



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

VOILENCE AGAINST WOMEN: SYNTHESIS OF RESEARCH FOR PRACTITIONERS

Aashish Sehrawat, Final Year Student, Amity Law School, Noida, Uttar Pradesh

ABSTRACT

Violence crimes against women, such as rape, sexual harassment, domestic abuse, trafficking, and female infanticide, are a chronic and systemic issue in many nations. The physical, emotional, and mental health of women are severely impacted by these crimes, which constitute a violation of human rights and dignity. The effect of various crimes against women on society is the subject of this dissertation.

Rape is one of the worst crimes that can be committed against a woman. Forcing someone to have sexual relations against their will is the serious crime known as rape. Because of their weakness and the imbalance of power in society, women are a common target of rape. Victims of rape can suffer permanent damage to their bodies and minds. Many victims of rape never get over the psychological scars it leaves behind. In addition, the psychological effects of rape are typically compounded by rape culture, victim blaming, and a lack of access to justice.

Another common kind of violence against women is sexual harassment. Unwanted sexual approaches, sexist statements, and sexually suggestive actions are commonplace for women. Sexual harassment is a pervasive problem in today's society that has a negative impact on women's sense of worth, independence, and dignity in the workplace and beyond. Depression, anxiety, and other mental health issues might develop as a result, further limiting women's potential for flourishing in life.

In conclusion, millions of individuals are affected each year by crimes against women across the globe. These crimes have devastating effects on women's physical and mental well-being, as well as their self-esteem, freedom, and control over their own lives. If governments, civil society groups, and individuals are to succeed in preventing these crimes, then they must first succeed in raising awareness, changing cultural attitudes, and providing support services for victims. Then and only then can we strive to establish an order in which women are protected from all forms of violence.

VOLENCE AGAINST WOMEN: SYNTHESIS OF RESEARCH FOR PRACTITIONERS**Defining Violence against Women**

Any physical, emotional, sexual or psychological abuse or violence done against a woman by an intimate relationship, such as a husband, boyfriend, or a date, is considered to be violence against women for this project. The extent of women's victimisation is captured at its most basic level by this term, which is both larger and narrower than many practitioners' definitions. Violence against women is overwhelmingly a result of their being targeted by those who are close to them, no matter how that term is used legally or socially. There is evidence that all three kinds of victimisation occur concurrently or sequentially, despite the legal distinctions between sexual assault and domestic violence and stalking, according to research there is no universal definition of violence against women, although many researchers and practitioners include the following in their definitions of violence against women:¹

- Painful or injurious acts committed with the goal of inflicting bodily harm on another person.
- Acts that are or might be damaging to the body and mind
- Threatening, intrusive, assaultive, demeaning, or dominating physical, visual, verbal, or sexual activities (American Psychological Association, as cited in Koss et al., 1994).

It has been defined as physical violence, sexual assault, and stalking in the past. Including both deadly and nonfatal assaults, physical violence encompasses all forms of violence. This definition of physical violence is consistent with the definitions generally used by researchers: any act of physical hostility designed to hurt one's partner. Anger and violence are also included in these acts as are threats or the actual use of weapons like a knife or a gun, as well as physical actions like pushing, shoving, or biting/kicking/hitting. As rape and sexual assault are defined in different states, they always have one similar feature: the victim does not consent to intercourse. Instead of using the term "rape," several jurisdictions have adopted broader definitions of sexual assault and abuse in their criminal codes. For the most part, state laws distinguish between aggravated sexual assault and sexual abuse (the act of coercing a victim to engage in sexual activity by threatening death, causing serious bodily harm, or removing them from their home). As specified by this project's definition of rape, this project also includes sexual assaults that do not entail penetration (forced or coerced vaginal, anal, or oral penetration).²

Negative or dominating behaviour toward a spouse might be considered emotional or psychological abuse. It is the goal of emotional abuse to reduce victims' feeling of self-worth, competence, and value by restricting their resources and social connections, developing physical and emotional dependency on the victim, and instilling a sense of helplessness in the victim. Among the many forms of emotional abuse are insults, criticism, ridicule and name calling; denial of access to money or transportation; detention, monitoring, and accusations of infidelity; threats of harm to the victim's family, children, or friends; and damage to or distraught from the victim's possessions, property, or property. Psychological and medical experts are divided on how to define emotional abuse, and this is why we know so little about it.³

¹ Shukla, Seema. 2002. 'Indecent Proposal', Cover Story, Business Today, Sept 1, 2002, (<http://archives.digitaltoday.in/businesstoday/20020901/cover1.html>) (accessed on 10th April 2023).

