



# INTERPERSONAL CRIMES AGAINST WOMEN AND SELF DEFENCE

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## ABSTRACT

Interpersonal crime against women is a global problem that affects women of all ages, races, and socioeconomic backgrounds. In the United States, one in three women will experience some form of interpersonal violence in their lifetime. The most common forms of violence against women include physical assault, sexual assault, stalking, and harassment. These crimes can have a devastating impact on woman's physical and mental health, their relationships, and their ability to participate fully in society.

Self-defense is one strategy that women can use to protect themselves from violence. Self-defense training can teach women how to identify and avoid dangerous situations, how to assess their surroundings, and how to use physical and verbal self-defense techniques. However, many women do not know how to defend themselves effectively. Here, we suggest solutions to protect women from violence, as well as teach them basic self-defense techniques. However, self-defense is not a panacea. It is important to remember that no single strategy can guarantee a woman's safety that not one method of self-defense is 100% effective and that women should always take steps to protect themselves, such as avoiding walking alone at night, staying in well-lit areas, and carrying a physical alarm.

This research paper will examine the prevalence of interpersonal crime against women, the effectiveness of self-defense training, and the factors that contribute to women's vulnerability to violence. The paper will also discuss the importance of self-defense training and other strategies for preventing and reducing interpersonal violence against women. This paper concludes by exploring the implications of the research for policy and practice. The study is purely based on doctrinal legal research that uses secondary sources.

**KEYWORDS:** Interpersonal crimes, women, self-defense, violence, policy and practice.

## INTRODUCTION

Interpersonal crimes against women are any type of violence or abuse that is committed by an individual or group of people against women. It can include physical violence, sexual violence, emotional abuse, and stalking. Interpersonal crimes against women are a serious problem that affects millions of women around the world. It can have a devastating impact on the physical, emotional, and mental health of victims. It can be prevented by raising awareness about the issue, providing education, and support to victims, and holding perpetrators accountable. Self-defense training has emerged as a crucial tool for empowering women to protect themselves and reduce their risk of victimization. Interpersonal crime against women is a global problem that affects women of all ages, races, and socioeconomic backgrounds. According to the World Health Organization (WHO), an estimated 30% of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime. In the United States,

1 in 3 women will experience some form of intimate partner violence in their lifetime. 1 in 5 women will be raped at some point in their lives. 1 in 6 women will be stalked.

## STATISTICS

- According to the National Crime Victimization Nation Survey (NCVS), in 2019, an estimated 4.8 million women were victims of sexual assault or rape.
- Total of 1.2 million victims were raped.
- Additionally, an estimated 10.4 million women were victims of domestic violence.
- One in four women will experience physical or sexual violence by an intimate partner in her lifetime.
- 71% of all human trafficking victims are women and girls.
- One in five women will experience sexual harassment in the workplace.

## TYPES OF INTERPERSONAL CRIMES AGAINST WOMEN

**Physical Assault** - This includes any type of physical violence, such as punching, kicking, biting, or choking.

**Sexual Assault** - This includes any type of sexual contact or behavior that is forced or unwanted.

**Stalking** – This is a pattern of unwanted and obsessive behavior that can include following harassing or threatening the victim.

**Domestic Violence** – This is a pattern of physical, emotional or sexual abuse that occurs within an intimate relationship.

## IMPACTS OF INTERPERSONAL CRIMES AGAINST WOMEN

Interpersonal crimes can have a devastating impact on women's physical, emotional, and psychological health. Victims of interpersonal crimes may experience posttraumatic stress disorder (PTSD), anxiety, depression, and other mental health problems. They may also have difficulty in trusting others, feeling safe, and maintaining relationships, and many experience social isolation, job loss, and financial hardships.

## CAUSES

There are many factors that contribute to interpersonal crimes against women. These factors include gender inequality, sexism, and misogyny.

Additionally, alcohol and drug abuse, poverty, and mental health problems can also contribute to these crimes.

- **Poverty** – Poverty can be a major factor in interpersonal crime against women. Women who are living in poverty are more likely to be victims of violence because they may be more vulnerable to exploitation and abuse.
- **Inequality** – Gender inequality is another major factor in interpersonal crimes against women. In societies where women are not treated as equal to men, they are more likely to be seen as targets of violence.
- **Culture** – Culture can also play a role in interpersonal crime against women. In some cultures, violence against women is seen as acceptable or even normal.

## RISK FACTORS FOR INTERPERSONAL CRIMES AGAINST WOMEN

There are a number of risk factors that can increase women's chances of being a victim of an interpersonal crime. This risk factor includes –

- **AGE-** Women between the ages of 18 and 24 are at the highest risk of being victims of interpersonal crimes.
- **RACE-** Women of dark color are at a higher risk of being victims of interpersonal crimes than white women.
- **SOCIAL-ECONOMIC STATUS-** Women who live in poverty are at a higher risk of being victims.
- **SUBSTANCE ABUSE-** Women who abuse alcohol or drugs are at higher risk.
- **Prior-Victimization** – Women who have been victims in the past are at higher risk.
- **Mental Health Problems** – Women with mental health problems are at higher risk.

