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editor@ijeast.com



AN ANALYSIS OF THE CONTRIBUTING VARIABLES BEHIND DOMESTIC VIOLENCE IN INDIA

Amar Ankushrao Ranjwan
Research Scholar
Department of Law, Shri Jagdishprasad
Jhabarmal Tibrewala University, Jhunjhunu (Raj)

Dr. Vinod Kumar
Research Guide
Department of Law, Shri Jagdishprasad
Jhabarmal Tibrewala University, Jhunjhunu (Raj)

Abstract: One of the most prevalent crimes against women that is closely related to the continuation of patriarchy is domestic abuse. Due to its significant effects on women's physical, emotional, and reproductive health, domestic violence against women is widely acknowledged as a significant public health issue. The purpose of this study was to evaluate the prevalence and trends of domestic violence against women among those who visited the Domestic Violence Counselling Centre at General Hospital in Beed. **Aims & Objective:** To research the origins and characteristics of domestic abuse. **Conclusion:** The main causes of interpersonal violence include financial difficulties, drunkenness, illiteracy, extramarital affairs, and dowries. The victims most frequently experience physical abuse on a daily basis from their spouses. More and more domestic violence counselling centres are desperately needed around the nation.

Key-Words: Domestic Violence, Physical, Mental, Alcoholism, Illiteracy, Counselling.

I. INTRODUCTION

Women are inherently capable of understanding compassion. She works diligently, and many anthropologists contend that women were the ones who first learnt about culture and agriculture. Women are daring to take initiative and she generate and nurture the progeny. In spite of diverse qualities, the women have rarely been regarded at par with the males in the patriarchal system. Women experience assault, exploitation, and discrimination. The epidemic of violence against women and girls has expanded throughout the world. This has a crippling effect on the women's performance. She experiences economic, sexual, psychological, and physical harassment. It deprives women

of equality, security, dignity, self-worth, and the ability to enjoy basic freedoms on an equal footing with men, making it one of the most widespread abuses of human rights.

One prevalent type of violence against women is domestic abuse. Due to its significant effects on women's physical, emotional, and reproductive health, domestic violence against women is widely acknowledged as a significant public health issue. Domestic violence is defined by the Protection of Women from Domestic Violence Act 2005 Govt of India as any act, omission, commission, or conduct of the respondent that qualifies as such.

- causes physical abuse, sexual abuse, verbal and emotional abuse, or economic abuse, or tends to do so, endangers the injured person's health, safety, life, limb, or well-being, whether mental or physical; or
- harasses, damages, injures or endangers the aggrieved person with a view to force her or any other person linked to her to meet any unlawful demand for any dowry or other property or valuable security; or
- having the effect of intimidating the person who has been wronged or anybody connected to her by any of the actions listed in clauses (a) or (b); or
- otherwise harms the person who has been wronged, whether physically or mentally.

Breaking bones, facial trauma, tendon or ligament injuries, chronic headaches, undiagnosed hearing, vision, concentration issues, and other stress-related issues are among the physical health consequences linked to intimate partner violence. Pregnancy-related abuse can result in low-birth-weight outcomes, infection, and miscarriage. Depression is the main mental health consequence of battering in an ongoing intimate relationship, and high rates of Post Traumatic Stress Disorder are well-documented in battered women.



Anger and powerlessness, self-blame, anxiety, phobias, panic disorders, memory loss, and nervous breakdowns are some of the negative effects of violence on mental health. Additionally, violence can lead to hazardous behaviours like drug and alcohol misuse, smoking, risky sexual behaviour, and sedentary lifestyles.

The overall frequency of physical, psychological, sexual, and other forms of violence among Eastern Indian women was 16%, 52%, 25%, and 56%, according to a study by Bontha V. Babu. In most cases, spouses were the primary perpetrators of abuse, while several women also claimed that their husbands' parents were involved. The first hospital-based crisis clinic in India, the Domestic Violence Counselling clinic for Women was created to address the needs of women who are victims of domestic abuse.

