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Domestic violence against women in India: A problem for family

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Abstract

In India, violence against women is a result of societal standards and economic reliance. In India, female feticide, domestic violence, sexual harassment, and other forms of gender-based violence are a reality for the majority of girls and women. Wife beating has a negative impact on abused women's physical and mental health even their own children's. Despite increased female engagement in public life and changes in laws, India still has a gender gap. To make Indian women equal citizens in their own nation, there is still a long way to go. Many women in our society are subjected to aggressive treatment by their partners. While they suffer in quiet, they have intimate partners. Domestic abuse can result in a woman's death in some situations. It is based on this the concept that this paper explores.

Keywords: Intimate partner violence, partner abuse, violence against women, awareness of domestic violence act, prevention of domestic violence

Introduction

"A seventy-year-old man was slain over a property dispute," "A bride was tortured to death for dowry," "A school-aged child succumbs to his injuries after being assaulted by his father," "A seventy-year-old man was killed over a property dispute," The purpose of this study is to discuss the many types of domestic violence that exist in India. Their causes, as well as the variations in the strength of the forms, have been investigated. The consequences of various types of domestic violence, as well as potential solutions, have been addressed. Finally, after a thorough examination of the subject and the juxtaposition of facts and figures, a conclusion has been reached.

India's different types of domestic violence

According to the UNICEF Reports on the Progress of Nations, which were jointly released by the Government of India and UNICEF, more than 60 million women who should be alive today are missing.

Feticide, domestic violence, dowry deaths, and physical assaults are all contributing factors. Discrimination begins before a woman is born and continues until she dies. It can be found in the form of:

Infanticide

Thousands of newborn baby girls die from opium overdoses. They are abandoned or thrown to their deaths in rivers or dustbins. 90 percent of abandoned children are female. Health risks - According to official statistics, girls have a 10% higher mortality rate than boys due to malnutrition during infancy and childhood. The health statistics are also concerning, with 80 percent of the population being anaemic.

Literacy rate of female

According to the census, the literacy rate for men and women is 82.14 percent for men and 65.46 percent for women. Women face discrimination in the job market, as evidenced by the employment ratio in the organised and unorganised sectors.

Victims of Materialism

Increased crimes, domestic violence, and physical assaults on women have been linked to consumerist culture. Millions of girls are at risk of being physically abused.

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Dowry fatalities

The number of dowry deaths in the country is frightening, with one per hour and 42 minutes. Dowry-related violence is on the rise as well. Maharashtra, the states are Madhya Pradesh, Andhra Pradesh, and Rajasthan with the greatest number of cases reported many cases remain unsolved and unreported.

Feticide

As a result of technological advancements, some new types of violence have emerged, such as female feticide, which results in an unequal sex-ratio. Social bias in favour of a male child leads to abortions (according to a survey, 7999 of the 8000 cases of abortions following sex-determination tests are female fetuses). The sex-ratio is steadily dropping throughout India, with the exception of Kerala. Political, administrative, and economic systems and processes that were inefficient and incompetent failed to stop it.

Domestic violence against women

Women's violence is a prevalent issue that has horrifying physical, sexual, emotional, psychological, and economic effects for girls and women (Gill & Rehman). It affects women of all ages, from all walks of life, and from all socioeconomic groups. "Any act of gender-based violence that results in, or is likely to result in, physical, sexual, or psychological harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or private life, is considered violence against women." The term "violence against women" shall include, but not be limited to, the following:

- Domestic violence, including as battering, sexual abuse of female household children, dowry-related violence, marital rape, female genital mutilation, and other damaging traditional practices, non-spousal violence, and violence related to exploitation.
- Community-based physical, sexual, and psychological violence, such as rape, sexual abuse, sexual harassment, and intimidation at work, in educational institutions, and elsewhere, as well as human trafficking and forced prostitution;
- State-sanctioned physical, sexual, and psychological violence, regardless of where it occurs. This is necessary so that policymakers have a thorough awareness of the issues surrounding violence against women; otherwise, the laws and regulations enacted would likely be ineffectual.

Domestic violence consequences

Domestic violence has different implications based on the victim's age, the severity of the violence, and the frequency of the agony.

The effects of domestic violence can be broadly classified into three categories: effect on the victim and family, effect on society, and effect on the nation's growth and production.

Effect on the victim and the family**Psychological Effect**

Victims who are still living with their offenders frequently report significant levels of tension, worry, and anxiety. As victims are made to feel guilty for 'causing' the abuse and are typically subjected to harsh criticism, depression is prevalent. According to reports, 60 percent of the victims

fulfil the diagnostic criteria for depression, either during or after the relationship ends, and are at a high risk of suicide (Barnett, 2001). Post-Traumatic Stress Disorder is the most usually mentioned psychological impact of domestic violence (PTSD). PTSD is defined by flashbacks, intrusive images, heightened startle response, nightmares, and avoidance of situations related with the abuse, according to Vitanza, Vogel, and Marshall (1995).

