

# Domestic Violence Against Women: Types, Causes, Effects And Management

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**Abstract-** In our society, many women are violently treated by their intimate partners while they suffer in silence. In some cases, domestic violence leads to the death of these women. This should not be allowed to continue because women are crucial to the growth and development of any nation and the world at large. They are homemakers, custodians of social, cultural and fundamental values of the society; and permanent change is often best achieved through them. Full community development is impossible without their understanding, cooperation and effective participation. Considering all these, women deserve better treatment but opposite is usually the case. Wife battery affects the physical and psychological wellbeing of the abused women. It is on this premise that this paper discusses the meaning of domestic violence against women, types of intimate partner violence, effects of these types of violence on abused women. This paper also discusses causes and management of domestic violence against women.

**Key Words:** Domestic violence, Women, Abuse, Effects, Law enforcement.

## I. INTRODUCTION

In India where almost half of the population are women, they have always been ill-treated and deprived of their right to life and personal liberty as provided under the constitution of India. Women are always considered as a physically and emotionally weaker than the males, where as at present women have proved themselves in almost every field of life affirming that they are no less than men due to their hard work whether at home or working places. Behind closed doors of homes all across our country, people are being tortured, beaten and killed. It is happening in rural areas, towns, cities and in metropolitans as well. It is crossing all social classes, genders, racial lines and age groups. It is becoming a legacy being passed on from one generation to another. But offences against women which reflects the pathetic reality that women are just not safe and secure anywhere.

Violence against women is a major public health problem and a violation of human rights. Violence by an intimate partner is one of the most common forms violence against women. A wide range of physical, mental and reproductive health problems can result from violence against women. It affects the life span from sex selective abortion of female fetuses to forced suicide and abuse and is evident, to some degree, in every society in the world.

World Health Organization has defined domestic violence as range of sexually, psychologically and physically coercive acts used against adult and adolescent woman by the current or former male partners. This violence is towards someone who we are in a relationship with, be it a wife, husband, son, daughter, mother, father, grandparent or any other family member. It can be a male's or a female's atrocities towards another male or a female. Anyone can be a victim and a victimizer. This violence has a tendency to explode in various forms such as physical, sexual or emotional. Domestic violence includes harms or injuries which endangers women's health, safety, life, limb or well being, whether mental or physical. It may also be through physical, sexual, verbal, emotional and economic abuse.

## II. TYPES OF DOMESTIC VIOLENCE

Domestic violence may include physical, sexual, psychological, emotional and economic abuse.

### 2.1. Physical abuse

Physical abuse includes inflicting or attempting to inflict physical injury and/or illness, for example, grabbing, pinching, shoving, slapping, hitting, hair pulling, biting, arm twisting, kicking, punching, hitting with blunt objects, stabbing, shooting, withholding access to resources necessary to maintain health, for example, medication, medical care, wheel chair, food or fluids, sleep, hygienic assistance, forcing alcohol or other drug use.

### 2.2. Sexual abuse

Sexual abuse includes coercing or attempting to coerce any sexual contact without consent, for example marital rape, acquaintance rape, forced sex after physical beating, attacks on the sexual parts of the body, bestiality, forced prostitution, unprotected sex, fondling sodomy, sex with others, use of pornography. Attempting to undermine a

victim's sexuality, for example by treating her in a sexually derogatory manner, criticizing her sexual performance and desirability, or accusing her of infidelity and withholding sex.

### *2.3. Psychological abuse*

Psychological abuse includes instilling or attempting to instill fear, for example, intimidation, threatening physical harm to self, victim, or others, threatening to harm, black mailing, or harassment. It also includes isolating, attempting to isolate victim from friends, family, school, and/or work, for example, withholding access to phone, and/or transportation, undermining victim's personal relationship, harassing others, constant checking up, constant accompaniment, use of unfounded accusation, forced imprisonment.

### *2.4. Emotional abuse*

Emotional abuse includes undermining or attempting to undermine victim's sense of self worth, for example, constant criticism, belittling victim's abilities and competency, name-calling, insults, put down, silent treatment, manipulating the victim's feelings, and emotions to induce guilt, subverting a partner's relationship with the children, repeatedly making and breaking promises.

### *2.5. Economic abuse*

Economic abuse includes deprivation of all or any economic or financial resources to which the aggrieved person is entitled to under any law or custom whether payable under an order of a court or otherwise or which the aggrieved person requires out of necessity including, but not limited to, household necessities for the aggrieved person and her children, or in the case of any property, jointly or separately owned by the aggrieved person, payment of rent related to the shared household and maintenance; disposal of household effects, any alienation of assets whether moveable or immovable, valuables, shares, securities, bonds and the like or other property in which the aggrieved person has an interest or is entitled to use by virtue of the domestic relationship.

