

Domestic Violence: Consequences, Causes and Preventive Measures Anupam* ; Kumar, P** and Kumar, J***

Abstract

Present study is envisioned to review consequences, causes and preventive measures of domestic violence. Area of domestic violence is carefully chosen on the bases of findings of several researches and insight of the researchers. As, domestic violence is the serious issue for social reformers, academicians and researchers. Although, agencies/institutions of legal services have been constituted across the globe to prevent domestic violence. Also, due to increasing literacy rate, sensitizing programmes, research-based policies and NGOs efforts, domestic violence is studied and tried to prevent. No doubt, all efforts are made but question is that really, we flourished? Perhaps, no, even in view of innovation of technology, manifestations of domestic violence are changed. If we consider a very small example, women are not allowed to make phone calls and to attend phone calls. So, it realizes that why a woman should go for legal services? Aged persons are forced to live in old age homes. Why not we frame a module/psychological support system and awareness programmes or some preventive measures at earliest period to throw this humiliation from the society? Therefore, present research focused on all these issues and includes review-based findings in view of different types, causes and preventive measures of domestic violence. Preventive measures are needed to throw domestic violence from society.

Keywords: Domestic Violence, Preventive Measures.

Domestic violence is not limited to the illiterate person with lower socioeconomic status. It is also found in well literate society with sound economic status and in well settled family. Women and men both the genders suffer from domestic violence. But women are more victimised to domestic violence. Most of the women experience some degree of domestic violence. Researchers assume that domestic violence mainly occurs with intimate partner, hence, it is called “Intimate Partner Violence” (IPH). In 2012, “World Health Organization opined that “any behaviour within an intimate relationship that causes, physical, psychological or sexual harm to those in the relationship is called domestic violence”. Domestic violence includes the process of reciprocal, anybody may responsible for that depending on the situation. In modern scenario, large number of studies have focus on domestic violence or IPH.”

The common types of domestic violence are physical abuse, verbal abuse, psychological abuse, unnecessary control, sexual abuse, violence regarding autonomy, violence due to dowry system. Moreover, it also includes the offence like incest, mutilation of private organs, rape abortion, molestation, unnatural sex, bride burning etc. Most of the countries in Asia Continental considered wife beating is normal activity of home despite a strong legal system. Numbers of women are killed by their family members in the name of honour. Women in Indian culture, do not perceive violence because of social construct emphasizing the idea that a good woman never voiced to their in-laws and husband. Some ancient writers consider the women the second human being. Thus, wife is beating not seen as violence if the woman does not perform her wifely duty. Violence is not restricted to women only but it is extended to children, aged persons and other family members such as parents, siblings and in-laws etc.

There is blind belief that violent actions are an expression of love and it is desire to help the subject be a better person. Million of unsafe abortions are performed worldwide upon women. In 2019, “National Crime Records Bureau” provided the report of registered rape cases in India claiming that everyday 88 cases are reported. Total Thirty Two Thousand Thirty Three cases are registered in 2019. This position or condition indicates the poor and vulnerable condition of women. Recently, on 16th April, 2022, one incident occurred in Maharashtra (India), a men killed his wife due to excess amount of salt in ‘Khichdi’-an Indian food which is considered light food. Therefore, present study is designed to discuss types, causes and preventive measures of domestic violence.

Review of literature reveals that domestic violence has impact on several psychological and physical attributes of a victim. Several researchers investigated the severe adverse effect of domestic violence (Zlotnik et. al., 2006; Bosch et. al., 2017; Pickover et. al., 2017; Spencer et. al., 2017). Chiefly it manifests symptoms of post-traumatic stress disorder, generalize anxiety disorder, depression, many health-related problems and compromising behaviour. It is also studied that adverse effect may be mediated by temperamental traits and environmental factors. Asadi and colleagues (2018) drawn the sample of Iranian women and studied the socio-demographic measures which predict the “Intimate Partner Violence”. In conclusion, it was suggested that it is vital challenge to formulate culture-based policies for reducing domestic violence to spread matrimonial stability and peace in families.

In 2017, a document was published by Department of Justice, United States which reports that domestic violence has not only its adverse effect on victim. It catches every person who is in the periphery of victim like family members, relatives, friends and

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others who are in social network. Stark (2007) introduced the term of “Context of Coercive Control” which suggests that abuser uses all steps and ways to perform domestic violence. Abuser tries to control victim’s physical, emotional and financial aspects. It is difficult to understand this dynamic, although it produces continuous fear and affects the well-being of family members. Sometimes it is found that the end of relationship is not the end of abusive behaviour, in some cases violence manifests through unwanted communications (phone calls, emails, letters, text messages, unwanted approach, visited or waited outside home or workplace, damage property etc.).