² Poonacha Veena and Raymond Neeta. 2002. 'Prevention of Sexual Harassment in Workplaces / Educational Institutions. An Action Research Project Conducted in Sir J. J. Hospital and Grant Medical College'. Research Centre for Women's Studies and India Centre for Human Rights and Law. Mumbai.

³ Tangri Sandra S., Burt Martha R., and Johnson Leanor B. 1982. 'Sexual Harassment at Work: Three Explanatory Models'. Journal of Social Issues, Vol. 38, No. 4, pp. 33-54.

The persistent visual or physical closeness, non-consensual communication, or verbal or written implicit threats, or a combination thereof that would give a reasonable person dread” is how the National Institute of Justice defines stalking. Behaviors such as following the victim or performing surveillance are examples of this kind of behavior, as is harassing and intimidating the victim via phone calls and letters as well as breaking into the victim's house or company. The majority of stalking victims are not celebrities, but individuals who have had a connection with the person who is following them. Only a small percentage (around 20%) of stalking instances include women being stalked by somebody they know.

As a result of this issue, anti-stalking legislation was enacted in 48 states and the District of Columbia between 1990 and 1994.

The Emergence of Violence against Women as a Social Problem

Public awareness of violence against women has grown significantly since the 1970s, thanks in large part to the work of victim advocates. Victims of violence against women are now the duty of society as a whole, as well as criminal justice, public health, and community organisations.⁴

The Emergence of Violence against Women as a Social and Legal Issue

In contemporary times, domestic violence, sexual assault, and stalking have garnered significant attention as a pressing societal concern. However, it is important to acknowledge that what is currently classified as violence against women was once regarded as private, interpersonal conduct merely a few decades ago. Throughout history, there has been a limitation placed on women's rights and involvement due to their perceived fragility and emotional nature. An additional pivotal element pertained to the purportedly dominant leadership and decision-making positions held by men in both the public and private spheres.

The legal frameworks pertaining to violence against women are founded on certain presumptions regarding gender and gender-based societal expectations (Hart, 1991). The approach of common law towards rape exhibited notable distinctions from conventional criminal codes in three principal domains. Explicit assumptions were used to develop special conditions for the purpose of proving rape in early English and later U.S. interpretations of the crime.⁵

Consensual sex is seldom forced or coerced.

- Women are socially driven to fabricate stories about their consensual experiences.
- Men are generally unable to tell the difference between the two. Such rules reduce the likelihood of a conviction when there is any uncertainty regarding the defendant's intent to have sex with the victim or the victim's inclination to misrepresent an occurrence because of the burden of evidence in criminal law.⁶
- The phenomenon has resulted in two significant outcomes: Initially, it can be argued that the legislation concerning rape exhibits a certain degree of bias. The issue is associated with inadequate reporting and conviction rates pertaining to sexual assault, resulting in the emergence of two distinct societal classifications of

⁴ Sundaresh Noopura and Hemalatha K. 2013. 'Theoretical Orientation to Sexual Harassment at Workplace'. Journal of Business Management and Social Science Research. Volume 2, No. 4, pp. 74-81.

⁵ *Ibid*

⁶ *Ibid*

rape. According to an author, "real rapes" refer to instances where vulnerable and blameless individuals accuse unknown perpetrators of sexual assault, resulting in severe harm or fatality. The second classification pertains to "uncomplicated rapes" which involve assaults carried out by individuals known to the victim, such as acquaintances or friends. These incidents typically involve the use of force or coercion, but not necessarily weapons or severe physical harm, rendering them subject to the particular complexities of rape legislation.

- From a legal perspective, domestic violence has a unique historical background, yet it is rooted in the same underlying beliefs regarding the dynamics between genders. Despite intermittent efforts to classify domestic violence as a criminal offence in prior times, these statutes were infrequently enforced and a number of jurisdictions lacked them. Judges were infrequently confronted with allegations of spousal assault. However, in cases involving unlawful physical abuse of wives, judges often commended the behaviour as a means of maintaining family discipline and male responsibility.⁷
- Women's divorce applications were often denied even in civil court, where the standard of "severe cruelty" required by common law for a divorce was not met if the abuse did not result in permanent injury. Since the standards of proof were so high for much of history, rape was difficult to prove in court. Assaulting a spouse physically was not a crime but rather a civil matter, making it almost impossible to substantiate an assault allegation. Historically, marriage has been seen as a permanent pact to sex, and so, physical revenge by a husband against a disobedient wife has been excused under rape laws. Prosecutors and judges are aware that many people, including potential jurors, nevertheless adhere to the concepts that underlying these legislation, despite the fact that many of these statutes are deemed archaic. A large number of people, even professionals, are reluctant to label domestic violence as a crime, even when they strongly disapprove of the behaviour. It seems that prosecutors factor on this reluctance while deciding whether or not to file criminal charges.⁸

