



Gender Power Relations, Emotional Regulation, and Family Resilience in Domestic Violence: A Systematic Review

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Abstract

“Domestic violence” (DV) is a multidimensional phenomenon shaped by gender power imbalances, economic pressures, and individuals’ capacity for emotional regulation. This study analyzes the interrelationships among gender power dynamics, emotional regulation, and family resilience as both risk factors and protective factors for DV, and formulates their theoretical and practical implications. Using a systematic literature review approach guided by PRISMA, a total of 71 articles and books (2020–2025) from Google Scholar, Connected Papers, and Scispace were analyzed thematically following Braun and Clarke’s six-step method, with an interrater agreement of 0.93. The results indicate that patriarchal culture, economic pressure, and deficits in emotional regulation consistently increase the risk of physical, verbal, sexual, and economic violence, with emotional regulation serving as a mediator bridging structural factors and aggressive behavior. Conversely, family resilience—through open communication, adaptive coping, and social support—serves as a protective factor, although the effectiveness of women’s economic empowerment is context-dependent. These findings underscore the need for integrated interventions that combine psychoeducation, family economic empowerment, gender norm transformation, and inter-institutional synergy.

Kata Kunci: *Kekerasan Dalam Rumah Tangga, Hubungan Kekuasaan, Ketidaksetaraan Gender, Regulasi Emosi, Ketangguhan Keluarga*

Abstrak

Kekerasan dalam rumah tangga' (KDRT) merupakan fenomena multidimensional yang dibentuk oleh ketimpangan relasi kuasa gender, tekanan ekonomi, dan kapasitas regulasi emosi individu. Penelitian ini menganalisis keterkaitan relasi kuasa gender, regulasi emosi, dan ketahanan keluarga sebagai risiko sekaligus faktor protektif KDRT, serta merumuskan implikasi teoretis dan praktisnya. Menggunakan pendekatan tinjauan pustaka sistematis berpedoman PRISMA, sebanyak 71 artikel dan buku (2020-2025) dari Google Scholar, Connected Papers, dan Scispace dianalisis secara tematik mengikuti enam tahap Braun dan Clarke, dengan interrater agreement 0,93. Hasil menunjukkan budaya patriarki, tekanan ekonomi, dan defisit regulasi emosi secara konsisten meningkatkan risiko kekerasan fisik, verbal, seksual, dan ekonomi, dengan regulasi emosi berfungsi sebagai mediator yang menjembatani faktor struktural dan perilaku agresif. Sebaliknya, ketahanan keluarga melalui komunikasi terbuka, coping adaptif, dan dukungan sosial-berperan sebagai faktor protektif, meski efektivitas pemberdayaan ekonomi perempuan bersifat kontekstual. Temuan ini menegaskan perlunya intervensi terintegrasi yang menggabungkan psikoedukasi, penguatan ekonomi keluarga, transformasi norma gender, dan sinergi antar-institusi.

Keywords: *Domestic Violence, Power Relations, Gender Inequality, Emotional Regulation, Family Resilience*

Introduction

Domestic violence is one of the most prevalent and difficult to address forms of human rights violations because it occurs in the private sphere and is closely linked to gender dynamics, power relations, and socio-cultural structures (Sinaga, 2022). Domestic violence is a severe threat to the integrity of the family, the mental health and the overall well-being in many nations, including in Indonesia. There were 376,529 occurrences of gender-based violence against women in 2025, which was 14.07% higher than the previous year, according to the National Commission on Violence Against Women. Of these, 337,961 occurrences (89.76%) occurred in the personal sphere, which indicates that intimate relationships and families continue to be the predominant places where women encounter violence. Komnas Perempuan stated this was the highest number of cases reported in the last ten years, indicating not only an increase in reporting and improved documentation systems but also the persistent presence of gender-based violence, rooted in structural inequalities and unequal power relations (Komnas Perempuan, 2025). This phenomenon is indicative of continuing gender inequality and the vulnerability of family resilience when confronted with sustained domestic conflict, coercive control and violence (Pink, 2020).