## III. CAUSES OF DOMESTIC VIOLENCE

### *3.1. An Environment*

It is very important where a person taught about violence such as a child follow his father when he came home from work and using drink and show angry, threatening at his mother. A child watches and learns it. An uneducated environment cause domestic violence.

### *3.2. Poor Self-Esteem*

It is affected in such a way that when child grow up in domestic violent type home; he possesses low self-worth and he may engaged in negative self talk. As he became younger get frustration and isolating with hidden anger and that anger will burst out in the form of domestic violence on their wives.

### *3.3. Drug & Alcohol Abuse*

It is precursor of domestic violence because when a person used substance, drug or alcohol he leads to out of control behavior and due to this act they have poor emotional health and leads to secondary anger, results in beating, pushing of their wives and causes domestic violence.

### *3.4. Low Income /Wages*

Person who have low wages or low income or loss earning power, lack of any financial support, they become abuser and act as domestic violent, further lack of awareness of human rights, lack of education also cause domestic violence tendencies in men.

## IV. EFFECTS OF VIOLENCE ON WOMEN

Violence has wide ranging and sometimes long-term effects on victims. The effects can be both physical and psychological. The following are the summary effects of domestic violence:

### *4.1. Physical Effects*

Physical effects are varied, but victims are known to suffer physical and mental problems as a result of domestic violence. Battering is the single major cause of injury to women, more significant than auto accidents, rapes, or muggings.

#### 4.2. Psychological Effects

Psychological effects are primary and immediate focus for many people is the physical injury suffered by victims, the emotional and psychological abuse inflicted by violators likely has longer term impacts and may be more costly to treat in the short-run than physical injury.

#### 4.3. Economic Effects

Economic effects victims often lose their jobs because of absenteeism due to illness as a result of the violence. Victims may have to move many times to avoid violence and Impacts on Children one-third of the children who witness the battering of their mother demonstrate significant behavioral and/or emotional problems, including psychosomatic disorders, stuttering, anxiety and fears, sleep disruption, excessive crying and school problems.

### V. MANAGEMENT

The response to domestic violence is typically a combined effort between law enforcement, counselling services and health care.

#### 5.1. Medical Response

Medical professionals do not see themselves as being able to play a major role in helping women in regards to domestic violence. Injuries are often just treated and diagnosed, without regard for the causes. Many doctors prefer not to get involved in people's "private" lives. Health professionals have an ethical responsibility to recognize and address exposure to abuse in the patients, in the health care setting.

#### 5.2. Law Enforcement

In 1983, Domestic Violence was recognized as a specific criminal offence by the introduction of section 498-A into the Indian Penal Code. This section deals with cruelty by a husband or his family towards a married woman. The punishment is imprisonment for up to three years and a fine. The complaint against cruelty need not be lodged by the person herself. Any relative may also make the complaint on her behalf. The above section relates to the criminal provisions of a more stringent offence. The civil law does not however address this phenomenon in its entirety. There was a need of provision in law with more pliable remedies to offer within the broader framework of civil and criminal laws. A law was enacted keeping in view the rights guaranteed under the article 14, 15 & 21 of the constitution to provide for a remedy under civil law which is intended to protect the woman from being victims of domestic violence and to prevent the occurrence of domestic violence in the society.

#### 5.3. Counselling for Person Affected

Since marital violence is major risk factor for serious injury and even death, and women in violent marriages are at much greater risk of being seriously injured or killed; counselling intervention is much needed. Initial assessment of the potential for violence in a marriage can be supplemented by standardized interviews and questionnaire which have been reliable and valid aids in exploring marital violence more systematically. Counsellors and therapists should also make the distinction between situations where battering may be a single, isolated incident or an ongoing pattern of control.

#### 5.4. Counselling for Offenders

The main goal of counselling for offenders of domestic violence is to minimize the offender's risk of future domestic violence, whether within the same relationship or a new one. Treatment for offenders should emphasize minimizing risk to the victim, and should be modified depending on the offender's history, risk of re-offending and criminogenic needs.

### VI. CONCLUSION

In conclusion of this research paper, domestic violence is a large social issue that is being dealt with on a daily basis, but more still needs to be done to stop it. It will continue to damage our society as a whole by allowing those who are dominant to take advantage of those who are inferior. It is Darwin's theory of evolution that states "survival of the fittest," but to what degree must we take this to. If the message is stronger, and the penalties for abuse are strengthened, it can be an excellent way to stop abuse in society today.

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