**Analysis Report on Domestic Violence Against Women**

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**1. Introduction**

The United Nation defines violence against women as “any act of gender-based violence that results in physical, sexual, or mental harm or suffering to women.” Violence against women continues to be a global epidemic that kills, tortures, and maims physically, psychologically, sexually, and economically. It is one of the most pervasive human rights violations, denying women equality, security, dignity, self-worth, and their right to enjoy fundamental freedoms.

This global issue crosses national boundaries and socioeconomic, cultural, racial, and class distinctions. It is not only widely dispersed geographically, but its incidence is also extensive, making it a typical and accepted behavior.

Women from all kinds of backgrounds are affected by violence every day. Sometimes, they are attacked by strangers, but most often they are hurt by people close to them. Domestic violence against women is a matter of serious public health concern in most of the communities and cultures.

**2. Scope of the problem**

Population-level surveys based on reports from survivors provide the most accurate estimates of the prevalence of intimate partner violence. A 2018 analysis of prevalence data from 2000-2018 across 161 countries and areas, conducted by WHO on behalf of UN interagency working group on violence against women found that worldwide nearly 1 in 3 women have been subjected to physical or sexual violence.

All the different forms of violence discussed in this report adversely affect society. Violence against women may keep them locked in homes succumbing to the torture they face. If they come out in the open and reveal the wrong done to them for help and rescue, it positively and negatively influences society. On the one hand where it acts as an inspiration and a ray of hope for the suffering women, on the other hand, it spoils the atmosphere of the society. When this happens, few families may witness the evil of domestic violence knocking on their doorsteps. Some families try to imitate what others indulge in, whether good or bad.

**3. Forms of domestic violence**

Domestic violence involves a wide range of abusive behaviors that can be used to control or harm another within settings such as marriage, family, or intimate relationships. It can be evident in various forms. Below are the primary forms of domestic violence:

**Physical abuse**- This involves the use of physical force to harm, control, or intimidate a partner examples are: slapping, kicking, or using an object to inflict harm. This can result in visible injuries, chronic health issues, or even death. As a result, victims may experience long-term fear and trauma.

**Emotional or Psychological abuse**- This involves non-physical behavior aimed at undermining a person's self-esteem or mental well-being e.g. insulting or threatening harm to the victim or family members. This can result in depression, feelings of worthlessness, and difficulty in trusting others.

**Sexual Abuse** – This involves nonconsensual sexual acts or behavior e.g. Rape, coercion, or manipulation to perform unwanted sexual acts, use of sex as a tool of control or punishment. This may result in physical injuries, sexually transmitted infections, and deep psychological trauma.

**Verbal abuse** – This is the use of language to intimidate, humiliate, or demean a partner e.g. yelling, name-calling, mocking, threatening, or intimidating. This creates an environment of fear and emotional instability.

**4. Root causes.**

Domestic violence is a complex issue rooted in various interrelated factors. Understanding its root causes is essential to addressing and preventing it. Some of the key root causes include:

**Power**- Domestic violence often stems from an abuser's desire to exert power and control over their partner. This need for dominance can manifest in physical, emotional, financial, or sexual abuse.

**Cultural and Social Beliefs** - Societies that tolerate or normalize violence against women and other marginalized groups contribute to domestic violence.

-Patriarchal systems and gender roles that devalue women or promote male dominance play a significant role.

 **Learned Behaviors** -Witnessing or experiencing violence in childhood can lead individuals to view abuse as a normal way to resolve conflicts or assert control.

-Intergenerational cycles of violence often perpetuate abusive behaviors.

 **Mental Health Issues** -Conditions such as personality disorders, unresolved trauma, or anger management issues can increase the likelihood of abusive behavior.

-Substance abuse (e.g., alcohol or drugs) can exacerbate these tendencies, though it is not a root cause itself.

**Economic Factors** -Financial stress, unemployment, or economic dependency can create conditions where abuse is more likely. Financial control is also used as a tool by abusers to dominate their partners.

