The Role of Self-Efficacy and Attitudes Toward Dating Violence in College Students

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Abstract

Intimate partner violence (IPV) is a multidimensional form for psychological, physical, and sexual abuse experienced by individuals in a relationship with another (Dolce et al., 2017). The prevalence of IPV and other forms of violence in college settings is an area of significant concern (Noll & Caldeira, 2015). In response to this significant problem, colleges and universities have implemented strategies to reduce IPV and other forms of violence (Johnson et al., 2016). However, the impact of these strategies has been limited, and there is a need to develop effective interventions targeting IPV (Koslofsky et al., 2017). This study examined the impact of a two-hour workshop targeting self-efficacy and attitudes toward dating violence. The primary aim of the current investigation was to determine whether participants in a two-hour workshop significantly changed their attitudes and self-efficacy related to IPV. In addition, this study aimed to determine whether workshop participants were more likely to report changes in their attitudes and self-efficacy related to IPV over the course of several time points.

Results

• Consistent with hypothesis 1, the perceived self-efficacy in romantic relationships scores at pretest (M = 60.3, SD = 22.7) was significantly higher than that perceived self-efficacy in romantic relationships scores at posttest (M = 37.0, SD = 22.0). Therefore, hypothesis 1 was supported.

• Consistent with hypothesis 2, the total ATFDV average score at follow-up (M = 43.8, SD = 19.3) was significantly lower than that at pretest (M = 56.2, SD = 22.7). This finding was consistent with hypothesis 2.

• Consistent with hypothesis 3, the total ATFDV average score at posttest (M = 42.6, SD = 22.6) was significantly different than that at pretest (M = 52.5, SD = 19.6) and that at follow-up (M = 43.8, SD = 19.3). This finding supported hypothesis 3.

Discussion

• Despite the limitations, there is valuable information to be gleaned from this study.

• First, it appears TTK can be a valuable part of dating violence reduction programs targeting self-efficacy in romantic relationships and attitudes toward dating violence in a group of female college students.

• Next, it appears that post engagement can be an important point to focus on when discussing relationship violence.

• Finally, it appears that understanding the impact that a dating violence reduction training has on participants is an essential component of the overall prevention of college students.

Clinical Implications

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Limitations and Future Research

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