
Domestic Violence: Challenges And Solutions

¹Dr. Deep Narayan

¹Assistant Professor (Sociology) SSSVS Govt P. G. College, Chunar, Mirzapur (U.P.) India

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Abstract

Domestic violence is a major area of concern when it comes to issues of women. Domestic violence is a form of violence by a person to hurt one's spouse or partner either physically, psychologically or sexually. Though its outcomes are primarily related to physical health, but its causes and secondary outcomes are psychological as well as sociological. Domestic violence is an offence and is one of the major causes for increase of crime index of the state. Domestic violence is destructive behavior in an intimate relationship where one person tries to dominate and control other in a dating or marital relationship or in cohabitation, which causes physical, psychological or sexual harm to those in that relationship. In this paper the author tries to explain the root causes of domestic violence which includes certain risk factors such as individual, relationship, community, societal, legal and political factors. These factors are responsible for domestic violence and its consequences on the victim's psychological as well as physical health in day to day life. The paper also highlights the different forms of domestic violence such as physical, psychological, emotional, sexual, verbal or economic. The author also makes an attempt to highlight the difference between healthy and unhealthy relationships. The paper also brings in to light various strategies to prevent domestic violence.

Key words:- domestic violence, forms, risk factors, consequences and prevention.

Introduction

Home is a place where everybody feels comfortable and safe but for some people it is not true. They face a regime of terror and violence where they should feel relaxed and loved. This category includes women who face domestic violence from their close relationships, mainly by their husbands and in-laws. Those victimized suffer physically and psychologically. They do not have any rights and decision making choice. There are many women who are facing such kind of inhumanities in this world. Violence against women is present across the world cutting across boundaries of culture, class, education, income, ethnicity and age. When looking at the problems faced by women in 21st century, domestic violence comes among top. Domestic violence is not a new concept; it has prevailed in our societies from a long time and is still prevailing. This century brought with it the concept of women empowerment, and it also helped women come forward in society. But crimes against women did not come to an end with this empowering. This issue is still unresolved.

India is second largest country in population and almost half of the population is of women. As India is famous for its population in the same way India is not behind in crime rate. It is also high in our state. India ranks no. 53 in crime throughout the world with crime index and safety index of 46.59 and 53.41 respectively and in Asia it ranks 13th in Crime (MUMBEO 2016). Present day scenario shows a number of crimes are taking place such as murder, rape, kidnaping, robbery, corruption, domestic violence, dealing drugs, trafficking, feticides,

infanticides etc. In this research paper the author tries to make an attempt to understand the concept of domestic violence and its causes and consequences on physical and psychological wellbeing.

Violence against spouse, particularly intimate partner violence and sexual violence are major public health problems and violation of human rights. Global prevalence figures indicate that about 1 in 3 (35%) of women worldwide have experienced either physical and or sexual intimate partner violence or non-partner sexual violence in their lifetime and as many as 38% of murders of women are committed by an intimate partner (WHO 2016). Around 120 million girls worldwide (slightly more than 1 in 10) have experienced forced intercourse or other forced sexual acts at some point in their lives. By far the most common perpetrators of sexual violence against girls are current or former husbands, partners or boyfriends (UNICEF 2014).

Violence against women is a serious problem in India. According to NFHS-3, one-third of women age 15-49 have experienced physical violence and about 1 in 10 has experienced sexual violence. In total, 35 percent have experienced physical or sexual violence. This accounts for millions of women who have suffered, and continue to suffer, at the hands of their husbands and other family members also. Nearly two in five (37 percent) married women have experienced some form of physical or sexual violence by their husband. One in four married women has experienced physical or sexual violence by their husband in the 12 months preceding the survey (NFHS-3, 2005-2006). According to United Nation Population Fund Report, around two-third of married Indian women are victims of domestic violence and as many as 70 per cent of married women in India between the age of 15 and 49 are victims of beating, rape or forced sex. In India, more than 50 percent of the women suffer from domestic violence, especially in the states of Bihar, U.P., M.P. and other northern states.

