



## Preventive Measures to Predict the Causes, Consequences, And Preliminaries of Domestic Violence

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### Abstract

Domestic violence is a crime and one of the main reasons for the state's rising crime index. Domestic violence is harmful behaviour in close relationships where one person tries to control and dominate the other in a cohabitation or dating setting, resulting in physical, psychological, or sexual harm to people involved. The author of this essay attempts to explain the underlying causes of domestic violence in this work, taking into account a number of important variables including personal, interpersonal, community, legal, and political aspects. Domestic violence is caused by several variables, which also have an impact on the victim's daily physical and mental health. The various types of domestic violence—such as physical, psychological, emotional, sexual, verbal, or economic—are also highlighted in the study. Additionally, the author tries to emphasise the distinction between relationships that are good and those that are toxic. The article also highlights a number of preventative measures for domestic abuse.

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

### Introduction

India is the second-most populous country in the world, with about half of the people living there being women. India is well-known for its population, and its crime rate does not far behind. Our state has a high one as well. India ranks 13th in Asia and 53rd overall in terms of crime (MUMBEQ 2016). Its safety and crime indices are 46.59 and 53.41, respectively. The current state of affairs reveals that many crimes are being committed, including rape, murder, kidnapping, robbery, corruption, domestic abuse, drug trafficking, feticides, and infanticides. The author of this study work attempts to comprehend the idea of domestic violence, as well as its causes and effects on people's physical and mental health.

Before discussing domestic violence, it is important to understand several related topics, such as what constitutes violence, sexual abuse, assault, and violence against women. Violence can be defined as "any use of force—verbal, written, physical, psychological, or sexual—by an individual or group against another person with the intention of wronging, injuring, or oppressing that person directly or indirectly by attacking that person's integrity, psychological or physical well-being, rights, or property" (MELS 2009). Any sexual act, or other act directed against a person's sexuality using compulsion, by any person in any environment, regardless of their relationship to the victim, is considered sexual violence. It encompasses rape, which is defined as "the penetration of the vulva or anus by the penis, another body part, or object, by physical force or other coercion" (WHO 2016). When someone in a position of authority or power takes advantage of someone else's respect and trust to engage them in sexual activities, it is considered sexual abuse. Sexual abuse, therefore, does not fall under the heading of forceful or threatening sexual assault; rather, it involves two willing people (such as an 18-year-old student and her/his teacher). Any unwanted, forceful, coercive, or threatening sexual act or behaviour to which a person has not given consent or was unable to give consent is considered sexual assault. A violent, unanticipated, traumatic, and occasionally life-threatening event or set of events might occur during a sexual assault.

Interpersonal violence that occurs in intimate relationships, familial interactions, and domestic situations is referred to as domestic violence. It is sometimes referred to as marital abuse or family violence. Anyone (men or women) has the potential to commit or become a victim of domestic abuse. Domestic violence is harmful behaviour in a close relationship



when one person tries to control and dominate the other, whether in a cohabitation or dating setting. This behaviour harms the other person physically, psychologically, or sexually. It encompasses physical acts of aggression such as kicking, beating, slapping, or hitting; psychological abuse such as constant humiliation or belittling; forced sexual relations; and any other form of control such as excluding a person from friends and family, keeping tabs on their whereabouts, and limiting their access to resources or help (Krug E. et al. 2002). Domestic abuse is never an isolated incident; it is usually a planned act. There is a tendency for the violence to become more frequent and severe with time.

Intimate partner and sexual violence in particular, as well as violence against spouses, are serious public health issues and human rights violations. According to global prevalence statistics, up to 38% of female homicides are the result of intimate relationship violence, with almost one in three (35%) of all women having suffered physical, sexual, or non-sexual intimate partner violence at some point in their lives (WHO 2016). Approximately 120 million girls globally, or just over one in ten, have at some point in their life engaged in forced sexual acts or other forms of intercourse. Husbands, spouses, or boyfriends are by far the most common perpetrators of sexual assault against females (UNICEF 2014).

