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**Underlying Causes of family violence during the
COVID-19 pandemic and the Role of Workers in
Civil Society Institutions and Care Centers: A
Qualitative Case Study**

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Abstract:

There is an increasing interest in studying family problems during the COVID-19 pandemic, and its results indicated a high rate of family violence during this pandemic. However, these studies did not examine the psychological reasons behind this family violence in light of the outbreak of COVID-19, using a qualitative research design to deepen the understanding and interpretation of this problem. This study applied the qualitative case study design using a purposeful sampling method, consisting of (4) wives who exposed to family violence during the COVID-19 outbreak. Their ages ranged between 32 to 49 years old. The results of this study found that there are increasing rates of family violence against wives through the COVID-19 outbreak, resulting from the home quarantine stress. The thematic data analysis showed that crises change human thinking, feelings, and behavior; social distancing measures make family members feel isolated, which increases stress. If family members fail to cope effectively, the family's climate turns into a negative one, and the violence among family members increases. The results also showed that satisfying the family members' need for love is necessary to cope with the stresses of crises effectively; as a result, the expression of love between family members can be distorted and become pathological, and the individual expresses his love negatively, such as violence, cruelty, and aggression, and he cannot satisfy his basic need for love and then falls into psychological problems. The negative expression of love weakens the individual's perceived power and hurts others, increasing violence, bullying, divorce, and other family problems. The qualitative data analysis revealed that exposure to violence from the family members affected women's mental health. Thus, these results confirm the importance of the role of the community institutions in drawing public policies to confront family problems and underline the need for wives to plan counseling programs to strengthen their psychological immunity and coping problems to increase their wellbeing and achievement. Thus, there is a necessary need for community institutions' efforts to provide health and psychological services to help women get rid of the negative effects of family violence they were exposed to during the COVID-19 pandemic.

Keywords: family climate, wellbeing, need for love, violence, bullying, qualitative case study design.

الأسباب الكامنة وراء العنف الأسري أثناء جائحة COVID-19 ودور العاملين في

مؤسسات المجتمع المدني ومراكز الرعاية: دراسة حالة نوعية

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الملك خالد

المستخلص:

هناك اهتمام متزايد بدراسة المشكلات الأسرية خلال جائحة COVID-19، وقد أشارت نتائجها إلى ارتفاع معدل العنف الأسري خلال هذه الجائحة. ومع ذلك، فإن هذه الدراسات لم تبحث الأسباب النفسية وراء هذا العنف الأسري في ظل تفشي مرض كوفيد-19، باستخدام تصميم بحث نوعي لتعميق فهم وتفسير هذه المشكلة. طبقت هذه الدراسة تصميم دراسة الحالة النوعية على عينة قصدية، تكونت من (٤) زوجات تعرضن للعنف الأسري أثناء تفشي جائحة كوفيد-19. تراوحت أعمارهن بين ٣٢ و ٤٩ عام (بمتوسط عمري قدره ٤٢ عام، وانحراف معياري قدره ٧.٤٣٩). ووجدت نتائج هذه الدراسة أن هناك معدلات متزايدة للعنف الأسري ضد الزوجات من خلال تفشي جائحة كوفيد-19، الناتج عن ضغوط الحجر الصحي المنزلي. أظهر تحليل البيانات الموضوعية أن الأزمات تغير تفكير الإنسان ومشاعره وسلوكه. إذ أن تدابير التباعد الاجتماعي جعلت أفراد الأسرة يشعرون بالعزلة، مما يزيد من التوتر. وإذا فشل أفراد الأسرة في التوافق بشكل فعال، يتحول مناخ الأسرة إلى مناخ سلبي، ويزداد العنف بين أفراد الأسرة. كما أظهرت النتائج أن إشباع حاجة أفراد الأسرة للحب هو أمر ضروري للتعامل مع ضغوط الأزمات بشكل فعال. ونتيجة لذلك، يمكن أن يتشوه التعبير عن الحب بين أفراد الأسرة ويصبح مرضياً، ويعبر الفرد عن حبه بشكل سلبي، مثل العنف والقسوة والعدوان، ولا يستطيع إشباع حاجته الأساسية من الحب ثم يقع في مشاكل نفسية. ويؤدي التعبير السلبي عن الحب إلى إضعاف القوة المدركة للفرد وإيذاء الآخرين، وزيادة العنف، والتوتر، والطلاق، وغيرها من المشاكل العائلية. كما أظهر تحليل البيانات النوعية أن التعرض للعنف من قبل أفراد الأسرة يؤثر على صحة المرأة النفسية. وبذلك تؤكد هذه النتائج على أهمية دور مؤسسات المجتمع في رسم السياسات العامة لمواجهة المشاكل الأسرية والتأكيد على ضرورة أن تخطط برامج إرشادية للزوجات لتعزيز مناعتهن النفسية والتكيف مع مشاكلهن لزيادة رفاههن وإنجازهن. وبالتالي، هناك حاجة ضرورية لجهود مؤسسات المجتمع لتوفير الخدمات الصحية والنفسية لمساعدة المرأة على التخلص من الآثار السلبية للعنف الأسري التي تعرضت له خلال جائحة COVID-19.

