

FAMILY FACTORS ASSOCIATED WITH ANXIETY IN ADOLESCENTS FROM SORITOR: A CORRELATIONAL STUDY

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Abstract: Social changes, during which signs of anxiety may appear and affect students' well-being. At the same time, in some households, situations of family violence, both physical and psychological, may occur and negatively influence adolescents' emotional development. Therefore, it is necessary to analyze whether there is a relationship between these two variables in order to better understand how such experiences impact mental health. The objective of this research was to determine whether family violence is related to anxiety levels in secondary school adolescents from Soritor. The study was basic, with a quantitative approach and a non-experimental correlational design. A total of 210 fifth-year secondary school students from a public institution were included through census sampling. The Family Violence Scale and the Beck Anxiety Inventory, both previously validated, were used as instruments. Data analysis was performed with Spearman's correlation test in the JASP program, since the data did not follow a normal distribution. The results showed low overall levels of family violence and anxiety, although some cases presented severe levels. Finally, a significant correlation ($p < 0.05$, $r_s > 0.30$) was identified, confirming the association between family violence and anxiety in adolescents

Keywords: domestic violence, anxiety, correlation measures, students, emotional regulation

INTRODUCTION

Violence affecting adolescents is a social phenomenon that, although often minimized, has been generating significant consequences at both the individual and family levels. Moreover, its origin is considered multifactorial, meaning it cannot be understood from a single cause. In this regard, it is necessary to pay attention to it not only because of its immediate consequences, but also due to the long-term impact it may leave on the mental health of those who experience it (García Rioja & Pretell Rengifo, 2024).

At the international level, it has been identified that adolescents often experience constant conflicts within their homes, and although this is not always evident, it may affect them emotionally. In Mexico and Ecuador, it was found that several adolescents with impulsive attitudes come from violent families, which could be related to a family environment marked by tension or abuse (Cortés et al., 2023; Gutiérrez & Guerrero, 2025). In China, it has also been noted that adolescents tend to feel more anxious when they do not find sufficient support within their families while adapting to new academic or social demands (Wu et al., 2025). Similarly, in England, it has been observed that adolescent girls are increasingly presenting symptoms of anxiety, and it is suggested that this may be due, in part, to pressures and to the lack of understanding or support within their homes (Demkowicz et al., 2025). In Indonesia, when adolescents face serious illnesses, the physical changes they experience are often not accompanied by adequate emotional support at home, which may lead to greater distress (Mediani & Fuadah, 2025).

In Peru, several cases of family violence have also been reported, both in regions such as Cusco and Ica, and even in provinces such as Soritor, where many adolescents are seen to live in environments dominated by psychological abuse or neglect. This is reflected in symptoms such as constant nervousness, excessive worries, insomnia, or difficulty concentrating in their classes (Hidalgo Huamani & Reyes Saenz, 2021a; Neira Peralta & Soto Chaparro, 2024; Oblitas Mora, 2024).

Family violence can be understood as a series of behaviors that cause harm within the home, whether through shouting, hitting, threats, or even emotional neglect. Although this may not always be evident at first, it can significantly affect adolescents, as they are in a stage where they are still forming their personality (Basting et al., 2023; Batista et al., 2023; Cahui Ramírez et al., 2022; Li et al., 2023; Puruncaja et al., 2022; Worthen & Jones, 2023). Moreover, as Bandura points out, people often learn by observing what they see at home. Therefore, if an adolescent grows up in such an environment, they may feel insecure or fearful. Over time, these emotions accumulate, and this is when symptoms such as constant worry, sleep problems, nervousness, or even difficulty concentrating may appear. In this sense, it can be said that these kinds of family experiences generate distress in young people, which could be associated with symptoms of anxiety, a condition that arises when a person feels they have no control over what is happening or fears that something bad might occur (Antuña-Camblor et al., 2024; Caputi & Bosacki, 2023; Jia et al., 2024; Nordh et al., 2022).

