



# The Relationship Between Sense of Honor and Tendency to Violence in Premarital Couples: A Comparative Study in Terms of Gender

## Evlilik Öncesi Dönemdeki Çiftlerde Kadına İlişkin Namus Anlayışı ve Şiddet Eğilimi Arasındaki İlişki: Cinsiyetler Açısından Karşılaştırılmalı Bir Çalışma

Sumeyye Altıparmak<sup>1</sup>, Sumeyya Betül Turan<sup>2</sup>, Cigdem Karakayalı Ay<sup>1</sup>, Yesim Aksoy Derya<sup>1</sup>

<sup>1</sup>Inonu University, Faculty of Health Sciences, Department of Midwifery, Malatya, Turkey

<sup>2</sup>MSc, Midwife; Health Ministry, Beylikdüzü District Health Directorate, 34524 İstanbul, Turkey

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### Abstract

**Aim:** This research was conducted to compare the relationship between the sense of honor towards women and the tendency to violence in premarital couples in terms of genders.

**Material and Method:** The sample of this cross-sectional and comparative study consisted of 215 (Female=119, Male=96) people who applied to a public health center in eastern Turkey for their wedding ceremony. Data; The Personal Information Form was collected with the "Honor Concept Perception Toward Women Scale" (KINATO) and the "The Violence Tendency Scale" (VTS). In statistical evaluation; mean, standard deviation, percentile distribution, Cronbach's alpha and pearson correlation analysis were used.

**Results:** It was determined that the total mean score of KINATO was 54.15±15.89 in premarital women and 62.31±13.85 in men, and both genders had an undecided and traditional attitude in terms of honor. It was determined that the total point average and all sub-dimensions of KINATO and the VTS of the men in the premarital period were significantly higher than those of the women (p<0.05). In addition, it was determined that there was a negative and weakly significant relationship between the total point average of the KINATO and VTS of women and men in the premarital period, and the level of violence tendency decreased as the level of having an egalitarian attitude towards women in terms of sense of honor increased.

**Conclusion:** It has been determined that there is a higher tendency to violence in men in the premarital period and that the tendency to violence decreases as the level of egalitarian attitude towards women increases in both genders.

**Keywords:** Premarital period, sense of honor, violence tendency

### Öz

**Amaç:** Bu araştırma, evlilik öncesi dönemdeki çiftlerde kadına ilişkin namus anlayışı ve şiddet eğilimi arasındaki ilişkiyi cinsiyetler açısından karşılaştırmak amacıyla yapıldı.

**Materyal ve Metot:** Kesitsel ve karşılaştırmalı nitelikte tasarlanan bu araştırmanın örneklemini, Türkiye'nin doğusunda bulunan bir toplum sağlığı merkezine nikâh işlemleri için başvuran 215 (Kadın=119, Erkek=96) kişi oluşturdu. Veriler; "Kişisel Bilgi Formu", "Kadına İlişkin Namus Anlayışı Tutum Ölçeği (KINATÖ)" ve "Şiddet Eğilim Ölçeği" ile toplandı. İstatistiksel değerlendirmede; ortalama, standart sapma, yüzdelik dağılım, Cronbach alfa ve pearson korelasyon analizi kullanıldı.

**Bulgular:** KINATÖ toplam puan ortalamasının evlilik öncesi dönemdeki kadınlarda 54,15±15,89, erkeklerde ise 62,31±13,85 olduğu ve her iki cinsiyetin namus anlayışı açısından kararsız ve geleneksel tutuma sahip oldukları belirlendi. Evlilik öncesi dönemdeki erkeklerin KINATÖ toplam ve tüm alt boyutlar ile şiddet eğilim ölçeği toplam puan ortalamalarının kadınlara oranla anlamlı düzeyde daha yüksek olduğu saptandı (p<0,05). Ayrıca, evlilik öncesi dönemde bulunan kadın ve erkeklerin KINATÖ ve Şiddet Eğilim Ölçeği toplam puan ortalamaları arasında negatif yönde zayıf düzeyde anlamlı ilişki olduğu ve kadına ilişkin namus anlayışı açısından eşitlikçi tutuma sahip olma düzeyleri arttıkça şiddet eğilim düzeylerinin azaldığı saptanmıştır.

