

VIOLENCE AGAINST WOMEN; CAUSES AND REMEDIES¹Aadil Ahmad Mir, ²Altaf Hussain Ganie^{1*} Research Scholar, Department of Education University of Kashmir, Srinagar-190006, India¹, Research Scholar, Department of Education University of Kashmir, Srinagar-190006, India²**ABSTRACT**

Many women in our society are subjected to abusive treatment by their intimate relationships while suffering in silence. Domestic abuse can result in a woman's death in some situations. This must not continue since women are critical to the growth and development of any nation and the planet at large. They are guardians of society's social, cultural, and fundamental values, and they are frequently the most effective agents of change. Without their understanding, cooperation, and active participation, full community development is impossible. Women, in light of all of this, deserve better treatment, yet this is rarely the case. Wife battering has a negative impact on battered women's physical and mental health, as well as their children's. The meaning of violence against women, varieties of intimate partner violence, and the repercussions of different types of violence on battered women and their children are all discussed in this study. Domestic violence against women is also discussed in this study, as well as the causes and management of the problem. Finally, proposals were made to eliminate this threat from society.

Keywords: *Violence and Women.*

Gender refers to socially established characteristics, whereas sex refers to biological characteristics of women and men. People are born female or male, but they learn to be girls and boys as they grow up in the culture they live in. Gender identity and gender roles are determined by this learnt behavior. Violence against women encompasses a wide range of destructive actions directed towards women and girls, which are frequently perpetrated by those within and beyond the family. "Any harm that is perpetrated against a person's will; that has a negative impact on the physical or psychological health, development, and identity of the person; and that is the result of gender power inequities that exploits distinctions between males and females, among males and females," according to a widely accepted definition of violence against women.

Violence is a universal act that threatens the life, health and happiness in daily lives of all human beings. When a wife fails to fulfill her responsibilities, such as requesting for husband's bills or emphasizing the importance of their children, he responds with violence. Women who are murdered by their partners are responsible for a large number of deaths. Even in industrialized nations such as the United States or Australia, 40 to 70 percent of female murder victims were murdered by their spouses or partners.

Domestic abuse, spousal abuse, battering, family violence, and intimate relationship violence are all terms used to describe domestic violence (IPV). In an intimate relationship such as marriage, dating, family, or cohabitation, it is a pattern of abusive behavior by one partner against another. Physical aggression or assault (hitting, kicking, biting, shoving, restraining, slapping, throwing objects), or threats thereof; emotional abuse; controlling or domineering; intimidation; stalking; passive/covert abuse, also known as neglect; and economic deprivation are all examples of domestic violence (Seimeniuk, Krentz, Gish and Gill, 2010). Any act of gender-based violence that results in, or is likely to result in, physical, or mental harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or private life, is defined by the United Nations General Assembly as violence against women. Violence against women can be perpetrated by assailants of either gender, family members, or even the 'State' itself, according to the United Nations' 1993 Declaration on the Elimination of Violence Against Women. Governments and organizations all

around the world are actively working to end violence against women through a number of programmes. The International Day for the Elimination of Violence Against Women was established by a UN resolution on November 25. Women are critical to any nations and the world's progress and development. Women make up half of the world's population, are homemakers, guardians of society's social, cultural, and fundamental values, and are often the most effective agents of change. Without their understanding, cooperation, and active participation, full community development is impossible. Women need respect, recognition, and better treatment because of their importance as mothers, sometimes breadwinners, instructors, and guardians, yet this is rarely the case. Women are enslaved in a cycle of poverty, according to Davies (1999), and they suffer from neglect, discrimination, and exploitation. Their male peers likewise subject them to other sorts of assault. Some historians feel that the history of violence against women is intertwined with the history of women being considered as property and assigned a gender role of servitude to men and other women (Harvey and Gow, 1994). According to the United Nations Declaration on the Elimination of Violence Against Women (1993), violence against women is a manifestation of historically unequal power relations between men and women, which have resulted in male dominance and discrimination against women, as well as the prevention of women's full advancement, and that violence against women is one of the key social mechanisms by which women are forced into a subordinate position in comparison to men. The common-law principle that a husband had the right to "physically discipline an errant wife" was abolished in the United States in the 1870s (Calvert, 1974).

