

Gender Based Violence: Cause, Effect, And Efforts

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Abstract

Gender based violence is a problem in every country, in the world as a whole, there may be over a billions of women who have experienced domestic violence, from their husband or cohabiting partner. Violence against women occurs throughout the life cycle from pre-birth, infancy, childhood, adolescence, adulthood to senescence .This paper analyses gender based violence, inflicted by women's husband or male partner. For many women, such violence is a regular occurrence, and is seen as normal by many women and men. The methodological approach for this paper is based on qualitative research methods of GBV related articles. The learned helplessness theory and the social learning theory were used to expound more on the GBV. Ten article were reviewing using the content analysis method. The main focus of the paper is alienated into four broad sections: such as

- Issues and evidences of GBV in terms of domestic violence, sexual harassment at work place and dowry related violence;
- Causes of violence which includes cultural, legal, economic and political factor that contributes a major role in occurrence of violence against women,
- Violence has a long lasting effect on survivor and their families, Impact can be range from physical harm to long term emotional distress to fatalities,

The paper recommends some possible solutions that we've come across in our own work to end violence against women and girls such as the government should create the facilities that help women experiencing GBV such counselling centres, funds that will help victims get rehabilitated. Government should invest in institutions like police and the judiciary so that victims are assisted. The community should also establish community social structure such as community group for both men and women provide a sensitisation platform for people to share experiences related GBV and remedies so as to solicit support from fellow community members.

Reading this article may make you want to change the world (if you don't already).

Keywords- Gender Based Violence, Cause, Effect, And Efforts.

Introduction

Gender based violence (GBV) is an umbrella term for harmful acts of abuse perpetrated against a person's will and rooted in a system of unequal power between women and men. In 1993 the United Nation General Assembly defined gender based violence as "any act of violence that result in or is likely to result in physical, sexual or psychological harm as suffering for women, including threats of such act coercion or arbitrary deprivation of liberty whether occurring in public and private life."

Gender-based violence and **violence against women** are two terms that are often used interchangeably, as most violence against women is inflicted (by men) for gender-based reasons, and

gender-based violence affects women disproportionately. The world has entered into a new millennium, but from the dawn of civilization till date, the woman of the patriarchal society of India continues to be oppressed and ill-treated. She is dependent, weak, exploited and faces gender discrimination in every sphere of life. The gender-based violence that threatens the well-being, dignity and rights of women, extends across social, cultural, economic and regional boundaries.

Instances of violence against women in ancient India are mentioned. Mahabharat cites the violence meted out to Dropti. Yudhishtir staked his wife Dropti in gambling and lost her, following which Duryodhana ordered his brother Dushasan to strip her in the royal palace and he attempted to do so, but Lord Krishna came to her rescue. Kans killed seven new-born babies of his sister Devaki. In modern societies also violence against women is a major public health problem affecting women and children. The gang rape of a medical student on 16.12.2012, by 6 persons (under the effect of alcohol) in a bus (the safest transport), in the presence of her friend (a male), during busy traffic hours (9.30 pm), for an extended period (>1 h), in the National Capital Region, whose Chief Minister is a lady, and with a lady as the president of the ruling party has shocked the country.

Gender Based Violence: The Evidence-

Violence against women occurs throughout the life cycle from pre-birth, infancy, childhood, adolescence, adulthood to senescence. Most of the data are believed to be unreliable as many cases go unreported. Cases of violence are steadily increasing in the country. According to the National Crime Record Bureau, India, there is one dowry death in the country every 78 h, one act of sexual harassment every 59 min, one rape every 34 min, one act of torture every 12 min and almost one in every three married women experienced domestic violence. Studies from India reported violence in 19–76% of women (75%–76% in lower caste women; 42–48% in Uttar Pradesh and 36–38% in Tamil Nadu; and 19% in an urban slum community of childless women.) In Western India, 15.7% pregnancy-related deaths in the community series and 12.9% in the hospital series were associated with domestic violence. In Uttar Pradesh, 30% men reported beating wives. 22% of woman of childbearing age from a potter community were physically assaulted. 34% of those physically assaulted required medical attention. The population-based, multicentre based collaborative project of the study of abuse in the family environment (India-survey of abuse in family environment) was established in seven sites in India. It looked at the association with poor mental health. A total of 9938 women participated (from rural, urban slum, urban non slum areas). 40% reported experiencing any violence during their marriage. 56% had self-report questionnaire scores indicating poor mental health.

