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Research Article

THE RELATIONSHIP BETWEEN MANIPULATION AND DATING VIOLENCE

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ABSTRACT

Manipulation which is a type of social influence occurs when a person influences and operates another person by changing their thoughts or behaviors. Manipulation differs from its purpose. Harmful manipulation has features such as suppressing the person by manipulating the person, restricting free will and showing implicit aggression. At the same time, the manipulator's motives are hidden and the goal is to benefit the manipulator.

Dating violence is defined as being subjected to abuse by husband/ wife, date, girlfriend/boyfriend or ex-partner.

The aim of this study is to investigate the relationship between being affected by the manipulation in students' close relationships and exposure to dating violence in their emotional relationships.

This research is descriptive. 200 students between the ages of 18-28 at Yeditepe University participated in the study. Three different questionnaire forms were used to collect data. They are respectively demographic form, being affected by the manipulation questionnaire which consists of 20

questions and the exposure to dating violence questionnaire which consists of 42 questions. The answer to each question has an equal coefficient effect. At the end of the exposure to dating violence questionnaire, there is a description of a forensic case and questions about whether the case was resolved or not. Exposure to dating violence questionnaire consists of 7 sub-categories; emotional, verbal, social, physical, economic, sexual and digital.

The mean age of the participants is 22,08±2,03. Participants consist of students who 48% (N=96) are men and 52% (N=204) are women.

According to Pearson Correlation analysis; there is a moderately significant positive correlation between exposure to dating violence and being affected by manipulation ($r = .319$, $p < 0.001$).

The findings suggest that when the rate of being affected by the manipulation in the close relationships of participants increases, dating violence increases.

Keywords: manipulation, dating violence, close relationships

1. INTRODUCTION

People who are social beings establish many relationships throughout their life. These social relationships and interactions have many effects on human life. These effects can develop as healthy and unhealthy (Ayberk, Çelik, Tümkaya, 2010). Violence is an important dynamic in unhealthy relationships. As cited in the World Health Organization, violence is defined as; "The intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either result in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation" (WHO, 2011). Manipulation is a phenomenon that importance has come to light with today's research and it may lead to serious consequences if it is applied to a person repeatedly.

Manipulation, which is a type of social influence, occurs when a person influences another person and changes their thoughts or behaviors in this way (Yılmaz, 2018). The manipulation may differ depending on its purpose. According to Sirbu, there are many types of manipulation that are the basis of human relationships. Manipulation can be mostly destructive/negative, but it can be also constructive/positive. The type of constructive/ positive manipulation that offers a personal choice of rejection without any excessive pressure and exploitation can be defined as useful. This social phenomenon is more common in emotional relationships, workplace or family relationships (Sirbu, 2019). For example, there is an exam that a student has a 50% chance of passing. When mother courage her child like "I believe you will succeed, you will pass this exam", it may be reinforcing for the child's thoughts in a positive way. This can be an example of useful constructive manipulation. Another example is that a doctor makes constructive manipulative statements to a patient about the course of the disease.

According to a study, manipulative treatment methods were applied to patients to reduce the pains of theirs and significant results about reducing pain were obtained. (Romero del Rey et al., 2020). Harmful manipulation is the suppression and restriction of a person's willpower through manipulation. It also includes showing veiled aggression. The main purpose is acting confidentially for their own benefit (Yılmaz, 2018). There are some methods that were used in harmful manipulation such as threats, creating a sense of guilt, devaluation, reproach, dependence cause deep traumas on the person who is exposed to manipulation. If it is applied repeatedly, it leads to pathological results (Chapaux-Morelli, Couderc, 2011). For example, there is an exam that a student has a 50% chance of passing. When a mother hurts a child's self-

esteem and convince like "You are already unsuccessful, you will fail, you cannot get anything done without me", the child may fail in the exam, and this makes the child dependent on the mother.

Another subgroup of violence that has significant effects is dating violence. Dating violence is defined as being exposed to physical, sexual, psychological, or emotional abuse by a spouse, dating person, girlfriend/boyfriend, or ex-spouse (Dikmen, Özaydın, Yılmaz; 2018). Flirt is a relationship that is established by intimacy with psychological, emotional, or sexual attraction and attachment, and dating violence is a type of violence that is mostly ignored or cannot be noticed by the victim (Sünetçi et al., 2016). Couples can be single people who flirt for the first time, or divorced people (Polat, 2016). According to research, dating relationships mostly start at the age of 14-16. Dating violence is more common in the 16-30 age range and it was determined that the most common period was the university years. In a study which is conducted by the Association for Struggle Against Sexual Violence (Cinsel Şiddetle Mücadele Derneği); after informing the young people about dating violence, it was determined that 44% of the young people were exposed to dating violence (Koçak, Can, 2019). Dating violence is divided into different subgroups. Subgroups of dating violence in this study were defined as physical, verbal, sexual, emotional, economic, social and digital violence.