TYPES OF DOMESTIC VIOLENCE- Domestic violence has many forms, like physical aggression; sexual abuse; emotional abuse; controlling; intimidation; stalking; passive/covert abuse and economic deprivation. All forms of domestic abuse have one purpose that is to gain and maintain control over the victim.

1- Physical Abuse

Physical abuse means contact to cause feelings of threat, injury, pain, or bodily harm. It includes hitting, choking, slapping, punching, pushing, burning etc. It may also include neglect of medical care in such case. It can also include causing physical injury to other targets, such as children or pets, to cause psychological harm to the victim

2- Sexual Abuse and Marital Rape

Sexual abuse is any situation in where perpetrator force or threat the victim to obtain participation in unwanted sexual activity. Coercing a person to engage in sexual activity against their will, even if she is a spouse or intimate partner with whom consensual sex has occurred earlier, is an act of sexual violence

3-Emotional Abuse

Emotional abuse also known as psychological abuse or mental abuse, include humiliating a person in private or public, controlling what that person can and cannot do, deliberately doing something to make the victim feel inferior or embarrassed, isolating the victim from their friends

and family or denying the victim access to money or other basic resources and necessities. The basic aim is to degrade the self esteem by denying their existence.

4- Economic Abuse

Economic abuse means when one partner has control over the other partner's access to economic resources. Economic abuse may involve preventing a person from resource acquisition, limiting the amount of resources used by them, or by exploiting economic resources of the person. The aim is to make the partner dependent on themselves so that they don't have any option other than to live with them

Deterrence for Domestic Violence :- Domestic violence is spreading like communicable disease. It is a global problem and affects victim's life. Domestic violence is a major problem as it is violating victims as well as social rights/ norms. It can be prevented at local as well as national and international level. At the primary level education should be provided about the current problems and school-based programmes should be organised. Certain strategies have been formulated by WHO like periodical survey conduction, development protocol and guidelines and information material on domestic violence among others

In view of this global problem, we can use following preclusions to overcome from this burning problem, such as

- We should support domestic violence counselling programs and enhance programs that address discrimination against women and promote gender equality and try to stop domestic violence from happening in the first place.
- Awareness should be develop in community regarding this unacceptable act as every body have right to live a pain free life.
- Social norms should be strict to give punishment for such people who break the rules, norms and who take up this inhuman activity.
- Health care professionals like gynaecologist, obstetrician, counsellor, psychologist, psychiatrist and social worker should be active and available to identify the problems as early as possible.
- Women empowerment should be emphasized. Women should be respected and should get equal rights.
- Gender sensitization programs should be enhanced and legal literacy should be provided to women.
- NGO's should be involved in fighting against violence.

CONCLUSION :- This review of literature on domestic violence gives insight into the problem of domestic violence. There are many sociological factors which affect domestic violence. Factors like illiteracy, low SES, alcoholism in husband, poverty, aggressiveness in husband, need to control, need for power, type of attachment, gender role attitudes and male dominance affect the occurrence of domestic violence. Its affects are negative in all the cases but this problem is till prevailing in society. Women who face this situation at their homes are affected physically and emotionally. Their risk for mental health disorders is very high. Their ability to rear their child effectively also diminishes. Children raised in battered homes are also affected by this violence. If society wants to get rid of this problem education of women is must. When women will be aware about their rights such crimes

against them can be brought under control. Mentalset of males as well as females should be modified by creating awareness regarding gender equality.

Domestic violence is an emerging crime now-a-days in our society like a communicable disease. It is just a way of showing ones dominant status on other. Government had made laws against violence but implication of that laws are not happening properly mainly because most of the people does not know how to approach law and do not have knowledge about the existing laws. Work is going on in that respect but it needs to get improved by training, education, research, education to people regarding different agencies and organizations. People should also be made aware about the different consequences domestic violence has on, not just the victim, but also on the family and the society as well .

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