According to a youth poll performed across four countries, an estimated 246 million girls and boys encounter violence at school each year, and one in four girls claim they never feel comfortable using the school latrines. Girls are more likely than boys to encounter sexual abuse, harassment, and exploitation in schools, while the types and intensity of this violence vary. Apart from the detrimental effects on psychological, sexual, and reproductive health, gender-based violence in schools is a significant hindrance to universal education and the right of girls to an education. (UNGEI 2014)... *Never Ended...*

According to the results of a 2012 study carried out in New Delhi, 88% of women said they had ever experienced verbal sexual harassment (which includes making inappropriate comments about sex, whistling, leering, or making obscene gestures) and 92% of women said they had ever experienced sexual violence in public spaces. (UN Women, 2013).

**Table illustrating the cycle of violence against women**

phase	Type of violence
Pre-birth	Abortion based on sexual preference, the impact of domestic violence on the fetus, female infanticide, and various forms of physical, sexual, and mental maltreatment
infancy	Matrimony between minors and female genital cutting Child prostitution, incest, physical, sexual, and psychological abuse, and pornography
girlhood	Violence in dating and romance (such as date rape and acid throwing, for example) Sexual coercion based on finances (e.g., schoolgirls having sex with sugar daddies in exchange for school fees) Demand that there be no sexual abuse at work. Sexual harassment, rape, coerced prosecution, and women being trafficked for pornographic purposes. Murders, dowry abuse, marital rape, and partner violence. a murderous partner. Abuse of women with disabilities on a psychological level. Pregnancy that was forced.
Adolescents and adulthood.	Forced women's "suicide" or murder committed for financial gain. Abuse on the sexual, physical, and mental levels.
Elderly	Abortion based on sexual preference, the impact of domestic violence on the fetus, female infanticide, and various forms of physical, sexual, and mental maltreatment



## Factors that increase the risk of or contribute to domestic violence

It will be easier to formulate some of our local analytic questions, choose relevant interventions, identify critical intervention points, and define good effectiveness measures if we take into account the risk factors related to domestic violence. Risk factors do not guarantee that a person will experience or commit domestic violence. Numerous national and international studies investigating the causes of domestic violence have shown that poverty, race, and gender are the main contributors to domestic violence (Robert GL et al., 1998; ECLAC, 1992). Five headings are used by the author to group risk variables.

1. Individual risk factors include things like low self-worth, a poor education, aggressive or delinquent behaviour in childhood, heavy drug and alcohol use, antisocial or borderline personality traits, unemployment, a history of physical or psychological abuse, depression, hostility and anger, unsatisfactory company, emotional dependence, and insecurity, among other things.
2. Relationship variables include things like financial strain, dysfunctional family dynamics, divorces or separations, marital strife and arguments, and one partner's dominance and control over the other.
3. Community variables: these comprise lack of institutions, relationships, and norms that influence a community's social interactions, poverty and related circumstances, and lax community sanctions against intimate partner violence (IPV).
4. Social factors conventional gender standards (e.g., men should provide for the family and make decisions, women should stay at home, not go to the workplace, and be subservient).
5. Regulatory and political aspects, laws pertaining to divorce, child custody, maintenance, and inheritance; low legal literacy among women; insensitive treatment of women and girls by police and judiciary; lower legal status of women by written law or practice; and political factors, such as the lack of seriousness given to domestic violence; limited involvement of women in organising political policies; and underrepresentation of women in the media, police, and politics, among other areas.

## The Effects of Domestic Abuse

The type of domestic abuse that has been committed determines the consequences. The most important outcome of violence is perhaps the rejection of humanity and basic human rights. Domestic abuse causes victims to experience both physical and psychological anguish.

### Effects on Mental Health:

Common emotional traumas including depression, anxiety, panic attacks, substance misuse, and posttraumatic stress disorder can be brought on by domestic violence. Abuse can lead to homelessness, psychotic episodes, suicide attempts, and a sluggish recovery from mental illness. In addition to developmental issues, psychiatric diseases, academic challenges, aggressive conduct, and low self-esteem, children exposed to domestic violence are also at risk for these conditions. Survivors may find it challenging to gather support due to these issues. The risks to one's psychological well-being outweigh those to one's physical health. According to Kaukinen (2004), women who make up at least 65% of their household income are at a higher risk of experiencing psychological abuse compared to those who make up less than that amount.