**Sonuç:** Evlilik öncesi dönemdeki erkeklerde daha yüksek şiddet eğilimi olduğu ve her iki cinsiyette kadına ilişkin namus anlayışı açısından eşitlikçi tutuma sahip olma düzeyi arttıkça şiddet eğiliminin azaldığı saptanmıştır.

**Anahtar Kelimeler:** Evlilik öncesi dönem, namus duygusu, şiddet eğilimi

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Corresponding Author: Cigdem Karakayalı Ay, Inonu University, Faculty of Health Sciences, Department of Midwifery, Malatya, Turkey, E-mail: [cigdem.karakayali@inonu.edu.tr](mailto:cigdem.karakayali@inonu.edu.tr)

## INTRODUCTION

In a society, loyalty to moral rules and social values, modesty, honesty and integrity are defined as honor (1-3). The sense of honor, on the other hand, varies from society to society and culture to culture, but it is mostly discussed together with female sexuality (3, 4). This sense may also lead to the restriction of women's lives and their punishment when they act contrary to the general judgment (1). Violence, which occurs depending on the way the concept of honor is perceived, negatively affects the health of women throughout their lives and may even result in their death. It is estimated that more than 5000 women are killed in the name of honor killing every year (4). It is emphasized that social culture is influential behind these actions and the importance of youth in the change of cultural dynamics (2). In this context, determining the sense of honor of young individuals who are preparing for marriage is very important in terms of planning education programs that will prevent honor-based violence against women. Studies conducted today, where violence against women and homicides of women are becoming more and more widespread, show that especially the sense of social honor causes domestic/partner violence and murder against women (2,3).

Violence is defined as intentional acts that may result in death, injury, psychological harm, developmental delay or negligence towards oneself, others or a community (5). One of the interaction areas where violence is most common is couple relationships (6). This situation, also called partner violence, has become an increasing social problem (7). The World Health Organization states that partner violence, which is the most common type of violence against women, must be ended within the scope of protecting world health. Within the scope of violence prevention strategies, it recommends family-based programs and trainings on safe and healthy relationship skills for adolescents and young adults. It also states that the issue of violence against women should be integrated into sexual and reproductive health services (8). It emphasizes that healthcare professionals have to be aware of partner violence and know its causes, risk factors, effects and intervention methods (7). Partner violence was also on the agenda in the Turkish Grand National Assembly (TBMM) Violence Against Women Research Commission and a 'Marriage License' proposal was made. However, the application of the Marriage License, in which the current conditions were effective in the occurrence of violence and only the psychological aspect was discussed, was found to be limited. In addition, it was emphasized that determining the violence tendency of individuals is an important factor (9).

It is thought that developing communication and problem-solving skills in the premarital period and having realistic expectations for marriage may help prevent violence (6). In addition, there is a need for studies that allow scientific measurement of attitudes towards honor and violence against women in the name of honor (3,4).

When considered from this point of view, it is thought that examining the relationship between the sense of honor towards women and the tendency to violence in premarital couples will contribute to the literature. In this study, it was aimed to compare the relationship between the sense of honor towards women and the tendency to violence in premarital couples in terms of genders.

## MATERIAL AND METHOD

### Research Design and Sample

In this study, a descriptive and comparative study was conducted in order to compare the relationship between the sense of honor towards women and the tendency to violence in premarital couples in terms of genders. The research was carried out in two separate family health centers located in a city center in eastern Turkey between October 2021 and March 2022. The population of the research consisted of couples who applied to family health centers for marriage procedures. According to the records of the relevant family health centers for 2020, approximately 2269 people applied for marriage procedures. When the sample size was calculated by power analysis, it was determined as at least 154 individuals with 5% level of significance at bidirectional significance level, 95% confidence interval and 80% ability to represent the population (10). Individuals who met the criteria for participation in the study were selected from the relevant population using the improbable random sampling method, and the study was completed with 215 (Female=119, Male=96) individuals.