الكلمات المفتاحية: المناخ الأسري، الرفاهية، الحاجة إلى الحب، العنف، التوتر، تصميم دراسة الحالة

النوعية.

1. Introduction and Theoretical Background:

Since the outbreak of the COVID-19 pandemic, new data and reports showed there are increased rates of all types of violence against women and girls, especially family violence. This is the hidden pandemic growing in light of the COVID-19 crisis, which confirms the need for a global collective effort to stop that violence. As health service efforts continue to be exhausted by COVID-19 cases, basic services, such as family violence shelters and assistance numbers, have reached their limits. Therefore, more efforts must be made to prioritize addressing violence against women in COVID-19 response and recovery efforts (United Nations, 2020).

1.1. Love is a feeling:

Love is a complex set of feelings, behaviors, and beliefs associated with intense feelings of affection, protection, warmth and respect that the two parties have for each other, and the concept of love can expand on the ordinary meaning of it which is between two people in a love relationship, as love is for pets, principles, places or family and other things, and love is a favorite topic of philosophers, poets, writers and scientists, and it has taken a vast space over generations, and many have tried to find a clear definition of love, and although many people agree that love involves strong emotional feelings, there are many disagreements about its precise meaning, and some have defined it as a person's desire to give the person he loves luxury, happiness and comfort at the expense of his personal satisfaction, and others defined it as intense feelings of attachment, tenderness and need, as it is a complete commitment to the partner, and love may differ from one person to another and from one culture to another, and love may be a choice or a reality in which a person has no stake (Goble, 1970, Parker et al, 2004).

Love is a feeling that stems from the human self, and it may be represented by loving someone or something and being attracted to him and him.

Aron and Aron (1986) have shown that people are attracted to each other when they find an opportunity to expand themselves, and similarity plays a large role in the attractiveness between individuals. Sternberg (1986) has shown that love has three components:

Intimacy: It refers to the motives that lead to romance, physical attraction, sexual encounters, and the phenomenon related to love relationships.

Passion: It refers to feelings of closeness and attachment in a love relationship.

Decision and commitment refer to a decision or commitment to an individual's decision to love another individual for a short or long period. He is committed to preserving love.

There are two attitudes in the interpretation of love. The first sees love as an emotion, while the other view considers love as a compound emotion. The difference between these two is that the first trend sees love as an arranged group of emotions in which mental elements characterized by stability and stability enter. And the second direction is a complex or emotional complex of permanent strength in which there are enthusiasm and intensity and focus attention on a specific thing (Abdel Al, 1989; Hamilton, 1978).

1.2. Types of love in psychology:

Aron & Aron (1989), Cassidy & Shaver (1999), and Parker et al. (2004) indicated that there are many types of love, as follows:

1. **Fratern love:** Love is based on a sense of responsibility, care, and respect, not only towards a true brother, but towards any other

human being, and it is one of the most important fundamental types of love, as it can include all kinds of love and finally, love between equal parties.

