

## Meta-Analysis of the Impact of Domestic Violence (DV) on Children's Mental Health and Academic Achievement

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### ABSTRACT

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Domestic Violence (DV) can damage the relationship between parents and children, negatively affecting children's mental health. This study analyzes the impact of DV on children's mental health through a meta-analysis of 15 national journals. The results show that children who are victims of DV often experience anxiety, depression, and difficulties in socializing and learning. The main psychological impacts are anxiety and depression, which can lower self-confidence and affect social relationships. Proper psychological intervention is necessary to reduce these negative effects.

**Keywords:** *Domestic Violence; Mental Health; Children; Depression; Anxiety; Academic.*

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## INTRODUCTION

Children need the attention and affection of their parents (Oktavia, 2022). Parents play a very important role in supporting their children's physical and mental development, and they are responsible for understanding and acknowledging the process of child development (Oktavia, 2022). The relationship between parents and children is influenced by parenting styles (W. Pertiwi, 2020). Harmony and effective communication reflect a healthy family, while conflicts and disagreements often lead to domestic violence, which is triggered by communication and financial problems (Safri Miraj, 2021).

Domestic Violence (DV) is a major issue in family life (Ramadhani, 2021). According to (Rivan Adi Saputra Moniy, 2023), one form of DV is emotional abuse, where parents neglect their children's needs, such as hunger and affection. The impact of DV includes physical injuries, decreased productivity, and even death (Dwintya Saffira Tulangow, 2022). Additionally, children who are victims of violence often struggle to reach their full potential and face psychosocial problems, such as becoming street children, child laborers, or even victims of sexual exploitation (Miraj, 2021).

Trauma from DV can disrupt a child's mental development, creating a false perception that violence is a way to solve problems (Iva Nurfaizah, 2023). DV can have serious effects on victims, one of which is affecting their mental health (Anak, 2023). Mental health is as important as physical health, and good mental health

supports the optimal functioning of various aspects of life (Ida dkk., 2024). Mental health refers to a condition where a person is free from mental disorders, both neurosis and psychosis, and is able to adapt to their social environment (Nurazizah, 2020).

Furthermore, mental health also means being free from mental illness or disorder (Nurazizah, 2020). Good mental health supports the development and well-being of children, who tend to have better academic achievements, social relationships, and emotional stability (Kevin Vitoasmara, 2024). According to (Djayadin, 2020), good mental health not only means being free from disorders but also encompasses overall well-being. Children who are victims of domestic violence are divided into two groups: those who can speak and those who cannot. Children who can speak have a greater chance of recovery, although if left untreated, they may be at risk of trauma, depression, PTSD, or even suicide (Khemthong, 2021).

Children who witness violence are at higher risk of experiencing mental health problems, and educational intervention is crucial to address the psychological impact of domestic violence (Mulawarman, 2022). The impact of domestic violence (DV) not only damages the child's emotional stability but also hinders cognitive development, reflected in decreased academic performance and difficulties with concentration and learning. This can reduce motivation and affect healthy social relationships (Siska Ayu Ningsih and Rika Aryati, 2024). To reduce these psychological impacts, educational interventions, such as the implementation of mindfulness by teachers and parents, can improve the psychological well-being of the family and the child's quality of life (Ni Made Ari Wilani, 2020). The high incidence of DV among children is a serious concern for the future of the next generation (Ministry of Women's Empowerment and Child Protection, 2020).

## **METHOD**

The research method used in this study is meta-analysis. Meta-analysis is a type of research that involves the process of citing, summarizing, and examining several sentences from previous journals. In this study, the author will analyze 15 national journals that have been verified by SINTA using the keywords "Domestic Violence, Mental Health, Children, Depression, Anxiety". The data collection technique employed by the author involves gathering available data from journals that have been published and listed on Google Scholar.

## **FINDINGS AND DISCUSSION**

To understand the impact of Domestic Violence (DV) on children's mental health, the researcher conducted a meta-analysis of several journals related to the issue addressed in this study. The results of the analysis are presented in the table below.

**Table 1: Results of the Analysis on the Impact of Domestic Violence on Children's Mental Health**

<b>Title</b>	<b>Author and Publication Year</b>	<b>Location and Methodology</b>	<b>Research Findings</b>
Dampak Psikologis Kekerasan Orang Tua Terhadap Anak	Fatiha Sabila Putri Matodang, Niza Alfira, Dwi Putri Mardhyah, Muhammad Riski Harahap, dan Mulkan Khatami, (2024)	<ul style="list-style-type: none"> <li>• North Sumatra, Indonesia.</li> <li>• Literature Review.</li> </ul>	Violence has a profound impact on the psychological and social well-being of children.
Dampak Kekerasan Orang Tua Terhadap Kondisi Mental Anak Dalam Keluarga dan Penanggulangannya	Exina Ida Harta Hutabalian, dkk, (2024)	<ul style="list-style-type: none"> <li>• Medan, North Sumatra, Indonesia</li> <li>• Library Research</li> </ul>	<p>Many people in society lack understanding of appropriate parenting methods and often resort to using violence against children. However, this approach has a very negative impact on a child's development, both mentally and physically, as well as on their spiritual well-being. Many parents do not fully understand the meaning of such violence, thinking that it is intended to make their children disciplined and obedient. However, they often make the wrong choices, believing that their actions have no effect, when in fact, they significantly influence the child's development. Therefore, constant use of violence in parenting has a profound impact</p>