Domestic Violence's Harmful Effects on Women;

1. Child Impact: There has been a growing recognition that a child who is exposed to domestic abuse during his childhood would suffer developmental and psychological consequences (Dodd, 2009). Domestic abuse can cause greater aggressiveness, anxiety, and changes in how a child interacts with peers, family, and authorities, among other emotional and behavioral issues. 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 (Sadeler, 1994).

2. Health Effects: Intimate partner physical and psychological violence causes serious short- and long-term physical and mental health problems for women. They also have an impact on the health and well-being of their children. Such violence has the potential to result in fatal outcomes such as homicide or suicide. It can result in serious injuries. Domestic and family violence is the leading cause of death, illness, and disability among women under the age of 45. Moreover, Arthritis and irritable bowel syndrome are two chronic health disorders connected to domestic violence victims (Berrios, 1991). Pregnant women who are in a domestic violence relationship have a higher chance of miscarriage, premature labor, and harm or death of the fetus (Jones, 1997).

3. 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. They also experience eating and sleeping disturbance. According to reports, 60% of victims fulfill the diagnostic criteria for depression during or after the relationship ends, and have a significantly elevated risk of suicidality (Barnett, 2001).

4. Financial Impact: Divorce and separation also bring about socio-economic problems such as homelessness because the victim has to flee her home with her children. In addition to a lack of financial means, victims of domestic violence frequently lack the specialized skills, education, and training required for meaningful employment, and they may also have many children to support.

Violence Against Women: What Causes It?

There are a variety of beliefs about what causes domestic violence. These include psychological theories that take into account the perpetrator's personality traits and mental features, as well as social theories that take into account external elements in the perpetrator's environment, such as family structure stress and social learning.

Jealousy: When a spouse is suspected of being unfaithful or plans to leave the relationship, jealousy is a common cause of domestic violence against women. Domestic violence against women, according to evolutionary psychology, represents male attempts to regulate female reproduction and guarantee sexual exclusivity for himself through violence or the fear of violence (Goetz, et al., 2010).

Social Stress: When a person lives in a family scenario, stress levels may be higher due to additional pressures. Stress does not necessarily lead to violence, but it is one way that some people respond to it (Seltzer and Kalmuss, 1988). Due to heightened stress and arguments about economics and other issues, poor couples are more likely to encounter domestic violence (Jewkes, 2002).

Patriarchal Mindset and Gender Stereotype: Children are nurtured differently depending on their gender from the moment they are born. Toys such as superheroes, cars, and guns are given to male children, while dolls, kitchen sets, and other items are given to female children. Gender stereotyping is the term for this. While growing up, they face discrimination at various stages of life, particularly in the areas of education and employment; for example, some Indian families do not consider administrative positions for women.

People with a patriarchal mindset try to instill in their children the idea that one gender is superior to the other. Male dominance has long been a tradition. One of the most significant causes of a woman's inferiority is men's biological superiority over women, which has rendered her emotionless. A woman was relegated to the status of an afterthought to a man. As a result, both are major causes of crime against women.

Lack of Education: One of the most prominent causes of violence in our country is a lack of education. In the field of education, our country continues to struggle. Females are not sent to schools in rural areas, even for basic education. And, as a result of their lack of education, they are unable to distinguish between right and wrong. Married women are unaware of their rights and, as a result, accept their husbands' abnormal behaviour as their fate.

Law Enforcement Machinery Insensitivity: If a woman reports domestic violence to the police, they generally advise her to handle it on her own as it is a minor issue. If law enforcement officers have such a mentality, how can the general public comprehend the gravity of such an act? Women rarely file complaints for fear of bringing shame on themselves and their families. While the law protects everyone, it is ineffective in addressing women's issues.

Dowry System: Due to social unrest in India, dowry has become a problem. The dowry burden contributes to the perception that having a daughter is a calamity; in many cases, if the dowry demand is not met, the woman is subjected to violence. If the girl is uneducated or has a darker complexion, the demand decreases. Despite the fact that the Dowry Prohibition Act of 1961 was passed, this practice still exists. India has the highest number of dowry deaths.

Social Learning: When people witness violent behavior, they are more prone to emulate it. If there are no repercussions and the victim accepts the abuse with submission, the behavior is likely to persist. Violence is frequently passed down from generation to generation in a cyclical fashion (Crowell and Sugarman, 1996).