2. **Maternal-motherly love:** This love instills a person's love of life - people in general, not just children - because motherly love is not limited to the mother's love for her child. Therefore, this love is an affirmation of the child's life and needs, and ultimately it is the love of the impotent.
3. **Erotic love:** Erotic love pursues material integration to reach union with another person, as it is a custom rather than a general one. It can be seen as "the most deceptive type of love" because this love lives the experience of falling into it and revealing the unknown, even if the unknown becomes familiar; fear his boredom?
4. **Self-love:** This type of love may often be seen as selfishness and narcissism in its most potent form, as Freud and Calvin see, but this judgment cannot be absolute, so there is no love for people without self-love and self-love, as in the end, if something is lost does not give it.
5. **Love of God:** The love of God is the religious form of love, as it does not differ from known love, as it arises from the individual's need to "conquer separation and achieve unity." God is the ultimate good, and He is the one who possesses the highest value in the known and unknown existence.

1.3. The need for love:

The need for love points to the individual being likable and affectionate and the object of attention from other people. Maslow (1970) called it to obtain love, affection, care, care, emotional support from the other person or others. Zahran (1977) believes that the need for

love is the most important psychological need. If the individual's hair is not available, it is isolated, leading to abnormal behavior patterns. It represents an overwhelming desire for the individual to seek the affection and love of others.

The need for love is one of the most important psychological needs. According to Maslow, the third need came in the hierarchy of human needs. Maslow states the need for love appears when the individual's physiological and security needs are relatively satisfied; (Goble, 1970). Kraschtel et al. (1962) If the individual fails to satisfy this need, this may distort his perception of himself, others, and the reality around him.

The need for love is a desire to be loved and taken care of by others, and experiences have shown that the need for love is one of the most basic human needs. One form of this need is direct contact with touch. Studies indicate that children deprived of comfort Contact, especially in the first six months of their birth, become psychologically affected when they grow up. Given the importance of the need for love, it is not surprising that people think that one of the most important determinants of happiness lies in a person's feeling of love and care; they aim to live a happy life (Tay & Diener, 2011; Aron & Aron, 1980).

From Maslow's point of view, there are two types of need for love resulting from impotence and imperfection: in which love is characterized by selfishness, and the individual's concern is to be loved by others. And the second type: the need for love resulting from the individual's ability to love others. This kind of love cannot be achieved without satisfying the basic needs that precede it: physiological needs and the need for security (Maslow, 1987).

When a person seeks to be loved by others, he often forgets the need to love others and the love of giving and care. It turns out that this need is just as strong as the need for love. The desire to love and care for others underlying the phenomenon of "gentle aggression" refers to the

tendency to pinch the person we love or express this love with a firm embrace. Mild aggression occurs more with cute children or pets such as cats and small dogs. This term is called aggression and can lead to discomfort or inconvenience to these small creatures. This term also applies to the people we love. Also, expressing love and sympathy benefits the people receiving affection and those who say these feelings (Hamilton, 1978; Maslow, 1987; Wahba & Birdwell, 1978).

1.4. Love and wellbeing during COVID-19 pandemic:

Although many do not agree that there is one clear definition of love, most people agree that it plays an essential role in mental health. Many studies have shown the benefits of love for individuals' mental health and their role in mental health in the long run. Among these benefits are that children who do not show love and affection by resorting to hugs may develop diseases or mental retardation. People who are unloved or not surrounded by love exhibit depression, low self-esteem, and low self-esteem. People who feel love and express it to other people tend to be happier than others. Love can play an essential role in long-term health, and feeling an emotional connection helps increase the human body's immunity. The previous studies indicated that love is necessary for mental health (see Tay & Birdwell, 1976; Hamilton, 1978; Parker et al., 2004; Rubin, 1970).