**Low Self-Esteem and Insecurity** -Abusers may feel insecure or inadequate and use violence as a way to assert dominance or control. This may also involve jealousy or possessiveness in relationships.

**Lack of Legal and Social Consequences** -Weak enforcement of laws against domestic violence or societal acceptance of it can enable abusers. Victims may be less likely to seek help due to fear of stigma, retaliation, or inadequate support systems.

**5. Consequences and Impact of Domestic Violence**

All the different forms of violence discussed in this report adversely affect society. Violence against women may keep them locked in homes succumbing to the torture they face. If they come out in the open and reveal the wrong done to them for help and rescue, it positively and negatively influences society. At the one hand where it acts as an inspiration and a ray of hope for other suffering women, on the other hand, it is condemned by the same society.

In general, victims of repeated violence experience more serious consequences than victims of one-time incidents. Women with a history of intimate partner violence are more likely to display behaviors that lead to further healthrisks such as substance abuse, alcoholism, and suicide attempts.

 Intimate partner violence is also associated with a variety of negativehealthbehaviors; studies show that the more severe the violence, the stronger its relationship to negative health behaviors by victims.

Some victims may engage in high-risk sexual behaviors such as unprotected sex, decreased condom use, early sexual initiation, choosing unhealthy or multiple sexual partners, or trading sex for food, money, or other items.

There is often an increased use of harmful substances and illicit drug use, alcohol abuse, and driving while intoxicated. Victims of intimate partner violence may also engage in unhealthy diet-related behaviors such as smoking, fasting, vomiting, overeating, and abuse of diet pills. They may also overuse health services.

Women who experience severe aggression by men, such as not being allowed to go to work or school or having their lives or their children’s lives threatened, are more likely to have been unemployed in the past and be receiving public assistance.

They may have restricted access to services, strained relationships with healthcare providers and employers, and be isolated from social networks.

**6. Interventions and responses**

Some of the recommendations highlighting the role/services of various sections for reducing the occurrence of this form of violence are:

**Legislative measures**

- Strict enforcement of the laws regarding drugs and alcohol addiction should be made for a reduction in the occurrence of domestic violence.

-special courts set up for cases of violence against women, with up-to-date technological support like video graphing of statements.

-cases of violence should be taken up promptly and completed without delay avoiding unnecessary imposition of strains and stress on them.

-police need to be sensitized to treat domestic violence cases as seriously as any other crime.

-there should be a separate wing of the police dealing with women’s issues, attached to all police stations and women police officials to handle crimes against women.

**Community programs**

- Non-government agencies and private institutions need to be part of any initiative that seeks to address the issue of domestic violence.

-information regarding all agencies dealing with domestic violence should be made available to all healthcare institutions for their reference resulting in the provision of services as and when required.

- Facilities like short-stay homes for women in distress should be provided and emphasis should be laid on vocational training to rehabilitate them.

- Special care should be provided to women seeking medical help following an episode of violence.

-more counseling centers with professionally qualified counselors should be started in the rural /urban areas focusing more on domestic violence victims.

**Support services**

-Media should bring women's issues to the public domain in a forceful manner. They can play an important role in spreading awareness and can provide a platform for speakers and panelists to share their views and conduct an in-depth study on various gender issues.

-training for gender sensitization should be impacted within the family right from the beginning all children should be treated equally without any gender bias.

-women should raise their voices against injustice; and create awareness amongst women about their rights and irrespective of their social status in society, they should join hands and work in a spirit of unity.

**7. Conclusion**

Having looked at the sensitive topic of domestic violence, we can sense the importance of discussion of such a topic. The varying causes that can spark the violence within our homes need to be analyzed carefully and a study of the factors causing the violence may prevent a family from suffering from this menace. Domestic violence may have a far wider and deeper impact in real life than what has been covered in this report. What is required is to see closely the association of the factor provoking a particular form of domestic violence. If these factors can be controlled then more than one form of violence can be prevented from harming an individual or our society and the world would be a much better place to live in.