Domestic Violence-

The home is often equated with a sanctuary, a place where individuals seek love, safety, security and shelter. For some women, the home is a place that imperils lives and breeds some of the most drastic forms of violence perpetrated against girls and women. Violence is usually perpetrated by males who are, or who have been in positions of trust and intimacy and power e.g. husbands, fathers, fathers-in law, stepfathers, brothers, uncles, sons, or other relatives.

The Protection of Women from Domestic Violence Act (PWDVA), 2005 defines domestic violence as any act, omission or commission or conduct of the respondent, which includes threat or actual abuse.

In the 1996 survey of 6902 men in the state of Uttar Pradesh, up to 45% of married men acknowledged physically abusing their wives. The National Health Survey conducted under the stewardship of the

Ministry of Health and Family Welfare, reported that >1/3 of women (34%) between the ages of 15–49 years have experienced spousal physical violence. The adverse health consequences that women experience due to violence are wide-ranging with physical, reproductive and sexual and mental health outcomes. In a community-based study involving 450 women in Gujarat, 42% experienced physical beatings and sexual abuse, and 23% experiences abusive language, belittlement and threats. It is interesting to note that 56% women belief that wife beating is justified.

The International Center for Research on Women (ICRW) in multiple centers in India reported that 85% of men admit they had indulged in violent behavior against their wives at least once in last 12 months. 57% of men admitted to have sexual abuse with their wives. 32% of men admitted to committing violence on their pregnant wives. The men indulged in violence to establish their power over the weaker sex. Subtle and insidious forms of violence include repeated humiliation, insults, forced isolation, limitations on social mobility, the constant threat of violence and injury, and denial of economic resources.

Sexual Haresment At Work Place-

A social worker (BD) was gang-raped by a group of the upper class, influential men, because she had tried to stop the practice of child marriage. The accused was acquitted by the trial court. This inspired several women's groups and NGOs to file a petition in the Supreme Court under the collective platform of Vishaka (Vishaka and others vs. State of Rajasthan and others). It is a landmark case as it was the basis for Supreme Court guidelines on sexual harassment at workplace.

Dowry Related Violence-

The age-old practice of dowry has persisted and driven many women to suicide. In 50 district court judgments, 1987–1989, Maharashtra, West India, there was dowry related violence. 120 cases of dowry deaths and 20 cases of intentional injury related to dowry were identified. There were intentional injuries, including physical violence (59%), mental torture 28%, molestation by family members and perversity (10%), and starving 3%. The causes of death in the women who died were: Burns 46% and drowning 34%. It is worth noting that the women were very young-88% below 25 years; 58% of them were childless, and 22% had only female children. Harassment by in-laws on issues related to dowry emerged as a risk factor for poor mental health. It is characteristic of the Indian setting. Dowry related violence is on the rise in India. More than 5000 women are killed annually by their husbands and in-laws, who burn them in “accidental” kitchen fires if their ongoing demands for dowry before and after marriage are not met. On an average five women a day are burned, and many more cases go unreported.

Causes Of Gender Basde Violence: Risk Factor-

Violence against women, is one of the most pronounced expression of the unequal power relation between women and men. The main cause of the violence is the perpetrator him or herself: it is very important to keep in mind that a person who has been affected by gender based violence is never responsible for perpetrator’s action. There is no single factor that can explain GBV in our societies, but rather a myriad of factors contribute to it, and the interplay of these factors lies at the root of the problem

FOUR TYPES OF FACTORS CAN BE IDENTIFIED- CULTURAL FACTORS-

Patriarchal and sexist views legitimise violence to ensure the dominance and superiority of men. Other cultural factors include gender stereotypes and prejudice, normative expectations of femininity and masculinity, the socialization of gender, an understanding of the family sphere as private and under male authority, and a general acceptance of violence as part of the public sphere (e.g. street sexual harassment of women), and/or as an acceptable means to solve conflict and assert oneself. Religious and historical traditions have sanctioned the physical punishment of women under the notion of entitlement and ownership of women. The concept of ownership, in turn, legitimises control over women's sexuality, which, according to many legal codes, has been deemed essential to ensure patrilineal inheritance.

Sexuality is also tied to the concept of so-called family honour in several countries of the world including Bangladesh, Egypt, Jordan, Lebanon, Pakistan, Turkey, and India, women are killed to uphold the honour of the family due to varied reasons. Traditional norms in these countries allow the killing of women suspected of defiling the honour of the family by adultery, premarital relationship (with or without sexual relations), rape, falling in love with a person the family disapproves, which justify a male member of the family to kill the woman concerned. In India honour killings appear to be on the rise. Norms around sexuality also help to account for the high numbers of homeless LGBT+ young people, and for the prevalence of hate crimes against them, on the grounds that they are considered a "threat" to societal norms. The same norms around sexuality can help to account for the mass rape of women.