2. Objectives:

There is an increasing research interest in studying family problems during the COVID-19 pandemic, and its results indicated a high rate of family violence during this pandemic. However, these studies did not examine the psychological reasons behind this family violence in light of the COVID-19 outbreak, using a qualitative research design to deepen the understanding and interpretation of domestic violence. Moreover, The United Nations urged all governments to prevent violence against women and redress the damage caused by such violence. Thus, this study

seeks an in-depth understanding of family violence against wives during the COVID-19 pandemic and the causes of this problem from the violented women's point of view. And also to reveal the role of civil society institutions and counseling centers in dealing with family climate problems such as violence, bullying, and divorce during the COVID-19 pandemic. The current study aimed to investigate the impact of the stress of quarantine on the expression of the need for love. Therefore, the current study tries to answer these questions:

1. What is the effect of the COVID-19 pandemic on the family climate?
2. What is the impact of the stress related to the COVID- 19 pandemic on expressing the need for love?
3. Civil society institutions and counseling centers' role in dealing with the family climate problems during the COVID-19 pandemic?

3. Research Methodology

3.1. Method:

This study applied the qualitative research designs to increase our understanding of a phenomenon for which we have little information (Arnout, 2020b) by using the case study method. A case study is a qualitative research strategy, a thorough and deep investigation of a specific situation or individual case, or a specific incident, or a group of archived documents. There may be various objectives or questions in the case study, but the general goal is to reach the fullest possible understanding of that case (Corbin & Strauss, 2008). The distinct need for case study research arises from the desire to understand complex social phenomena (family violence against wives) and maintain a comprehensive and realistic perspective (Rolls, 2005). Figure 1 shows

the case study design in the current study to understand the family violence against wives during the COVID-19 outbreak.

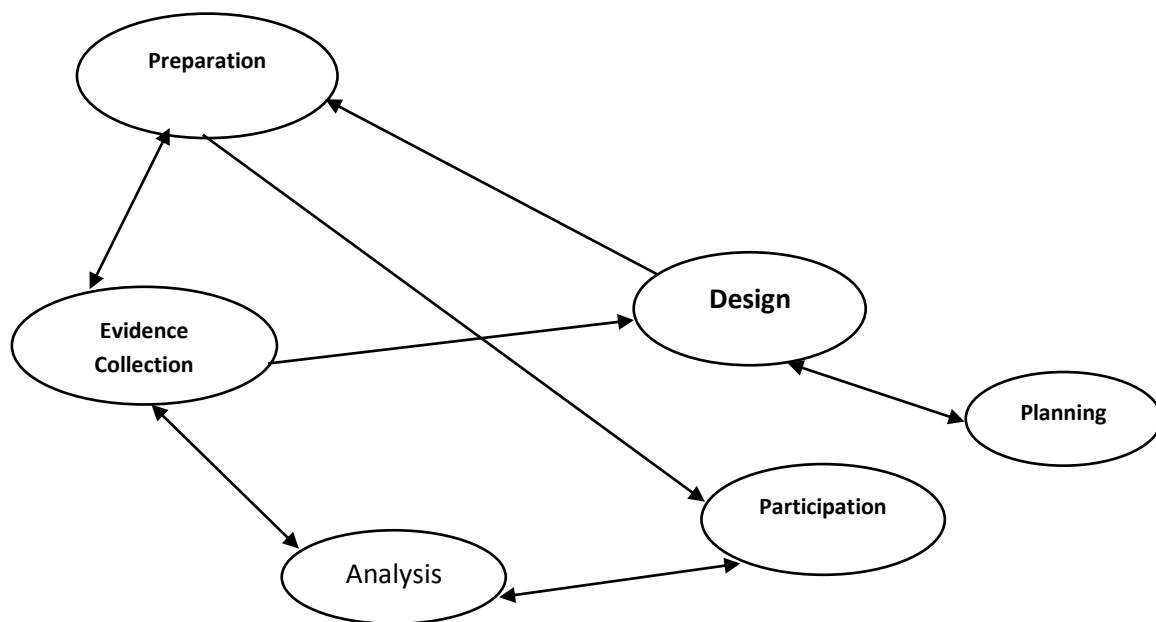


Fig. 1 case study design in the current study to understand family violence against wives

3.2. Participants:

This study used a purposeful sampling method. The sample consisted of (4) wives, their ages ranged between 32- 49 years old (M= 44, STD= 7.439), who exposed to family violence during the COVID-19 outbreak were asked to participate in the current study about violence against women during the COVID-19 outbreak. Participants were told the researcher about their agreement. The demographic characteristics showed in Table (1).