## PREVENTION STRATEGIES

There are a number of strategies that can be used to prevent interpersonal crimes against women. These strategies include –

- **EDUCATION-** Educating women about the risks of interpersonal crimes and how to protect themselves can help to prevent these crimes from happening.
- **SUPPORT SERVICE-** Providing women with support services such as, counseling and shelters, can help them cope with the aftermath as an interpersonal crime.
- **LAW ENFORCEMENT-** Enforcing laws against interpersonal crimes and providing resources for victims can help to deter these crimes from happening.

## RESOURCES AVAILABLE TO THE VICTIMS OF INTERPERSONAL CRIMES

- The national sexual assault hotline: 1-800-659-HOPE.
- The national domestic violence hotline: 1-800-799-SAFE
- The Rape, Abuse & Incest National Network ( RAINN ) : 1-800-656-HOPE
- You can also get help online at RAINN'S website; <https://www.rain.org>
- The National Center for victims of Crime: <https://victimsofcrime.org>

You can contact your local police department, a domestic violence shelter, or a rape crisis center.

## SELF DEFENSE

Self defense is the use of force to protect oneself from harm. It is a legal justification for the use of force in many jurisdictions including international law. The principles of self defense in international law are based on the UN charter, which prohibits the use of force except in self defense or with the authorization of the security council. Self defense is an important tool that can help women protect themselves from violence. There are many different types of self-defense, including physical techniques, verbal strategies, and awareness training. Self-defense can help women to feel more confident and in control, and it can also deter potential attackers.

## SELF DEFENSE STRATEGIES

There are a number of self-defense strategies that women can use to protect themselves from interpersonal crimes.

These strategies include-

- Being aware of your surroundings and taking steps to avoid dangerous situations.
- Learning how to defend yourself physically. Take a self-defense class.
- Using verbal self-defense techniques.
- Developing a safety plan.
- By reporting any crimes to the police.
- Travel with a friend or family member.
- Walking in well-lit areas or don't walk alone at night.
- Carrying a personal alarm or pepper spray.

## THE EFFECTIVENESS OF SELF DEFENSE TRAINING

There is a growing body of research that suggests that self defense can be an effective way to prevent interpersonal crimes against women. A study by the university of Maryland found that women who received self defense training were significantly less likely to be assaulted than women who did not receive training. However, a study published in the journal Criminology found that self-defense training had no effect on the likelihood of being a victim of violent crime. The effectiveness of self-defense training may depend on a number of factors, such as the type of training, the instructor, and the individual woman's personality and circumstances.

## TYPES OF SELF DEFENSE TRAINING

Some self-defense programs focus on teaching women how to defend themselves physically, while others focus on teaching women how to identify and avoid dangerous situations. Some self-defense programs are taught by law enforcement officers or martial arts instructors, while others are taught by women who have personal experience with interpersonal violence.

## THE IMPORTANCE OF INSTRUCTORS TRAINING

Instructors should be trained in self-defense and should have experience in self-defense to women. They should be sensitive to the needs of women who have experienced interpersonal violence.

## BARRIERS TO SELF DEFENSE EDUCATION

There are a number of barriers that prevent women from learning self defense. These barriers includes-

- **Cost** - Self defense classes can be expensive.
- **Time** - Self defense classes can be time consuming.
- **Lack Of Confidence** - some women don't believe that they can learn self defense.
- **Fear Of Violence** – Some women are afraid that if they learn self defense , they will be more likely to be attacked.

## IMPORTANCE OF SELF DEFENSE EDUCATION

Self-defense education is an important tool for women to protect themselves from interpersonal crimes. Self-defense can help women to:

- Increase their confidence.
- Learn how to defend themselves.
- Develop a plan of action in case of an attack.
- Become more aware of their surroundings.
- Learn how to avoid dangerous situations.

## SELF DEFENSE TECHNIQUES FOR WOMEN

There are a number of self-defense techniques that women can learn to protect themselves from violence. Some of these techniques include:

- **Physical Self Defense** – This includes learning how to use your body to defend yourself against an attacker.
- **Verbal Self-Defense** – This includes learning how to use your voice to deter an attacker or to get help.
- **Emotional Self Defence** – This includes learning how to manage your emotions in a way that will protect you from being taken advantage of.

## RESOURCES

There are many resources available to help women learn self-defense

- Some communities offer self-defense classes, especially for women.
- There are many books, websites, and videos that can teach women self-defense techniques.
- Specialized sessions can be organized focusing on how to defend yourself in various dangerous situations for women.
- Women's self-defense can be taught with sparring partners in individual groups.

## CONCLUSION

- Interpersonal crimes against women is a serious problem that can have a devastating impact on victims.
- There are a number of things that can be done to prevent interpersonal crimes against women, including raising awareness, providing education and support to victims, and holding perpetrators accountable.
- Self-defense training can still be a valuable tool for women who want to protect themselves from interpersonal crimes.
- Self-defense training is not a guarantee that you will never be a victim of interpersonal crime. However, it can give you the skills and confidence you need to protect yourself.

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