

IMPACT OF DOMESTIC VIOLENCE AGAINST WOMEN IN PAKISTAN

Muhammad Nadeem
University of Okara

Abstract:

Domestic violence is a worst shape of violence and abuse done with the aid of using adults towards their wives. Most of people remember bodily abuse among spouses, including hitting, slapping, and beating, to be home violence. Physical, emotional, sexual, social, and non secular abuse are the 5 fundamental classes of abuse, in line with the America. Domestic violence exists in all ethnic and racial groups round the world and girls are disproportionately the sufferers of home abuse.

In any culture, girls have a prime function with inside the own circle of relatives, and their emotional, bodily, and social well being is in detail connected to society's well-known health. For a healthful society, fitness carrier carriers round the arena vicinity a excessive price on ladies' bodily, intellectual, and reproductive fitness. In maximum countries round the sector, ladies are abused and are the number one sufferers of home violence, in line with a WHO file on violence and fitness. It changed into additionally determined that girls who have been abused through their companions had better fees of depression, anxiety, and phobias than girls who had now no longer been abused.

Women from underprivileged agencies and people who stay in impoverished regions round the world are mainly much more likely to be victims of home abuse. Domestic violence will have a bad effect at the bodily and mental fitness of abused girls. It addition the social, economic, religious, and emotional wellbeing of the ladies who've been victimized, and it has the ability to damage the complete society. It has lengthily been assumed to play a position in girls' bad fitness.

The intellectual state of girls who've been mistreated with the aid of using their intimate associate and are looking for treatment in mental health clinics may be tested to decide the hyperlink among home abuse and intellectual fitness problems. According to a take a look at carried out with inside the United States of America, 20% of ladies looking for treatment and help at own circle of relatives clinics were sufferers of bodily, emotional, or sexual attack through their intimate partners. five Mental fitness experts round the world are getting involved approximately the growing prevalence of temper problems amongst regionally abused ladies. Depression, pressure, post-stressful strain disorder (PTSD), ingesting issues, substance dependency, delinquent character problems, and non-affective psychoses are all common psychiatric ailments in abused girls, in line with studies. The load on intellectual fitness centers has elevated due to this.

Women in Pakistan had been facing a number of harassment and abuse, which include bodily attack, degradation, callous neglect, marginalization, and poverty, in line with a take a

look at on spousal violence. This has had a negative effect on their social lives, bodily and mental fitness, mood swings, and interactions with different own circle of relatives individuals and society. Another look at on patriarchy and gender-primarily based totally violence in Pakistan determined that Pakistan turned into labeled some of the pinnacle 3 maximum unsafe international locations for ladies with inside the global in a Thomson Reuter Foundation professional poll.

Domestic violence is described as one adult in a relationship using dominance to control another. Physical and sexual aggression, emotional abuse, and economic denial are all used by the abuser against women. It's a global issue that affects people of all colors and socioeconomic backgrounds. According to a World Health Organization poll, 35% of women around the world had been assaulted physically or sexually. Around a third of all women globally have experienced physical or sexual violence, with rates as high as 38% in some countries. In 2010, it was discovered that non-partner sexual violence occurred 7.2 percent of the time over the world. With insufficient data, Africa had the highest frequency, whereas Asia had the lowest.

Domestic abuse took several forms in Pakistan, ranging from yelling to the use of weapons, including nonconsensual sex, with only 3.2 percent of women reporting no kind of domestic violence. Physical violence against women was prevalent in rural Pakistan at 56 percent, whereas in urban areas, the lifetime prevalence of physical, sexual, and psychological abuse was 57.6%, 54.5 percent, and 83.6 percent, respectively. In Pakistan, 30 percent to 79 percent of women experienced intimate partner violence, according to another study that looked at empirical data from 1998 to 2008. Domestic violence has far-reaching consequences that go beyond physical harm to women's health and their psychological and emotional well-being.

Victims of intimate relationship abuse reported that the effects on their lives were becoming progressively negative.

