

ORIGINAL PAPER

**The Impact of Counseling on the Self-Esteem of Women in Thailand
Who Have Experienced Intimate Partner Violence**

Kritaya Sawangchareon, RN, PhD

Associate Professor, Faculty of Nursing, Khon Kaen University, Muang, Khon Kaen, Thailand

Somporn Wattananukulkiat, RN, MSc

Assistant Professor Faculty of Nursing, Khon Kaen University, Muang, Khon Kaen, Thailand

Amornrat S. Saito, RN, PhD

Lecturer, Faculty of Nursing, Khon Kaen University, Muang, Khon Kaen, Thailand

Somsong Nanakorn, PhD

Assistant Professor, Faculty of Science, Khon Kaen University, Muang, Khon Kaen, Thailand

Sopida Doasodsai, RN, MSc

Registered Nurse, Khon Kaen Drug Treatment Center, Khon Kaen, Thailand

Michie Baba, RN

Associate Professor, Faculty of Medicine, School of Nursing, Fukuoka University, Fukuoka, Japan

Keiko Morinaka, RN

Assistant Professor, Faculty of Nursing, Fukuoka Jo Gakuin University, Fukuoka, Japan

Hitomi Takemoto, RN

Associate Professor, Faculty of Nursing, St Mary's College Fukuoka, Japan

Correspondence: Dr Kritaya Sawangchareon Associate Professor, Faculty of Nursing,
Khon Kaen University Muang, Khon Kaen, Thailand E-mail: krisaw@kku.ac.th

Abstract

Background: Intimate partner violence is a significant and serious public health problem. It adversely affects the health and self esteem of abused women.

Objective: To investigate and compare self-esteem, coping methods and general health in women who have experienced partner violence living in the Northeast region of Thailand.

Methodology: The study was carried out at two sites: a primary care unit, and a drug treatment center. Women who showed abuse indicators based on the abuse indicator screening questionnaire received counseling from a nurse who was trained on the assessment of and care for women who had experienced intimate partner violence. Evaluations of abused women's self-esteem, coping, and general health were carried out before and after counseling.

Results: Seventeen women reported having experienced partner violence and had displayed at one time or another indicator symptoms such as headaches, stomach pain, weakness, anxiety and depression. After receiving counseling, abused women showed better self-esteem ($t = -4.80, p < 0.001$) and improved health status according to the General Health Questionnaire ($z = -3.09, p < 0.01$). In addition, they felt the need to use less avoidance coping strategies ($z = 9.19, p < 0.01$) with a better approach to coping styles ($z = -2.59, p < 0.01$).

Conclusions: Nurses trained in counseling can help improve the health of abused women, raise their self-esteem and encourage them to use the proper coping strategies.

Key words: Coping, counseling, general health, intimate partner violence, self-esteem.