

Domestic Violence: Detrimental upon Health and Well-being of Women and Girls

Corresponding Author:

Dr. Radhika Kapur University of Delhi Email: radhikakapur2004@hotmail.com

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ABSTRACT:

The individuals, belonging to all communities, categories and socio-economic backgrounds experience domestic violence. It is regarded as one of the criminal and violent act that has detrimental effects upon health and well-being of women and girls. The reason being, women and girls in natal and in marital homes get subjected to these acts as compared to their male counterparts. They are vested with the authority and responsibility of implementing the household chores. Furthermore, they are required to take care of the needs and requirements of family members. These are the causes that give rise to impediments towards acquisition of education and empowerment opportunities. When they are not carrying out their job duties satisfactorily, they are abused and castigated. As a consequence, domestic violence takes place among households. The individuals, belonging to all communities, categories and socio-economic backgrounds need to understand that women and girls need to be treated with respect and courtesy. Therefore, the individuals need to make provision of equal rights and opportunities to both men and women. Furthermore, it needs to be ensured, there is not any discriminatory treatment on the basis of any factors, i.e. education, employment opportunities, health care and so forth. The main concepts that need to be taken into account in this research paper are, causes of domestic violence, measures to be implemented to curb domestic violence and women empowerment needs to be encouraged to eliminate domestic violence.

Keywords: Abuse, Domestic Violence, Eliminate, Health, Households, Individuals, Well-being, Women Empowerment

INTRODUCTION:

The individuals are different from each other in terms of various factors, i.e. caste, creed, race, religion, ethnicity, gender, age groups, cultures, personality traits, educational qualifications, occupations and socio-economic backgrounds. In all communities, within households, there has been prevalence of domestic violence. Women are the ones, who experience unfavourable effects as a consequence of domestic violence. The family members in natal and marital homes subject women and girls to domestic violence (What is Domestic Abuse? n.d.). The 70 percent of the population of the country resides in rural communities. In some of the rural households, the birth of girls is not appreciated. Preference is given to male children. It is believed that male children are assets. They will render an important contribution in leading to up-bringing of their families and communities, provided they are given the opportunities to do so. Hence, males are provided with all the facilities and opportunities that would promote their effective growth and development. The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. The reason being, they are to eventually get

married and in marital homes, they are required to enhance their skills as home-makers. The women and girls in some cases do not carry out the household chores in a well-organized manner and are unable to meet the expectations of their family members. Hence, they get subjected to domestic violence (Domestic Violence, n.d.). The women and girls get subjected to verbal and physical abuse as a result of domestic violence. In some cases, family members possess the feelings of antagonism and antipathy against women and girls. They are abused and mistreated in some cases for not any fault of theirs. The male members tend to dominate over them and when they do not live up to the expectations of the male members, they get subjected to domestic violence. They need to follow the norms that have been formulated by male members. The domestic violence is a criminal and violent act that effects the health conditions of the individuals from the physical and psychological perspectives. The victims and the doers, both get effected. This is high among individuals, belonging to deprived, marginalized and economically weaker sections of the society. These individuals are overwhelmed by the social problems of poverty, illiteracy, unemployment and homelessness. As a consequence, they experience the psychological

problems of anger, stress, anxiety, and frustration and get engaged in domestic violence. The individuals, belonging to all communities, categories and socio-economic backgrounds get engaged in domestic violence. This is unfavourable on the health and well-being of individuals and impedes terms and relationships. The individuals need to be well-aware in terms of the factor that girls and women need to be treated with respect and courtesy. The individuals need to form positive viewpoints in terms of them and feel that they will contribute significantly in leading to upbringing of their families and communities, provided they are given the opportunities. Therefore, it is well-understood, when girls and women will be treated with respect, domestic violence will be curbed.