In light of the unrelenting negative impacts of domestic violence on women's mental health, researchers have identified a number of risk factors, including cultural and societal standards, religious practices, and economic and political circumstances. Women's low education and empowerment, as well as a lack of understanding of Islamic reflections and customary norms such as justifying honor killing, poverty, and the prevalent custom of the undue-traditional dowry system in Pakistani society, have all been identified as risk factors for domestic violence against women. A separate study found in-laws, disobedience and confrontations with husbands, husbands' addiction, adulterous affairs, and infertility as risk factors for domestic violence. In rural Pakistan, women's age, education, and income were all risk factors for domestic violence against women. Statement of problem:

Violence in opposition to girls and women remains a worldwide scourge that kills, tortures, and harms girls and women on a physical, psychological, sexual, and financial level. It is one of the maximum good sized human rights violations, denying ladies and women identical

rights, safety, dignity, and self esteem, in addition to their proper to experience essential freedoms. This trouble ought to be addressed so that you can save you fatalities, separations, and divorces in lots of households. The problems that include home violence have to by no means be underestimated.

Violence towards girls and women remain international epidemic that kills, torture and maims- physical, physiologically, sexually and economically. It is one of the maximum pervasive of human rights violation, denying girls and women same rights, safety dignity, self confidence and their rights to revel in essential freedoms.

Spousal abuse is unmistakably a kind of female domestic violence. Abuseful relationships deteriorate over time. When the victim is under a lot of stress, threats resulting from emotional and verbal abuse take precedence over greater threats. When he is afraid of losing his partner or the relationship ending, the abuse intensifies. Children who grow up in families where their mothers are abused are more likely to be abused themselves. Children who observe it suffer from stress, even if they are not molested. The youngsters will .As a result of the abuse habits they learnt at home, individuals either become victims or perpetrators of violence. Abusers aim to isolate people.

Women have always been regarded chattels and personal possessions of men, and as a result, they have always experienced discrimination and been victims of domestic violence, despite being the weaker element of society. Even in this purportedly modern period, women are treated unequally.

In the instance of Pakistan, which is predominantly a Muslim country, local conventions, traditions, and tribal structures play a role in determining women's status, which can sometimes trump religious injunctions; a baby girl is still considered a female. The term "burden" connotes a responsibility on the part of the parents and other family members. Nonetheless, as a She is a family member who contributes to the family's work resources. Investment is made to boost her productive capacity, as well as her value as a future employee. Contributor is seen as insignificant.

Literature Review :

It's even as difficult to understand the method of violence against women because it is to understand the violence itself. in line with a review of the literature, the bulk of the reasons were contextual and culturally based, indicating that this study aims to look at the difficulty of violence against women using theories appropriate to the Pakistani context. A review of the literature on violence against women and its many theories was dispensed. The intrinsic and extrinsic variables within people, Pakistan's socio-economic-political-cultural system, and also the influences of neighboring nations are all factored into a framework that employs the drivers

of violence against women as described. The Pakistani situation, also because the theoretical foundations, are examined. Each aspect has been thoroughly investigated, together with any relevant information. a correct comprehension of the subject of violence against Women necessitates a radical review of relevant literature and data. it's essential for a researcher to travel over all of the available information on the topic. The subject is being researched. This aids the researcher in comprehending the advantages and disadvantages of the subject. While reading the relevant literature on the topic into account, The researcher expands his or her understanding of the matter and clarifies the case. Aspects of the literature that are compared and analyzed A literature review gives you the data you would like. Thoughtfulness to the researcher, which cause the creation of a theory research. The literature review also is a source of knowledge for the researcher. Provision of substantiation and also the rummage around for an answer to the matter.

The term "violence against women" refers to a range of sexually, psychologically, and physically aggressive acts perpetrated by current or past male intimate partners against women. It's the foremost widespread yet least recognized violation of human rights within the world. Intimate partner violence, courtship violence, violence, domestic abuse, spousal abuse, battering, and marital rape are a number of the opposite names that are used interchangeably to characterize the matter.

A DV incident may result in bruises, broken bones, head injuries, lacerations, and internal bleeding, all of which require medical attention and hospitalization. Arthritis, irritable bowel syndrome, chronic pain, pelvic pain, ulcers, and migraines are a number of the chronic health disorders connected to DV victims. Victims who become pregnant while during a DV relationship are at a better risk of miscarriage, pre-term labor, and fetal harm or death.