### Impacts on physical health:

Intimate partner violence can have a variety of, occasionally disastrous, effects on the victim. Additionally, even if they are not physically harmed, children who live in violent households are nonetheless impacted by violence. The harm might come slowly; victims must first identify the issue in order to be able to remove themselves from abusive



circumstances. According to a study on physical violence in American households, half of the males who beat their spouses regularly also beat their kids (Straus et al., 1990). Numerous physical issues, including as cuts, bleeding, and fractures to the neck, nose, pelvis, chest, abdomen, and other body parts, are caused by domestic violence. According to Griso, Schwarz, Hirschinger et al. (1999), among other things, physical aggression might take the form of kicking, hitting, dragging by hair, screaming, hurling against the wall or floor, punching, and, most commonly, slapping. Consequences may include headaches, migraines, backaches, seizures, fainting, gastrointestinal problems, and occasionally heart issues such somatic chest discomfort and hypertension (Coker et al., 2000). Additional issues pertaining to the gynaecological system include dyspareunia, genital discomfort, decreased libido, carcinoma cervix, and susceptibility to genital tract infections (Collet et al. 1998). According to Henning and Klesges (2003), 95% of men who physically abuse their intimate relationships also psychologically abuse them.

### **Types of violence against women**

Most people associate domestic violence with situations in which the victim is physically harmed by the abusive partner. Physical abuse, however, is but one type of abuse. Physical, psychological, emotional, sexual, verbal, and financial abuse are all forms of domestic violence.

### **Physical Maltreatment:**

Domestic violence most commonly takes the form of physical abuse. It entails the use of force against the victim, such as physical attacks, the use of weapons, reckless driving, property destruction, mistreating pets in front of family, attacking children, ejecting the victim from the home, and lack of sleep. Additional instances include grasping, squeezing, pushing, slapping, biting, punching, kicking, arm-twisting, striking with blunt objects, stabbing, and firing.

### **Psychological mistreatment**

The word "psychological abuse" refers to any behaviour that incites fear, intimidation, or threats. In most cases, physical abuse results in psychological aftereffects such as phobias, guilt feelings, uncertainty, poor impulse control, nightmares, disturbed sleep, humiliation, shame, victim isolation, and forced weakness (Walker LEA.1984). Psychological abuse is a particularly complicated form of abuse. Seven out of ten women who have experienced psychological abuse exhibit signs of depression or PTSD. (2006) Pico-Alfonso et al. Among women, psychological abuse predicts PTSD more strongly than physical violence (Dutton et al., 2006). According to Coker (2000), women who have experienced psychological abuse are far more likely to report having poor physical and mental health as well as having seen more than five doctors in the previous year. Intimidation, threats of bodily damage to oneself, the victim, and/or others, threats to injure and/or kidnap children, menacing, extortion, harassment, destruction of pets and property, mind games, and stalking are examples of psychological abuse that also instills or attempts to instill fear.

### **Abuse of emotions**

Emotional abuse is characterised by continuous insults, humiliations, or criticism that destroy or undermine the victim's sense of self-worth. A few instances of emotional abuse are unrelenting criticism. Constantly criticising the victim, undermining their skills and competence, calling names, making disparaging remarks, silently treating them, manipulating their emotions to make them feel guilty, undermining a partner's bond with the children, and making and violating promises

### **Sexual mistreatment**

Sexual abuse encompasses a variety of sexual harms such as forced oral sex, forced genital





mutilation, painful sex (sadism), digital penetration, forced nudity, and violent sexual encounters that compromise an individual's bodily integrity (Russel D 1982). Behaviour that restricts a person's ability to reproduce, including forbidding the use of contraceptive techniques or coercing an abortion, is also considered sexual abuse. Other instances include assaults on the sexual organs, forced prostitution, forced marriage, rape by acquaintance, forced sex after beatings, fondling, sodomy, and intercourse with strangers.

