



A Study of Causes of Domestic Violence in India

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Abstract: Domestic violence against women is widely recognized as important public health problem, owing to its substantial consequences for women's physical, mental and reproductive health. This study tried to assess the frequency and patterns of domestic violence against women experienced by attendees of Domestic Violence counselling centre Department of Psychiatry, MY Hospital, Indore.

Aims & Objective: To study the nature and causes of domestic violence

Conclusion: Monetary problems, alcoholism, illiteracy, extramarital affairs and dowry are the major causes of domestic violence. The victims most commonly face physical violence by their partners daily. There is an urgent need of more and more domestic violence counselling centers throughout the country.

KEY-WORDS: Domestic Violence; Alcoholism; Illiteracy; Counselling

I. INTRODUCTION

Domestic violence is common form of violence against women. Domestic violence against women is widely recognized as important public health problem, owing to its substantial consequences for women's physical, mental and reproductive health. The Protection of Women from Domestic Violence Act 2005 GoI[1] has defined Domestic Violence as any act, omission or commission or conduct of the respondent shall constitute domestic violence in case it,

(a) harms or injures or endangers the health, safety, life, limb or well being, whether mental or physical, of the aggrieved person or tends to do so and includes causing physical abuse, sexual abuse, verbal and emotional abuse and economic abuse; or
(b) harasses, harms, injures or endangers the aggrieved person with a view to coerce her or any other person related to her to meet any unlawful demand for any dowry or other property or valuable security; or . .

(c) has the effect of threatening the aggrieved person or any person related to her by any conduct mentioned in clause (a) or clause (b); or

(d) otherwise injures or causes harm, whether physical or mental, to the aggrieved person.

Physical health consequences directed linked to intimate partner violence include broken bones, facial trauma, tendon or ligament injuries, chronic headaches, undiagnosed hearing, vision, concentration problems and other stress related problems. Abuse during pregnancy can lead to low birth weight outcomes, infection as well as miscarriage. Primary mental health consequence of battering within an on-going intimate relationship is depression. High rates of post traumatic stress disorder are also well documented in battered women. Mental health consequences: of violence include feelings of anger and helplessness, self-blame, anxiety, phobias, panic disorders, memory loss and nervous breakdowns.[2-6] Violence can also give rise to unhealthy behaviour such as smoking, alcohol, and drug abuse, sexual risk taking and physical inactivity. A study by Bontha V Babu found that the overall prevalence of physical, psychological, sexual and any form of violence among women of Eastern India were 16%, 52%, 25% and 56% respectively. Husbands were mostly responsible for violence in majority of cases and some women reported the involvement of husbands' parents.[2,7] Domestic Violence Counselling centre for women is the first hospital based crisis centre in India designed to respond to the needs of women facing violence within their homes and families. This study tried to assess the frequency and patterns of domestic violence against women experienced by attendees of Domestic Violence counselling centre Department of Psychiatry, MY hospital Indore. The present study was carried out with the aim of assessing the nature of different kind of violence experienced by the attendees of Domestic Violence counselling centre and assessing the selfperceived reasons and severity of domestic violence experienced by them.[3]

Only a slap, but can not kill" This sentence is not just a dialogue of a film but also exposes the bleak reality of different societies. Domestic violence is present in almost every society in the world. The term can be classified on various grounds, with



some apparent instances of violence against spouses, children or the elderly, and transgenders. The different types of activities pursued by the aggressor against the victim include physical abuse, emotional abuse, psychological abuse or deprivation, economic abuse, abuse, taunting, etc. Domestic violence is not only a problem of developing or underdeveloped countries but it is also very prevalent in developed countries. Domestic violence is a reflection of our pseudo civilized society.[4]

Violence has no place in a civilized society. But the number of domestic violence cases reported each year underscore a worrying situation. In our country people are being tortured behind closed doors of houses. This work is also being done in rural areas, towns, cities and metros. Domestic violence is becoming a legacy from generation to generation across all social classes, genders, races and age groups. In this article, an attempt will be made to find out the causes of domestic violence, its impact on society and children and ways to solve the problem.[5]

What is domestic violence?

Domestic violence means any act which threatens the health, safety, life, economic damage and harm of a woman and child (boy and girl under the age of 18 years) which is unbearable and which causes suffering and humiliation to the woman and child. To be tolerated, all these are included in the scope of domestic violence.

Under the Domestic Violence Act, the harassed woman can prosecute any adult man, that is, she can file a case against him.[6]

Different forms of domestic violence in India

According to the Domestic Violence Act, 2005 in India, any form of women and boys and girls below the age of 18 years are protected as victims of domestic violence. Following are the different forms of domestic violence in India-

Domestic violence against women - causing physical pain to a woman such as beating, pushing, stumbling, hitting with an object or causing physical pain to a woman in any other way, forcing the woman to view pornography or pornographic pictures committing, raping, abusing, humiliating, hurting a woman's family and social standing, humiliating a woman or girl, accusing her of character, marrying her against her will, threatening suicide, verbal abuse e.t.c. According to the United Nations Population Fund report, nearly two-thirds of married Indian women are victims of domestic violence and 70% of married women aged 15-49 in

India are victims of beating, rape or forced sexual abuse.[8]

Domestic Violence Against Men- There is no question mark on the fact that domestic violence against women is a serious and big problem, but domestic violence against men is also slowly increasing in India. The dominance of men in society leads to the belief that they are not vulnerable to domestic violence. Hundreds of men gathered in Chandigarh and Shimla recently, pleading for protection and protection from domestic violence being perpetrated against them by their wives and other family members.[9]

Domestic Violence Against Children- In our society, children and adolescents also face domestic violence. In fact, this form of violence is second only to violence against women in the number of reported cases. There is a great variation in its form between urban and rural areas and between upper class and lower class families in India. In urban areas it is more private and is hidden within the four walls of houses.