Cases	Age	Duration of Marriage	Number of children
1	32	7	4
2	41	10	3
3	46	15	5
4	49	22	4

3.3. Tools:

Due to the home quarantine circumstances, the researcher used the in-depth interview method through telephone to collect data after the participants' agreement. This interview applied open-ended questions. The interview lasted 60 to 80 minutes, from 5 May to 22 September 2020.

3.4. Data Analysis:

The data collected from the participants was analyzed by Arnout (2020) strategy, which classified descriptively (open classification), and determines the patterns using the axial classification, bring meanings using little words to identify patterns and topics within the data, and abbreviate many texts with more comprehensive words and addresses using induction. The researcher used MAXQDA program in the thematic data analysis process.

3.5. Trustworthiness of Data:

To increase credibility, the researcher used strategies based on four criteria credibility, dependability, confirmability, and transferability (Al-Abd Al-Karim, 2012). The researcher verified the credibility by well-

known and reputable research methods, early identification of the participants' culture. she also studied more than one participant and place of study. This is in addition to ensuring the honesty of the participants and encouraging them to be frank in what they say to the researcher, allowing the participants to refuse to participate in this study when they do not want to participate, and attention well about cases of negative examples that violate the general format in the search data. As for the credibility criterion, the researcher reinforced it in this study by including a section explaining the research design, procedures, application, and implementation. The researcher also reinforced confirmability that the data helps confirm the general results by searching for and showing negative examples, searching for alternative explanations, and testing them. The researcher also chose an expert in analyzing qualitative data to evaluate and criticize each study step. As for transferability, which means that the research results may be useful in similar cases, the researcher provided evidence that may benefit the reader in connecting the results of the current study and other similar studies.

4. Results and discussion:

The thematic data analysis showed that participants exposed to verbal and psychological violence from family members, which increased during the home quarantine period due to the COVID-19 outbreak. And a large number of them have sought help from Psychiatrists because of the physical, psychological, and academic health damage that resulted from violence, which negatively affected their lives and personality.

The thematic analysis concluded that family violence during the COVID-19 pandemic affected women's health, achievement, and psychological well-being. Thus, these results confirm counseling centers' role in providing psychological support and planning programs to help them overcome their family problems.

For this reason, several countries worldwide decided to curfew to prevent the spread of COVID-19 put thousands of women and children become in front of the possibility of increasing family violence against them. At the same time, experts expected the emergence of new family violence cases, as China recorded a rise in the number of violence cases, which in some places reached three times the previous rate, after only weeks of strict isolation procedures.

From the thematic analysis, we concluded three themes:

Theme1. A successful love relationship:

All participants agreed that a successful love relationship is very important during a crisis. Love gives the individual strength, especially from his life partner, and helps him to face pressures. The participants referred that we could maintain and improve the emotional relationship between the two partners and make them ready to face difficulties in any crisis by the following steps:

1. Conducting a conversation between the two partners and communicating each other's needs is a successful and vital way to build a strong and trustworthy relationship.
2. A person should not wait for his partner until he guesses what he wants, needs, or feels and even says it outright.
3. Listening to the partner is one of the essential points that help improve the emotional relationship, as people are often busy defending themselves and presenting their point of view. They do not listen to the partner and offer excuses or answers even before the other party hears.
4. Spending time together and making the relationship a priority in life is essential in a romantic relationship and enhances its strength and durability.

5. The partner should support his life partner and not always judge or criticize him or blame each other, and each party must remember that the love relationship is like being in a team. For the team to succeed, they must encourage each other.
6. Resilience in the emotional relationship is one of the essential things for its continuity and permanence. Both partners must let their relationship grow and adapt to the changes taking place in each of them.