Causes of Domestic Violence:

In all communities, within households, there has been prevalence of domestic violence. In some cases, the causes are valid, whereas, in other cases, the causes are invalid. For example, when individuals have more than two children in the family and are not dividing property among all children on an equal basis, the siblings may get engaged in domestic violence. This is regarded as a valid cause, as all children aspire to have equal share of wealth and property. On the other hand, when the girls and women within homes are not given equal treatment as their male counterparts, they are deprived of various aspects and are discriminated against, this is regarded as one of the invalid causes of domestic violence (Domestic Violence against Women, 2022). Hence, when the individuals are wholeheartedly determined towards creating a peaceful environment within homes, they are required to be well-aware of the factor that communication processes need to take place in an adequate manner. Furthermore, all the members need to treat each other with respect and courtesy. The causes of domestic violence are stated as follows:

Poverty and Illiteracy:

Poverty is the condition that is characterised by lack of financial resources. As a consequence, there are occurrence of problems in fulfilling various kinds of needs and requirements and bringing about improvements in one's overall quality of lives. When individuals do not accumulate sufficient amount of financial resources, they are residing in the conditions of poverty. The illiteracy is the condition that is characterised by the inability to read and write. Furthermore, individuals are unable to solve arithmetic problems. Due to illiteracy, the individuals remain unaware in terms of various factors that would be facilitating in promoting enrichment of their overall quality of lives. As a consequence, they experience the psychological problems of anger, stress, anxiety, and frustration and get engaged in domestic violence. When they are experiencing impediments in bringing

about improvements in their overall standards of living, due to poverty, they are overwhelmed by feelings of anger and frustration and get engaged in domestic violence. Therefore, poverty and illiteracy are regarded as one of the critical causes of domestic violence.

Unawareness regarding various Aspects:

In the present existence, with advancements taking place and with the advent of modernization and globalization, it is of utmost significance for the individuals to generate awareness regarding various aspects. These aspects need to be in terms of doing well in one's job duties, achievement of desired goals and objectives and leading to up-gradation of one's personality traits and living standards. One of the most important aspects that needs be taken into account is, getting engaged in jobs and generating income. When individuals are unemployed, do not get engaged in jobs, are sitting idle at homes, and are dependent on their family members for financial resources is a cause of domestic violence. The parents render an important contribution in preparing their children to generate income and enhance career prospects. But when they are not enhancing their lives, it is frustrating to parents. As a consequence, domestic violence takes place. Hence, it is necessary for individuals, belonging to all occupations and socio-economic backgrounds to be aware regarding ways to enhance one's overall standards of living. Therefore, unawareness regarding various aspects is one of the adverse causes of domestic violence.

Discrimination against Girls and Women:

The girls and women are subjected to discriminatory treatment. The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. The reason being, they are to eventually get married and in marital homes, they are required to enhance their skills as home-makers. The women and girls in some cases do not carry out the household chores in a well-organized manner and are unable to meet the expectations of their family members. Hence, they get subjected to domestic violence. The girls are discriminated against and are not provided with equal rights and opportunities as compared to their male counterparts. They are discriminated against in terms of various aspects, i.e. acquiring education, getting engaged in employment opportunities, participation in economic and political activities, and acquiring empowerment opportunities. As a consequence, domestic violence takes place, as girls and women want to be treated with respect and courtesy. Hence, it is necessary for individuals, belonging to all occupations and socio-economic backgrounds to consider girls and women

equally. Therefore, discrimination against girls and women is a detrimental cause of domestic violence.

Giving Preference to Male Children:

In some of the rural households and among individuals, belonging to economically weaker sections of the society, the birth of girls is not appreciated. Preference is given to male children. It is believed that male children are assets. They will render an important contribution in leading to up-bringing of their families and communities, provided they are given the essential opportunities. Hence, males are provided with all the facilities and opportunities that would promote their good health and hone their competencies and abilities. The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. The reason being, they are to eventually get married and in marital homes. They are discouraged from acquisition of education, because, it is believed, they will not be able to make use of their educational qualifications in any manner in marital homes. The male children are encouraged towards acquisition of education, getting engaged in jobs and enriching their living conditions. In this manner, domestic violence takes place. Therefore, giving preference to male children is an unfavourable cause of domestic violence.

Not Providing Equal Rights and Opportunities to Girls:

In some of the rural households and among individuals, belonging to disadvantaged sections of the society, the girls are not provided with equal rights and opportunities. The girls are trained from the stage of early childhood in terms of ways of implementation of various types of household responsibilities and taking care of needs and requirements of family members. The reason being, they are to eventually get married and in marital homes. They are discouraged from acquisition of education, getting engaged in employment opportunities, participation in different types of economic and political activities, and acquiring empowerment opportunities. As a consequence, domestic violence takes place within homes. In the modern society, girls and women also aspire to hone their educational qualifications, competencies and abilities. Furthermore, they aspire to enhance their career prospects and generate income to sustain their living conditions in an adequate manner. When they are not provided with equal rights and opportunities, they get overwhelmed by the feelings of anger and frustration and domestic violence takes place among family members. Therefore, not providing equal rights and opportunities to girls is a disadvantageous cause of domestic violence.