Domestic Violence Against Elderly- This form of domestic violence refers to the violence that is done by the elders of the house along with their children and other family members. This category of domestic violence is becoming increasingly sensitive in India. This includes beating the elderly, making them do excessive household chores, not providing food etc. and keeping them separate from the rest of the family members.[10]

Causes of Domestic violence

The main reason for domestic violence against women is the stupid mentality that women are physically and emotionally weaker than men.

Dissatisfaction with the dowry received, arguing with the partner, refusing to have sex with him, neglecting children, going out of the house without informing the partner, not cooking delicious food.

Indulging in extramarital affairs, not taking care of the in-laws, in some cases sterility among women also causes attacks on them by family members.

Reasons for domestic violence against men include non-compliance of instructions from wives, 'inadequate earning of men, extramarital affairs, not helping wife in domestic activities', not taking proper care of children, abuse of husband and wife's family There are reasons for giving, male infertility etc.

Reasons for domestic violence against children may include disobeying parental advice and orders, poor performance in studies or not being on par with other children in the neighborhood, arguing with parents and other family members, etc.[11]



The reasons for domestic violence against children in rural areas can be child labour, physical abuse or harassment for not following family traditions, forcing them to stay at home and not allowing them to go to school, etc.

There have been reports of parents selling body parts of retarded children in poor families to get money. This incident shows the height of cruelty and violence against children.

One of the main reasons for domestic violence against older people is children's hesitation to bear the expenses of aging parents. They emotionally harass their parents and beat them to get rid of them.[12]

On various occasions they are beaten up for acting against the wishes of the family members. One of the very common reasons includes torture for grabbing property.

Effects of domestic violence

If a person has faced domestic violence in his life then it is very difficult for him to come out of this fear. After being a victim of domestic violence continuously, negativity dominates in the thinking of the person. It takes many years for that person to return to the mainstream of a stable lifestyle.

The worst aspect of domestic violence is that the victim is unable to come back from the trauma. In such cases, it is often seen that people either lose their mental balance or become a victim of depression.

This is the most dangerous and sad situation of domestic violence that when the people we trust so much and live with, when they give us such suffering, then the person loses faith in the relationship and he isolates himself. Takes. Sometimes people even commit suicide in this situation.[13]

The most widespread effect of domestic violence is on children. CT scans show that children who have lived their lives in domestic violence have shrinkage in the corpus callosum and hippocampus, affecting their learning, cognitive abilities and emotional regulation.

Children learn angry and aggressive behavior from their father. The effect of this can be seen by such children doing violence to other vulnerable children and animals.

Girls learn negative behavior and often become submissive, quiet or run away from situations.

The quality of life of every person is adversely affected as women who have been victims of violence participate less in various activities of social life.

Solution / Remedy

According to researchers, it is important to note that not all victims of domestic violence are aggressive. We can come out of the mental disorder of domestic violence by providing them a better environment.

India is still lagging behind in studying, understanding and trying to change the mindset of the attackers. We are largely ignoring the view propagated by experts so far that "in order to truly end violence and discrimination against women and children, we must make men not only a cause of the problem, but also a cause of the issue. It has to be seen as an integral part of the solution.

As a first step in bringing about reforms, it will be necessary to make men a part of this solution instead of "holding men against women". It will be imperative to promote the spirit of masculinity in a healthy way and get rid of the old stereotypes.

The government has passed the Domestic Violence Act, 2005 from the Parliament to protect women and children from domestic violence. In order to take full advantage of all the provisions contained in this law, it is important to understand who the victim is. If you are a woman and someone in your relatives misbehaves towards you then you are a victim under this act.

India has become serious about mental health by the Mental Health Act, 2017 but it needs to be made more effective. Policy makers need to develop mechanisms to provide the benefits of professional mental health services to families recovering from domestic violence.

The government has introduced schemes like 'One-Stop Centre', which aims to facilitate and ensure access to an integrated range of medical, legal and psychological services to help women victims of violence.

To spread awareness about violence against women, Vogue India launched a campaign 'boys don't cry', while global human rights organization 'Breakthrough' launched a 'bell ring' campaign against domestic violence. Both these campaigns were great efforts made at the personal level to deal with domestic violence against women.

II. CONCLUSION

If we really want to make an "India free from violence against women", then the time has come for us as a nation to collectively discuss this subject. A good way might be to launch a nationwide, sustained and prosperous social campaign.

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