Domestic abuse victims frequently haven't any way of escape because they're petrified of being murdered by the attacker. The practice of watta satta, or bride exchange, during which a daughter from one family is swapped for a daughter from another in a very brother-sister relationship, may be a good illustration of this. the ability relations between the families are centred on vengeance. If a husband is harsh on his wife, the brother-in-law of the husband is probably going to be harsh on his sister. Women are left with little to no bargaining power as a results of these reciprocal threats. This puts women in an exceedingly situation where they cannot get out of a wedding thanks to cross-bridge exchange family ties. Divorce is additionally widely stigmatized in Pakistani society, adding to the problem. This puts women in a very situation where they cannot get out of a wedding because of cross-bridge exchange family ties. Divorce is additionally widely stigmatized in Pakistani society, adding to the issue.

Women in domestic abuse relationships have little bargaining power because they tolerate their husband's family. If a girl during a violence relationship lives along with her husband's family, she has few options for seeking help or fleeing, especially in rural areas. in line

with studies on violence attitudes in Pakistan, while these families in rural areas might want to assist their daughters, it's costly to go to her on an everyday basis. Domestic abuse perpetrator families are known to humiliate or mock people seeking justice in past incidents. New research shows that there are strong links between DV exposure and abuse altogether forms and increased incidence of a range of chronic diseases. Because of inconsistencies in terminology, underreporting, and a paucity of epidemiological studies on the topic, estimating the prevalence of violence against women is challenging. 3,4 However, statistics from throughout the globe show that one out of each three women are going to be subjected to domestic abuse at some point in her life. 1 In 48 population-based studies from throughout the globe, ten to sixty-nine percent of ladies (10-69 percent) said they'd been physically attacked by an intimate partner at some point in their lives. 5 Every 15 seconds, a girl is assaulted, generally by her intimate partner, and quite three women are murdered by their intimate partners within the u. s. on a daily basis. Domestic violence against women is typically a glaring issue, in step with empirical data relevant to such locations, where Punjab isn't any exception, similar social and cultural norms. Bringing attention to and recognizing the presence of violence against women and abusive attitudes are crucial if we would like to finish the violence. it would be helpful to share some quick insights into a number of Pakistan's gender-related data. in keeping with the Gender Empowerment Development Index, the country is ranked 125th. Pakistan came in at number 142 on the list.2014 Gender Gap Index Pakistan doesn't appear to be a high-ranking country within the data. Women's empowerment areas and therefore the gender index Gender as a subject matter is involved during a number of topics, including women's rights, liberation, and ladies are subjected to violence.

For Pakistani women, the past few months are especially difficult. From the horrific case of 27-year-old Noor Muqaddam, who was brutally tortured and beheaded within the nation's capital on July 21, to Ayesha Ikram, a TikTok creator, who was harassed and groped on the grounds of 1 of the country's major national monuments, the Minar-e-Pakistan in Lahore, it appears that violence against women has reached epidemic proportions. Many are even touching on it as "femicide" to emphasis the problem's scope and systemic character. Gender-based violence isn't new within the country.

According to the Pakistan Demographic and Health Survey conducted in 2017-2018, 28% of ladies aged 15 to 49 had experienced intimate partner violence at some point in their lives. this can be a small decrease from the 2012-2013 study, which found that 32% of girls had experienced physical abuse at the hands of their spouses. Given the secrecy and shame surrounding domestic abuse, both sets of knowledge are likely grossly underestimated. One assumes that the rise in violence is because of the increased attention given to the instances. The mainstream media is more prevalent.

The study looks on domestic abuse against women in District Jacobabad, Sindh, Pakistan, and the way women are surviving it. consistent with a United Nations General Assembly resolution, violence against women could be a results of historically unequal power relations between men and girls, which have resulted in male dominance and discrimination against women, likewise because the denial of women's full advancement. Women in Pakistan are subjected to a range of kinds of violence, the foremost common of which being domestic abuse, which continues to be prevalent. Data was gathered using both qualitative and quantitative methods. Initial focus group meetings were followed by a survey questionnaire as a part of the qualitative approach. the main focus groups were deemed important so as for the respondents to spot themselves.