### Participation Criteria

- To be over 18 years old,
- Being literate,
- Not having a communication problem,
- To reside in the city center,
- There is no medical problem in getting married.

### Data Collection Tools

The data were obtained with the "Personal Description Form", "Honor Concept Perception Toward Women Scale" (KINATO) and "Violence Tendency Scale (VTS)".

### Personal Description Form

It is an 18-question form created by the researcher in line with the literature in order to obtain the socio-demographic characteristics of the people participating in the research, as well as some features that may affect their sense of honor and their tendency to violence (1,11).

### The Honor Concept Perception Toward Women Scale (KINATO)

The scale, developed by Gursoy in 2009, is likert type scale and consists of 11 negative (3,5,7,8,10,12,14,17,19,20,25) and 14 positive (1,2,4,6,9,11,13,15,16,8,21,22,23,24) expressions (1). There are 25 items in total. Each item in the scale is scored from 1 to 5 (1=Totally Agree; 5=Totally Disagree). Scale, "Traditional honor concept" (items 3,8,10,12,14,17,19,23,25), "Egalitarian Approach"

(1,2,4,6,9,11,13,15,18,21,24) and "Premarital Sexuality/Sense of Honor" (items 5,7,16,20,22). Accordingly, the maximum score that can be taken from the "Traditional honor concept" dimension is 45, the minimum score is 9, the maximum score that can be obtained from the "Egalitarian attitude between genders" dimension is 55, the minimum score is 11, the maximum score that can be obtained from the "Premarital sex/honor concept" dimension is 25, and the minimum score is 5. The lowest score that can be obtained from the overall scale is 25, and the highest score is 125. The highest score obtained from the scale indicates that "egalitarianism" in the understanding of honor regarding women, the lowest score indicates that a "traditional" approach is adopted. Accordingly, it is accepted that students who score between 25-50 for the overall scale have a traditional and gender-discriminatory attitude towards the sense of honor towards women, students who score between 51-75 have an indecisive and traditional attitude, and those who score between 76-125 have an egalitarian attitude. The Cronbach Alpha reliability coefficient of the scale was determined as 0.93 (1). In this study, the Cronbach Alpha reliability coefficient was found to be 0.90.

### The Violence Tendency Scale (VTS)

The scale, which was developed by Haskan and Yıldırım in 2012, consists of 20 items. Each item was scored from 1 to 3 (3=always, 2=sometimes, and 1=never) (11). The total score that can be obtained from the VTS varies between 20 and 60. A high score means that the individual has a high tendency to violence. VTS includes four factors. The first factor was "feeling of violence", the second factor was "violence through information technologies", the third factor was "the thought of harming others", the fourth factor was "inflicting violence on others". The Cronbach Alpha reliability coefficient of the scale was calculated as 0.87 (11). In this study, the Cronbach Alpha reliability coefficient was found to be 0.88.

### Data Collection

The research data was obtained by the researcher using face-to-face interview method between October 2021 and March 2022. The purpose of the research was explained during premarital counseling to individuals who applied to family health centers for marriage procedures and agreed to participate in the research, and were asked to answer the questionnaires. Data collection took an average of 10-15 minutes.

### Data Analysis

Coding and evaluation of the data was carried out in computer environment using SPSS 16.0 package program. The normal distribution of the data was checked with the Kolmogorov-Smirnov Test. In statistical evaluation; percentage distribution, arithmetic average, standard deviation, Cronbach's alpha, t test for independent groups, t test for dependent groups and Pearson correlation test were used. The results were evaluated at the 95% confidence interval and the significance level of  $p < 0.05$ .

### Ethical Dimension of the Study

Ethical approval was obtained from Malatya Inonu University Health Sciences Non-Interventional Clinical Research Ethics Committee (No: 2019/329) before the study. In addition, an informed consent form was signed by all individuals before starting the study. This study was conducted in accordance with the principles of the Declaration of Helsinki.