Theme2. Underlying causes of family violence:

The thematic analysis revealed that we could understand family violence between family members during the COVID-19 pandemic by understanding the motives behind that behavior. During the in-depth interviews, the participants indicated that there are many motives for family violence, especially against wives, under the conditions of COVID-19; including the husband's neurotic personality, suffering from psychological problems such as anxiety and depression, suffering from some chronic diseases such as diabetes and high blood pressure, addiction, negative dependence, home quarantine and preventing leaving the house, financial problems due to the unemployment of some spouses from work, loss of positive expression skills about love for the wife and many other reasons that may result in violence within the family.

In crises and disasters, conflict arises between life and death instincts as the instincts of life are motivated by love and sex that work to preserve the individual. The conflict comes between the instincts of death and motivated by aggression and destruction, which is an instinct that always fights for the sake of self-destruction and aggression towards the destruction of others. If it is not implemented towards an external issue, it will respond against the being itself out of self-destruction. Individuals in these circumstances of crisis may express consciously or unconsciously of love may also be characterized by violence, cruelty,

and aggression, which may lead to the lack of satisfaction of the need for love or the transformation of the instincts of life and love to destruction, aggression, and death. Therefore, human problems increase in this crisis, such as; suicides, violence, anti-social behaviors, addiction, excessive alcohol consumption, increased divorce, emotional separation, marital infidelity, and bullying among society members in general in the family and school work.

According to Freud's theory (1951), the motives of violence are internal mental states that regulate the behavior and give it meaning. But often, the explanation is incomplete for all behavior. The reason for this is to enter into unconscious processes that are carried out by the motives that work within us, and we are not aware of them—in particular, separating motivations from self-awareness is to broaden the field of motivation-based interpretation radically. And that Freud's idea related to the unconscious implies a repository of motives that explain actions and make them meaningful (Maslow, 1987).

Freud (1951) believed that human motives could be traced back to two basic instincts; life instincts, "love," the sexual instinct that preserves the self, and gender. And, the death instinct "to destroy" is the instinct of aggression and destruction. These two basic instincts, which are repulsive and attracted in the world of living things together, represent human impulses. The first represents the force of attraction and the other the force of repulsion. The life instinct - love, includes what Freud calls Libido, man's vital and psychological energy, including the sexual instinct. Freud expanded on the topic of the Libido. It is not limited to the reproductive function only because sexual behavior does not lead to procreation, such as wet dreams, masturbation, etc. Also, the Libido grows from birth and not at puberty, as it is known. Sexual instinct is the source of all love and tenderness, just as it is the source of all evils such as jealousy, hatred, and aggression. Freud expands the function of the Libido and its effect on life to include all aspects of sensual and

emotional pleasure. It is even urinating in its sexual pleasure because it reduces sexual tension (Freud, 1951).

From the above, we can conclude that every human being can love, but satisfaction with this need isn't easy. We start life with the complete center of childhood around the self, and we cannot distinguish between ourselves and others (Majeed, 2008). And socialization does not allow the individual the right lines to learn emotional contact with others to satisfy the need for love in its various stages.

As for the instinct of aggression, according to Freud, it is an innate and unearned tendency, and therefore a person becomes for him "an enemy of his fellow man"; By nature, the community's mission is to refine these motives. The instinct of aggression appears in the desire to destroy things and harm others. Wars are, in Freud's view, only a manifestation of aggressive behavior. Freud concludes that human behavior results from the conflict between these two instincts or the cooperation between them. The instinct of life tends to build, as it destroys and demolishes the intuition of aggression. The job of society is to overcome destructive behavior and present behavior that builds and refines (Freud, 1951).

For Freud (1951) the personality is organized into three sub-groups: Id includes instincts, and the ego includes controlling powers to control instinct demands and distribute mental energy. The superego specializes in values and ideals that prolong family power and culture. With the time of stresses and tensions that may face the individual as a result of disasters and crises (such as COVID-19), the strength of the ego may weaken in the face of the instinctive and lustful demands of ID, and this may result in the deviation of the love affection, or a change in the subject of the satisfaction of love, which lead to violence.

