

Abstract

The present research was aimed to investigate the relationship between spousal psychological violence, psychological well-being and coping strategies in married women. In present study, cross-sectional research design was used. A sample of 200 women with age ($M = 38$, $S.D = 9.40$) was taken by using purposive sampling. The study was conducted in two phases. In first phase, the scale Profile of Psychological Abuse was adapted and its divergent validity was established on sample of 68 married women. The scale had high Cronbach's alpha reliability, $\alpha = .81$. In the second phase, data were collected from 200 married women (100 working women and 100 non-working women). Results showed a significant negative relationship between spousal psychological violence and psychological well-being, ($r = -.41$, $p < .001$). The study also revealed that active coping strategies effected psychological well-being positively, whereas, use of passive-coping strategies puts negative impact on one's psychological well-being. Current study revealed no significant difference in experience of spousal psychological violence by working and non-working women. In addition study also found that women who were married to men with high educational status were at low risk of becoming victim of spousal psychological violence.

Keywords: Spousal psychological violence, coping strategies, psychological well-being.