### Limitations of the Research

The research is limited to couples who applied to a city center in eastern Turkey for premarital counseling.

## RESULTS

In Table 1, the distribution of the introductory characteristics of the couples in the premarital period is given. The average age of the men and women included in the study was  $25.57 \pm 4.85$  and  $29.12 \pm 5.02$ , respectively, the average number of siblings was  $3.52 \pm 1.38$ ,  $3.39 \pm 1.69$ , and the duration of marriage decision was  $17.02 \pm 17.81$ ,  $16.65 \pm 17.14$  months, respectively. It was determined that most of the women and men are working (51.3% and 93.8%, respectively), they are university graduates (68.1%, 65.6%, respectively), their income is equal to their expenses (68.1%, 60.5%, respectively), they have a nuclear family (76.5%, 75.0% respectively).

When the education levels of the mothers and fathers of the women and men are considered, it is observed that most of the mothers of the women were primary school graduates (47.1%), and most of the fathers of the women were high school graduates (30.4%); it was determined that most of the mothers of the men were secondary school graduates (24.0%) and most of fathers of the men were primary school graduates (28.1%). It was determined that the majority of women and men had a sister and/or elder sister (77.3%, 74.0%, respectively), and the majority of women and men had a brother and/or elder brother (79.0%, 75.0%, respectively). Most of the women and men have good family relations (63.0%, 66.7%, respectively), the person who has a say/has a voice in family problems/issues is mostly both parents (52.1% and 55.2%, respectively), and the majority of parents do not have violence in their families (90.8%, 97.0%, respectively). It was determined that most of the women and men started to meet their fiancé/spouse by meeting themselves (47.9%, 57.3%, respectively).

In Table 2, the distribution of the lowest and highest score ranges obtained from the KINATO and VTS for premarital couples is given. It was determined that women got the lowest 9 points and the highest 42 points from the KINATO traditional sense of honor sub-dimension; that women got the lowest 11 points and the highest 36 points from the egalitarian approach sub-dimension; that the women got lowest 5 and the highest 25 points in the sub-dimension of premarital sexuality/sense of honor. In addition, the lowest total score of women in KINATO is 26 points, the highest is 89 points; It was determined that

**Table 1. The relationship between COHb and finger COHb values**

Descriptive features	Female (n=119)		Male (n=96)	
	Mean±SD (min-max)	Mean±SD (min-max)	Mean±SD (min-max)	Mean±SD (min-max)
Age (years)	25.57±4.85 (18-50)		29.12±5.02 (18-47)	
Number of siblings (pcs)	3.52±1.38 (0-8)		3.39±1.69 (0-13)	
Marriage decision time(months)	17.02±17.81 (1-60)		16.65±17.14 (1-60)	
	n	%	n	%
<b>Employment status</b>				
Yes	61	51.3	90	93.8
No	58	48.7	6	6.2
<b>Level of education</b>				
Primary school	5	4.2	3	3.1
Middle school	9	7.5	8	8.4
High school	24	20.2	22	22.9
Undergraduate and Postgraduate	81	68.1	63	65.6
<b>Living place</b>				
Province	101	84.9	95	99.0
District	18	15.1	1	1.0
<b>Economical situation</b>				
Income more than expenses	35	29.4	37	38.5
Income equals expense	81	68.1	58	60.5
Income less than expenses	3	2.5	1	1.0
<b>Family structure</b>				
Nuclear family	91	76.5	72	75.0
Traditional family	22	18.5	21	21.9
Broken family	6	5.0	3	3.1
<b>Mother's education level</b>				
Illiterate	8	6.7	20	20.8
Literate	12	10.1	13	13.5
Primary school	56	47.1	22	22.9
Secondary school	20	16.8	23	24.0
High school	14	11.8	13	13.5
University and Postgraduate	9	7.5	5	5.3
<b>Father's education level</b>				
Illiterate	1	0.8	4	4.2
Literate	8	6.7	10	10.4
Primary school	33	27.7	27	28.1
Secondary school	26	21.8	22	22.9
High school	36	30.4	21	21.9
University and Postgraduate	15	12.6	12	12.5
<b>Status of having a sister</b>				
Yes	92	77.3	71	74.0
No	27	22.7	25	26.0
<b>Status of having a brother</b>				
Yes	94	79.0	72	75.0
No	25	21.0	24	25.0
<b>State of family relations</b>				
Good	75	63.0	64	66.7
Middle	41	34.5	31	32.3
Bad	3	2.5	1	1.0
<b>Person who has a say in family problems/issues</b>				
Mom	15	12.6	3	3.1
Father	42	35.3	40	41.7
Both of them	62	52.1	53	55.2
<b>Presence of violence in the family</b>				
No violence in the family	108	90.8	93	97.0
There is physical violence	5	4.2	1	1.0
There is psychological/verbal violence	5	4.2	1	1.0
There is economic violence	1	0.8	1	1.0
There is sexual violence	-	-	-	-
<b>How to meet with a engaged</b>				
Arranged	26	21.8	15	15.6
By meeting yourself	57	47.9	55	57.3
Via friend	31	26.1	21	21.9
Via the internet	5	4.2	5	5.2
<b>Total</b>	<b>119</b>	<b>100.0</b>	<b>96</b>	<b>100.0</b>