The research was led by an open-minded approach throughout, using both qualitative and quantitative methodologies. thanks to the sensitive nature of the issues, the survey questionnaire was more of an in-depth interview, with open-ended questions and certain conclusions on the types of violence documented on a quantitative sheet. In-depth discussions of specific concerns were generated through open-ended questions.

It was discovered that the bulk of the ladies polled were denied basic rights, with early marriages and Watta Satta weddings being the most important challenges they face. it absolutely was also shown that rural women are less self-assured, and their husbands always give them a tough time after they venture outside the confines of the house. Doing all business in-house, an absence of selling facilities, Karo Kari criminal activity, and being robbed of basic rights were the most important problems they faced. within the first six months of 1992, 500 women died of stove burns, compared to 370 homicides at the identical time.

Research methodology :

This co-relational study was conducted in Okara Institute of Health Sciences. All the females' patients who were the victim of domestic violence were the population of the study. Consecutive non-probability sampling technique was applied for selection of sampling from the population of the study. The inclusion criterion for this study was diagnosed cases of domestic violence who visited Okara Institute of Health Sciences for treatment.

Participants

Survey technique turned into used for amassing data. a hundred girls have been taken thru random sampling via way of means of which 50 consisted on knowledgeable women and 50 had been uneducated girls.

Research instrument:

A closed form of questionnaire on 5 factor Likert Scale turned into used for knowledgeable respondent. And interview agenda changed into taken into consideration suitable for uneducated women. Data turned into analyzed through percentage.

Analysis of data collected by victims :

Have your husband ever beaten you ?

Yes 60%

No 40%

Have your husband ever threatened you that he will divorce you ?

Yes 40 %

No 60%

Have your husband ever kicked you out of house ?

Yes 50%

No 50%

Have you ever been harassed by somebody ?

Yes 80%

No 20%

Domestic violence have negative impact on women's mental health ?

Yes 100%

No 0%

Domestic violence is only present in rural areas ?

Yes 40%

No 60%

Have you been threatened by somebody ?

Yes 50%

No 50%

Did somebody blackmail you using your personal data or information ?

Yes 70 %

No 30%

Did you ever been pressurized to do something that is against your will ?

Yes 50%

No 50%

Have you ever been misbehaved /teased by somebody at public place ?

Yes 80 %

No 20 %

Have you took action against violation ?

Yes 40 %

No 60%

Research Objective :

To identify the impact of domestic violation against women in Pakistan.

Research Question:

What is domestic violence?

what is impact of domestic violence against women ?

Significance of research :

A very rare research has been done on this sensitive issue. The researcher tried to explain all types of violence which women are facing today. This research will be helpful for coming researchers . This research will be helpful for students of feminism and gender studies . This research will help women to know all acts about violence . And this research will be helpful for welfare communities and education ministries .

Domestic violence against women has a negative impact on the lives of women. Despite the existence of international conventions and protocols, Despite the fact that the majority of countries have signed a treaty to defend women's human rights, The scenario is really bleak. AS a result, certain significant and result-oriented initiatives are still needed. Realize the goals of women's human rights. In this sense, Jimmy Carter, the former President of the United States, Former President of the United States of America, George H. W. Bush, said, The Universal Declaration of Human Rights establishes worldwide norms that reflect the same goal as the United Nations. Urges us to write our own bill of rights The proclamation has been endorsed by almost every country. Its promise, however, is mocked in far too many parts of the world.'

The purpose of this study is to bring attention to female domestic violence in Pakistan and its solutions from an Islamic perspective. The research is introduced in the first section of the paper. The second section provides a brief overview of the article's important terms. The third section delves into domestic violence theories. In the fourth segment, we look at the causes and factors of female domestic violence in Pakistan. The fifth segment contains a detailed examination of Islamic answers and tactics for preventing domestic abuse. Finally, the study's main findings are summarized in order to provide a conclusion to the report as well as recommendations for future research. This project uses a qualitative research methodology to critically examine the data. This research will provide you a comprehensive grasp of the problem of female domestic abuse and viable remedies from an Islamic perspective. This contextual awareness of the issue is hoped to be beneficial to Muslim families and communities in Pakistan and around the world.

Conclusion:

Domestic violence against women is preventable; it can and must be managed.