In these cases, individuals use psychological defense mechanisms to satisfy their desires because of the taboos that stand in the way of

achieving them. They are subconscious processes that use twisted or disguised means (tricks) to control psychological energy and not expose it to psychological risks. Thus, mental illnesses are nothing but types of defensive tricks that a person resorts to when exposed to danger and forced to compensate negatively with feelings of "aggression." Suppose the individual fails to control twisted desires. In that case, psychological diseases arise; among them is frustration, which means obstructing one of the aims' conscious achievements, especially when the aspirations are much higher than the ability of individuals to achieve them.

As a result of the conflict between desires and the failure to fulfill them or allow them to vent as in quarantine periods, psychological conflicts are generated that a person tries to solve by adapting to them. If he fails, the conflict becomes tension and anxiety, sometimes leading to an explosion and violence.

Horney (1942) noted that the standard practice in the era's civilization is the pretense of love and nervous love, which refers to coercion and exaggeration in love. A neurotic person needs love because he feels that he is depressed, miserable, and unlovable. He feels the need for love with a high degree of sensitivity as he is affected by any sign, even a simple sign of rejection.

Cassidy & Shaver (1999) and Wulff & Maslow (1965) pointed out that love is the unification and fusion of three life behavioral systems: attachment, attention, and sex. Each of these systems has distinct behaviors and functions, and these three behavioral systems can be distorted in life stages, and from them, the different sub-types of love and the advanced stages appear. Freud divides love into two streams: love /tenderness and sensitivity. The first arises from the care, attention, and nourishment of the child's parents. Simultaneously, the second has a relationship with sexual activity or what Freud calls Libido or sexual arousal. From Freud's viewpoint, happy love is merging these two

currents or separating these two currents from each other or suppressing one of them from the other, resulting in neurosis.

Abdel Aal (1985) and Abdullah (2003) found that the deprivation of love and satisfactory love does not shy away from displaying roughness, violence, cruelty, and embarrassment in their dealings with them. Global reports indicated an increase in family violence cases in light of the spread of the COVID-19 pandemic. Likewise, suicides have increased in Arab countries due to the economic crises that people are suffering.

The healthy expression of love everyone wants in all stages of his life, good times, as well as in distress and crisis. The positive word of love that an individual receives or expresses to others is a force that enables the individual and others around him to face adversity. In contrast, the negative expression of love weakens the individual's strength and harms others around him through the crisis.

As cited in Arnout (2020), the Secretary-General of the United Nations stated that the combination of economic and social pressures caused by the COVID-19 pandemic, as well as restrictions on movement, all led to a significant increase in the number of women and girls facing abuse in almost all countries, noting that statistics showed, even before the deployment as a result of the emerging global coronavirus, a third of women worldwide have experienced some form of violence in their lives. The Secretary-General of the United Nations said that this problem affects both developed and low economies, with nearly a quarter of female university students in the United States of America reporting that they have experienced sexual abuse or misconduct. In contrast, partner violence has become a reality for 65% of women in parts of sub-Saharan Africa. Physical violence has many ramifications, including depression and miscarriage. The Secretary-General addressed the research conducted by the World Health Organization, which details the disturbing effects of violence on women's physical, sexual, reproductive,

and mental health. Women subjected to physical or sexual abuse are likely at twice the risk of miscarriage, and the experience almost doubles their risk of depression. In some regions, they are 1.5 times more likely to be infected with HIV. There is evidence that women who are sexually abused are 2.3 times more likely to develop alcohol-related disorders.

Theme 3. Dealing with the family violence during the COVID-19 pandemic:

The UN Secretary-General's said that "to end violence against women campaign, a multi-year effort aimed at preventing and eliminating violence against women and girls, will focus on amplifying the call for global action to bridge funding gaps, ensure essential services for survivors of violence during the COVID-19 crisis, focus on prevention, and collection of data that can improve life-saving services for women and girls (United Nations, 2020).