Legal Factors- Being a victim of gender-based violence is perceived in many countries as shameful and weak, with many women still being considered guilty of attracting violence against themselves through their behaviour. This partly accounts for enduring low levels of reporting and investigation.

Until recently, the law in some countries still differentiated between the public and private spaces, which left women particularly vulnerable to domestic violence.

The Istanbul Convention ensures the right for everyone, particularly women, to live free from violence in both the public and the private spheres. While most forms of gender-based violence are criminalised in most European countries, the practices of law enforcement in many cases favour the perpetrators, which helps to account for low levels of trust in public authorities and for the fact that most of these crimes go unreported.

The decriminalisation of homosexuality is still very recent in many societies. While progress has been achieved in many states by adopting equal marriage, this has sometimes led to a backlash, for example by strengthening opinions holding the traditional family to be the union between a man and a woman, or where countries have adopted laws that forbid "homosexual propaganda".

Economic Factors-

The lack of economic resources generally makes women, but also LGBT+ people particularly vulnerable to violence. It creates patterns of violence and poverty that become self-perpetuating, making it extremely difficult for the victims to extricate themselves. When unemployment and poverty affect men, this can also cause them to assert their masculinity through violent means.

Political Factors-

The under-representation of women and LGBT+ people in power and politics means that they have fewer opportunities to shape the discussion and to affect changes in policy, or to adopt measures to combat gender-based violence and support equality. The topic of gender-based violence is in some cases deemed not to be important, with domestic violence also being given insufficient resources and attention. Women's and LGBT+ movements have raised questions and increased public awareness around traditional gender norms, highlighting aspects of inequality. For some, this threat to the status quo has been used as a justification for violence.

Effects Of Gbv-

Violence has a long lasting effect on survivor and their families, Impact can be range from physical harm to long term emotional distress to fatalities. Rape and sexual assault can result in unwanted pregnancies, complication during pregnancies and STIS, including HIV. Social and economic fallout from GBV can lead to a loss of livelihood and increased gender inequalities in the long term. Reporting for GBV can lead to further threats of violence, social stigma and ostracisation. GBV is also a key barrier to women and girls accessing other lifesaving services such as food, shelter and healthcare.

The effect of violence on women vary widely. It depends on the nature of the particular incident, the women's relationship with her husband and the context in which it took place. Typically GBV has physical, psychological, and social effects.

The impact of GBV on women's health:

GBV has been linked to many serious health problems, both immediate and long term. These include physical and psychological health problems.

PHYSICAL

- Injury
- Disability
- Chronic health problem (various chronic pain syndrome, hypertension, etc.)
- Sexual and reproductive health problems (unwanted pregnancies, complication during pregnancies and STIs, including HIV)
- Death

PSYCHOLOGICAL

- Direct: anxiety, fear, mistrust of others, inability to concentrate, loneliness, post traumatic stress disorder, depression, suicide, etc.
- Indirect: psychosomatic illness, withdrawal or drug use.

Economic and social Impact:

- Acute fear of future violence, which extends beyond the individual survivors to other members in community
- Damage to women's confidence resulting in fear of venturing in public spaces, which can be often curtail women's education and in turn can limit their income generation opportunities,
 - Rejection, ostracism and social stigma at community level,
 - Reduced ability to participate in social and economic activities,
 - Job loss due to absenteeism as a result of violence,
 - Increased vulnerability to other type of GBV

The Impact on women's family and dependents:**Direct Impact:**

- Collateral effects on children who witness violence at home (emotional and behavioural disturbances, e.g. withdrawal, low self-esteem, nightmares self-blame, aggression etc.)
- Divorce, or broken Family
- Babies born with health disorder as a result of violence experienced by the mother during pregnancies – e.g. premature birth or low birth weight.

Indirect effects:

- Negative attitude of a rape survivor towards the resulting child'
- Inability of survivor to care for her children in terms of child malnutrition due to constraining effect of violence on women's livelihood strategies and their bargaining position in marriage.

The Impact of violence on the perpetrators:

- Increased tension at home, or breakup of their families, or legal restrictions on seeing their families.
- Sanctioning by community, facing arrest, and imprisonment.

The Impact of violence on society:

- Hindrance to economic stability and growth through women's lost productivity.
- Hindrance to women's participation in the development process and lessening of their contribution to social economic development
- Constrained ability of women to respond to rapid social political and economic change.
- Burden on health and judicial system.
- Breakdown of trust in social relationship.

