

The Impact Of Social Work Interventions On The Psychological Wellbeing Of Domestic Violence Survivors

Mohamad Hasan Sabbagh¹, Dawood Salem Badawood², Khlood Khaled Ali Henawwie³, Maram Mrzog Muejab Alotibi⁴, Rania Oudah E Alobiri⁵, Rshyedi Ahmed A Mwair⁶, Suaad Abdullah Ali Jamai⁷, Wed Amer Alhuntushi⁸, Nabeihah Mohammad H Ghani⁹, Ibrahim Saleem Salem Al Harbi¹⁰, Fawaz Shaker Allehaibi¹¹

¹ Social Worker At King Abdulaziz Hospital Makkah

² Social Worker At King Abdulaziz Hospital Makkah

³ Social Worker Specialist At Aleskan Phc

⁴ Social Worker Specialist At Alrashdeh Phc

⁵ Social Worker Specialist At Aldiafa Phc

⁶ Social Worker Specialist At Almabeda Phc

⁷ Social Worker Specialist At King Abdulaziz Hospital

⁸ Social Worker Specialist At King Abdulaziz Hospital

⁹ Social Worker Specialist At Alsharae2 Phc

¹⁰ Social Worker At Abu Orwarh Phc

¹¹social Service Specialist At Bahra Health Center

Abstract

This study explores the psychological impact of social work interventions on domestic violence survivors in Makkah, focusing exclusively on data collected through a structured questionnaire. The study was conducted with 200 participants recruited from local shelters and support organizations with the aim of verifying the effect such interventions have on the emotional recovery and overall well-being of survivors. The sections of the questionnaire included demographics, intervention experiences, and psychological outcomes. Yes/no questions, Likert rating scales, and open-text responses were obtained as the response options. Reported results showed significant psychological improvements: 85 percent of the respondents reported that their level of stress decreased, and 78 percent reported anxiety decreased after the intervention. Open-ended responses underlined that ongoing emotional support and practical advice are the main ingredients that provide a determination of resilience. The findings highlight an individual social work intervention that assists in recovery and advocates for a service that is more accessible and culturally sensitive. The findings also have some helpful implications for enhancing the methods of social work to respond to the changing and complex needs of survivors.

INTRODUCTION

Domestic violence is a pervasive social problem and has serious implications for survivors that may include mental illnesses such as depression, anxiety, or post-traumatic stress disorder (PTSD) associated with domestic violence. Even if the survivors find themselves on safe physical ground, the route to being emotionally grounded and having faith in their strengths is rarely easy. Social work, by the mere fact of its emphasis on evidence-based practice and

trauma-informed support systems, lends itself to the natural course to address psychographics that survivors grapple with. This article reviews the effects of social work intervention on the psychological well-being of domestic violence victims in Makkah.

METHODOLOGY

The research used a structured questionnaire designed for in-depth and specific information directly provided by participants.

Study location and participant recruitment

The study was done in Makkah because it has a diversity of population and domestic violence survivors' support structures. Participants will be identified in collaboration with local shelters serving victims of domestic violence and other local organizations providing social work services (White & Quick, 2019). These agencies allowed survivors to be identified as those who met inclusion for this study. This included those who were 18 years and over, had experienced domestic violence, and had social work input in the previous two years.

Flyers and information brochures regarding survivor recruitment were distributed via the partner organizations. An informative consent sheet that highlighted principles of voluntary participation and confidentiality informed volunteers about the study (Bihu, 2021). Two hundred participants were purposefully sampled according to age, ethnicity, and the types of interventions they experienced to capture maximum variation. This sample size was sufficient to generate a range of perspectives while maintaining a manageable scope for qualitative analysis.

Data Collection

Data collection depended on a structured, detailed questionnaire designed to ascertain their background, experiences, and perceptions about social work interventions. Accordingly, this placement took into account various ingredients of participants' journeys throughout the questionnaire:

- **Demographic Information:** Basic details such as age, gender, ethnicity, educational level, and employment status.
- **Details on Intervention:** Type of social work intervention received, frequency of participation in intervention, and availability of intervention (Bihu, 2021).
- **Psychological Wellbeing:** Subjects' self-esteem and emotional states, including stress, anxiety, and depression, were reported before and after interventions.
- **Satisfaction and Suggestions:** Free text responses so participants could indicate what was most helpful and provide recommendations for future intervention improvement.

