

Examining the Impact of Group Art Therapy on Battered Women and Their Sense of Self

Meg Foit

2005

Abstract

Depriving a woman from her ability to make personal choices hinders her from developing an autonomous identity. As domestic violence affects partner relationships of all ethnicities, religious affiliations, and socioeconomic statuses, it also has no gender preference as both men and women fall victim to the abuse of another. For this research study, the focus of the information collected was directed towards women. Over 85 % of the population affected by domestic violence is women (Stokrocki, 2004). A qualitative and quantitative approach was utilized to assess the women's sense of self during and after the group art therapy process. The qualitative research process began with a quantitative inquiry followed by further qualitative inquiry (MacLagan, D., 1999). Using the Rosenberg Self Esteem Scale (RSES), this researcher assessed battered women's self esteem and found an increase (Pretest score = 19.75 & Posttest Score = 21.675). With these findings and those in future research, facilitators for women who have experienced domestic violence may begin to appreciate the benefit of the group process.