The Redefinition of Violence against Women as a Community Responsibility

The campaign to help abused women, which began in the 1960s, and the rape epidemic of the 1970s both have their roots in the women's liberation movement. At first, sexual attack survivors and other women were sent along different pathways. In the early 1990s, people began paying attention to stalking and taking action against it. Survivors of sexual assault and their allies once thought that strangers were the most prevalent offenders of rape and sexual assault. However, women's rights advocates and the general public at large held the view that domestic abuse often occurred inside the context of a couple's marriage. Advocates for victims and researchers have shown that the vast majority of sexual assaults are committed by somebody the victim knows, such as loved ones or acquaintances. It has been demonstrated that women are at the same risk of suffering physical or emotional abuse in cohabitation and dating relationships that begin while they are young as they are in marriage. The National Organisation for Women (NOW) was instrumental in the establishment of domestic violence task forces in the cities of Boston, Ann Arbor, San Francisco, and Minneapolis in the mid-1970s. NOW has had a crucial impact in another area: the creation of crisis facilities for rape victims.⁹

There were many fundamental parallels between the rape crisis and the abused women's organisations, despite a lack of coordination and integration. In the early 1970s, these groups grew into societal movements. In each case, the feminist analysis and point of view were crucial to solving the issue. The assumption that violence against women was inevitable

⁷ van Manen, M. 1997. 'Phenomenological pedagogy and the question of meaning'. In D. Vandenberg (Ed.), Phenomenology & education discourse. Johannesburg, South Africa: Heinemann.

⁸ Whaley, Gary L. 2001. "Three Levels of Diversity: An examination of complex relationship between diversity, group cohesiveness, sexual harassment, group performance and time." In M. R. Dansby, J. B. Stewart, and S. C. Webb (eds.) "Managing diversity in the military: Research perspectives from the Defence Equal Opportunity Management Institute. New Brunswick," NJ: Transaction, pp. 59-75.

⁹ Wilson, Fiona, and Thompson, Paul. 2001. 'Sexual harassment as an exercise of power', Gender, Work and Organization, 8, (1), pp. 61-83.

was bolstered by the way women have traditionally been treated and their social status throughout history. Both sides agree that changing the cultural norms that have taught males that they may dominate and control women whenever they see fit is the way forward. Both groups worked to end violence against women by educating the public and providing resources to those who had experienced it. The activists of both organisations fought for the elimination of conventional patriarchal structures in favour of more egalitarian collectives. Both organisations had meagre beginnings and relied heavily on kind donations. In some ways the organisations became more conventional in their organisational and financial structures while in others they were more radical.¹⁰

Reframing Violence against Women as a Criminal Justice Issue

Laws and judicial processes that effectively decriminalised most acts of violence against women provided enough evidence to support the claims of those who claimed that a culture that sanctioned male aggressiveness was the root cause of violence against women. Reformers of legislation and the criminal justice system often encountered popular resistance and scepticism. Efforts to reform the sexual assault (domestic violence) and stalking industries have a common goal: reducing the number of legal loopholes that have historically distinguished these offences on the basis of gender. Reform efforts have made the judicial system more accountable for protecting women from harm, and protection orders are being used and enforced more often in cases of domestic abuse.¹¹

The criminal definition has been changed from assault to unbiased rape, the validation necessity has been killed or adjusted, the conjugal exclusion has been canceled or altered, and a few states have taken on assault safeguard regulations, which forbid specific types of protection cross examination in regards to casualties' past sexual encounters.

These regulations were sanctioned in various structures and blends by various states to lighten the tensions of survivors of revealing and charging and to work on the limit of examiners to win convictions and punishments. It was trusted that the new regulation would reestablish a more impartial harmony between the freedoms of respondents and their casualties. A review directed in six states in the mid 1980s observed that restricted upgrades were made to these results because of legitimate changes, albeit the most moderate purviews had proactively executed more casualty delicate methodology by examiners, judges, and protection lawyers. Obligatory discipline and sex guilty party libraries are two further headways in the field of rape regulation coordinated at wrongdoers. With these guidelines, we trust that lawbreakers will be debilitated so they will be less inclined to re-outrage. The adequacy of these thoughts in diminishing fierce wrongdoing isn't all around examined regardless of their political allure. Aggressive behavior at home changes have additionally been executed. Redrafting court passes judgment on never again permit mates to be rejected from attack denials, and a few states have created code classes for blood related wrongdoings, making homegrown maltreatment a criminal infringement in all states.¹²