Theoretically, domestic violence cannot be separated from gender constructs. Gender influences the division of roles, social expectations, power relations, and the legitimacy of behavior within the family (Astuti, 2023). In patriarchal societies, male domination and female subordination are often considered “normal,” so that acts of domestic violence can occur repeatedly without significant resistance. Various studies show that unequal power relations are a major factor in domestic violence, where male authority in the family is often used as an excuse.

Family resilience is the ability of a family to cope with, adapt to, and recover from crisis situations, including domestic violence. Mileanigrum et al. (2023) explain that family resilience does not only refer to individual abilities, but rather to collective processes within the family, such as open communication, cohesion, emotional regulation, spirituality, and social support. However, when violence occurs within the family itself, the concept of resilience becomes more complex. Families encounter external adversities and internal threats from kin who are meant to provide primary protection, emotional support, and affection. This inconsistency significantly erodes trust, emotional equilibrium, and the capacity to operate successfully as a family, while also obstructing the gradual cultivation of resilience in the face of domestic abuse. Research shows that domestic violence damages the structure of trust, communication, and emotional stability within the family, thereby hindering the formation of resilience (Andini & Faridah, 2022; Aryana, 2022; Astuti, 2023; Syawitri & Afdal, 2020).

In addition, families experiencing domestic violence often face the dilemma of whether to stay for the sake of economic stability, children, or social pressure, or to leave the dangerous environment. Many women who are victims of domestic violence experience what is known as the “cycle of violence,” which is a cycle of repeated violence that makes it difficult for victims to make rational decisions (Herfinanda et al., 2021; Nelli & Syahrizan, 2024). In this context, gender plays a major role in determining coping strategies and family responses. Women are often restricted by cultural expectations which emphasize their subordination to their spouses, their ability to withstand emotional suffering, their selflessness, and their responsibility for maintaining family harmony, even if these characteristics endanger their well-being. Such expectations discourage victims from seeking legal redress, reporting abuse or accessing institutional support. This feeds into the cycle of violence and limits the scope for effective coping (Dahal et al., 2022; Wahyudin, 2022).

Research on domestic violence and family resilience has been conducted extensively, but there are still a number of important gaps that need to be further explored. Most studies focus on the resilience of individuals, particularly women as victims, and few have examined family resilience systemically in the context of gender relations (Syarifuddin, 2021; Syawitri & Afdal, 2020). In addition, previous studies tend to use case studies, interviews, or surveys, thus failing to provide a comprehensive picture of the general patterns that emerge in various studies on gender, family resilience, and the handling of domestic violence (Andini & Faridah, 2022; Junaini et al., 2023; Latifah et al., 2025). Therefore, a systematic literature review (SLR) is needed to map key findings, methodological trends, and challenges faced by families in handling domestic violence from a gender perspective.

The SLR approach contributes significantly to a more comprehensive understanding of this issue. SLR enables researchers to identify, evaluate, and synthesize previous studies in a structured manner, thereby providing a robust thematic mapping. Through this method, researchers can reveal how gender relations affect family resilience dynamics, the coping strategies used by victims and families, and barriers to accessing protection services. In addition, SLR can also highlight how policies, cultural norms, social support, and legal systems shape families' responses to domestic violence.

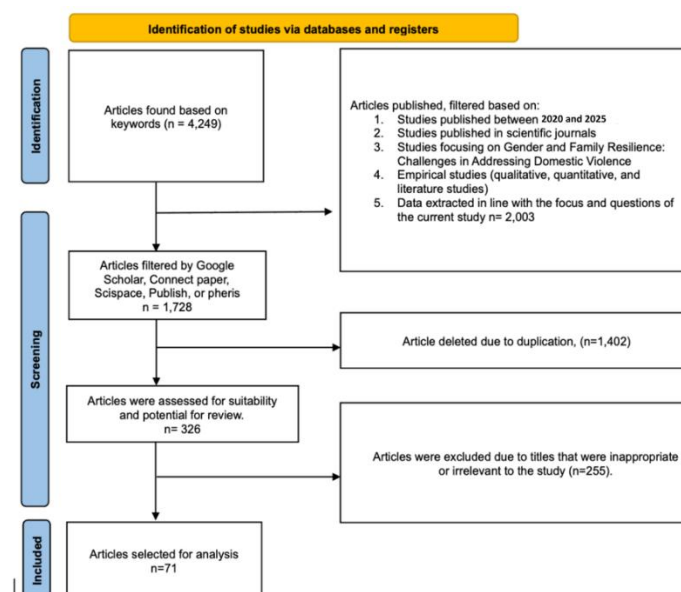
In the Indonesian context, the understanding of family resilience is also greatly influenced by cultural values, religion, and social structures. Several studies emphasize that families in Indonesia tend to maintain marriages despite experiencing violence due to cultural reasons such as “shame,” “disgrace,” maintaining family honor, or religious teachings about the importance of maintaining the household (Kusumaningrum, 2022). This condition shows how strong the role of gender and social values are in determining responses to domestic violence. Therefore, studies on gender and family resilience in the context of domestic violence must consider specific cultural dimensions.