The purpose of this study was to evaluate the prevalence and trends of domestic violence against women among participants in the Department of Psychiatry's Domestic Violence Counselling Centre in a few hospitals in the Beed district. The purpose of the current study was to evaluate the types of violence that the participants at the Domestic Violence Counselling Centre encountered, as well as their self-perceived causes and the intensity of the domestic violence they had experienced.

Not even a slap can kill. This line not only reveals the grim reality of various societies, but it is also a dialogue from a movie. Almost every society in the world has some form of domestic violence. The word can be categorised in a number of ways, including apparent cases of violence against transgender people, spouses, children, or the elderly. Physical abuse, emotional abuse, psychological abuse or deprivation, economic abuse, taunting, and other forms of abuse are among the various forms of actions the aggressor takes against the victim. In addition to being a problem in developing or impoverished nations, domestic violence is also a major issue in affluent nations. Our ostensibly civilised society is reflected in domestic violence.

A civilised society is not a place for violence. However, the amount of domestic abuse incidents that are reported annually highlights a concerning circumstance. People in our nation are subjected to torture in private homes. Additionally, this activity is being carried out in towns, cities, metro areas, and rural locations. In every age group, gender, ethnicity, and social status, domestic violence is becoming a heritage that is passed down from one generation to the next. The causes of domestic violence, its effects on society and children, and potential solutions will all be covered in this article.

Domestic violence?

Domestic violence is defined as any act that is intolerable, causes misery and humiliation to the mother and kid, and endangers the health, safety, life, economic well-being, and harm of a woman and child (a boy and girl under the age of 18). All of these fall under the definition of domestic

violence and are therefore acceptable. The harassed woman has the right to launch a complaint against any adult man under the Domestic Violence Act.

India's several types of domestic abuse Any type of woman, as well as boys and girls under the age of 18, are protected as victims of domestic violence in India under the Domestic Violence Act, 2005. The many types of domestic abuse in India are as follows:

Women Victim (Domestic Violence): Women Committing, raping, abusing, humiliating, harming a woman's family and social standing, accusing a woman or girl of having bad character, marrying her against her will, threatening suicide, verbally abusing, forcing a woman to watch pornographic images, or causing physical harm to a woman through beatings, pushing, stumbling, hitting with an object, or any other form of physical harm. Nearly two-thirds of married Indian women experience domestic violence, and 70% of married women in India between the ages of 15 and 49 have been the victims of rape, beating, or forced sexual abuse, according to a report by the United Nations Population Fund.

Men Victim (Domestic Violence):

There is no denying that domestic violence against women is a significant and grave issue, but there is also a gradual rise in domestic violence against men in India. The idea that males are less susceptible to domestic violence stems from their power in society. In Chandigarh and Shimla, hundreds of men recently came to seek for protection against domestic abuse committed against them by their spouses and other family members.

Children Abuse of Domestic Violence:

Domestic abuse also affects children and teenagers in our culture. In actuality, the number of documented occurrences of this type of violence is second only to violence against women. In India, it differs greatly in form between upper-class and lower-class families as well as between urban and rural locales. It is concealed inside homes' four walls and is more private in urban settings.

Elderly Abuse of Domestic Violence:

The seniors in the home, together with their kids and other family members, are the ones that commit this type of domestic violence. In India, there is growing sensitivity to this type of domestic abuse. This involves keeping the elderly apart from the rest of the family, abusing them, making them perform excessive household chores, and failing to provide food and other necessities.

Domestic violence Causes

The foolish belief that women are emotionally and physically weaker than males is the primary cause of domestic violence against women.



Unhappiness with the dowry, arguments with the partner, refusal to have sex with him, neglecting children, leaving the house without telling the partner, and failing to provide delectable meals are all examples. Attacks by family members can also result from adulterous affairs, neglecting the in-laws, and in certain situations, a woman's infertility. household violence against men can be caused by a variety of factors, such as wives' refusal to follow instructions, "inadequate earning of men, extramarital affairs, not helping wife in domestic activities," neglecting to provide for children, and abuse of the husband and wife's family. Male infertility is one of the causes of childbirth.