However, requirement and arraignment processes have been the essential focal point of progress over the most recent quite a long while. While some police organizations have customarily taken a hands-off mentality to homegrown circumstances, others have embraced the emergency mediation system promoted during the 1960s. It was the risk of legitimate liability regarding neglecting to defend survivors of sequential attack who were notable to the police that filled a significant part of the 1980s' favorable to capture regulations. Albeit the adequacy of such measures is as yet discussed, certain specialists and States have taken on a considerably harder methodology, requesting capture in specific cases. Arraignment changes were intended to clarify that casualties' obligations in court are those of witnesses and casualties, not disputants, much as capture approaches did. Because of no drop rules, proof based arraignment, and the continuous giving of impermanent security orders pointed toward decreasing the need for casualties' dynamic commitment to request to acquire a conviction and improve their own wellbeing, it is as yet muddled on the off chance that these endeavors were fruitful. A couple of these progressions have been concentrated on top to bottom. A way to deal with wrongdoers that

¹⁰ *Ibid*

¹¹ *Ibid*

¹² Barling, Julian; Weber, Tom, and Kelloway, Kevin, E. 1996. 'Effects of transformational leadership training and attitudinal and fiscal outcomes: A field experiment', *Journal of Applied Psychology*, Vol. 81, pp. 827-832.

accentuates restoration yet is disagreeable is reflected in new condemning thoughts, for example, court-commanded treatment. Regulations against following have a long and recognized lawful legacy.¹³

Assault regulation changes were executed to cure the exceptional lopsidedness among wrongdoers and casualties that was customarily integrated into the law, while aggressive behavior at home changes were engaged at neighborhood customs that proceeded casually to legitimize spousal maltreatment in specific networks. Regulations against following, then again, were created to help policing and rebuff hoodlums whose direct in any one occasion was probably not going to comprise a wrongdoing. Regulations against following were sanctioned to make it simpler to get stalkers who went after individuals who had no clue about what their identity was. It appears, notwithstanding, that these guidelines will be utilized most frequently in instances of following of associates. End: The law enforcement framework's way to deal with remaking different kinds of brutality against ladies has taken many shapes. All changes in the law enforcement framework, nonetheless, share one thing practically speaking: They recognize more noteworthy obligation and ward for law enforcement specialists in mediating in and forestalling brutality, generally through repudiating the conventional securities and privileges that men who are savage are managed.¹⁴

Violence against Women as a Public Health Issue

The public health and medical communities began to see violence as an issue in the 1980s. Surgeon General C. Everett Koop established the Workshop on Violence and Public Health in 1985 in order to provide professionals with information on the factors that contribute to and are affected by violent crime. Knowledge of the incidence and effects of partner violence, advocacy group campaigns, and improved awareness of the impact of violence against women on health care usage may all be credited with elevating the issue of violence against women to the level of a public health problem. The Public Health Service's priority-setting document Healthy People 2000 now includes six goals addressing violence against women. From a public health perspective, addressing the issue of violence against women requires a comprehensive understanding of the problem at hand, including its breadth, causes, variations across populations, potential responses, potential consequences, and potential solutions. Our approach is grounded on the public health field's extensive research into and successful treatment of both acute and chronic illnesses. However, this approach has not been shown to be useful in evaluating and treating abuse in intimate relationships. As part of the trend towards promoting community health, interventions to prevent partner violence have been developed, with a focus on educational institutions. Medical professionals seldom go beyond the signs of partner violence when screening for, diagnosing, and treating female patients. This reflects the medical system's historical focus on diagnosing and treating individual ailments rather than addressing the socioeconomic problems at the root of these illnesses. Consequently, a plethora of initiatives have sprung up with the declared aim of improved screening and referral, but their contribution to the elimination of violence against women is unclear and has been the subject of little evaluation.¹⁵

Prevalence of Intimate Partner Violence

Estimates of the prevalence of partner violence are very variable, in part because studies employ varied definitions and methods of data collecting and in part because victims' low rates of reporting offences. Different practitioners arrive at different estimations of victimisation frequency due to variables such as their emphasis on current episodes as opposed to lifetime experiences of abuse, the demographics they deal with, and whether or not they depend on victim accounts as opposed to official incidence statistics.

¹³ Bimrose, Jenny. 2004. 'Sexual harassment in workplace, an ethical dilemma for career guidance practice', British Journal of Guidance and Counselling, 32 (1), pp. 109-121.

¹⁴ *Ibid*

¹⁵ Charney, Dara A and Russell, Ruth C. 1994. 'An overview of sexual harassment', American Journal of Psychiatry, 151(1), pp.10-17.

