

Emotional Abuse and Psychological Well Being of College Students

Catherine S. Homoroc & Maria Erika N. Laut

Laguna State Polytechnic University

ABSTRACT

Emotional abused is said to be hard to detect because of its covert nature, but it can develop different psychological problems in later life. Due to that, this study aimed to investigate the relationship of emotional abuse to the psychological well-being of the college students, specifically those who are enrolled in one of the universities in Laguna. An online survey was distributed through social media platforms which was completed by a total of 205 respondents (60 males and 145 females). The study revealed the following findings: family shows to be the greatest contributor of emotional abuse, followed by the community. The forms of emotional abuse that got the highest mean score were being compared, silent treatment, forced to be okay, and situations leading to questioning own worth and achievements. However, participants' level of psychological well-being was still at a moderate level. In conclusion, respondent's profile as to emotional abuse and to psychological well-being were rejected in some variables. Meanwhile, this study found out that emotional abuse is significant to the psychological well-being of college students. Further studies are needed to identify the other causes of emotional abuse and its preventative measures, also other factors that affects the psychological well-being of students.

Keywords: emotional abuse, psychological well being, college students, acceptance, family, community