On this topic, several studies have already been conducted showing that there is indeed a relationship between family violence and anxiety in adolescent students. Such is the case of a study carried out in Ecuador (Azúa & Rojas, 2023). These studies showed that several adolescents living in families with frequent shouting and arguments exhibited clear symptoms of anxiety. A similar finding was reported in Bagua Grande, where female adolescents also participated, and it was demonstrated that as family violence intensified, their levels of anxiety likewise increased (Tupa Mamani, 2022). "However, not all studies reached the same conclusion. For example, in Cusco, a study found that most students did not report having experienced family violence, although many did show signs of anxiety; therefore, no direct relationship between the two variables was identified (Oblitas Mora, 2024). Similarly, in Caraz-Ancash, this topic was also studied among secondary school adolescents, but the results indicated that there was no significant relationship between intrafamily violence and anxiety (Hidalgo Huamani & Reyes Saenz, 2021b).

Since in other cities some studies found a relationship between domestic violence and anxiety in adolescents, while others did not find any clear evidence, the question arose as to what is really happening in Soritor. Therefore, it was considered important to conduct our own research, taking into account that there are also cases of family violence here as well as students showing signs of anxiety. In this regard, the main objective was to determine whether there is a relationship between intrafamily violence and anxiety levels among secondary school adolescents, with the purpose of better understanding this reality and assessing whether the findings of other studies are also applicable in our locality

METHODS

This study was basic in type with a quantitative approach, as it sought to generate new knowledge about the relationship between family violence and anxiety without direct intervention. A non-experimental, cross-sectional design was used, since it only observed what was occurring at a specific moment without applying treatments. In addition, it was correlational in level, as it attempted to determine whether the two variables were related (Morán Lozano et al., 2025; Reyes, 2022; Zúñiga et al., 2023).

The main variables were family violence and anxiety. Family violence was understood as physical or psychological abuse within the home, while anxiety was viewed as the emotional and physical response to threatening situations. Both variables included specific dimensions and were measured with standardized scales, each using Likert-type responses and defined levels of assessment (Neira Peralta & Soto Chaparro, 2024).

The population consisted of 210 fifth-year secondary school students from a public institution in Soritor. A census sampling method was applied, meaning that all available students were included. Those who did not fully understand the questions, responded randomly, or did not have parental or guardian consent were excluded.

The technique employed was the survey, using two validated questionnaires: the Family Violence Scale (VIFA) and the Beck Anxiety Inventory (BAI). Both instruments demonstrated high validity and reliability, according to previous studies and an additional validation carried out for this research, including a pilot test applied to 20 students.

To analyze the information, descriptive statistical measures were first used, such as frequencies and percentages, which made it possible to determine the levels of family violence and anxiety among the students. Then, since the data were found not to follow a normal distribution ($p < 0.05$ in the Kolmogorov-Smirnov test), nonparametric inferential statistics were chosen. In this regard, Spearman's correlation test was applied, which allowed the identification of whether there was a relationship between the two variables. All analyses were carried out using SPSS and Excel.

Throughout the research, important ethical principles were taken into account. Informed consent was obtained from the students' parents or guardians, ensuring that participation was voluntary. Data confidentiality was also guaranteed, meaning that the information collected would not be shared with anyone outside the study. In addition, transparency was maintained throughout the entire process, and the well-being of the participants was always prioritized. All of this was carried out in accordance with the regulations established by César Vallejo University and following the guidelines of the seventh edition of the APA standards.

RESULTS

In Table 1, it can be observed that most students reported experiencing low levels of family violence, both physical and psychological, which means that in this group, severe situations of abuse at home are not very frequent. On the other hand, regarding anxiety, it is noted that a large portion of adolescents present low levels, but there are also some who reach higher levels, especially in the affective and cognitive dimensions. This could indicate that, although many feel calm, there are those who do show signs of worry or emotional distress

TABLE 1 Descriptive Analysis of Family Violence and Anxiety

Level	Family Violence		Physical Violence		Psychological Violence	
	F	%	F	%	F	%
High	0	0,00%	1	0,48%	2	0,95%
Medium	12	5,71%	4	1,90%	13	6,19%
Low	198	94,29%	205	97,62%	195	92,86%
Total	210	100,00%	210	100,00%	210	100,00%
Level	Anxiety		Physiological		Affective-Cognitive	
	F	%	F	%	F	%
Mínima	108	51,43%	113	53,81%	90	42,86%
Mild	30	14,29%	33	15,71%	29	13,81%
Moderate	34	16,19%	32	15,24%	42	20,00%
Severe	38	18,10%	32	15,24%	49	23,33%
Total	210	100,00%	210	100,00%	210	100,00%

In Table 2, it is shown that there is indeed a direct relationship between family violence and anxiety in adolescents. This means that as experiences of violence increase, anxiety levels also rise. Furthermore, it can be observed that both physical and psychological violence are related to anxiety, but psychological violence appears to have a somewhat stronger link. In this sense, it can be said that emotional or verbal aggression within the family has a greater impact on how students feel internally.