1.1. Physical dating violence; includes non-accidental injures such as kicking, swiping and pushing (Baldan, Akış, 2017; Polat, 2017). Examples of behaviors to physically harm people in a relationship include hitting, choking and punching. Also, actions involving unwanted contact in relationships include nudging, tugging, squeezing, shaking and biting behaviors. Besides, according to the definition of physical dating violence, the person exposed to dating violence does not need to hurt. These behaviors could be damaging to property and forcing to use alcohol and substance (Koçak, Can, 2019).

1.2. Verbal dating violence; in these research, verbal dating violence is defined as verbal harming behaviors such as insulting, humiliating, scolding to give a nickname to demoralize the person, tease, etc. (Dikmen, Özaydın, Yılmaz, 2018; Haynie et al., 2013; Kürtül, Özdere, 2018; Larson, Piquero, Sweeton, 2016).

1.3. Sexual dating violence; includes behaviors such as forcing or oppressing the person to have sexual intercourse, or threatening to share information about their sexual intercourse (Baldan, Akış, 2017; Can & Koçak, 2019).

1.4. Emotional dating violence; there are several definitions of emotional/psychological dating violence and some definitions contain different subgroups of definitions like verbal, social dating violence. Different subgroups definitions were separated from these definitions, emotional/psychological dating violence definitions were obtained. In this research, emotional/psychological dating violence is defined as a subgroup of dating violence that includes emotionally hurtful behaviors such as neglect, threat, pressure, contempt, scolding, teasing and harming self-esteem (Fidan, Yeşil, 2018; Kürtül, Özdere, 2018; Larson, Piquero, Sweeten, 2016; Markham, Paat, Peskin, 2020; Set, 2020).

1.5. Economic dating violence; is a type of violence that makes individuals dependent on each other or others, and it includes some behaviors such as preventing the person from working or forcing the person to work, and claiming a right on the money that earned by a person (Sünetçi et al., 2016). Preventing the partner from advancing in working life is also one of the behaviors which are involved in economic violence (Gürkan, Coşar, 2009).

1.6. Social dating violence; includes the restriction and control of the social relations of the partner, isolation from the social environment and some behaviors that cause loneliness

for the person (Mor Çatı Kadın Sığınağı Vakfı, 2015). Having low social support, especially among women, is an important risk factor for exposure to dating violence (Uluocak et al., 2014).

1.7. Digital dating violence; includes behaviors of the partners such as controlling the technological tools of the other and threatening them through these tools (Mor Çatı Kadın Sığınağı Vakfı, 2015).

The aim of this study is to investigate the relationship between being affected by the manipulation in students' close relationships and exposure to dating violence in their emotional relationships.

2. METHOD

This study is descriptive research. Participants consist of volunteer students aged 18-28 who study at Yeditepe University. The sample of the study consists of that randomly selected from the people in the campus area and it was formed from 214 people who have had a romantic relationship. The study is continued with 200 students after removing the students who gave incomplete information and did not conform to the normality assumption. The average age of the participants is $22,08 \pm 2,03$. 96 men and 104 women participated in this study. The data used in the study were given to participants as a hard copy. These data consist of 3 different questionnaire forms. The order and names of the questionnaires are as follows, the demographic form, being affected by the manipulation questionnaire and exposure to dating violence questionnaire. At the end of the exposure to dating violence questionnaire, 3 questions were asked about the notification to formal institutions and whether any result was obtained from this situation. The questions asked in the demographic form were listed as age, gender, and which faculty of the participants study in. There are no scales in which reliability and validity tests were completed and that measure the rates of being affected by the manipulation and the exposure to dating violence. For this reason, the questionnaires were prepared by the researchers using a literature review. The being affected by the manipulation questionnaire consists of 20 questions. It was created based on the "İnsan İlişkilerinde Manipülasyon Ölçeği" (Yılmaz, 2018). The exposure to dating violence questionnaire consists of 42 questions. The exposure to dating violence questionnaire includes 7 subgroups. These are emotional, verbal, social, physical, economic, sexual, digital dating violence (Aslan et al., 2008; Baldan & Akış, 2017; Dikmen, Özaydın, Yılmaz, 2018; Karabacak & Kodan, 2015; Mor Çatı Kadın Sığınağı Vakfı; Süneci et al., 2016)

The questionnaires consist of yes or no answers. In the questionnaires, the coefficient of the answers given to each question was accepted as equal. If the question's answer is yes, it means there is an effect. If the question's answer is no, it means there is not an effect.