Physical effect

Bruises, fractured bones, head injuries, lacerations, and internal bleeding are some of the severe physical effects of domestic abuse that necessitate medical attention and hospitalisation (Jones, 1997). Arthritis and irritable bowel syndrome are two chronic health disorders connected to domestic violence victims (Berrios, 1991). Victims who become pregnant while in a domestic violence relationship are at a higher risk of miscarriage, pre-term labour, and foetal harm or death.

Effect on children

There has been a growing recognition that a child who is exposed to domestic abuse during his childhood would experience developmental and psychological problems. Increased aggressiveness, anxiety, and changes in how a child interacts with peers, family, and authorities are some of the emotional and behavioural problems that can arise as a result of domestic abuse. In schools, problems with attitude and cognition, as well as a lack of problem-solving abilities, can emerge. There is a link between childhood experiences of abuse and neglect and grownup perpetration of domestic violence and sexual abuse (Sadler, 1994). In certain circumstances, the abuser would purposefully abuse the mother in front of the child in order to create a chain reaction, pursuing two victims at the same time.

Fight against the evil domestic violence

- **Role of non-government organisations:**

Non-governmental groups and institutions should hold a series of seminars and workshops on various aspects of violence and oppression against women in various locations. They should discuss the gravity, enormity, and dangers of the continuously deteriorating law and order situation, deteriorating human values, individual self-centeredness, and alarming rise in bestial acts against women, which makes it extremely dangerous for women to move freely outside their homes, and try to find a solution.

- **Family**

The first and most important institution in which children learn the first lessons of humanity and social interactions is the family. Family is the finest location to instil healthy values in children and teenagers of both sexes, such as honesty, simplicity, modesty, feeling of duty, and respect for elders. Childhood is the most formative, instructive, and impressionable phase in a person's life, as well as the best time to instil such principles, because it is permanently and firmly embedded in their sensitive mind. Gender sensitization training should be given to the entire family. All children should be treated equally, regardless of gender, from the outset.

▪ **Role of media**

The media should make a concerted effort to bring women's issues into the public eye. They have the potential to play a key role in raising awareness. They can provide a forum for speakers and panellists from many fields, as well as notable decision-makers, to express their perspectives and undertake an in-depth study on various gender issues, addressing various parts of the subject holistically. Views of some of the victims of atrocities should also be considered in order to gain a better understanding of their terrible experiences and how they overcame the anguish they endured as a result of inhumane deeds.

▪ **Federal level**

The most essential immediate priority for the government is to arrest the steadily deteriorating law and order situation. There should be round-the-clock policing in both cities and suburbs, as well as additional female police officers at all police stations. It is critical that justice be delivered quickly and in a timely manner. Delayed justice emboldens the spirits of criminal-minded members of society who exploit legal loopholes to get away with their crimes. Even after committing a horrible crime, many criminals get away with it. Reforming the structure and systems of governmental organisations involved in the law-enforcement process Making and enforcing rules are both desirable jobs, but they may take longer.

▪ **Role of women**

Instead of tolerating all the injustices that are inflicted against them passively, women should speak up against injustice, increase knowledge about their rights, and channel their energies by publishing articles, organising seminars, and workshops, among other things. They should join hands and labour in a spirit of togetherness regardless of their social status. They should speak out against social injustices such as dowry, bride-burning, female infanticide, and so on. Women should be extremely vigilant on both a mental and physical level to secure their safety and security, so that no one may take advantage of them when they are put in difficult situations. They must always be prepared for self-defence by taking Karate or other self-defence classes.

Suggestions

- Intentional couples should receive comprehensive and in-depth premarital counselling on how to manage their marital connection.
- The detrimental impacts of domestic violence against women, particularly wife battering, should be publicised through the media.
- Religious leaders should preach against domestic abuse in their places of worship as well.
- Young people should be encouraged and trained to despise and not imitate their peers' brutal treatment of their wives.
- Medical providers should send victims to counsellors and psychotherapists once they have received physical therapy.
- The punishment meted out to egregiously offending husbands should be made public in order to serve as a deterrent to others.

Conclusion

We can understand the urgency of discussing a difficult topic like "Domestic Violence in India" after looking at it. The various causes that might spark violence within the four walls of homes must be carefully examined, and a comprehensive examination of the variables that create violence may prevent a family from succumbing to the threat of domestic violence. In real life, domestic violence may have a far broader and deeper impact than what has been discussed in this essay. What's needed is a detailed examination of the elements that contribute to a particular type of domestic violence. More than one form of violence can be averted from damaging an individual if these elements can be controlled.

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