With regard to the large-scale studies, it is observed that in many cases domestic violence is not reported considering the cause of shame and loss of social prestige. Sometimes social media spread the news of victim which may reduce the social esteem. Victim may not report the domestic violence because he/she expects that either it will be stopped or after reporting abuser may trap or follow the victim. As per the report published in Times of India (04 May, 2020), the Gurgaon Police said that they received complaints of domestic violence during lockdown till April 15. Complaints are received on women helpline number and few complaints are needed to medical intervention also. Recently, Rajni Gupta (2020), Panipat’s Women Protection and Child Marriage Prohibition Officer rescued a 38 years’ woman who was closed in a toilet from last one year. Kaur and Gill (2020) studied domestic violence against women from Panchkula district. They reported that socio demographic variables are somewhat associated with manifestation of domestic violence. These variables may be tapped in terms of urban residence, older age, lower education and lower family income. Nidhi (2019) conducted a study to find out the issues and challenges of domestic violence in rural Haryana. Researcher revealed that types of domestic violence are found in terms of physical, sexual, economic, and psychological. It was also found that women face several forms of domestic violence in view of various cast and cast lines.

Haryana DGP Manoj Yadava (2020) gave the report to The Indian Express and claimed that when corona period came in existence, 5,935 phone calls are received on women helpline number between the time period of March, 25 to April, 20 in 2020 year. In previous year and same time interval, 6,060 phone calls were received, which suggests fall in domestic violence. It was assumed that it may be occurred due to lack of alcohol supply during lockdown. Although, the decline of number of calls was not significant, it was negligible change. Nadda and her colleagues (2018) investigated the occurrence rate of domestic violence among married women of Haryana. Currently married females were taken in the sample. Researchers found that 37% women ever experience domestic violence whereas 28.9% women currently

experience of domestic violence. During this study, all types of domestic violence were included except sexual violence. It was also reported that domestic violence is more common rural area as compare to in urban area. It was also found that in most of the cases husband initiated violence. Domestic violence which may be classified under the categories of physical abuse, verbal abuse, psychological abuse, unnecessary control, sexual abuse, violence regarding autonomy, violence due to dowry system, and many more other types etc.

Domestic violence also affects the life style of children and young people in the family.

Appropriate socialization and good relationships like with parents, peers are considered the roots of children’s learning. Domestic violence may influence the education and developmental aspects of children. Katz (2016) argued that child may face the domestic violence. Child may be forced for remain under continuous monitoring, financial abusing, verbal abusing and psychological abusing. Entire process is based on coercive control. Lioyd in 2018, observed the significant hostile effect of domestic violence. Researcher claimed that it has negative impact on life and educational process of young children, children, and young people. It was also studied that how education system plays its vital role to tackle domestic violence, and suggested that mainly teachers can play vital role by using welfare services.

Domestic violence happens for every person in any of the age (Sterne and Poole, 2010), some researchers reported that psychosocial development of children adversely affected when they are victimised to domestic violence especially “physical abuse” (Harper et. al., 2018). Domestic violence in early childhood produces emotional disturbances. Separation anxiety is common in the victim of violence children than non-victim children. Researchers (Baker and Cunningham, 2009) also reported that pre-school children may manifest to domestic violence in different way. They may report the symptoms of withdraw, anxious, engagement in repetitive games, regressive behaviour, having inhibited independence, sleep disturbances and tantrums or impaired understanding. Authors also argued that to identify the sign and symptoms of domestic violence is not always easy.

Moreover, the adverse effect of domestic violence is not limited to pre-schooler or early childhood. Young school children also affected by domestic violence. Calder and Ragan (2008) noted that domestic violence manifested in their school’s related activities like absentees, lack of attention, concentration difficulties, having sleep disturbances and low self-esteem. They manifested the unpredictable behaviour, aggression, anger and hyperactivity. Significant change also found in conduct of young school children. Some children who were victim of domestic violence at home displayed hyper-vigilance and hyper arousal at school, regularly watchful and fearful off

danger (Sterne and Poole, 2010). Domestic violence also affects the intellectual development, language development and educational achievement.