<p>Dampak Psikologis Terhadap Kekerasan Anak Dalam Rumah Tangga Studi Kasus Kota Ternate</p>	<p>Safri Miraj, (2021)</p>	<ul style="list-style-type: none"> <li>• North Maluku, Indonesia</li> <li>• Case Study</li> </ul>	<p>on a child's growth. Domestic Violence results in negative psychological effects on children and has detrimental consequences for their future. Children who grow up in families where domestic violence is frequent, either witnessing or experiencing it, are more likely to develop antisocial behaviors. As adults, they may engage in violent actions themselves or suffer from mental health disorders that can pose risks to others.</p>
<p>Pengaruh Tindakan Kekerasan Orang Tua Terhadap Kesehatan Mental Anak di Desa Silayang Kecamatan Ranah Batahan Kab. Pasaman Barat</p>	<p>Nurazizah, S.Sos. dan Dra.Hj.Replit,M.Si. , (2020)</p>	<ul style="list-style-type: none"> <li>• Padang Sidempuan, Indonesia</li> <li>• Quantitative</li> </ul>	<p>Based on the calculation, the value of rxy is 0.481 with a contribution of 23.1%, and the remaining 76.9% is determined by other variables. Meanwhile, the t-test calculation yielded <math>2.329 &gt; 2.086</math>. This means that the parental violence variable has a significant impact on the children's mental health variable, as shown by the regression equation <math>Y = 11.660 + 0.564</math>.</p>
<p>Pengaruh Kekerasan Terhadap Kesehatan Psikologis Anak</p>	<p>Nabila Fitriani, Asep Suherman, (2024)</p>	<ul style="list-style-type: none"> <li>• Bengkulu, Indonesia</li> <li>• Normative</li> </ul>	<p>Child abuse, whether physical, verbal, or emotional, has a</p>

		Juridical	significant impact on children's mental health, leading to psychological disorders such as anxiety and depression. Although there is a clear legal framework, its implementation is still hindered by cultural factors, social stigma, and the low reporting rate of abuse cases.
Faktor-faktor Penyebab Anak Menjadi Korban Kekerasan Dalam Rumah Tangga dan Tanggung Jawab Negara	Imelda Aprilia, Asep Suherman, (2024)	<ul style="list-style-type: none"> <li>• Bengkulu, Indonesia</li> <li>• Normative Juridical</li> </ul>	Economic factors, low parental education, and a patriarchal culture are the main causes, while the state's efforts remain ineffective in addressing this issue comprehensively.
Dampak Kekerasan Dalam Rumah Tangga Terhadap Psikologis Anak	Taufik Hidayat, dkk, (2024)	<ul style="list-style-type: none"> <li>• Jakarta, Indonesia</li> <li>• Literature Study</li> </ul>	The impacts include feelings of helplessness, low self-esteem, stress, anxiety, trauma, self-isolation, and maladaptive coping patterns. However, among the various psychological effects, stress, anxiety, and trauma are more dominant compared to other psychological impacts.
Bagaimana Kekerasan Dalam Rumah Tangga Berekfek Pada Kondisi Psikologis Anak? Analisis Pendahuluan Intervensi	Gusni Dian Suri, dkk, (2023)	<ul style="list-style-type: none"> <li>• Padang, West Sumatra, Indonesia</li> <li>• Quantitative Method</li> </ul>	It can be observed that the majority of the respondents' scores fall within the moderate category (61.83%), followed by the high category (23.42%) and the low category

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(14.74%). Based on this data, it can be concluded that the psychological condition of children who are victims of domestic violence in West Sumatra predominantly falls within the moderate category. Therefore, more effective measures are needed to protect children and provide psychological support to help them recover from the psychological impacts they experience due to domestic violence.

Dampak Kekerasan Rumah Tangga Terhadap Gangguan Kedewasaan Anak

Mega Oktavi Simamora, Melani Octaviani Malau, Naomi Julian Simanjuntak, Putri Jelita Hutasoit, (2022)

- Tarutung, North Sumatra
- Descriptive Qualitative

Maturity in Latin verb form is referred to as "adult" or "adolescence," which means growing into maturity. In Dutch, the term for adulthood is "volwassen," which means full, and "wassen" means to grow, so "volwassen" means fully grown or fully developed. Therefore, an adult is an individual who has completed their growth and is ready to take their place in society alongside other adults. However, a person's maturity can be disrupted if they grow