Given this complexity, research entitled “Gender and Family Resilience: A Systematic Review of Challenges in Addressing Domestic Violence” is important to conduct. This study aims to identify how gender roles affect family resilience in dealing with domestic violence, what challenges families face in handling violence, and how coping strategies and social support contribute to family resilience. Through the SLR approach, this study is expected to present a more integrated conceptual framework and provide implications for the development of gender-sensitive policies and interventions.

Thus, this confirms that family resilience in situations of domestic violence cannot be understood without considering the underlying gender constructs. Gender relations influence the dynamics of violence, coping patterns, access to resources, and the family's ability to survive and recover. Therefore, a systematic study of the relationship between gender, family resilience, and the challenges of handling domestic violence is needed to provide a deeper understanding and evidence-based recommendations for the prevention and intervention of domestic violence in society.

Metodh

This study applied a systematic literature review with reference to the PRISMA guidelines to ensure that the data search, screening, and reporting processes were conducted in a transparent and structured manner. Trade journals, magazines, and newspapers were excluded (Liberati et al., 2009). The articles and scientific books included were limited to peer-reviewed publications in Indonesian or English, published between 2020 and 2025, and covering topics related to gender, family resilience, power relations, and domestic violence. Data were collected through Google Scholar, Connected Papers, and Scispace using keywords such as gender, family resilience, domestic violence, and violence in the household. All searches were conducted on the abstracts of scientific articles and books, and search filters were used to align with the screening criteria. The initial search results can be seen in Figure 1. Duplicate or irrelevant articles were eliminated at an early stage. Of all the articles found, 93 articles were selected for full-text review and then evaluated. To evaluate the quality of each article, a rubric assessing seven criteria (Objectives and Goals, Literature Review, Theoretical Framework, Participants, Methods, Results and Conclusions, and Significance) was applied to the full text. Each criterion was rated on a 4-point scale where 1 = Does Not Meet Standards, 2 = Almost Meets Standards, 3 = Meets Standards, and 4 = Exceeds Standards. Articles with a score of 14 or lower were excluded. Based on this evaluation, 71 articles were retained.

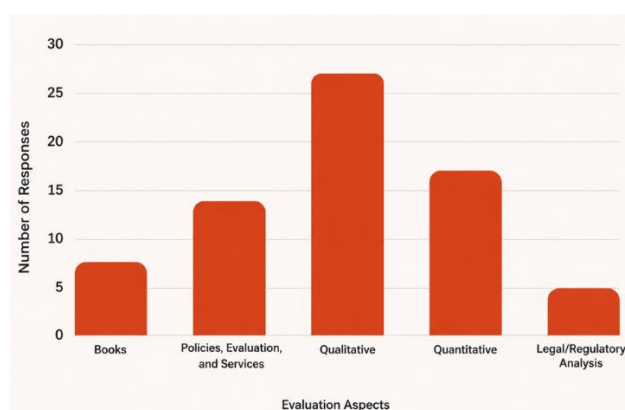


Picture 1. Process Flow Diagram based on Prisma

Thematic analysis according to Braun & Clarke (2006) is used to identify, analyze, and report themes in data. There are six stages of thematic analysis: (1) Familiarization with the data, (2) Initial coding, (3) Searching for themes by organizing codes, (4) Reviewing themes to ensure coherence, (5) Defining and naming themes, (6) Compiling a report linking the themes to the research questions. An assessment protocol was created, and both authors read all 42 articles that were retained, agreeing on the coding protocol that had been established using four broad categories: (a) Gender, (b) family resilience, (c) power relations, and (d) handling of domestic violence (DV). Interrater reliability was calculated using the percentage agreement metric, which resulted in an agreement rate of 0.93. Disagreement codes were analyzed to refine the categories.

