

## Domestic Violence against Women and Remedies in Indian Perspective

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Domestic violence is a social issue that, in spite of the fact that well recognised is still connected with vulnerability and restrictions. Numerous women in their close connections or prompt social conditions, experience, mental or potentiality, physical violence, which turns into a genuine medical issue for them.

Generally speaking, domestic violence doesn't depict a solitary fierce occasion, but instead an unpredictable arrangement of misuse that can incorporate physical, mental and sexual violence. Regardless of the impartial meaning of domestic violence, it for the most part includes sexual orientation explicit violence dependent on imbalance between the genders. This is explained by the expression "sex violence" as begat by C. Hagemann-White, which incorporates all types of injury perpetrated against the physical and passionate uprightness of another that are related with force and sexual orientation, and the misuse of a physical or other type of intensity.

Domestic violence is the place one individual attempts to control and attest control over their accomplice in a close connection. It tends to be physical, emotional, financial or sexual abuse. These regularly cover. Any lady can be influenced and it can occur in any home. 25% of every single savage wrongdoing announced include a man attacking his significant other or accomplice.

Violence against women is a widespread problem, with appalling physical, sexual, emotional, psychological and economic consequences for girls and women (Gill & Rehman, 2004). It affects women of every age, in every society and in every socio-economic group. "Violence against women refers to 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. Violence against women shall be understood to encompass, but not be limited to the following:

a) Physical, sexual and psychological violence occurring in the family, including battering, sexual abuse of female children in the household, dowry-related violence, marital rape, female genital mutilation and other traditional practices harmful to women, non-spousal violence and violence related to exploitation;

b) Physical, sexual and psychological violence occurring within the general community, including rape, sexual abuse, sexual harassment and intimidation at work, in educational institutions and elsewhere, trafficking in women and forced prostitution;

c) Physical, sexual and psychological violence perpetrated or condoned by the State, wherever it occurs. This is important so that policy makers have a full understanding of the issues

involved in violence against women; otherwise the laws and policies that are formulated are likely to be ineffective.

It has been reported from National Crime Records Bureau (NCRB) that in the year 2018 the cause of death of every women out of three women against the torture by husband and in-laws.

**CONSEQUENCES OF DOMESTIC VIOLENCE** There are varied consequences of domestic violence depending on the victim, the age group, the intensity of the violence and frequency of the torment they are subjected to. The consequences of the domestic violence in detail can be broadly categorized under – the Effect on the victim and the family, Effect on the society and the Effect on nation's growth and productivity.

### Effect on the victim and the family

**Physical Effect** - Bruises, broken bones, head injuries, lacerations and internal bleeding are some of the acute effects of a domestic violence incident that require medical attention and hospitalization (Jones, 1997). Some chronic health conditions that have been linked to victims of domestic violence are arthritis, irritable bowel syndrome (Berrios, 1991). Victims who are pregnant during a domestic violence relationship experience greater risk of miscarriage, pre-term labor and injury to or death of fetus.

**Psychological Effect** – Among victims who are still living with their perpetrators, high amounts of stress, fear and anxiety are commonly reported. Depression is also common, as victims are made to feel guilty for 'provoking' the abuse and are frequently subjected to intense criticism. It is reported that 60% of the victims meet the diagnostic criteria for depression, either during or after termination of the relationship, and have a greatly increased risk of suicidability (Barnett, 2001). The most commonly referenced psychological effect of domestic violence is Post-Traumatic Stress Disorder (PTSD). According to Vitanza, Vogel and Marshall (1995), PTSD is characterized by flashbacks, intrusive images, exaggerated startle response, nightmares and avoidance of triggers that are associated with the abuse. These symptoms are generally experienced for a long span of time after the victim has left the dangerous situation.

**Effect on Children:** There has been increase in acknowledgement that a child who is exposed to domestic abuse during his upbringing will suffer in his development and psychological welfare (Dodd, 2009). Some emotional and behavioral problems that can result due to domestic violence include increased aggressiveness, anxiety, and changes in how a child socializes with friends, family and authorities. Problems with attitude and cognition in schools can start developing, along with a lack of skills such as problem-solving.

Correlation has been found between the experience of abuse and neglect in childhood and perpetrating domestic violence and sexual abuse in adulthood (Sadler, 1994). Additionally in some cases the abuser will purposely abuse the mother in front of the child to cause a ripple effect, hunting two victims simultaneously.

## FIGHTING THE 'DOMESTIC VIOLENCE' EVIL

### Intervention and action at multiple levels

Efforts done so far on gender issue defy basic and simple solutions. Elimination of all kinds of violence against women requires channelizing simultaneously the attention and efforts of all the concerned people and work together. This sensitive issue needs intervention and action at multiple levels – state, society and individuals in public and private capacities.