Power and Control: Abusers utilize power and control to establish and retain control over their partners. Low self-esteem or feelings of inadequacy, unresolved childhood conflicts, poverty stress, animosity and resentment

toward women (misogyny), personality disorders, genetic inclinations, and social cultural influences have all been linked to abusers attempts to dominate (Wikipedia, 2012). Most experts appear to agree that abusive personalities are the consequence of a combination of various traits, all of which play a role in varied degrees.

Remedial Measures for Eradicating Violence against Women:

Certain steps, in our opinion, could be taken to promote gender equality, such as implementing public awareness campaigns, rejecting traditional practices that devalue women, and gradually educating young people about these heinous acts. Young minds must also be educated so that they can speak up and speak out against the wrongs done, and girls and women should be taught self-defense skills in schools and colleges. Following are the major remedial measures for eradicating violence against women.

Medical Response: Medical experts do not believe they can play a significant role in assisting women who are victims of domestic violence. Injury victims are frequently treated and diagnosed without concern for the underlying reasons (Sugg and Inu, 1992). Many doctors want to stay out of their patients' "private" life. In the health care setting, health practitioners have an ethical responsibility to notice and address patient abuse. According to the American Medical Association's code of medical ethics, "physicians should routinely inquire about physical, sexual, and psychological abuse as part of the medical history," "because to the prevalence and medical repercussions of family violence."

Law Enforcement: Lawrence Sherman performed The Minneapolis Domestic Violence Experiment in 1982 to assess the effectiveness of various police responses to domestic violence reports in Minneapolis, Minnesota, including detaining the abuser for eight hours, providing advice and mediation, and making an arrest. The most efficient police response was found to be arrest. According to the study, arrest reduced re-offending against the same victim by half within six months (Maxwell, Garner, and Fagan, 2001). Arrest appeared to aid in the short run in some situations in replication studies that were larger and more methodologically sound in both size and scope, but those arrested experienced twice the rate of violence over the course of a year (Schmidt and Lawrence, 1993). If the suspected victim shows visible (and recent) signs of abuse, the suspect is usually arrested and charged with the proper offence.

Counseling for Those Affected: Because marital violence is a major risk factor for serious injury and even death, and women in violent relationships are at a substantially higher risk of being seriously hurt or murdered, counselling is critical. Standardized interviews and questionnaires, which have been useful and valid aids in studying marital violence more systematically, can be used to enhance initial assessments of the risk for violence in a marriage. Counselors and therapists should also distinguish between instances where battering is a single, isolated occurrence and situations where it is part of a larger pattern of conflict.

If a therapist suspects that domestic violence is occurring in a client's relationship, the therapist must discuss choices with the client and avoid blaming the partner or telling the client what to do. The therapist cannot reasonably expect a victim to quit her abusive marriage simply because she exposed the abuse. The victim's autonomy should be respected by the therapist, who should allow her to make her own decisions (Lawson, 2003). Battering can be a one-time occurrence or part of a larger pattern of conflict.

Therapists must be mindful that encouraging a battered wife's assertiveness may result in more beatings or even death. Therapists should not reduce their vigilance after a battered wife leaves her husband, even in rare circumstances where the female leaves due to a life-threatening scenario. According to some evidence, the period immediately following a marital separation is one of the most dangerous for women. In an attempt to persuade their wives to return or punish them for leaving, many men would stalk and batter them.

Counseling for offenders: The major purpose of domestic violence offender counselling is to reduce the offender's risk of future domestic violence, whether in the same relationship or in a new one. Offenders' treatment should focus on decreasing danger to the victim, and it should be tailored to the offender's past, re-offending risk, and criminogenic needs. The majority of offender treatment takes place in a group environment with no more than 12 people. Gender-specific groups are also standardized (Colorado Domestic Violence Offender Management Board, 2010).

Anger Management: Domestic violence is focused on power and control, not on problems in regulating anger responses, according to Roberts (2002). Anger management alone has not been proved to be successful in treating domestic violence offenders. Anger management is recommended as part of an accountability-based offender treatment curriculum, along with topics like recognizing abusive patterns of behaviour; it also necessitates a significant amount of personal change and the construction of a self-image that is distinct from previous abusive behaviour while still being held accountable for it. Any corresponding issue, such as substance abuse or mental illness, should be addressed as part of domestic violence offender therapy.

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