### **Abusive language**

Constant "put downs" and humiliation, whether in private or in public, with attacks centred around specific themes such as intelligence, sexuality, body image, and ability as a spouse and parent. It also involves name-calling, sarcasm, screaming, shouting, put-downs, and making fun of her ethnicity or religious beliefs.

### **Economic mistreatment**

The victim of economic abuse becomes financially reliant on their relationship. The victim might not be allowed to access money, even their own, forcing her and her kids to make do with meagre means. These may have a role in women getting "trapped" in abusive relationships. Stated differently, this means keeping complete control over the victim's financial resources, including any money they earn or receive from public assistance or social security; denying them access to or withholding money; prohibiting them from attending school or work; demanding accountability and justification for every dollar they spend; forcing welfare fraud; and hiding information about their family members' mounting debts that they must pay.

Being the victim of domestic abuse can lead to feelings of hopelessness, helplessness, and even self-doubt, so it's critical that we recognise the warning signs of abuse in order to recognise the issue and seek assistance. Many victims attempt to justify their abuser's behaviour and persuade themselves that things will get better. Still, cases of domestic violence often get worse. It can develop into violent threats, forceful sexual approaches, or sporadic intimidation before progressing to rape, physical assault, murder, etc. Additionally, it has been shown that children who experience domestic violence may grow up to act violently themselves since they will perceive violence as a normal part of life. Instinctive support, police assistance, civil protection orders, restraining orders, and legal prosecution of the abuser are some of the options available for protecting oneself and other victims. The Domestic Abuse Intervention project in Duluth created the "power and control wheel," a schematic that is displayed below (fig. B) and describes the different behaviours that batterers undertake to obtain control and power over their victims. The wheel illustrates how intimidation, coercion, and manipulation—strategies frequently employed by batterers—relate to both physical and sexual abuse.

### **Relationships that are abusive, unhealthy, or both:**

A happy marriage requires both partners to view the other as an equal and independent human being. Respect for his spouse should take precedence over his desire to dominate her. The images below illustrate the distinction between abusive and healthy relationships.

NON VIOLENCE
Equality
Respect
Trust and support
Honesty and accountability
Shared responsibility
Economic partnership
Negotiation and Fairness
Non-threatening behavior

Figures 1 shows non violence



VIOLENCE
Power And Control
Using Emotional Abuse
Using Isolation
Minimizing Denying And Blaming
Using Children
Using Male Privilege
Using Economic Abuse
Using Coercion And Threats

Figure 2 shows violence

### Exclusions related to domestic abuse:

The epidemic of domestic violence is spreading like a virus. It impacts victims' lives and is a worldwide issue. Domestic violence violates victims' rights and social standards, making it a serious issue. On a local, national, and worldwide scale, it is preventable. Primary school students should receive instruction on the present issues, and school-based programming should be organised. The World Health Organisation has developed a number of methods, including informational materials on domestic violence, development protocols and guidelines, and the performance of periodic surveys (Turman, 1998).

Given this worldwide issue, we can employ the following presumptions to go beyond this pressing issue, including:

- In an effort to prevent domestic violence from occurring in the first place, we should support programmes that offer therapy to victims of domestic abuse and strengthen those that deal with gender inequality and discrimination against women.
- Since everyone has the right to live pain-free, awareness of this immoral act should be raised in the community.
- Strict social norms should be in place to penalise those who violate them and engage in this inhumane behaviour.
- Health care providers such as social workers, psychologists, obstetricians, counsellors, and psychologists should be proactive in identifying issues as soon as they arise.
- It is important to highlight women's empowerment. Women ought to be treated with dignity and accorded equal rights.
- Women should be given access to legal literacy and gender sensitization programmes should be strengthened.
- Organisations should take part in the battle against violence.

### Conclusion

These days, domestic violence is becoming more common in our culture, much like a contagious illness. It is merely a means of demonstrating one's dominance over others. The government has enacted laws prohibiting violence, but its consequences are not being followed correctly, mostly because most individuals do not know how to approach the legal system or the rules that are now in place. While work is being done in that area, it still needs to be improved by research, teaching, training, and educating the public about various agencies and organisations. The various effects that domestic abuse has on the victim, the family, and society at large should also be made known to the public.

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