Participants signed the informed consent form. The informed consent contains information about the purpose of the study, the duration of the study, the confidentiality of the participants, and the place where they can apply in case of any negative impact. Demographic information form, being affected by manipulation questionnaire and exposure to dating violence questionnaire for participants who agree to participate in the study. Finally, a debriefing was given to the participants.

In this study, the dependent variable is exposure to dating violence and the independent variable is being affected by manipulation. IBM SPSS Statistics version 20 (Statistical Package for the Social Sciences) was used for analysis. For the values of being affected by manipulation and exposure to dating violence, the normality assumption is ensured with skewness and kurtosis.

The relationship between being affected by the manipulation and exposure to dating violence with Pearson correlation, the relationship between affected by the manipulation,

exposure to dating violence and gender with multivariate analysis of variance, the relationship between exposure to dating violence and gender with independent sample t-test, subgroups of dating violence and being affected by the manipulation with Spearman rank-order correlation, being affected by the manipulation and gender with independent sample t-test was analyzed.

3. RESULT

The mean age of the participants is 22,08±2,03. Participants consist of 200 university students who 48% (N=96) are men and 52% (N=104) are women. According to the results of the dating violence questionnaire; the average value is 8,93±6,56, the highest value is 29, the lowest value is 0. According to the results of the being affected by the manipulation questionnaire; the average value is 12,34±3,48, the highest value is 20, the lowest value is 4.

According to Pearson Correlation analysis; there is a moderately significant positive correlation between exposure to dating violence and being affected by manipulation ($r = .319$, $p < 0.001$).

The Multivariate Analysis of Variance (MANOVA) was conducted to investigate between being affected by the manipulation and exposure to dating violence from the point of gender. Levene's test for homogeneity of variance was significant at the $p > .05$ level. The multivariate effect was not significant by gender groups [$F(2, 197) = 1.953$, $p = 0.145$; Wilks' Lambda = .981, partial $\eta^2 = .019$].

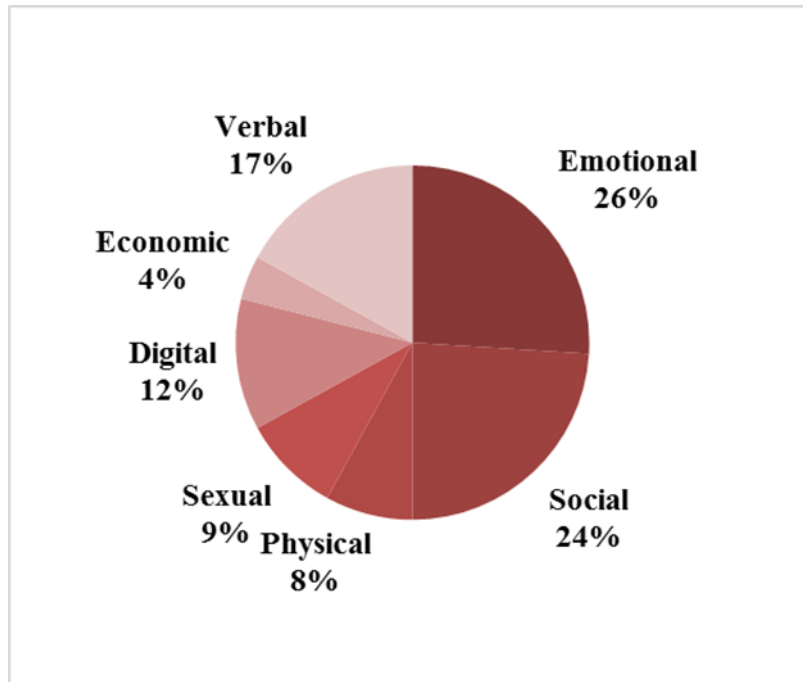
Table 1. Distribution of the most exposed situations by gender in each dating violence subgroup

