuals who try to maintain distance between themselves and stress through avoidance, where coping focuses on problems that help individuals deal with the source of stress. From this description it can be concluded that problem focused coping is an effort made by an individual to overcome a problem faced directly.

#### IV. CONCLUSION

This research can be concluded that there is a relationship between Self-Efficacy and coping strategies and Anxiety in Women Victims of Dating Violence. From the results of the study above, the researcher hopes that there will be intense intensity in retrieving existing data specifically for future researchers with the same object. If possible, it is hoped that more than three informants will be used as subjects in this research. Because the limitations of this subject are a weakness in itself, the result is a lack of data obtained by researchers. Then, it would be better if the research was not conducted at an institution that has client data privacy, this is to make it easier for researchers to dig up comprehensive qualitative research data, because if the institution has limited time, client data privacy, and researchers cannot jump in directly. interviewing clients, but rather through the institution and counselor concerned. Since this research has several limitations, therefore the researcher hopes that for further research in the same case, it is hoped that apart from researching victims of dating violence, it would be better for perpetrators of violence to also be researched so that the results of the research data are more valid and able to produce new theories both for victims of violence, and perpetrators of dating violence.

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