Ethical Considerations

Strict ethical protocols were followed to protect the participants' well-being and ensure the integrity of the study. All participants were informed and consented after they were provided with detailed information about the study's purpose, confidentiality measures, and their right to withdraw at any time without repercussions. Emotional support resources were made available to participants should any distress arise during the questionnaire's completion.

Data Analysis

A qualitative analysis of the data was undertaken, focusing on the identification of patterns and themes that reflect the experiences and perceptions of the participants. The responses to the Likert scales were summarized into percentages that provided an overview of general trends, and the responses to open texts were analyzed for recurring themes such as emotional resilience and the perceived value of social work support. The approach enables the researcher

to explore in depth how interventions in social work have influenced the psychological wellbeing of the participants, providing descriptive and interpretative insights.

Findings

The study provided rich information about the psychological status of respondents subsequent to social work interventions.

- **Demographics:** Out of a total of 200 participants, 130 were females between the ages of 25 and 40. Most were from low-income backgrounds, with close to 70% earning less than 50,000 SAR a year.
- **Reduction in Emotional Distress:** Of the participants, 142 reported reduced anxiety to below the danger zone, translating to 71% of the participants. Out of these, 90 described a major drop in daily stress, naming relaxation techniques and emotional support as critical. About 120 participants, or 60%, reported a significant decline in depressive symptoms, with 80 naming journaling and goal-setting practices introduced in counseling sessions as transformative.
- **Resilience Improved:** A total of 160 participants said they felt more confident in facing challenges, and 110 of these attributed the change to empowerment-focused workshops, such as the one on assertiveness. Many participants shared how, after the intervention, they were better equipped to handle life decisions and adversities that may arise.
- **Role of Group Therapy:** More than half of the participants answered that group therapy was the most valuable treatment; most of all, it was highly valued for its sense of solidarity and mutual understanding. Many of those participants also mentioned that listening to other people's stories was helpful in terms of normalizing their feelings and not feeling alone.
- **General Perception of the Interventions:** Most of the respondents, 180 out of the total of 200 participants, liked the programs very much. Common facilitators for such positive responses included approachable and empathetic social workers, accessibility of services, and an individual approach.

Summary of Findings

Category	Key Insights
Demographics	Most participants were women aged 25-40 years from low-income backgrounds.
Anxiety Reduction	71% reported reduced anxiety; 90 described a significant daily stress drop due to relaxation techniques and emotional support.
Depression Improvement	60% noted decreased depressive symptoms, with 80 crediting journaling and goal-setting practices introduced during counseling.
Resilience Growth	80% felt more confident and empowered, with 110 highlighting the impact of workshops on assertiveness and decision-making.
Group Therapy Benefits	55% valued group therapy for solidarity and mutual understanding.
Overall Program Satisfaction	90% were satisfied, citing empathetic social workers and accessible, tailored services as major contributors to their positive experiences.

DISCUSSION

The findings from this research highlight the profound impact of social work interventions on the psychological well-being of domestic violence survivors in Makkah. One of the principal findings was a decrease in baseline anxiety and depressive symptoms present in the

respondents prior to the intervention. This concurs with other general studies that have applied standardized counseling to mitigate trauma-related disorders. For many participants, interventions such as relaxation techniques, guided journaling, and emotional support served not only to alleviate immediate distress but also equipped them with long-term coping mechanisms (Wood et al., 2022). As such, these tools are reinforced as imperative in the tailoring of interventions to meet specific needs concerning their mental health, underpinned not only by the manner of intervention but also by detailed feedback from participants regarding how effective such tools are (Ogbe et al., 2020). The high percentage of participants who reported reduced stress indicated the value given to the inclusion of practical, easily accessible strategies in social work programs. The positive feedback on social workers being empathetic suggests that delivery is as important as content for such interventions.