Prevalence of Partner Violence in National Samples

Intimate partner violence was studied in a 1985 study by the National Family Violence Survey "among married and cohabiting adults. In the previous year, physical violence was reported by 11.6% of women in their relationships, as measured by the Conflict Tactics Scale. In 1993, 9.3 out of every 1,000 women were assaulted by a husband, and 12.9% were abused by friends or acquaintances, according to the National Crime Victimization Survey. A total of 29% of victimisations by single offenders were caused by friends and family members, 9% by other relatives, 40% by acquaintances, and 24% by complete strangers. 1.3% of women reported experiencing intimate partner violence in the preceding year, according to two surveys (the National Crime Victimization Survey and the National Violence Against Women Survey) performed in 1995 and 1996. In addition, 22% of women in this research reported experiencing physical abuse at the hands of their partner. Reports of physical aggression are often accompanied with sexual assault data. A quarter of American women have experienced intimate partner violence, according the results of the United States' National Survey on the Status of Women. Intimate partners are responsible for between 7% and 77% of sexual attacks on women in their 30s and 40s. Eighty percent of sexual attacks on women are committed by someone who are acquainted with the victim, as reported by the National Crime Victimization Survey (NCVS). Stalking is a kind of abuse against women that is seldom discussed. In the only community survey that looks at the prevalence of stalking, the National Violence against Women poll, 8.1% of women reported being stalked at some point in their life. Stalking is more common amongst current and previous romantic partners. While 22% of stalking cases lasted five years or more, the vast majority (68%) were resolved in a single year.¹⁶"

Prevalence of partner violence in crime reporting systems

The FBI's two essential wrongdoing information sources — the Uniform Wrongdoing Reports and the Public Episode Based Detailing Framework — altogether downplay the frequency of accomplice savagery, subject matter authorities agree. "The greater part of genuine criminal exploitations and, surprisingly, a greater amount of accomplice savagery occasions are excluded from these frameworks, which rely upon reports from nearby police divisions. Just 20% of assaults, 25% of actual attacks, and half of following occasions are accounted for to nearby specialists, as indicated by a new exploration, and police don't as expected register every revealed event. Moreover, these figures are particularly deceptive in circumstances of rape since these records frequently don't contain complete data on the person in question/wrongdoer association. Relationship savagery in understanding populaces (clinical examples). Somewhere in the range of 5 and 35 percent of ladies who come to medical services offices with worries about their accomplices have been survivors of abusive behavior at home, as per clinical examinations. Contrasted with everyone, casualties are bound to look for clinical consideration since they are bound to have an extensive variety of physical and psychological wellness challenges. Clinical examples uncover that very nearly a fourth of the ones who were casualties of private accomplice savagery had been truly abused as kids or young ladies themselves. At any rate, one out of ten ladies have been truly or sincerely mishandled by a companion eventually in their grown-up lives, and at any rate, one of every ten have been genuinely or sincerely manhandled by an accomplice somewhat recently. Ladies are bound to be attacked by a companion or relative than by an all out stranger. There is minimal utility in depending just on true measurements given by government associations to assess the occurrence of homegrown maltreatment since most casualties don't submit such questions¹⁷.

Research on Risk and Contributing Factors

The risk factors for relationship violence, sexual assault, emotional abuse, and stalking have all been the subject of investigation in their own distinct fields of study. Very little is known about the variables that put someone at risk for being stalked or emotionally abused. The risk factors for sexual assault and physical assault by intimate partners are described together in this article because there is a significant amount of overlap between the two sets of risk variables.

¹⁶ *Ibid*

¹⁷ Ambert Anne-Mary; "Understanding and Evaluating Qualitative Research". Journal of Marriage and Family, Vol. 57, No. 4, pp. 879-893.

There is a widespread agreement among experts that there is no one risk factor that can explain all cases of violence against women. Instead, studies have shown that there are a variety of characteristics that might enhance the risk of a woman being a victim of sexual assault. Because there are so many different things that may go wrong, an ecological model has been developed to help organise all of the many things that could go wrong such that they are nested inside one another. Some theories attempt to explain the phenomenon of violent crime by focusing on the sociocultural risk factors that contribute to the normalisation of violent behaviour in society. On the other hand, social structural risk factors include things like social and economic elements that raise the likelihood of someone being involved in violent behaviour. Relationship qualities that are linked to violent behaviour are one category of the family risk factors. The risk factors that apply to people, including both offenders and victims, are the ones that have received the greatest attention from researchers.¹⁸