My field research demonstrated that Punjabi women and girls are oppressed. Enduring the ramifications of a 'male-dominated' society and culture In the case of a Women in patriarchal societies, such as Punjab, experienced prejudice throughout their lives. History has been shaped by predetermined gender roles, male subordination, and the confluence of destructive factors. Forced and child marriages are examples of traditional customs. The findings of my research looked into the issue of Domestic violence against women , from the perspective of human rights. In Punjab, my study area, the common finding of my field research reflects that many women are afraid of being judged socially.

monetarily dependent, due to their children, and with the preconceived concept. They are unable to leave their violent husbands because of Izat (honor).The root-causes were prominently highlighted by the indicators of my field investigation. Poverty and gender inequality are the focus of the concerned research subject, domestic violence against women .Another significant finding of this study was that women's economic status. Enslavement played a significant impact in the domestic phenomenon. Violence is being used against them.

This field study looked into the women who were involved in child marriages and were uneducated or illiterate, making them unable to support themselves economically.

References:

1. World Health Organization (WHO). Violence against women. A health priority issue. Geneva, 1997.
2. Saltzman LE, Fan slow JL, McMahon PM, Shelley GA. Intimate partner violence surveillance: uniform definitions and recommended data elements, Version 1.0. Atlanta: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 1999
3. Raphael B. Domestic violence. *Med J Aust* 2000; 173: 513-4.
4. Bradley F, Smith, M, Long, J, O'Dowd T. Reported frequency of domestic violence: cross sectional survey of women attending general practice. *BMJ* 2002; 324 (7332): 271.
5. Krug EG, Mercy JA, Dahlberg LL, Zwi AB. The world report on violence and health. *Lancet* 2002; 360:1083-8.
6. Rennison C. Intimate partner violence, 1993-2001. Washington (DC): Bureau of Justice Statistics, Department of Justice (US); 2003. Publication No. NCJ197838.
7. Fikree FF, Bhatti LI. Domestic violence and health of Pakistani women. *International J Gynaecol Obstet* 1999; 65:195-201.
8. Bettencourt A. Violence against women in Pakistan. Human Rights Advocacy Clinic; Litigation Report Spring 2000, [online] 2000 [cited 2005 November 3] 2000. Retrieved November 3]. Available from: URL: www.du.edu/intl/humanrights/violencepkstn.pdf
9. Human Rights Watch, 'Crime or Custom? Violence against Women in Pakistan, Report of Human Rights Watch 1999. [online][cited 2006 March]. Available from: URL: <http://www.hrw.org/reports/1999/pakistan/index.htm>
10. Human Rights Commission of Pakistan (HRCP). State of human rights in 1999. Lahore: HRCP, 2000.
11. Felix Q. Honour killing and "karo kari" in Pakistan. [online] [cited 2007 May 30]. Available from: URL: <http://www.asianews.it/view.php?l=en&art=1187>: Date accessed May 30, 2007.
12. Dasgupta, S.D. Towards an Understanding of Women's Use of Non-Lethal Violence in Intimate Hetrosexual Relationships. Applied Research Forum, National Electronic Network on Violence Against Women, February 2001. [online] [cited March 2006]. Available from: URL: http://www.vawnet.org/VNL/library/general/AR_womviol.pdf
13. Edleson JL. Primary prevention and adult domestic violence. Paper presented at the meeting of the Collaborative violence prevention initiative, San Francisco 2000.
14. Belsky, J. Child maltreatment: an ecological integration. *Am Psyc* 1980; 35: 320-35.
15. Heise LL. Violence against women: an integrated, ecological framework. *Violence Against Women* 1998; 4: 262-90.

16. Dutton DG. Patriarchy and wife assault: The ecological fallacy. *Violence Vict* 1994; 9: 167-82.
17. Edleson JL, Tolman RL. *Intervention for men who batter: an ecological approach*. Newbury Park, CA: Sage Publication, 1992.
18. Carlson, B. Causes and maintenance of domestic violence: An ecological analysis. *Social Service Review* 1984; 58: 569-87.
19. Gondolf EW, Fisher ER. *Battered women as survivors: An alternative to treating learned helplessness*. Lexington, MA: Lexington Books, 1988.