**At government level** · Amongst immediate steps, the most important task of government is to arrest continuously deteriorating law and order situation. There should be vigilant policing round the clock both in cities and suburban areas and more women police officers in all police stations. ·Speedy and time-bound justice is needed urgently. Delayed justice emboldens the spirits of criminal-minded elements in society, who take advantage of loopholes in law, and which enables them to escape. Many culprits go off scot-free even after committing a heinous crime. ·Reforming the structure and systems of governmental institutions engaged in the law-making and enforcement tasks are highly desirable, but it may take a longer time.

### Role of Non Governmental Institutions/Organizations

Non-governmental organizations and institutions should conduct series of seminars, workshops meetings at different places on various aspects of violence/oppression against women. They should discuss in depth the gravity, enormity and dangers of continuously deteriorating law and order position, deteriorating human values, self-centered attitude of individuals and alarming rise in bestial acts against women, which makes it very unsafe for women to move freely outside their homes and try to find out remedy for it..

### Media

Media should bring women issues to public domain in a forceful manner. They can play an important role in spreading awareness. They can provide a platform to speakers and panellists from different elds, eminent personalities responsible for decision-making to share their views and conduct an in-depth study on various gender issues, and view it holistically touching various aspects of the problem. Views of some of the victims of atrocities should also be taken to understand their unpleasant experiences and the manner in which they came over the agonies they suffered because of inhuman acts.

### At family's level

Family is the first and foremost institution, where children learn first lesson of humanity and social relationships. Family is the best place to inculcate positive values – like honesty, simplicity, modesty, sense of responsibility and respect for elders – amongst children and youth of both the sexes. ·Childhood is the most formative, educative and impressionable time in a human's life and most appropriate time for inculcation of such values, as it remains permanently

and firmly embedded in their delicate psyche throughout their life. ·Training for gender sensitization should be imparted within the family. Right from the beginning, all the children should be treated equally, without any gender-bias.

### On women's part

Instead of silently bearing all the atrocities perpetrated against them, women should raise their voice against injustice; create awareness amongst women about their rights and channelize their efforts by writing articles, organizing seminars, workshops etc. · Irrespective of their social status in society, they should join hands, and work in a spirit of unity. They should raise their voice boldly against social evils like dowry, bride-burning, female infanticide, etc. Women should exercise utmost vigilance both at the mental and physical level to ensure their safety and security, so that no one could exploit them when placed under adverse circumstances in life. They must always be prepared for self- defense by getting training in Karate etc.

**ROLE OF SOCIAL WORKERS** Social workers should provide myriad services to victims and perpetrators of domestic violence. Direct services to victims of domestic violence include counseling and support through shelter programs across the country, individual counseling through private practice settings, court advocacy through county victim service agencies, and social justice community organizing efforts to prevent domestic violence from occurring in the first place.

**Direct Service Providers (Women's Advocate, Shelter Program):** Social workers should provide services to victims of domestic violence through shelter programs across the country. The context in which services are provided is empowerment and advocacy oriented.

**Community Education Coordinator:** Many shelters across the country have a Community Education Coordinator on staff who may be a social worker. This person should be accountable for managing all types of community education from professional development and training to providing speakers for civic or social groups. Social workers should provide therapy to victims of domestic violence while they are in a shelter or living in their community. Social workers should also serve as executive directors of domestic violence organizations.

### REMEDY

**Laws on Domestic Violence** –There are several laws protecting a married woman from abuse from her husband or her husband's relatives. Under **Section 498A of the Indian Penal Code**, harassment for dowry by the husband or his family is considered a crime. This harassment can be either mental or physical. Even though marital rape is not recognized as a crime in India, forced sex with one's wife can be considered cruelty under this section. Section 498 A has a wide scope. It also covers any and all wilful conducts against a woman which drive the woman to commit suicide or grave injury or risk to life, limb or overall health. Again, health includes the mental and physical health of the woman.

The practice of dowry itself is outlawed under the **Dowry Prohibition Act, 1961**. Despite this, if dowry has been given to and taken by anyone other than the woman, she is entitled to that money/property as the case may be under this Act.

As a remedial measure, the Parliament of India has passed legislation called, "The Protection of Women from Domestic Violence Act, 2005." Under this Act, several provisions have been made to protect the women from domestic violence. Now every women who have been deprived of their right to life by the act of husband of 'Domestic Incident Report' orders like protection of the women and order of monetary relief to the victim etc

### RECOMMENDATIONS

- Comprehensive and extensive premarital counseling should be given to intending couples on how to manage their marital relationship.
- There should be public enlightenment through the mass media on the negative effects of domestic violence against women, especially wife battering.
- Religious leaders too should vigorously teach against marital violence in their places of worship.
- Youths should be encouraged and taught to detest and not imitate brutish treatment of wives around them.

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### CONCLUSION

Having looked at a sensitive topic of "Domestic Violence in India", we can sense the importance of discussion of such a topic. The varying causes which can spark the violence within the four walls of homes need to be analyzed carefully and a wise study of the factors causing the violence may prevent a family to suffer from the menace of domestic violence. The domestic violence may have a far wider and deeper impact in real life than what has been covered in this essay. What is required is to see closely the association of the factors 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 India would be a much better place to live in.