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Sosialisasi Dampak Kekerasan Dalam Rumah Tangga Terhadap Kesehatan Mental Korban Kekerasan Dalam Rumah Tangga di Negeri Latuhalat	Ronald D Hukubun, dkk, (2023)	<ul style="list-style-type: none"><li>• Ambon</li><li>• Socialization Method</li></ul>	<p>up in a dysfunctional or broken home environment, as domestic violence (DV) affects not only the parents but also the children. Domestic violence, in particular, is a form of crime that violates and tarnishes human dignity and should be classified as a crime against humanity.</p> <p>Based on the results and implementation of the community service activities, the following conclusions can be made:</p> <ol style="list-style-type: none"><li>1. Domestic violence can lead to the breakdown of family relationships and become a source of social problems.</li><li>2. Domestic violence is a type of crime that receives insufficient attention and legal coverage under criminal law.</li><li>3. This socialization has provided understanding and raised</li></ol>
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			awareness among the community about the impact of domestic violence on the mental health of the victims.
Gambaran Psikososial Anak Korban Kekerasan Dalam Rumah Tangga	Putri Eka Yanti, Linur Ficca Agustina, M.kes., (2022)	<ul style="list-style-type: none"> <li>• Lhoksukon, North Aceh, Indonesia.</li> <li>• Field Research</li> </ul>	The psychosocial profile of children who are victims of domestic violence includes feelings of fear and sadness when witnessing their parents arguing, feelings of shame and fear of being discovered by those in their environment, frequent teasing and bullying by peers, a tendency to isolate themselves and spend time playing outside the home, low self-esteem, reluctance to study both at home and at school, preferring to engage in activities alone, an inability to find enjoyment in themselves while at home, and feelings of hopelessness.
Dampak Kekerasan Dalam Rumah Tangga (KDRT) Bagi Kejiwaan Anak Laki-laki dan Perempuan di Fakultas Hukum Universitas Tjut	Dahris Siregar, Karolina Sitepu dan Elyani, (2023)	<ul style="list-style-type: none"> <li>• Medan, North Sumatra, Indonesia.</li> <li>• Seminar Method</li> </ul>	The results of this activity show that domestic violence can cause emotional trauma, mental health issues, a decline in self-esteem, behavioral problems, learning difficulties, and

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Nyak Dhien Medan	challenges in social relationships for children.	
Analisis Kritis Perlindungan Terhadap Anak Korban Kekerasan Dalam Rumah Tangga: Kajian Perbandingan Hukum	Auliya Hamida dan Joko Seliyo, (2022) <ul style="list-style-type: none"><li>• Semarang, Central Java</li><li>• Normative Juridical</li></ul>	In Indonesia, the protection of children who are victims of domestic violence is covered by several legal instruments. One of these is the Law on the Elimination of Domestic Violence and the Law on Child Protection. Meanwhile, in Malaysia, it is regulated under the Child Act 2001. Malaysia does not have a national body or institution specifically dedicated to handling and protecting victims of domestic violence, such as the API Institute and NICWRC.
Kekerasan Dalam Rumah Tangga Dengan Kesehatan Mental (Harga Diri, Depresi, Enxiety Disorder)	Rivan Adi Saputra Moniy, (2023) <ul style="list-style-type: none"><li>• Malang, Indonesia</li><li>• Literature Study</li></ul>	The subjects most likely to be victims of domestic violence are women, children, and adolescents. The forms of domestic violence experienced include verbal, physical, psychological, and sexual abuse, all of which can affect the mental health of the victims, resulting in anxiety disorders. These disorders disrupt the victims' daily lives, both at home, in their social

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<p>Dampak Kesehatan Mental Siswa Broken Home Terhadap Hasil Belajar Pendidikan Agama Islam Di Sekolah Menengah Atas, Wilayah Bogor</p>	<p>Aura Putri Santoso, (2024)</p>	<ul style="list-style-type: none"> <li>• Bogor, West Java, Indonesia</li> <li>• Qualitative descriptive</li> </ul>	<p>environment, and at school. Domestic violence occurs continuously and has a lasting impact on the mental health of children.</p> <p>The mental health of students from broken homes causes feelings of anxiety, sadness, and anger, leading to learning difficulties. As a result, they experience a decline in grades and no improvement in the learning outcomes of the PAI (Religious Education) subject.</p>
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Based on the data analysis above, it can be concluded that the impact of Domestic Violence (DV) on children's psychological well-being and academic performance significantly affects their mental health and academic performance at school. The analysis shows that the most common effects experienced by children who are victims of DV are anxiety and depression. Children who experience domestic violence tend to have difficulty with concentration and learning, which can lead to a decline in academic performance. Additionally, other effects include low self-esteem and difficulty socializing, which may result in behavioral problems or even mental health disorders in these children.

## CONCLUSION

The results of the meta-analysis from various journals indicate that Domestic Violence (DV) has a significant impact on children's mental health. Children who are victims of DV often experience psychological issues such as anxiety, depression, and difficulties in social interaction and learning. The most common disorders are anxiety and depression, which can lead to low self-esteem, social difficulties, and negative behaviors. If not addressed appropriately, these effects can develop into more severe mental health disorders. Therefore, it is crucial to provide psychological support and effective protection for children who are victims of DV in order to reduce the adverse effects on their mental health.

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