SD: Standard Deviation

women got the lowest 26 points and the highest 89 points from the violence tendency scale. It was determined that men got the lowest 11 points and the highest 41 points from the KINATÖ traditional understanding of honor sub-dimension; that men got the lowest 11 points, the highest 55 points from the egalitarian approach sub-dimension, that men got the lowest 5 points and the highest 25 points in the sub-dimension of premarital sexuality/sense of honor. In addition, it was determined that men got the lowest 30 points, the highest 88 points in the total scores of men from KINATO; and that men got the lowest 20 points and the highest 72 points from VTS.

**Table 2. Distribution of the Lowest - Highest Scores of Couples in the Premarital Period from the KINATO and VTS (n=215)**

Scales	Female (n=119)		Male (n=96)	
	Lowest-highest value receivable	Lowest-highest value received	Min-Max	Min-Max
<b>KINATO sub-dimensions</b>	<b>Min-Max</b>	<b>Min-Max</b>	<b>Min-Max</b>	<b>Min-Max</b>
Traditional honor concept	9-45	9-42	11-41	
Egalitarian attitude between genders	11-55	11-35	11-55	
Premarital sex/honor concept	5-25	5-25	5-25	
<b>KINATO total score</b>	25-125	26-89	30-88	
<b>VTS total score</b>	1-80	12-60	20-72	

KINATO: Honor Concept Perception Toward Women Scale, VTS: The Violence Tendency Scale, Min: minimum, Max: maximum

In Table 3, the comparison of the average scores of the couples in the premarital period from the KINATO and VTS is given. It was determined that the average score of KINATO traditional sense of honor sub-dimension for women was 20.61±8.43, and the average score of the men was 25.41±7.43 and the difference between them was statistically significant (t=-4.375; p=0.000). It was determined that the average score of KINATO egalitarian approach sub-dimension for women was 18.78±5.96, and the average score of the men was 23.19±7.75, and the difference between them was statistically significant (t=-4.720; p=0.000). It was determined that the average score of KINATO premarital sexuality/sense of honor sub-dimension for women was 15.97±5.45, and the average score of the man was 62.31±13.85 and the difference between them was statistically significant (t=-2.470; p=0.014). In addition, it was determined that the total average score of KINATO for women was 54.15±15.89; and the total average scores of KINATO for men was 62.31±13.85 and the difference between them was statistically significant (t=-3.956; p=0.000). It was determined that the average score of the VTS for women was 32.88±6.11 and the average score of VTS for men was 36.39±8.70 and the difference between them was statistically significant (t=-3.469; p=0.001).

