

Abstract

The goal of the current study was to investigate the relationship between abusive behavior and emotional health and well-being of battered women. For this purpose mixed research design was used to explore the experiences of abuse victims through qualitative method and quantitative method. Sample of the study consisted 104 women (N=104) with age range 25 to 40 years. Abusive behavior inventory and Warwick-Edinburgh Mental Well-being scales were used to assess abused women. The reliability of the (N= 104) women ($r= .98$), and ($r= .86$) established on Pakistani population. It was hypothesized that abusive behavior by their partner would negatively predict emotional health and Well-being problems among women. Present research measured relationship between abusive behavior and emotional health and well-being of battered women. Simple regression analysis was used for hypothesis testing. Interpretative phenomenological analysis was used in current study to explore the experiences of battered women towards violence. Sample for study Interpretative analysis consisted of 4 women. The semi-structured interview of 4 women's explored six major themes through interviews from participants. These major themes were describing the experiences of women towards violence. The results of the study provided complete support to the hypothesis. Results showed that abusive behavior was found to be a significant predictor of emotional health and well-being. The researcher concluded six themes; living with unwanted self; undesirable feelings; insecurity; Spirituality; need for social support; optimistic about future. Results were shown that women's experience with emotional and have low self-esteem due to abusive behavior toward them. The findings have major implications for guidance of early researchers, serving as a guide for family and friends of battered women for future betterment.