Socio-cultural Risk Factors

Across the annals of history, various societal risk factors have played a pivotal role in creating a broad framework that has normalised a plethora of forms of violence perpetrated against women. The prevalence of sexism and gender stereotyping in American culture increases the likelihood of women being subjected to physical and sexual assaults. Based on a recent analysis of previously collected data, it has been suggested that the societal tolerance of violent behaviour can be attributed to a historically male-dominated social structure and gender-specific socialisation practises that instruct men and women on their respective roles and responsibilities. A comparative analysis was conducted to determine the prevalence of do, as per the results of a research study. The risk factors associated with relationship violence, sexual assault, psychological abuse, and stalking have been extensively researched within their respective academic disciplines. There is limited understanding regarding the determinants that render an individual vulnerable to stalking or severe mistreatment. This article presents a depiction of the risk factors associated with both rape and actual attack by personal accomplices, as there exists a significant overlap between the two sets of risk factors. It is widely acknowledged among experts that no single risk factor can fully account for all cases of violence against women. *Ceteris paribus*, research has indicated that there exist various factors that could increase the likelihood of a woman becoming a victim of rape. Given the multitude of potential errors that may occur, a systematic framework has been devised to facilitate the organisation of these various contingencies in a nested fashion, thereby enabling their resolution. Several conjectures attempt to comprehend the singularity of heinous criminality by focusing on the sociocultural risk factors that contribute to the normalisation of violent behaviour in society. On the other hand, social determinants of risk encompass variables such as social and economic factors that increase the likelihood of an individual engaging in violent behaviour. One category of family risk factors pertains to relationship characteristics that are associated with aggressive behaviour. The factors of risk-taking that pertain to individuals, encompassing both perpetrators and victims, are prominent among researchers. The prevalence of domestic violence varies across states, with the highest rates observed in regions of the United States where there is a greater degree of structural inequality in economic, educational, political, and legal institutions. This finding provides evidence in favour of the hypothesis that patriarchy plays a role in the occurrence of domestic violence. The research outcomes regarding the cultural factors that contribute to the prevalence of rape in various states have consistently yielded identical results.¹⁹

The impact of cultural values on an individual's conduct has been a subject of inquiry, albeit the findings have been inconclusive to date. As per the results of a particular research conducted by Burkhart and Stanton in 1988, it was observed that males who have perpetrated sexual assault against women exhibit a higher tendency to perceive sexual violence as a justifiable act in comparison to their non-offender counterparts. However, the findings of previous research have not consistently corroborated this explanation. Sugarman and Frankel's (1996) study revealed that individuals who exhibit violent tendencies hold a more favourable view of violence compared to nonviolent individuals. However, this particular viewpoint does not serve as a predictor of violent behaviour. The researchers also discovered that women who have experienced abuse exhibit a greater inclination towards conventional gender role beliefs in comparison to those who have not undergone such experiences. This could potentially elucidate why certain women encounter difficulties in

¹⁸ Chaudhuri Paramita. 2006. "Sexual Harassment at Workplace: Experiences of Women in the Health Sector," Health and Population Innovation Fellowship Programme. New Delhi.

¹⁹ Aggarwal, Arjun. 1992. *Sexual Harassment: A Guide for Understanding and Prevention*. Toronto: Butterworths

extricating themselves from abusive partners. The scholarly community remains divided on the extent to which traditional gender roles contribute to the probability of violence directed towards women. Considerable research has been conducted to investigate the potential association between race and ethnicity as risk factors for violence against women. However, the findings of these studies have been inconclusive. Numerous research studies have indicated that black women exhibit a higher likelihood of experiencing physical assault in comparison to their white counterparts.²⁰

Social Structural Risk Factors

Researchers have looked at socioeconomic status and neighbourhood features as examples of social structural risk factors. Domestic violence is more prevalent in low-income households than in those with a higher income, according to research. However, there are other factors than poverty and stress that contribute to an increase in domestic violence. Those with greater salaries had a lower risk of experiencing intimate partner violence. Households with incomes below \$40,000 were shown to be at a higher risk in a large national sample study conducted by Sorenson, Upchurch, and Shen (1996). Unemployment among male partners has been found as a risk factor in many studies. Those with lower incomes are more likely to experience persistent violence, whereas those with higher incomes are less likely to do so. One trend indicates that those with greater incomes are more prone to resort to physical violence. For one, the criminal might suffer repercussions due to a lack of means. Poverty or economic dependence on the abuser may also prevent the victim from leaving an abusive relationship. Domestic violence is more common in large cities because of the high concentration of potential perpetrators there. Strong relationships exist between urban living and poverty, but few research have looked at how city life affects the chance of violence.²¹