The other important findings of this research were the workshops for building resilience and empowerment. Most of the participants mentioned points of workshops on assertiveness and decision-making as having turned their journey of recovery since they regained their lives by taking control. Skill-oriented workshops such as these are meant to simulate independence and self-reliance in individuals and help bridge the gap between immediate psychological relief and possible long-lasting personal growth. Group therapy sessions further reinforce this dynamic in fostering community and a sense of shared understanding among survivors. Indeed, the sense of in-group solidarity helped participants overcome their feelings of isolation and validated their experience, so often denied or devalued in wider contexts (Renner & Hartley, 2021). This study contributes to the growing body of evidence that this person-centered and compassionate community-oriented approach should be included in social work methods when working with survivors of domestic violence. Suppose this process is at the core of survivor-centered methodologies. In that case, social workers will be in a position to further continue striving for significant steps toward the improvement of psychological well-being by building resilience within this vulnerable population.

CONCLUSION

This study underlines the transformational influence of social work interventions on the psychological well-being of survivors of domestic violence. Such services are highly needed during the process of recovery for emotional support, resilience, and meeting individual needs that survivors may have. Indeed, these findings prove that the interventions must be culturally sensitive and accessible so that no survivor is left behind in their journey to heal and rebuild a life. These insights could, therefore, provide guidelines for future practices and policies toward the improvement of outcomes for survivors of domestic violence.

References

1. Bihu, R. (2021). Questionnaire survey methodology in educational and social science studies. *International Journal of Quantitative and Qualitative Research Methods*, 9(3), 40-60.
2. Ogbe, E., Harmon, S., Van den Bergh, R., & Degomme, O. (2020). A systematic review of intimate partner violence interventions focused on improving social support and mental health outcomes of survivors. *PLoS one*, 15(6), e0235177.
3. Renner, L. M., & Hartley, C. C. (2021). Psychological wellbeing among women who experienced intimate partner violence and received civil legal services. *Journal of Interpersonal Violence*, 36(7-8), 3688-3709.

4. White, G., & Quick, L. D. (2019). Animal cruelty, domestic violence, and social disorganization in a suburban setting. *Deviant behavior*, 40(8), 930-941.
5. Wood, L., Backes, B., Baumler, E., & McGiffert, M. (2022). Examining the impact of duration, connection, and dosage of domestic violence services on survivor wellbeing. *Journal of family violence*, 37(2), 221-233.

Appendix A: Questionnaire

Section	Questions	Response Options
Demographics	1. What is your age?	_____ (Years)
	2. What is your gender?	<input type="checkbox"/> Male <input type="checkbox"/> Female
	3. What is your annual household income?	[Open-text Response]
	4. What is your educational background?	<input type="checkbox"/> High School <input type="checkbox"/> College <input type="checkbox"/> Graduate <input type="checkbox"/> Other
	5. How long have you lived in your current location?	[Open text response]
Violence History	6. What type(s) of abuse did you experience?	<input type="checkbox"/> Physical <input type="checkbox"/> Emotional <input type="checkbox"/> Psychological <input type="checkbox"/> Other [Open text response]
	7. How long did the abuse continue?	[Open text response]
	8. Did you report the abuse to any authority or service?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	9. Were children involved in the domestic violence situation?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	10. How did the abuse impact your daily life?	[Open text response]
Intervention Experiences	11. Which social work programs have you participated in?	[Open text response]
	12. How often did you attend sessions?	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Monthly
	13. Were the interventions easily accessible?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	14. Did the intervention provide actionable steps to improve your well-being?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	15. How would you rate your overall experience with the intervention on a scale of 1-10?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 (1 = Poor, 5 = Excellent)
	16. How satisfied were you with the social worker's	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 (1 = Not Satisfied, 5 = Very Satisfied)

	understanding of your needs?	
Psychological Wellbeing	17. How has your anxiety changed after the intervention?	<input type="checkbox"/> Improved <input type="checkbox"/> Worsened <input type="checkbox"/> No Change
	18. Has your confidence in dealing with future challenges improved?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	19. Describe the most significant change you have noticed in your mental health since the intervention.	[Open text response]
	20. On a scale of 1-5, how would you rate your overall sense of safety now compared to before the intervention?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	21. Has your ability to maintain relationships improved since participating in the program?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	22. How likely are you to recommend these interventions to others in a similar situation?	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 (1 = Unlikely, 5 = Highly Likely)
Feedback	23. What aspects of the program were most helpful to you?	[Open text response]
	24. Were there areas where the program could be improved?	[Open text response]
	25. What other types of support would have been useful to you?	[Open text response]