Result and Discussion

An analysis of 71 articles and books published between 2020 and 2025 shows a consistent and increasing trend in research on gender and family resilience in facing the challenges of domestic violence, with 12 publications in 2020, 11 sources in 2021, 15 sources in 2022, 12 sources in 2023, 15 sources in 2024, and 8 sources in 2025. In general, this pattern shows a surge in academic attention in 2022 and 2024, which indicates an increasingly strong focus by researchers on the impact of the COVID-19 pandemic on family resilience, the dynamics of power relations and gender inequality in the household, and the strengthening of policy studies and practices for handling domestic violence, thus illustrating a shift in the direction of research from merely mapping problems to more applied efforts in the prevention and handling of violence in the family context.



Picture 2. Distribution of Research Methodology Articles on Gender & Family Resilience — Challenges in Handling Domestic Violence (2020-2025)

The distribution of research methodologies based on title and keyword analysis shows a total of 71 sources. There are 8 books. Meanwhile, research focusing on policy, practice, program evaluation, and services ranks next with 14 sources, marked by the use of terms such as prevention, management, policy, services, synergy, and strategy. Qualitative-based methods such as descriptive, field studies, literature reviews, systematic literature studies, and literature reviews were found in 27 sources, indicating the important role of literature studies in developing a conceptual foundation on the topics of gender and family resilience in the context of domestic violence. Quantitative approaches involving correlation and determinant analysis were found in 17 sources, while legal analysis was found in 5 sources, emphasizing studies of court decisions and criminal aspects of domestic violence. This pattern shows that research in this field is still dominated by conceptual and policy studies, while in-depth qualitative and empirical quantitative approaches are still relatively limited, thus opening up great opportunities for further research to enrich the variety of methodologies and deepen empirical evidence related to handling domestic violence and strengthening family resilience. The thematic analysis of these articles and books can be summarized in Figure 3.

Discussion

Domestic violence is a multidimensional phenomenon that cannot be explained by a single factor alone, but rather as the result of complex interactions between structural, social, economic, and individual factors. A study by Syawitri & Afdal reveals that domestic violence is understood not merely as a private issue within a couple's relationship, but as a reflection of power dynamics deeply rooted in cultural norms and social structures. This understanding is supported by Aryana's research, which states that it is important because it

demonstrates that domestic violence does not exist in isolation as an individual behavioral deviation but is closely linked to value systems, gender relations, and broader socioeconomic conditions.

One of the most dominant structural factors is the power dynamics and patriarchal culture that remain deeply entrenched in many societies. According to Mahardhikasih (2025), the patriarchal system positions men as the primary authority figures within the family whether in decision-making, economic control, or regulating the behavior of other family members. Women are often positioned as those who must be obedient, economically dependent, and prioritize family harmony over personal safety. This imbalance in power relations creates a dynamic that enables coercive control, intimidation, and the use of violence as tools to maintain dominance. In this context, domestic violence can be understood as a social mechanism to reinforce an unequal gender hierarchy, in which violence is implicitly legitimized by cultural norms that normalize women's subordination (Astuti, 2023; Sumintak & Idi, 2022). Foucault's framework for analyzing power relations is also relevant here Sumintak & Idi (2022) and Kusumaningrum (2022) demonstrate that power in domestic relationships and social traditions (such as engagement customs) does not always operate through overt coercion, but also through the normalization of women's subordinate positions, which are accepted as a matter of course.