Possession of Negative Feelings against Girls and Women:

In some cases, there is possession of negative feelings against girls and women. In some of the rural households, the birth of girls is not appreciated. Preference is given to male children. It is believed that male children are assets and girls are regarded as liabilities. In some cases, family members possess the feelings of antagonism and antipathy against women and girls. They are abused and mistreated in some cases for not any fault of theirs. They are given number of job duties and responsibilities. In some cases, they get compelled to carry these out, even when they are not feeling well. The male members tend to dominate over them and when they do not live up to the expectations of the male members, they get subjected to domestic violence. They need to follow the rules that have been formulated by male members. Furthermore, they are discouraged from expressing their viewpoints and perspectives. This causes domestic violence within homes, as they are required to experience abuse and mistreatment. Therefore, possession of negative feelings against girls and women is a cause of domestic violence, which has detrimental effects on the health and well-being of women and girls.

Inability to meet Expectations of Family Members:

The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. When they are imparted training, they need to pay wholehearted attention and learn. The reason being, they are to eventually get married and in marital homes, they are required to enhance their skills as home-makers. The women and girls in some cases do not carry out the household chores in a well-organized manner and are unable to meet the expectations of their family members. Hence, they get subjected to domestic violence. Instead of identifying their flaws and inconsistencies in a polite manner and helping them to bring about improvements, they are criticised, abused, and mistreated. This causes domestic violence within homes, as they are required to experience different types of verbal and physical abuse. Hence, the girls and women need to be aware of all their job duties and ways of doing them in a satisfactory manner. Therefore, inability to meet expectations of family members is a cause of domestic violence, which enables girls and women to be overwhelmed by feelings of vulnerability and apprehensiveness.

Discouraging Girls from acquisition of Education:

In the present existence, the individuals, belonging to all communities, categories and socio-economic backgrounds have recognized the meaning and significance of education. They have formed the

viewpoint that education not only imparts information in terms of academic subjects, but also enables the individuals to generate information in terms of ways necessary to emerge into moral and ethical human beings and productive citizens of the country. In the modern period, in both rural and urban communities, girls and women aspire to hone their educational qualifications, competencies and abilities. Furthermore, they aspire to enhance their career prospects and generate income to sustain their living conditions in an appropriate manner. When they are discouraged from acquisition of education, they get overwhelmed by the feelings of anger and frustration and domestic violence takes place among family members. In some cases, they do question their family members in terms of causes of discriminatory treatment, hence, domestic violence takes place. Therefore, discouraging girls from acquisition of education is a cause of domestic violence, which gives rise to impediments within the course of up-gradation of competencies and abilities.

Not providing Empowerment Opportunities to Girls:

The girls and women, belonging to all communities, categories and socio-economic backgrounds aspire to hone their educational qualifications, competencies and abilities. Furthermore, they aim to enhance their career prospects and generate income to sustain their living conditions in an appropriate manner. In order to achieve all types of goals and objectives, they need to acquire empowerment opportunities. In other words, they have one of the major objectives of acquiring empowerment opportunities. The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. The reason being, they are to eventually get married and in marital homes, they are required to enhance their skills in terms of all types of household chores. This gives rise to barriers within the course of acquisition of empowerment opportunities. In some cases, girls put forward their questions before their family members in terms of causes of abuse and discriminatory treatment, hence, domestic violence takes place. Therefore, not providing empowerment opportunities to girls is a cause of domestic violence, which deprives them from making use of their knowledge and competencies.