**Table 3. Comparison of the Mean Scores of Couples in the Premarital Period from the KINATO and VTS (n=215)**

Scales	Female (n=119)	Male (n=96)	Test <sup>a</sup> and
	(Mean ± SD)	(Mean ± SD)	p value
<b>KINATO sub-dimensions</b>			
Traditional honor concept	20.61±8.43	25.41±7.43	t=-4.375 p=0.000 <sup>b</sup>
Egalitarian attitude between genders	19.40±6.54	22.81±7.92	t=-4.720 p=0.000 <sup>b</sup>
Premarital sex/honor concept	15.97±5.45	18.16±4.73	t=-3.107 p=0.002 <sup>c</sup>
<b>KINATO total score</b>	54.15±15.89	62.31±13.85	t=-3.956 p=0.000 <sup>b</sup>
<b>VTS total score</b>	31.24±6.77	37.04±8.78	t=-3.469 p=0.001 <sup>c</sup>

KINATO: Honor Concept Perception Toward Women Scale, VTS: The Violence Tendency Scale, SD: Standard Deviation <sup>a</sup>t=Independent Samples t Test <sup>b</sup>p<0.001 <sup>c</sup>p<0.05

In Table 4, the relationship between the average scores of couples in the premarital period from the KINATO and VTS is given. As a result of the correlation analysis, it was determined that there was a negative and weakly significant relationship between the average scores of the KINATO and VTS of women and men in the premarital period, and the level of violence tendency decreased as the level of having an egalitarian attitude towards the sense of honor towards women increased.

**Table 4. The Relationship Between the Mean Scores of the Couples in the Pre-Marriage Period from the KINATO and VTS (n=215)**

Female (n=119)	Mean ±SD	Test <sup>a</sup> and p value	
<b>KINATO</b>	54.15±15.89	r=-0.260	0.004 <sup>b</sup>
<b>VTS</b>	31.24±6.77		
<b>Male (n=96)</b>			
<b>KINATO</b>	62.31±13.85	r=-0.368	0.000 <sup>c</sup>
<b>VTS</b>	37.04±8.78		

KINATO: Honor Concept Perception Toward Women Scale, VTS: The Violence Tendency Scale, SD: Standard Deviation <sup>a</sup>Test: Pearson Correlation Analyze, <sup>b</sup>p<0.05, <sup>c</sup>p<0.001

## DISCUSSION

It was determined that the total average score for KINATO for women was 54.15±15.89 and the total average scores for KINATO for men was 62.31±13.85 and the difference between them was statistically significant. These average scores indicate that the couples have an undecided and traditional attitude in terms of their sense of honor towards women. In the literature review, it was observed the studies indicating that men and women have a traditional attitude towards honor, similar to our finding (12-16). As individuals are brought up according to the traditional moral rules of the society from an early age and

the moral norms learned in childhood can be effective in their future lives, it is considered normal for individuals to behave a traditional attitude towards the sense of honor. With the influence of the cultural structure and patriarchal society structure, premarital sexual experience does not pose a problem for a man, and sometimes it is possible to encounter supportive approaches against this situation. However, the same cultural structure does not welcome women to have this experience before marriage (12,16). In addition to these, even behaviors such as lifestyle, dressing style, attitude towards men, walking around and talking and laughing have been associated with the honor of women and have caused the sense of honor to be formed. In addition, with the influence of the patriarchal social structure, men were held responsible for the honor of women, and the power to impose sanctions in any situation was given to them (13,16,18).

As a matter of fact, the positive response of 81.9% of male students to the statement that "it is an honor that women have to keep her virginity until marriage" indicates the sense of honor that men have (19). In particular, it has been stated by men that they do not find it appropriate for women to have sexual intercourse before marriage in the sub-dimension of sexuality before marriage (20). Also, it is emphasized in the literature that it is inevitable for individuals to reflect their thoughts and values that they have acquired since childhood to their attitudes (12). When considered from this point of view, the indecisive and traditional attitude of the couples participating in the study in terms of their sense of honor towards women may be explained by the values they have acquired since their childhood and the cultural structure of the society they live in.