Simbolon et al. (2022) reinforce this pattern from a criminological perspective, asserting that power imbalances and gender relations constitute the same structural root underlying various forms of gender-based violence, not limited to domestic violence alone. From the perspective of Islamic family law, Adib (2024) through an analysis of the thought of Aminah Wadud and Sugitanata & Aqila (2023) through the framework of maqashid al-sharia demonstrate that the discourse on equality in power relations within marriage is also a focus of contemporary Islamic discourse, in line with the findings of Nelli & Syahrizan (2024) that the maqashid al-sharia approach can be used to critique the legitimization of violence justified by religious pretexts.

In addition to structural factors, economic stress is a highly significant risk factor for the occurrence of domestic violence. Conditions such as unemployment, unstable income, poverty, and the heavy burden of providing for the family increase psychological pressure within the household. The inability to meet basic household needs can trigger feelings of frustration, anxiety, and a loss of self-esteem, particularly among individuals who have internalized traditional gender roles as the primary breadwinner (Syawitri & Afdal, 2020). In many cultural contexts, masculinity is often associated with economic capability and employment status. When individuals fail to meet these expectations, identity conflicts arise that can manifest as aggressive behavior a compensatory mechanism to maintain a sense of power and control within domestic relationships (Lindsey, 2020; Sinaga, 2022).

This situation has been further exacerbated by the impact of the COVID-19 pandemic, which has demonstrated how social crises can increase vulnerability to domestic violence. Social distancing policies, lockdowns, and working from home have intensified interactions within the domestic space without being balanced by adequate stress-relief mechanisms. Social isolation has further disconnected victims from support networks such as extended family, friends, and social services. According to John et al. (2020), in this situation, perpetrators have greater control over the victim's space, time, and mobility, thereby limiting the victim's opportunities to seek help. On the other hand, the pandemic has also exacerbated economic pressures through job losses, reduced income, and uncertainty about the future all of which contribute to increased conflict and the risk of domestic violence.

At the individual level, personal factors play an equally significant role in increasing the risk of domestic violence (Helgeson, 2020; Pratama & Apsari, 2024; Taufik, 2022). Alcohol and substance abuse have been consistently shown to increase impulsivity, reduce self-control, and impair cognitive function in decision-making. Individuals under the influence of alcohol are more prone to aggressive behavior, including physical and verbal violence, as also emphasized by Pratama & Apsari (2024) and Syawitri & Afdal (2020), who highlight deficits in emotional regulation and conflict resolution skills as key mechanisms underlying these patterns of violence. A history of childhood trauma, particularly experiences of violence or neglect, further reinforces patterns of aggressive behavior in adulthood through the "cycle of violence" mechanism (John et al., 2020).

Comparative Analysis of Findings Across Studies

To deepen our understanding of the interrelationship between gender power relations, emotional regulation, and family resilience, this section compares findings from various studies included in this systematic review.

Gender power relations and the legitimization of violence. Mahardhikasih's (2025) findings regarding patriarchy as a structure that legitimizes male control over women align with those of Astuti (2023) and Sumintak & Idi (2022), who both frame violence as a "strategy" for maintaining authority within relationships that are gender- and economically-unequal. However, the three studies differ in their emphasis. Mahardhikasih (2025) highlights decision-making structures within the household, while Astuti (2023) and Sumintak & Idi (2022) emphasize aspects of normative-cultural legitimation. These differing emphases indicate that patriarchy operates simultaneously through both structural and normative channels, rather than through a single mechanism.

Emotional regulation as a mediator, not a sole cause. Pratama & Apsari (2024) and Syawitri & Afdal (2020) consistently found that deficits in emotional regulation skills not merely economic pressures or cultural norms serve as the pathway bridging structural factors with actual violent behavior. These findings are reinforced by Helgeson (2020) and Taufik (2022), who highlight individual psychological vulnerabilities (including substance abuse) as factors that exacerbate emotional regulation capacity. This comparison confirms that emotional regulation functions as a mediating variable or mechanism, while gender inequality and economic pressure serve as preceding structural factors a pattern that is relatively consistent across the reviewed studies, although most are cross-sectional in nature, so the direction of causality cannot yet be definitively established.

