

Violence Among Educated Women and its Life Time Impact on Mental Health

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Abstract

Violence against women is a major public health concern, contributing to high levels of illness and death worldwide. Studies on violence showed that women who experience gender-based violence (GBV), such as rape, sexual assault, intimate partner violence and stalking, have a higher lifetime occurrence of mental health disorders, dysfunction, and disability. Sexual violence is also connected to issues of social and economic injustice. Our purpose for this study is to understand how Physical and Psychological Violence can affect Mental Health and the prevalence of violence can even be seen in educated and self dependent women. For the study purpose a sample of 50 educated women working in a reputed organization of Sonapat (Haryana) was selected. Standardized tools were used to measure Physical and Psychological violence and Mental Health. The scale intends to measure how often these behaviors occurred during the past six months. The results indicate that psychological/ physical violence leads to more psychological distress and less psychological wellbeing. A significant relationship was found between these variables. Finding also showed that that near about 45% of women face poor mental health and even not able to share such problem other then this 20 % women reported violence related to kick, slap or checks up on her like listing to their phone calls and making enquires about her. In conclusion the findings indicate a strong association between spousal violence and poor mental health.

Key Words: Educated Women, Physical Violence, Psychological Violence, Mental Health

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