Solutions-

Gender-based violence continues to be a most pervasive human rights violation around the world. No country — even those that boast the highest levels of gender equality — has fully eradicated GBV. Regardless of class, ethnicity, age, sexual orientation, disability status, or culture, it affects one out of every three women and girls - a figure that has remained largely unchanged over the last decade.

Global emergencies, crises and conflict have further intensified GBV and exacerbated the drivers and risk factors. Climate change is aggravating all types of gender-based violence, an already visible pattern that will undoubtedly grow more extreme as the crisis worsens. Rapidly expanding digitalization is increasing online violence against women and girls, compounding existing forms of violence and leading to the emergence of new ones. At the same time, there has been a rise in anti-rights movements and anti-feminist groups, driving an expansion of regressive laws and policies, a backlash against women's rights organizations and a spike in attacks against women human rights defenders and activists.

Every day, millions of people, groups, and organisations work to bring change at the family, community and national levels. Here are some solutions to gender-based violence (GBV) that we've come across in our own work to end violence against women and girls.

Understand the specific root causes of GBV in each community-

While there are some consistent elements of GBV from one context to the next, we need to examine the particulars of a given situation in order to shift behaviours and attitudes. The more specifically we can understand the systems of marginalisation and patriarchal structures in place in a given community, the better we can find ways of addressing those systems and finding sustainable ways for people of all genders and generations to break harmful habits.

Require to additional safeguards against GBV during crisis and conflict-

As we mention above, crises can lead to an influx of GBV. This may be due to Women are especially vulnerable following an emergency evacuation. Men struggling to cope with the undue stress of displacement, war, or a natural disaster, leads to GBV. However, there are many other ways that GBV persists during crises. Women may need to flee without their husbands or fathers and serve as the head of family, which leaves them open to both discrimination and abuse. Girls may be separated from their families and vulnerable to sexual assault or trafficking. Any emergency response to a humanitarian situation must include elements of safeguarding women and children.

Pay special attention to high-risk groups-

We know that GBV can happen to anyone, although women are more likely to be targeted than men. Within that, however, are a number of different identities that can make certain women even more vulnerable to violence. A 2018 study from UNFPA reveals that girls and young women with disabilities face up to 10 times more gender-based violence than those without disabilities. Those with intellectual disabilities are particularly vulnerable to sexual violence. What's more, Indigenous women, LGBTQIA+ women (An acronym used to signify Gay, Lesbian, Bisexual, Transgender, Queer, Intersex, and Asexual people collectively.), or women who are not of an area's predominant race, class, or ethnicity, are all at higher risk for attack.

Believe and support survivors-

One of the biggest barriers to ending GBV today is that survivors are often not believed when they speak up. This can create additional stress and abuse for those who take that incredibly brave step — the first step needed to break the cycle of GBV — and also discourage other people suffering gendered violence from speaking out. This not only harms those experiencing violence, but also entire communities. Gender-based violence thrives in silence, and one of the biggest things we need to do to end GBV is to first understand how widespread the problem is.

Beyond believing survivors, we also need to ensure that they have the support they need after reporting their abuse. Even if a woman is believed, she can also be stigmatised for being attacked. No one who suffers from GBV should suffer further through societal exclusion. This is especially true for survivors of rape and sexual assault. At minimum, survivors of abuse should have access to quality healthcare (including psychosocial support), legal services, economic assistance, and shelters or safe spaces for themselves and their children.

Educate, educate, educate-

Education at every level is one of the key solutions to gender-based violence. GBV is a learned behaviour. That means it can be unlearned. Every other item on this list is, in essence, a form of education. Women need to know their rights, how to report violence, and how to reject harmful gender norms. Men need to know how patriarchal structures create these harmful gender norms, and how their behaviour may be contributing to an unhealthy dynamic. Communities need to know what GBV looks

like and how to react when they see it. Facilitators need to know the root causes of gendered violence at a national, regional and community level.

Challenge other gender norms-

There are other gender norms that aren't as violent or harmful, but still contribute to GBV. Many of these seem inoffensive at face value, such as the stereotype that women tend to the home while men go to work; or the notion that certain activities are "for boys" or "for girls." However, all of these norms and stereotypes support a larger system of inequality between the genders that, at its worst, can turn violent. Much like a pandemic, we have to bring all cases — severe and mild — under control in order to halt the spread.

Focus on community change-

Gender-based violence may seem at times like an intimate issue, one that happens behind closed doors and out of the public eye. However, it's a community's responsibility to band together in order to end violence — especially against women and girls. This is why Concern works with groups of men and women to foster conversations and workshops around gender equality, with each cohort serving as a mutual support system for one another. We also help launch self-help groups for both men and women, who learn and grow at the same time and are able to be a support system for one another long after they complete a Concern programme. Community accountability, such as father's groups ensuring that girls (and boys) stay in school, is one of the keys to keeping GBV cases at zero.