TABLE 2 Correlational Analysis between Family Violence and Anxiety

Variables	N	rs	p
Family Violence – Anxiety	210	0.526	<0.001
Physical Violence – Anxiety	210	0.33	<0.001
Psychological Violence – Anxiety	210	0.537	<0.001

DISCUSSION

Anxiety is a factor that affects many people in different parts of the world, as highlighted in recent years by various international organizations. Therefore, in order to address this problem and prevent it from continuing to increase, it is necessary to identify which other factors may be related to its onset. In this regard, the present study aimed to determine the relationship between family violence and anxiety in secondary school students from a public educational institution. Based on the instruments applied, it was observed that although the reported levels of family violence were mostly low, there is indeed a significant relationship between the two variables. This suggests that violence, even when not extreme, may be connected to the presence of anxiety symptoms in adolescents.

These results bear some similarity to the findings of a study conducted in Norway, which sought to analyze the relationship between family violence and the emotional state of secondary school adolescents. In that study, it was concluded that although cases of violence were not very numerous, those students who had experienced psychological, physical, or sexual abuse showed evident deterioration in their emotional well-being, which reflected that even less frequent experiences could generate serious consequences (Augusti et al., 2021). On the other hand, in Ecuador, a study was carried out with children and adolescents living in households with constant arguments and shouting. In this case, it was found that a considerable percentage of the participants were exposed to violence, and moreover, a significant portion showed symptoms of anxiety, which made it possible to understand that verbal aggression, although sometimes minimized, has a strong effect on the emotional state of minors (Gavilán et al., 2021). In this regard, all these studies help to reinforce the findings of the present work, since although no severe cases of violence or high levels of anxiety were identified, a significant relationship between the two variables was found, indicating that even mild or infrequent violence can influence the emotional well-being of adolescents.

In general, family violence may be related to anxiety because when an adolescent lives amid shouting, insults, or mistreatment, their mind begins to become emotionally overloaded. The home, which should be a safe place, turns into a space of constant tension. From a learning perspective, this exposure to negative stimuli can condition their emotional responses, making them more prone to experiencing anxiety even in ordinary

situations. Furthermore, when they are unable to express what they feel, the distress accumulates and manifests in the form of nervousness, insomnia, or anguish. Therefore, it is understood that family violence does indeed influence the development of anxiety symptoms (Silva et al., 2022; Tapullima-Mori et al., 2023). Regarding physical violence, it is related to anxiety because experiencing aggression generates a state of permanent alertness. This emotionally exhausts the adolescent, undermines their self-esteem, and makes them feel insecure in their own home. From the perspective of classical conditioning, they may associate certain gestures or words with aggression, which triggers anxious reactions even in the absence of real danger. Moreover, physical abuse also affects the way they relate to others and their academic performance, generating additional emotional pressure. For all these reasons, physical violence not only harms the body but also the mind (Huang et al., 2023).

With regard to psychological violence, this also has a strong emotional impact. Constant offenses, humiliations, or threats undermine the adolescent's self-esteem and make them feel guilty or worthless. Since it does not leave physical marks, this type of violence often goes unnoticed, but harmful words remain in the mind. From the perspective of social learning, the adolescent may internalize such criticism as truths, reinforcing negative thoughts that increase anxiety. This can lead to symptoms such as insomnia, panic, or even suicidal ideation. Therefore, psychological violence, although silent, is profoundly destructive (Huang et al., 2023).

CONCLUSION

It is confirmed that there is a significant relationship between family violence and anxiety in students, which demonstrates that not only physical aggression has a negative impact on mental health, but also forms of psychological violence such as offenses, mockery, or disdain. Although these types of behaviors may seem unimportant or are normalized within the family environment, the results show that they are related to the presence of anxiety symptoms.

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