Social crises (pandemics) amplify, rather than create, vulnerability. John et al. (2020) show that the COVID-19 pandemic increased the risk of domestic violence through isolation and the loss of access to social support. These findings are consistent with Sinaga (2022), who highlights economic pressures resulting from the crisis as a trigger for domestic conflict. A comparison of the two reveals that the pandemic acts as a multiplier effect on pre-existing structural vulnerabilities, rather than as a new, standalone cause a pattern also underscored in the broader context of social crises by Sinaga (2022) and Subroto (2023).

Family resilience as a protective factor convergence across studies. Mileaningrum et al. (2023), Wahyudin (2022), and Putra & Yunita (2024) convergingly found that patterns of open communication and the ability to solve problems together are associated with a reduced risk of conflict leading to violence. These findings align with those of Zamralita et al. (2024), who emphasize the importance of healthy family communication. Meanwhile, Qonita et al. (2025), Rosyidah et al. (2023), and Sumarsih et al. (2024) provide additional insights external social support (extended family, neighbors, and social networks) has a protective effect that is just as important as the family's internal capacity, particularly in accelerating victims' recovery and preventing isolation. The convergence of these six studies reinforces the conceptual validity of family resilience as a dual protective factor internal (coping, communication) and external (support networks).

Women's economic empowerment: protective benefits, yet potentially ambivalent. Carli (2020), Junaini et al. (2023), and Wasburn et al. (2024) show that women's economic independence is associated with more balanced bargaining power and reduced vulnerability to violence. However, Breda et al. (2020), Dahal et al. (2022), and Heilman et al. (2024) present more nuanced findings women's economic empowerment that is not accompanied by changes in social norms has the potential to trigger resistance from partners and new conflicts (backlash effect), particularly in households with strong traditional gender role orientations. This comparison is important because it demonstrates that women's empowerment is not a linear solution its effectiveness depends on the accompanying social norms, consistent with the observations by Rachmah et al. (2024) and Suratman et al. (2024) regarding the need for family-friendly policies (work flexibility, childcare support) as a balancing measure.

Financial resilience and psychoeducation as structured interventions. Assulthoni (2025), Khafidhoh (2021), and Rachmah et al. (2024) consistently found that financial literacy and family economic empowerment programs contribute to reducing conflict-triggering pressures. These findings complement rather than replace the role of psychoeducation highlighted by Hibana et al. (2023) and Assulthoni (2025) in equipping couples with assertive communication skills and emotional regulation. A comparison across these studies indicates that interventions targeting only economic aspects or only psychological aspects tend to be less effective than integrated approaches that address both simultaneously.

Intergenerational impacts and the urgency of early intervention. Latifah et al. (2025) and Wijayanti (2025) emphasize that the impact of domestic violence on children does not end with a single generation but has the potential to be passed down through parenting styles and unresolved traumatic experiences. These findings are consistent with the "cycle of violence" framework proposed by John et al. (2020), as well as with the work of Anggraini et al. (2024) and Siregar & Listyaningsih (2022), which demonstrate that positive, non-authoritarian parenting serves as a buffer against the reproduction of violence in subsequent generations.

Triangulation with international, interdisciplinary evidence. The patterns of gender-based power imbalances found in the context of domestic violence are also consistent with evidence from economic and organizational studies in reputable international journals, although the contexts differ (not the household, but the workplace and institutions). Alan et al. found that gender differences in leadership are partly shaped by social norms regarding gender roles, not merely by differences in individual capacity a finding parallel to Mahardhikasih's conclusion that male authority within the household is more socially constructed than innate. Exley & Kessler and Ductor et al. also demonstrate that gender gaps in self-promotion and workplace collaboration stem from role norms and expectations, not differences in performance. These interdisciplinary findings reinforce the argument that gender-based power imbalances constitute a recurring structural pattern across various spheres of life not limited to the domestic context and therefore interventions addressing domestic violence must consider broader changes in gender norms, not merely at the household level. In the realm of institutional policy, Clavero & Galligan and Rosa & Clavero demonstrate that formal gender equality policies (e.g., gender equality plans) often face normative and practical resistance during implementation a pattern consistent with domestic findings regarding the risk of backlash in women's economic empowerment and underscore that structural changes in gender power relations require time and careful implementation strategies, both within the household and in formal institutions (Breda et al., 2020; Dahal et al., 2022; Heilman et al., 2024).