This finding has the potential to significantly improve prevention and intervention efforts. Services for early detection and management also contribute to localised danger. If there aren't enough resources for abuse victims, they are more likely to stay in violent situations. In the past, there haven't been enough resources to effectively address the issue of violence against women. As a consequence, domestic abuse survivors often reported feeling "frustrated" when they attempted to get services from formal organisations including the criminal justice, legal, and mental health systems. Despite the substantial growth in services throughout the 1970s, notably in domestic violence programmes and rape crisis centres, victims were often dissatisfied with the assistance they received from community groups until the middle of the 1980s. Many community projects for partner violence and sexual assault have been observed to be culturally insensitive and "in large part unsuitable and insufficient", despite the absence of rigorous evaluation. That's why certain races and cultures have been reluctant to fully embrace them. The shame associated with being a victim of violence, especially rape, discouraged women from seeking out these services. A small percentage of rape victims actually sought assistance from crisis centres, but those who did had positive experiences.²²

Family Risk Factors

Because of this gap in knowledge, professionals in the field of mental health often assume that risk factors affecting the family or couple unit are to blame for partner violence. Everyone knows that having a significant other raises your chances of developing cardiac problems. Separated or cohabiting partners had a higher risk of partner violence than married or dating partners, and this remains true even after controlling for other important risk factors such as age and level of education. One study found that male cohabitants were almost three times as aggressive as their married peers. Despite the prevalent belief that factors including insufficient problem-solving and communication skills, as well as the exercise of unilateral power and decision making, constitute important risks for partner violence, few research compare violent and peaceful couples on these dimensions. The National Family Violence Survey from 1975 found that "women who are heavily reliant on marriage are less able to dissuade, resist, or put a stop to abuse" compared to partners in more equal relationships. It may be more challenging for a woman with substance abuse or mental health problems to end the violence or leave an abusive relationship. Furthermore, studies have shown that arguments are a major predictor of

²⁰ Ibid

²¹ Ibid

²² Ibid

domestic violence. The probability of domestic violence rises in households where one partner is more dominant than the other.²³

Individual Risk Factors—Perpetrators

There has been much study of perpetrator risk variables. The age at which one is first exposed to physical and sexual violence is an established risk factor for both victims and perpetrators. Drug and alcohol use, especially excessive drinking, is associated with both partner violence and sexual assault. Many sexual assaults, anywhere from 33 percent to 66 percent, include alcohol as a significant element. Research on the traits and features of those who commit crimes has yielded contradictory findings. There is no one kind of man who is more likely to resort to sexual or physical aggression. “Researchers Kantor and Jasinski (1998) found the following personality traits to be associated with an increased likelihood of male partner abuse:²⁴

- Emotional dependence and insecurity.
- Low self-esteem, empathy, and impulse control.
- Poor communication and social skills.
- Aggressive, narcissistic, and antisocial personality types.
- Anxiety and depression. Some research has attempted to identify different types of batterers.”

From the results of these research, we may infer that there are several methods to categorise abusive males. There are at least two types; one is exclusive to domestic violence, while the other is more likely to use violence in other contexts. Emotional abuse, along with physical assault, is an important consideration. Growing up in a violent household or being exposed to violence as a kid has been the topic of much research on whether or not it enhances one's likelihood of becoming violent as an adult. Some research has shown different results, however.

Consequences of Violence against Women

Only a short description is given here since the repercussions of partner abuse are explored in length in the reviews for nurses, doctors, and service providers. Injuries, bodily complaints and symptoms, and mental disease are all repercussions of violence against women. Violent acts have been shown to have a direct impact on the number of injuries and illnesses they cause, as well as the psychological effects they have on victims' well-being and well-being in general.

Injuries

As a result of the fact that most occurrences of violence against women are less serious, most victims do not need medical attention and are not physically hurt (Stets and Straus, 1990). Some 28% to 31% of rape and assaulted women obtained medical attention, according to the National Violence against Women Survey, which was conducted by the Bureau of Justice Statistics. About 72% of rape victims and 76% of those who have been physically assaulted suffer from scratches, bruises, and welts, while lacerations and knife wounds account for 9 to 15% of all injuries, and broken bones and dislocated joints account for the remainder (6 to 11 percent). Injuries are more likely to occur if the perpetrator has a history of drug misuse. The most prevalent health consequences of violence against women do not seem to be physical injuries.²⁵

Physical Complaints and Symptoms

Mishandled ladies are bound to experience the ill effects of chronic frailty and a larger number of side effects than their non-harmful partners, as per one review. Ongoing agony, weariness, dazedness and absence of craving and eating issues are among the most pervasive side effects related with actual viciousness. Gynecological and urinary sicknesses are additionally frequently associated with actual savagery. Actual animosity may likewise prompt undesirable propensities, for example, hard-core boozing and other destructive things to do. In both abused pregnant moms and their babies,