Domestic violence also affects the life of young people. Young people manifest the domestic violence in different forms. They realize symptoms of self-blaming, self-harming, depression, suicide ideation, risky and criminal behaviours and substance abusing. They also perform poor social network and disaffection with education. Some researchers reported that regarding experience of domestic violence significant gender differences exist. Baldry (2007) reported that girls scored high on tendency to experience the domestic violence in the way of withdrawal, anxiety and depression whereas boys scored high on to externalize the symptom of domestic violence in the form violence against peers and antisocial behaviour.

Causes and Preventive Measures

Why this destructive scenario is happening? What are the roots of domestic violence? Is it thousand years repressed mentality? What are the techniques/strategies and preventive measures which may be helpful to throw this hurtful sickness? There is a need to tackle these serious challenges. In case of uneducated and semi-educated population, it is observed that usually families are not happy due to the birth of girl child, sometimes women are targeted by saying that you are only responsible for the birth of girl child. Moreover, when couple is not capable to offspring the baby due to any natural reason or due to any kind of lacking, in that case only woman is considered responsible. In contrary, if woman is not mentally and physically preparing to produce child, in that case she may be pressurised by her family members. Even, if one child is behaving very well then nobody will praise to his/her mother but if child is not in good direction, then solely blame is given to his/her mother.

Chiefly in rural regions, it appears that any type of commercial loss, social loss, and even decease of someone is also because of woman. Consequently, peoples take the care from illiterate, fake and bastard "babas." Women also face the violence due to displacement of her husband or guardian. Displacement can be explained in terms of psychological reaction in which a person displaces the negative emotions from its original source to a less threatening person. In view of control type of violence, women are not allowed to make or receive phone calls, to select clothing styles or hairstyle. So, there is a need to explore every type of violence-based activities very meticulously.

Some researchers reported that socialization process has central role in the occurring of domestic violence. Such as how communications should occur at home. Healthy environmental context may facilitate to continue counters productive socialization processes that may manifest toward violent relationship. Some studies reported that child's emotions are developed

from his or her family (Garner et. al., 1997; Elster, 2007; Hunter et. al., 2011; Mandara et. al., 2012; Shuffer et. al., 2012). Studies show the significant parental differences regarding socializing process. Personality development of young children depends on their parenting styles. Some researchers concluded that emotional socialization within family environment plays a significant role in the development of gender stereotypes such as promotion of gender identities, either boy may be tougher or girl may be fragile (Garner et. al., 1997; Betello; 2017).

For the implementation of intervention strategies and effective prevention we have to understand the nature of domestic violence, its causes and its prevalence. We should not concern with the determinants and consequences of domestic violence. But we should take into account the economic, social and cultural factors related to domestic violence. When women are unable to access their parental home for support than an abused women thought that they have few alternatives such as running away or commuting suicide. Some women maintain silence for honour of their husband and family. There are some social factors which deepen the violence such as dependence on married brother at their home considered as stigma. What will happen if her husband did not come to fetch her back? Divorce carries a great deal of social stigma. Limited economic resources make the condition worst. Women without alternative shelter and financial support can't exercise the legal option against violence.

Due to the sensitivity of cases against women, government established women police station. These police stations make the police more accessible to women. Government tries to control it but it is generally unreported or imperceptible in the community sphere due to some social and family beliefs. It is cognizable offence. Domestic violence is crime under section 498A of Indian Penal Code, 1860. Accused can be arrested without a warrant. As a consequence of section 498A, a law is developed regarding the constitutional rights define under article 14,15,21 of constitution to grant for a remedy under civil law which is intended to defend the women from being sufferers of domestic violence and to prevent the incidence of domestic violence in the society. Woman and child development department provides facilities intended for the victims of domestic violence such as alternative accommodations, child care services, counselling, income generation schemes and educational agendas. There should be a comprehensive law which includes act of physical, psychological, emotional, sexual, and financial abuse that hurt or degrade the women. We should focus on the economic capabilities of women because it improves the status and respect for women outside marriage and family.

Media should be used as medium of attitude change toward victims of domestic violence. It should spread

the right of equality among population and report that all individuals are human being and they have equal right to live with dignity. Women suffer violence because of new marriage, dowry system, responsibilities of the children, searching for jobs etc. At the same time, children also face the same situation. Child imitate the observing behaviour. So, print and electronic media play vital role.

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