Subgroups of dating violence	Questions	Female (n=104) n, (%)	Male (n=96) n, (%)	Total (n=200) n, (%)
1. Emotional/ psychological	I've been afraid to say "No" to my partner.	48 (%46,15)	58 (%60,41)	106 (%53)
2. Social	Late returning to my partner's calls or messages created a problem.	55 (%52,88)	52 (%54,16)	107 (%53,5)
3. Verbal	He insulted me while arguing.	28 (%26,92)	37 (%38,54)	65 (%32,5)
4. Physical	It happened that he grabbed my arm hard to warn me.	17 (%16,34)	18 (%18,75)	35 (%17,5)
5. Economic	My partner hoped that I would pay the payments without questioning my financial situation.	7 (%6,73)	16 (%16,66)	23 (%11,5)
6. Sexual	My partner used sexuality as a method to connect with him.	15 (%14,42)	26 (%27,08)	41 (%20,5)
7. Digital	My partner asked me to inform him frequently during the day.	37 (%35,57)	31 (%32,29)	68 (%34)

The distribution of the most exposed situation in each dating violence subgroups concerning gender is shown in Table 1. The most exposed situation of dating violence subgroup is social. The lowest exposed situation of the dating violence subgroup is economic.

When the relationship between dating violence and gender is examined; according to the results of independent sample t-test, it was not found a significant relationship [$t(198)=1.882, p=0.061$].

Graphic 1: The distribution of the participants concerning dating violence subgroup



The distribution of the participants concerning dating violence subgroups is shown in Graph 1. The emotional dating violence subgroup has the highest rate with 26%. The subgroup with the lowest rate is economic dating violence with 4%.

When the relationship between dating violence subgroups and being affected by the manipulation is examined; there was a moderately positive correlation between social dating violence ($\rho=.434, p<0.001$), verbal dating violence ($\rho=.232, p<0.001$), emotional/psychological dating violence ($\rho=.434, p<0.001$) subgroups and being affected by the manipulation which was statistically significant. When asked the question whether they demand help from their close relationship to the participants; 56% of the participants said "Yes, I demanded help", 44% of the participants said, "No, I did not demand help". When the distribution of the participants who demanded help from their close relationship concerning gender is examined; the rate between male participants are 55,21%, the rate between female participants are 56,74%.

Table 2. Exposure to dating violence and legal process

	Gender	No	Yes
Have you reported the problems caused by your partner in your dating or relationship to the official authorities?	Male (n=96)	%100	%0
	Female (n=104)	%99,03	%0,97
Did you get the required response from your report?	Male (n=96)	%100	%0
	Female (n=104)	%99,03	%0,97

The notification questions which are presented at the end of the exposure to dating violence questionnaire were asked about whether the participants who had problems in their relationship due to dating violence receive support from official institutions. The situations related to the legal process about exposure to dating violence are shown in Table 2. The rate of demanding help from official institutions is almost little if any. There is one female participant who notifies to the formal institution and she received the result from her notification.

Table 3. Participation Rates for Featured Questions in the Being Affected by the Manipulation Questionnaire

Questions	%	Gender	
		Female	Male
Someone covered up his/her wrongs with excuses.	%92,5	%54,05	%45,95
In a relationship where I had difficulties, I did not say what I was inside so that the other party would not be upset.	%87,5	%50	%50
It happened that I did what they wanted out of pity for someone.	%79,5	%51,57	%48,43
I wouldn't refuse the request of someone who sacrificed for me.	%79	%48,73	%51,27
I accepted something I didn't want because it was so insistent.	%77,5	%49,67	%50,33

The rate of participants who participate positively for some questions in being affected by the manipulation is shown in Table 3. The rate of agreeing 200 participants and distribution of this rate between male and female are expressed as a percentage. It has been observed that the rates of males and females are approximate to each other. When the relationship between

manipulation score and gender; Independent Sample T-test indicated that there was no statistically significant difference between manipulation and gender [$t(198)=1.175, p=0.241$].