Legal responses and public education. Alwadipa & Zulfahmi (2024), found that judges' reasoning remains inconsistent when assessing the elements of psychological violence compared to physical violence, which is easier to prove a finding that complements the observations of Zainuddin (2021) and Monoarfa & Imran (2025) regarding the challenges of implementing the law at the service delivery level. Hutabarat et al. (2023) emphasize the importance of legal education as an early prevention measure, in line with the role of community psychoeducation highlighted by Wahyu et al. (2024) and Syahfitri & Rangkuti (2024) in the context of interagency coordination. This comparison indicates that the gap between regulations on paper and their implementation in the field remains a recurring weakness identified across studies.

Overall, a comparison of more than twelve research groups above reveals a relatively convergent pattern at the conceptual level that domestic violence results from the interaction of structural factors (patriarchy), risk factors (economic, social crises), and individual mechanisms (emotional regulation) but it also reveals important points of divergence, particularly regarding the effectiveness of women's economic empowerment, which is context-dependent and does not always provide linear protection.

Theoretical Implications

The findings of this systematic review offer several theoretical contributions. First, the convergence of findings regarding emotion regulation as a mediating mechanism reinforces the relevance of emotion regulation theory in explaining domestic violence, while also affirming that this theory needs to be integrated with feminist perspectives on gender power relations (Mahardhikasih, 2025; Syawitri & Afdal, 2020) rather than being viewed as a standalone explanation detached from structural contexts (Mahardhikasih, 2025; Syawitri & Afdal, 2020). Second, the pattern of convergence among structural, economic, social crisis, and individual factors aligns with the ecological systems perspective, which views domestic violence as the result of cross-level interactions macro (cultural norms and policies), meso (communities and social networks), and micro (couple relationships and individual emotional regulation capacity). Third, findings regarding the ambivalence of women's economic empowerment challenge the linear assumptions in some conventional theories of women's empowerment and support the need for a more contextual-transitional theoretical framework that accounts for resistance to social norms as a moderating variable (Breda et al., 2020; Dahal et al., 2022; Heilman et al., 2024). Fourth, findings regarding the dual role of internal and external protective factors reinforce the validity of the concept of family resilience (Walsh) as a relevant framework for the context of domestic violence, particularly in explaining why families with similar structural conditions may exhibit different outcomes. Fifth, the consistency of cross-disciplinary findings regarding the social construction of gender roles (Alan et al., 2020; Exley & Kessler, 2022) underscores the need for conceptual caution in defining "gender" itself as a multidimensional construct not a fixed binary category as emphasized by Lindqvist et al. (2021) and Beischel et al. (2022) therefore, future theoretical frameworks on domestic violence must be open to more contextual operationalizations of gender. Sixth, in the context of a religious society like Indonesia, progressive Islamic discourses on gender relations (Adib, 2024; Mir-Hosseini, 2021; Rohinah, 2020; Sugitanata & Aqila, 2023) provides an important alternative theoretical framework for explaining how religious norms can serve as both a source of legitimacy and a source of resistance to violence rooted in gender power dynamics, depending on the interpretation applied.

Practical Implications

Several practical implications can be drawn from the findings of this review. First, psychoeducation and emotional regulation training programs should be core components of domestic violence prevention services, targeting not only victims but also partners and prospective partners, given that emotional regulation has been shown to be a key mechanism that can be directly addressed through intervention (Hibana et al., 2023; Pratama & Apsari, 2024). Second, women's economic empowerment programs need to be designed in tandem with interventions to change gender norms at the community level, rather than as standalone initiatives, to avoid the risk of backlash identified in several studies (Breda et al., 2020; Dahal et al., 2022) (Breda et al., 2020; Dahal et al., 2022). Third, strengthening inter-institutional collaboration between legal, health, psychological services, and the Women and Children's Protection Agency (Dinas PPA) must be prioritized to reduce revictimization resulting from fragmented bureaucracy (Dewi et al., 2023; Zainuddin, 2021). Fourth, religious figures and community leaders can be more systematically involved in campaigns to change social norms, given their strategic position as the community's primary point of reference on family matters (Firdaus & Mayangsari, 2024; Nelli & Syahrizan, 2024). Fifth, family-friendly policies such as flexible work arrangements and support for child-care facilities need to be integrated into strategies for preventing domestic violence based on family economic resilience (Rachmah et al., 2024; Suratman et al., 2024). Sixth, community-based legal education (Hutabarat et al., 2023) needs to have its reach expanded and be aligned with more consistent guidelines for law enforcement officials, given the variations in legal considerations still observed in judicial practice (Alwadipa & Zulfahmi, 2024). Seventh, crisis-based family resilience programs such as the methods piloted during the COVID-19 pandemic (Ramadhana, 2020; Utari et al., 2022) can be adapted as a model for family preparedness to face future socioeconomic crises, not limited to pandemic situations alone.