Restriction on use of alcohol-

There should be prohibition of alcohol use in mass gatherings in institutions, public places like trains and buses. The number of alcohol outlets should be decreased. The age for purchasing alcohol may be raised to 30 years. Special checks on festive occasions are recommended with the help of breath analysers. Involuntary treatment of persons with alcohol dependence should be carried out.

Keep girls in school-

Speaking of keeping girls in school... Child marriage and related forms of gendered violence may prevent girls from finishing their education. We know from data that girls who are missing out on an education are more susceptible to violence, especially at home. A girls' education should include topics like gender equality, consent, sexual reproductive health, and the notion that her potential in life is equal to that of a man's. By understanding these concepts and developing practical and intellectual skills alongside them — all facilitated through a safe learning environment — younger generations of girls and women will be more capable of fighting back against GBV.

Empower women economically and financially-

Many women lack the same financial and economic rights as men, including land ownership and the ability to set up a bank account. Leaving women dependent upon men for basics like their income and livelihoods means that we're also furthering the idea that women are "less than" their male counterparts. Establishing economic parity between the sexes through initiatives like Village Savings and Loans Associations helps to reduce dependencies, break stereotypes, and build a foundation for widespread gender equality.

Give women a seat at the table-

One of the biggest factors perpetuating GBV is that many women are excluded at the social and political levels, especially when it comes to designing laws and decisions that impact community life. This means that many new laws and norms continue to exclude women, leaving them vulnerable to the compound interest of ongoing gender disparities. This is true at any level, from a community council's disaster-preparedness plan to national parliament.

Treat GBV as a public health issue-

Gender-based violence can affect survivors' physical and mental health long after the attack itself. Many forms of GBV specifically affect the health of the targets of such violence, including FGM and sexual assault. Survivors need to have access to the resources they need in the wake of these events, such as emergency contraceptives and STD screenings. For women especially, they should feel safe revealing in a healthcare professional if they are experiencing violence at the hands of a family member or intimate partner. This can be a question initiated by their provider during a check-up, with follow-ups in place if the patient indicates they are at risk. Bringing in the healthcare system of any area (at the local and/or national level) makes GBV not simply a matter of laws and justice, but about the well-being and dignity of all community members.

Stabilise psychosocial health and support systems-

This is important for both survivors and perpetrators of GBV. Survivors deserve comprehensive psychosocial support to recover from an act of GBV, whether one-time or protracted. However, perpetrators of GBV also need and deserve resources to build and maintain their own mental wellness. Many perpetrators of GBV are not inherently "bad" or malicious. But, during a crisis — such as a conflict that leads to displacement or a pandemic that leads to lockdowns and job losses — many lack the emotional resilience to navigate the stresses of an uncertain situation. This is especially true for men growing up in cultures where their sense of manhood is questioned if they can no longer provide for their families. We saw this happen a lot among Syrian refugees; psychosocial health programmes and support groups were key to breaking the cycle.

Address other intersectional issues including climate change, hunger, and poverty-

GBV rarely happens in a vacuum. Many factors at play in a community may increase stress and vulnerability, such as climate change — the effects of which often cause displacement and place stress on available resources. The Irish Joint Consortium on Gender Based Violence also links hunger and land access to GBV. The UN notes that girls living in poverty are 2.5 times more likely to be forced into an early marriage (another form of GBV) in order to reduce the financial burden of their families. There's a bit of a chicken-and-egg scenario to these factors, however one thing is clear: Addressing GBV in tandem with any of the issues it's demonstrably linked to will help solve both issues at once.

Legislate, legislate, and legislate-

Change the mind-set of the judiciary. Many of the advances towards ending GBV are only so effective. Women must be afforded the same legal protections as men in a society, with constitutional amendments to back these rights up for both current generations and those to come. This includes everything from outlawing honour killings and child marriage to guaranteeing land rights and equal

pay for equal work, to even bolder moves, such as requiring a country's governing body to have gender parity.

Ending gender-based violence: Concern's approach- Gender Transformative-

Gender equality is one of the most important steps to ending extreme poverty. All of Concern's programming, from health and nutrition to emergency response, happens through a gender transformative lens. That means we don't simply work around existing gender inequalities or differences. Instead, we critically examine and challenge gender norms and dynamics in order to build equity and make greater, more sustainable progress towards ending extreme poverty. Where it makes sense, we also build and strengthen systems to support that level of equality. Last, but not the least, If we are sincere we will get the results. Let us all say "No" to gender based violence.

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