Studies in which gender comparisons were made in the literature were examined, and in general, there were studies determined that women exhibit a more egalitarian approach to the perception of honor compared to men (3,13,21-24). In this study, it was determined that although both genders exhibit an indecisive and traditional attitude in terms of honor, men in the premarital period exhibit more egalitarian attitudes than women. The level of egalitarian attitude among men may be related to the rate of working in any job and the rate of living in the city center of premarital men who participated in this study are higher than women. In the literature review, a limited number of studies were found in which men exhibit more egalitarian attitudes than women (15). In addition, the fact that the education level of literate mothers is around 80% in this study can be considered as another important factor in behaving an egalitarian attitude.

It was observed that the average score of VTS of women was  $32.88 \pm 6.11$ ; and that the total mean score of the men was  $36.39 \pm 8.70$  and the violence tendencies of the men participating in the research were higher than the women. In the literature review, it is said that our study is compatible with the literature (6,25-29).

It has been emphasized by the World Health Organization

reports that violence incidents have increased continuously all over the world (5,30). With the effect of having a patriarchal social structure, a higher tendency to violence in men is an expected result. As a general opinion, this social structure is the reason why violent behaviors are accepted as male-specific behaviors and it is considered more normal for men to behave these behaviors compared to women (11,31). It was determined by the study that women were exposed to violence in the first years, including the period of meeting before marriage, and that verbal violence was also included in addition to physical violence (32). It is not desirable that partner violence and violence tendency be high, especially since the premarital period (33). Experiencing violence in the family, which is the basis of the society, will deeply shake/affect negatively the unity of the society and the country, negatively affecting the children growing up in that family and causing the violence to be learned, and it will bring the violence from generation to generation (34). As a matter of fact, studies have stated that individuals who grow up witnessing violence in the family turn into adult perpetrators of violence (35). In addition, in this study, it was determined that as the level of having an egalitarian attitude towards women in terms of sense of honour increased, the level of violence tendency decreased. This finding shows that the concept of honour is an important variable that affects the tendency to violence.

It is seen that the reason for violence against women and honor killings is mostly to protect honor and honor and women are matched (16). When the literature is considered, in the study conducted by Yirmibeşoglu (2007), when asked what should be done in case of any harm to women's honor, 25% of the university students stated that they should be killed and 13% said that they should be punished, and all of these ways lead to violence (12,36). There are limited studies in the literature that reflect the negative attitude towards violence perpetrated by men against women in the name of honor (37-39). Violence in the name of honor deteriorates women's health, paves the way for various diseases and can cause death (1,40). It is thought that enabling individuals to express their thoughts on the concept of honor in the pre-marriage period, improving communication and problem-solving skills, and having realistic expectations for marriage can help prevent violence.

## CONCLUSION

In our study, it was determined that the couples in the premarital period had a traditional attitude in terms of the perception of honor towards women. In addition, in this study, it was determined that men experienced more violence tendencies than women. It was determined that as the violence tendencies of individuals in the premarital period increased, their perception of honor towards women changed towards traditional and indecisive attitudes.

In order to establish the marriage union on solid foundations and to maintain the relations in this marriage in a harmonious way, the pre-marital counseling trainings,

which are held to provide information about marriage readiness and marriage relations, should focus on points such as getting to know each other, informing about marriage, improving their relationships when they get married, and strengthening the family. It is an important step to determine the factors that cause violence in marriage life and to develop preventive psychoeducational programs by identifying individuals who tend to violence with scientific methods. Health professionals have to be aware of partner violence and know its causes, risk factors, effects and intervention methods. Women who are exposed to violence on the grounds of honor are expected to be aware and to fulfil their responsibilities professionally during care. With the understanding of honor equals women, which is the dominant perspective of the society in general, it may be fought by increasing the level of education and development. When considered from this point of view, it should be noted that health professionals and midwives have responsibilities such as empowering women, supporting their independence, helping them to know their rights, and providing a safe environment in case of need, as required by their duties of informing and counselling. In addition, it should be ensured that the perception of women is used in the same sense as honor in schools, universities, health institutions and in all areas, and services should be provided with an egalitarian approach in order to prevent gender inequality.

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