Research Limitations

This systematic review has several limitations that should be considered when interpreting the findings. First, most of the studies reviewed were cross-sectional in nature; therefore, the relationship between emotional regulation, gender power relations, and reported domestic violence is associative, not causal. Second, there is significant methodological heterogeneity among the reviewed studies (a combination of qualitative, quantitative, and conceptual approaches), which limits the possibility of conducting a quantitative synthesis (meta-analysis) and increases the risk of bias in the interpretation of narrative findings. Third, the majority of the sources examined originate from the Indonesian context therefore, generalizing the findings to different cultural contexts and legal systems must be done with caution. Fourth, this review is susceptible to publication bias, given that the literature search tended to focus on indexed and openly accessible journals, meaning studies with negative or nonsignificant findings risk being underrepresented. Fifth, the language limitations of the search (primarily Indonesian and English) further restrict the scope of literature from other regions that may be relevant. Sixth, although this review strives to follow the principles of systematic review reporting as recommended in the PRISMA guidelines (Liberati et al., 2009), the limited number of databases accessed and the selection process conducted by a small research team may leave gaps in the completeness and objectivity of the literature screening process.

Recommendations for Further Research

Based on the findings and limitations outlined above, several directions for further research are recommended. First, a longitudinal study is needed to examine the causal relationship between deficits in emotional regulation, gender power imbalances, and the emergence of violent behavior over time. Second, intervention studies (experimental or quasi-experimental) are needed to test the effectiveness of psychoeducational programs on emotional regulation integrated with family economic empowerment programs, to determine whether a combined approach is indeed more effective than a single approach. Third, cross-cultural research is needed to examine the extent to which the patterns of convergence identified in this review particularly regarding the ambivalence surrounding women's economic empowerment apply to sociocultural contexts outside Indonesia. Fourth, research focusing on the emotional regulation of perpetrators (rather than only victims) remains limited and needs to be expanded, given that most interventions to date have been oriented toward victim recovery. Fifth, there is a need to develop and validate standardized measurement instruments for family resilience that are sensitive to the Indonesian cultural context, to support larger-scale quantitative research in the future. Finally, a meta-analytic review on this topic would be highly beneficial if the number of quantitative studies with more uniform designs and measurement tools continues to increase in the future.

Conclusion

This systematic review confirms that domestic violence (DV) results from the interaction of three interrelated factors: gender power relations, emotional regulation, and family resilience. Gender power imbalances rooted in patriarchal structures create the structural conditions for violence; however, deficits in emotional regulation serve as a mediating mechanism that bridges these conditions to actual aggressive behavior, particularly when exacerbated by economic pressures and social crises. Conversely, family resilience through internal capacities (communication, coping) as well as external support has been shown to function as a protective factor, although the effectiveness of women's economic empowerment is context-dependent and risks triggering resistance if not accompanied by changes in social norms.

These findings underscore the need for a theoretical framework that integrates perspectives on gender power relations, emotional regulation, and family resilience within an ecological context, as well as holistic practical interventions combining psychoeducation, family economic empowerment, gender norm change, and inter-institutional synergy. Given the cross-sectional nature of the majority of the reviewed studies and their predominantly Indonesian context, longitudinal, experimental, and cross-cultural research is still urgently needed to strengthen causal evidence and the generalizability of the findings.

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