4. DISCUSSION

In our study, the relationship between exposure to manipulation and exposure to dating violence among university students was examined. There was a significant relationship between them and it was seen that gender was not a discriminating variable. According to the research results, openness to manipulation is an important factor in a person's exposure to dating violence. The dating intensity questionnaire used in the study was conducted by literature review and the manipulation questionnaire was created by using the Manipulation in Human Relations Scale. It has been seen that for these two important variables of violence, there are no scales that measure the determination of the victim and the damaged person has suffered. For this reason, it was thought that developing a scale for variables would be an important step in determining its severity and consequences. Until scales for the victim were developed; Pilot studies for the surveys to be prepared in new studies will ensure that the obtained data are healthier and safer. Besides, the fact that the subgroups of dating violence are not defined by the authorities makes it difficult to conduct studies on common ground. Defining dating violence subgroups with different content in the conducted studies creates problems in comparing the results and makes it open to criticisms about the reliability of these studies.

According to Karatay et al., 28.6% of the participants stated that they were exposed to violence in their emotional relationship, and they were exposed to verbal, emotional, physical and sexual violence, respectively (Karatay et al., 2017). According to Dikmen, Özaydın and Yılmaz, it was determined that female students were exposed to emotional, verbal, economic, physical and sexual dating violence, respectively, by their partners (Dikmen, Özaydın, Yılmaz, 2018). In the study of Açıkgöz and his colleagues; physical, sexual, and emotional violence was evaluated and it was found that the participants most frequently used emotional violence and they were also exposed to this type of violence (Açıkgöz et al., 2018). According to the study of Selçuk et al., the types of violence that are exposed to in a dating relationship are psychological, physical and sexual violence, respectively (Selçuk et al., 2018). In the study of Çoban et al., psychological violence was observed more frequently in individuals who were exposed to dating violence (Çoban et al., 2020). Similar findings were also obtained in our study. Among the dating violence subgroups, exposure to emotional, social and verbal violence was higher, respectively. The first three subgroups were found to be associated with manipulation.

According to Açıkgöz et al.'s study (2018), it was not found statistically significant differences between using or exposing emotional and sexual violence with regards to gender (Açıkgöz et al., 2108). According to another study, it was found that each gender type was exposed to violence in dating relationships (Çoban et al., 2020). In our study as in other studies, it was not found statistically significant differences between dating violence and gender.

According to Jouriles, McDonald, Mueller and Grych's research, It was observed that the potential for emotional dysregulation (anger), trauma and related risky and aggressive behavior and rejection sensitivity increased in youth who exposed to family violence. It was stated that youth who were exposed to family violence have a higher tendency to show dating violence (Jouriles, McDonald, Mueller, Grych, 2012). Our research has shown that people being subjected to harmful manipulation which is a form of violence in the family, social relationship etc. increases the risk of experiencing dating violence. These findings show that the violence seen during the development processes shows that not only the perpetrators of violence but also the victims grow up in these environments in the context of dating violence.

In our study, only one female participant was notified for demanding help from official institutions in all participants. In another similar study, participants who were exposed to dating violence stated that they did not notify non-governmental organizations as well as formal institutions for help. The reason why the participants do not notify that dating violence is not perceived as violence by the formal authorities (Kaplan, 2020). In this study, it is suggested that organize both studies of dating violence awareness and studies of awareness about the rights of individuals at the legal level.

This study can be developed by redesigning a large sample with more different demographic data (economic level, addiction, education level, cultural differences), considering gender differences in the perception of violence among the participants. Besides, the participants' perceptions of violence may be different. For this reason, it can be a confounding factor. In future studies, measurement tools that measure the participants' perception of violence can be used to eliminate the confounding effect. Studies are important for preventing violence and raising awareness in the future. Workshops can be organized for people who are exposed to violence. Also, education can be given about their rights. In the findings of this study, according to notification questions results, although the participants want to help from their social environment for problems in their relationships, the rate of applying to the formal institution is very low. Studies that examine the perspectives on attitudes about notification in future studies will help this area.

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5. Appendix



SAYI: PSYEK – 2019/01

KONU: Psikoloji Bölümü Etik Kurulu Kararı

TARİH: 04.12.2019

Psikoloji Bölümü öğrencileri Aslıhan Şenay, Erman Kayat, Hande Küçüksaraç ve Mahi Aslan'ın Prof.Dr.İşıl Pakiş danışmanlığında yürütmüş olduğu “**Üniversite Öğrencileri Arasında Manipülasyondan Etkilenme ile Flört Şiddetine Uğramama Arasındaki İlişki**” başlıklı araştırması Psikoloji Bölümü Etik Kurulu tarafından uygun görülerek araştırmanın başlaması için gerekli onay verilmiştir.

Prof. Dr. İsmail Ercan Alp

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