²³ Olga Tellis v. Bombay Municipal Corporation, (1985) 3 SCC 545

²⁴ Punita k. Sodhi v. UOI, 2011,LLJ 371 Del

²⁵ R.B.S. Chauhan v. Reserve Bank of India & Others 2003 (97) FLR 359; 2003, 2 LLJ 634

unnatural birth cycle, untimely work and newborn child mortality might happen. Furthermore, the impacts of viciousness against ladies on wellbeing propensities, for example, smoking and liquor abuse might affect the result of pregnancies. Both medicinally portrayed and unexplained side effects were more normal among rape casualties contrasted with everybody. Rape casualties have a higher possibility fostering the side effects as a whole and medical issues associated with actual savagery. Ladies who have been physically mishandled are bound to definitely disapprove of their sexual wellbeing (e.g., sexually transmitted diseases, pregnancies, and drive; see Koss, Woodruff, and Koss, 1990; Murphy, 1990). Long haul sexual brokenness is more normal among survivors of IPV contrasted with the individuals who have encountered different types of injury. While numerous overcomers of rape make full recuperations in something like a half year, anything from 20% to 70% have detailed continuous challenges.²⁶

Mental Health Effects

There is a well-established correlation between physical violence and a range of mental health outcomes, including but not limited to depression, suicide and suicide attempts, posttraumatic stress disorder (PTSD), various types of anxiety, and alcohol or drug misuse and dependence. Instances of sexual assault and rape have been associated with a diverse array of mental health issues, several of which exhibit similarities with those stemming from physical violence. The initial emotional reactions to sexual assault may include shock, intense fear, emotional detachment, confusion, a sense of powerlessness, and/or disbelief. Self-attribution of responsibility is a frequently observed response. Survivors of sexual assault are more prone to experiencing post-traumatic stress disorder (PTSD), anxiety disorders, including phobias, and depression.

According to a literature review, the symptoms of victims tend to exhibit improvement after a period of three months following the incident, with a negligible proportion of them achieving complete recovery without external intervention within a year. Certain survivors may experience enduring issues such as panic attacks, post-traumatic stress disorder (PTSD), depression, suicidal ideation, sexual dysfunction, and substance abuse as a result. Despite the absence of empirical research, emotional abuse appears to have tangible implications for an individual's psychological well-being. Research has demonstrated that, even when controlling for the effects of physical and sexual abuse, various indicators of mental health and overall well-being are negatively impacted by both overt and covert forms of psychological abuse. Psychological abuse is perceived by a significant number of women and professionals as being more distressing and destructive than physical violence. Studies have established a correlation between emotional abuse and a range of negative outcomes, including diminished self-esteem, feelings of sadness, physical manifestations such as headaches, and the development of post-traumatic stress disorder. According to the National Survey on Violence Against Women, individuals who are subjected to stalking experience significant distress and frequently adopt defensive or help-seeking measures in reaction to the perpetrator's conduct.²⁷

REFERENCES

Books:

1. Agnes Flavia (1988) Violence in Family: Wife Beating in R Ghadially (ed.) Women in Indian Society: A Reader, Sage, And New Delhi.
2. Agnes, Flavia (2000) Law and Gender Inequality. The Politics of Women's Rights in India, New Delhi (Oxford University Press).
3. Chandrachud, Y.V., the Law Lexicon: Encyclopedic Law Dictionary with Legal Maxims, Latin Terms, Words & Phrases, Wadhwa, Nagpur. (2007)
4. Chopra Radhika (2002) From Violence to Supportive Practices: Family, Gender and Masculinities in India, UNIFEM, India.

²⁶ Kharak Singh v. State of Uttar Pradesh, (1964)1 SCR 332)

²⁷ Haryana Urban Development Authority v. Roohira Ceramics, (1996) 6 SCC 584

Reports

1. 42nd Report of Law Commission of India
2. 91st Report of Law Commission of India
3. Indian Law Commission Reports.
4. Malimath Committee Report/ 243rd Report of Law Commission of India
5. National Crimes Records Bureau Data of 2013, 2014
6. Official Reports of the Supreme Court.
7. Programme of Action: International Conferences on Population and Development)
8. United Nations Report-1995

Journal Articles

1. Constance R. Ahrons, (1994), "The Good Divorce: Keeping Your Family Together when Your Marriage Comes Apart, HarperCollins, 1994, ISBN 9780060169732.
2. Davies, L., Avison, W. R. and McAlpine, D. D., (1997), Significant life experiences and depression among single and married mothers, Journal of Marriage and the Family, Vol. 59, pp. 294 –308.
3. Deccan Chronicle, (2016), " 4599 Disputes pending in Kovai family court: Judge, April 04, 2016.
4. Law relating to Women and Children (including Juvenile Justice) By: Dr. Sukanta
5. K. Nanda. The Law House (Publications)
6. Mamata Rao, Law Relating to Women & Children, 2nd ed, Eastern Book Company, 2008, p.380.

