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## **Domestic violence: A study of impact and prevention strategies**

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### **Abstract**

Domestic violence is common in worldwide. In every house women encounter the domestic violence in severe or mild form. Ultimately women are the main survivor and this domestic violence sometimes lead to death of the women. In recent years issue of domestic violence is widely discussed by the academicians, activists, social worker and politicians. This issue has been recognized as human right issue. The efforts are being made to eliminate gender based violence. As the efforts of the activists and various organizations fighting against domestic violence came to fruitfulness when government enacted legislations to prevent violence against women. Even though, the domestic violence against women is still continuing. In this research article, it has been traced to find out the impact of domestic violence on the women.

**Keywords:** Domestic violence, rehabilitation, intervention, preventions

### **Introduction**

Violence against women is seen in the structural relations of gender inequality (Mathur: 2005). The impact of the domestic violence on the women is seen on different aspects such as mental, physical and emotional. Male and female are victims of domestic violence. The domestic violence leads to mental illness, self-harm and even attempts at suicide (Shipway: 2004, Mathew: 1996). Even if the victim is pregnant during domestic violence, there are major chances of or risk of miscarriage, pre-term labour and injury to or death of the fetus (Jones et al, 3: Horan, D.L:1997).

### **Objectives of the study**

The study intends to focus on the following set of objectives:-

1. What is the impact of domestic violence on the women?
2. What are the preventative measures adopted by women during and after violence and
3. To discuss on the intervention strategies.

### **Methodology**

This study was conducted in the Ambajogai tehsil. For the purpose of the study, the opinion of the women's are taken into consideration. To select the samples, purposive sampling method is used and according to the convenient 50 households are interviewed.

### **Discussion**

While discussing with the victims it is found that, most of the victims are in favor to strictly prevent domestic violence in any form and be punished the culprit, but they also emphasized on that no marital life should be disturbed. The violence with newly women is mostly found due to dowry and non-adjustment of couples with each other.

Arguing with the partner is resulted in physical violence, most of the victims reported that, slapping is the common violence which frequently happens in the family. neglecting children, going out of home or attend any programme without partners permission, late cooking or not caring parents etc. are the common reasons behind domestic violence.

As far as impact of domestic violence is concerned it is found that 40 per cent victims experience the restlessness while 38 per cent women go under mental stress. Apart from this 8 per cent victim women lost their sleep.

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Whenever when these women think about the violence, became restlessness. As the impact of violence is seen among the victim women 12 per cent women reported that they continuously remain under tension whereas only 2 per cent women said that they have experienced various sort of mental illness or symptoms are seen.

The impact of domestic violence is also seen on the personality of the victims. Number of problems aroused in victims out of domestic violence experience. Such as anxiety, feeling insecurity or fear, feeling ashamed of in participating in family of community programmes. Even the impact of the domestic violence is seen in social functioning of the victims. The adverse impact is also seen on the family such as frequently quarrelling in the family, neglect towards the children, communication gap among the wife, husband and children, apart from this this domestic violence has impact on routine work and performance at the work place in case of daily wages.

In the matter of domestic violence every respondent needs the help to prevent the violence. In the matter of severe physical violence women seek the immediate help from the neighbors or family members. While discussing with the survivor it is found that 12 per cent women seek the help of police but they also feared that, their marital life should not be disturbed because of the intervention of the police and the family members should not be disturbed due to intervention style of the police. Society is considered as source of intervention in the matter of domestic violence, 10 per cent of the respondents expect the help from the society to stop the domestic violence.

Rather than intervention of external agencies, respondent prefers to refer their matter to the NGOs working for women specially NGO based counselling centers as women prefer to take the help of the such counselling centers. In the matter of domestic violence women prefer mutual settlement by mutual understanding.

Close relatives are the hope of ray for the women most of the women prefers the intervention by close relatives such as his and her parents, in-laws etc. the women are in opinion that, the intervention by close relatives having long term impact on the behavior of husband. If the matter is solved by the relatives and if it happens again, the relatives can again intervene or intimate to the perpetrators. On the contrary no women prefer the political intervention in the matter of domestic violence.

### Conclusions

Women are the main victim of the domestic violence. In the study it is found that women have experienced different types of the violence in the family. Mostly husband and mother in-laws are the prime perpetrators. In the beginning most of the women have neglected towards the domestic violence and when the frequencies of the violence are increased then women started to speak about and inform to their parents.

No women found in favor of referring the matter to the police station in the beginning of the domestic violence but when it became out of tolerance then and then women preferred to refer the matter to the police station. Before registering the case in police station all the victim women has attempted all the efforts to stop the violence against them.

The impact of domestic violence on the women is seen in different ways. This is not only seen on the physical aspect

but it is seen on the physical aspect but it is seen on the mentality of the women and it leads to adverse impact on social functioning. Due to domestic violence, women's are seen under stress and continuously remain under feeling of insecurity. The physical complaints are common for victims. For the preventative measures women have preferred intervention of close relatives than referring the matter to the adjudication than referring the matter to the adjudicatory machineries. It is preferred to settle the matter by mutual understanding than finding the help of outsiders. However, if the matter is not settled, the women prefer to refer their cases to the NGOs specially working for women. Moreover, every victim is found more cautious about her family. She prefers her family and wants a solution without disturbing the marital life.

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