Arguments with parents and other family members, low academic achievement or not being on level with other kids in the neighbourhood, and ignoring parental guidance and directives are some of the reasons why domestic violence against children occurs.

Child labour, physical abuse or harassment for defying family customs, being forced to stay at home and not attend school, etc. are some of the causes of domestic violence against children in rural communities.

Parents in low-income households have reportedly sold the body parts of their children with disabilities in order to raise money. This story demonstrates the extreme of child abuse and brutality.

Children's reluctance to pay for their elderly parents' bills is one of the primary causes of domestic violence against the elderly. To get rid of their parents, they beat them and emotionally abuse them.

Frequently, they are physically assaulted for defying the family's wishes. Torture is one of the most frequent justifications for obtaining property.

Domestic Violence Effects

It is quite difficult for someone who has experienced domestic violence in their lives to overcome this anxiety. When someone has experienced domestic abuse on a regular basis, negativity takes over their thoughts. It takes years for that individual to reintegrate into society and lead a stable existence.

The victim's inability to recover from the trauma is the hardest part of domestic abuse. People frequently lose their mental equilibrium or suffer from depression in these situations. The saddest and most deadly kind of domestic abuse occurs when the people we live with and trust the most cause us such pain that the victim loses faith in the relationship and withdraws. Takes. In these circumstances, people occasionally even take their own lives. Children are most commonly impacted by domestic abuse. Children who have experienced domestic abuse have shrinkage in the hippocampus and corpus callosum, which impacts their learning, cognitive function, and emotional control, according to CT scans.

Fathers teach their children to be angry and violent. Such children's acts of aggression against animals and other

vulnerable children are a result of this. Girls pick up bad habits and frequently become quiet, obedient, or fleeing from trouble. Everybody's quality of life suffers because women who have experienced violence are less likely to engage in numerous social activities.

Redress Domestic Violence

It's crucial to remember that not all victims of domestic abuse are violent, according to researchers. By giving them a better environment, we can help them recover from the mental illness of domestic violence. India continues to fall behind in researching, comprehending, and attempting to alter the assailants' mentality. We are mostly disregarding the opinion that has been spread by experts up to this point, according to which "we must make men not only a cause of the problem, but also a cause of the issue if we are to truly end violence and discrimination against women and children." It must be viewed as a crucial component of the answer.

It will be vital to include males in this solution rather than "holding men against women" as a first step in implementing improvements. Eliminating outdated preconceptions and fostering a healthy manly spirit will be crucial. The Domestic Violence Act, 2005 was passed by the government in order to safeguard women and children from domestic abuse. To fully benefit from all of this law's provisions, it is necessary to know who the victim is. Under this statute, you are a victim if you are a woman and someone in your family mistreats you.

The Mental Health Act of 2017 has brought mental health to India's attention, yet it still has to be improved. Policymakers must create systems that allow families recovering from domestic abuse to benefit from professional mental health care.

The government has implemented programs such as 'OneStop Centre' to support women who have been abused by facilitating and guaranteeing access to a comprehensive variety of medical, legal, and psychological services. Global human rights organisation Breakthrough launched a "bell ring" campaign against domestic violence, while Vogue India sponsored a "boys don't cry" campaign to raise awareness of violence against women. Great personal efforts were made in both of these initiatives to address domestic abuse against women.

II. CONCLUSION

A thorough analysis of the various elements that can lead to domestic violence is necessary in order to avoid a family from experiencing the threat of domestic violence. The victims of domestic abuse may experience broader and more profound effects in their lives. For the women to feel safe and secure in their homes, a suitable social and legal framework must be created. India cannot thrive if half of its people are kept under duress. The time has come for us as a



country to have a national conversation about this issue if we truly want to create a “India free from violence against women.” Starting a successful, long-lasting social campaign across the country could be a smart strategy.

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