A few days ago, the World Health Organization (WHO) called for measures to reduce "family violence" as a result of staying at home against the backdrop of the spread of the new COVID-19 (COVID-19). The Director-General of the World Health Organization said on Friday, in a press conference, that the organization has received reports from several countries and governments confirming the increase in cases of "family violence" with the continued existence of all people in the homes since the outbreak of the COVID-19, expressing his sorrow for these reports. "With people being asked to stay in their homes, the risk of family violence is likely to increase," and he added that countries should include services to tackle family violence as part of measures to tackle the emergence of the new COVID-19 (Arnout, 2020).

Civil community institutions and counseling centers must take some measurements of facing and treating family violence in several forms, such as preventive procedures, which are essential in resisting family violence, preventing its spread in society, preserving family

cohesion, and allowing it to live in peace and stability. Therefore, some countries take strategies and methods to prevent family violence, and ways to deal with him in the event of an incident of family violence, so that the preventive procedures are as follows:

[1] Awareness programs:

Through the use of several methods and methods that begin with general prevention that show the risk of family violence, then legal prevention with knowledge of the laws and legislation related to the protection of the family, then procedural prevention through knowing the ways to access protection services after exposure to violence and the correct methods of reporting, and awareness programs also include educating the judicial system in dealing with cases of family violence, such as the use of recording cameras with children who have been sexually assaulted, and not asking the child to repeat the same story for fear of the psychological impact of this, as well as developing institutions related to protecting the family, and improving the efficiency of its employees by giving them courses in knowing the indicators of violence and the basis for following it.

[2] Prevention programs during the intervention:

These are the methods used to rid the victim of the effects of psychological or physical violence by empowering her socially, enhancing her capabilities, providing appropriate health care to her, and enabling her economically by supporting small projects, and encouraging professional training to find job opportunities and provide legal advice, and help in knowing the legal procedures that will be taken and knowing its dimensions.

[3] Follow up prevention programs:

These programs aim to eliminate the negative effects of family violence by rehabilitating the affected, integrating them into society, providing psychological counseling services, especially those who suffer from the effects of post-trauma, and restoring their confidence in themselves. The program also includes helping the elderly who have been subjected to violence by integrating into society and training them to manage anger and prevent future incidents of violence.

5. Conclusion:

The current study results showed that love is an important positive emotion. Sometimes love expresses the human virtues represented by fair dealing, altruism, working on the happiness of others, and achieving the common good. Love is the basis of personal relationships between human beings. It is usually assumed that love's function or primary aim is to preserve humankind by cooperating against difficulties and dangers. However, due to the lack of religiosity, resilience, and compassion as a result of the life stress resulting from health crises such as the COVID-19, social crises such as poverty, wars, and ethnic conflicts based on religion, race, color, or gender, feelings of love may change from positive to negative and show cruelty, violence, aggression, and bullying. It may establish disputes, severing relations, divorce, murder, juvenile wing, and anti-social behaviors, as infidelity may appear.

The role of psychological counseling and treatment services is to relieve the health and psychological problems resulting from the failure to satisfy the need for love and family violence to increase society's well-being and quality of life (Arnout& Abdelmotelab, 2020).

The results of this study confirm the importance of the role of counseling centers in providing specialized services to reduce cases of violence, bullying, and divorce in the family during the outbreak of

COVID-19 and to lay down human development plans for families in which violence and bullying will spread among their members.

6. Future directions:

From the findings of the current study, we need studies to reveal the negative impact of crises and disasters on satisfying the need for love among individuals and its relationship to family and marital violence, aggression, bullying between individuals in the family, the spread of anti-social behaviors, the increasing demand for alcohol and drug and drug addiction, make developmental plans for the Arab people, activate the role of family member protection centers, and make political decisions regarding family violence, bullying between individuals, bullying in family, marital bullying, and workplace bullying. We also need interventions to investigate the role of counseling programs to increase the healthy patterns of love during the COVID-19 pandemic. We also need future studies that applied to males and other quantitative, qualitative, or mixed study methodologies to reveal the impact of family problems on students' academic achievement and well-being at different academic levels.

Competing Interests:

The author declares that she has no conflict of interest.

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