Encouraging Child Marriage:

The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. The reason being, they are to eventually get married and in marital homes, they are required to enhance their skills as home-makers. The individuals, belonging to rural

communities and among economically weaker sections of the society encourage child marriage. This is when marriage takes place among individuals, when they are below 18 years of age. This is detrimental and disadvantageous to girls as compared to their male counterparts. The women and girls in some cases put forward their questions before their family members and are unable to meet the expectations of their family members. They aspire to acquire education and empowerment opportunities. As a consequence, they get subjected to domestic violence (What is Domestic Violence? n.d.). Therefore, encouraging child marriage is a cause of domestic violence, which deprives girls from making use of their talents to bring about improvements in their overall quality of lives.

Measures to be implemented to Curb Domestic Violence:

Domestic Violence is a criminal and violent act, which has proven to be disadvantageous to women and girls to a major extent. In other words, women and girls have been victims of domestic violence more as compared to their male counterparts. The individuals in some cases, in the modern period as well form such viewpoints that would give rise to domestic violence within homes. As a consequence, terms and relationships among family members get impeded and there is formation of an unpleasant environment within homes (What is Domestic Violence? 2022). The individuals need to be determined to form cordial and amiable terms and relationships with each other and formation of pleasant environment within homes. For this purpose, they need to be informative in terms of measures to be implemented to curb domestic violence. These are, communicating with each other in an effective manner; treating each other with respect and courtesy; depicting the traits of helpfulness and co-operation; being well-versed in terms of responsibilities; being informative in terms of methodologies and procedures and managing resources in an adequate manner. These are stated as follows:

Communicating with each other in an Effective Manner:

Within homes, the family members need to communicate with each other in an effective manner. They need to understand each other's problems and provide effective solutions to them. Furthermore, they need to listen to each other and treat each other with respect and courtesy. It is necessary for the individuals to make use of polite language and decent words within the course of putting into operation effective communication processes. One of the important aspects that needs to be taken into account is, the individuals need to make provision of factual information to each other. The communication processes takes place in a verbal as well as written manner. Therefore, communicating with each other in

an effective manner is regarded as one of the indispensable measures to be implemented to curb domestic violence.

Treating each other with Respect and Courtesy:

The family members need to understand each other's problems and provide effective solutions to them. The family members are of different age groups. They need to acquire an efficient understanding of each other's problems and depict the traits of helpfulness and co-operation. In other words, it is necessary for the individuals to reinforce the traits of efficiency, honesty and truthfulness. Furthermore, it is necessary for the individuals to hone listening skills. It is necessary for the individuals to make use of polite language and decent words within the course of putting into operation effective communication processes. One of the important aspects that needs to be taken into account is, the individuals need to make provision of factual information to each other. When family members put forward their questions, they need to make provision of accurate information. Therefore, treating each other with respect and courtesy is one of the significant measures to be implemented to curb domestic violence.

Depicting the Traits of Helpfulness and Co-operation:

The family members need to understand each other's problems and provide effective solutions to them. The family members are of different age groups. They need to acquire an efficient understanding of each other's problems and depict the traits of helpfulness and co-operation. In other words, it is necessary for the individuals to reinforce the traits of efficiency, honesty and truthfulness. Furthermore, it is necessary for the individuals to hone listening skills. It is necessary for the individuals to make use of polite language and decent words. It is apparently understood that in some cases, there are occurrence of conflicting situations and disagreements. Hence, it is necessary to be well-aware in terms of peaceful conflict resolution methods. When these are implemented by family members, it is understood they are co-operative and domestic violence is alleviated. Therefore, depicting the traits of helpfulness and co-operation is a favourable measure to be implemented to curb domestic violence.

Being well-versed in terms of Responsibilities:

The family members need to be informative in terms of their responsibilities. The families may be large or small. They need to carry out all their tasks and activities in an adequate manner. There are number of job duties to carry out in the management of household responsibilities. The family members need to work in co-ordination with each other to carry out all types of responsibilities in a well-ordered manner. When they work diligently to carry out all types of

responsibilities, they will be able to create an amiable and pleasant environment within homes. One of the important aspects is, when individuals are well-versed in terms of their responsibilities, they will incur the feelings of pleasure and contentment among other family members and domestic violence will be curbed. Therefore, it can be stated, being well-versed in terms of responsibilities is a useful measure to be implemented to curb domestic violence.

Being Informative in terms of Methodologies and Procedures:

The individuals need to be informative in terms of methodologies and procedures that are necessary to do well in one's job duties and generate desired outcomes. The management of the household is a task, which all members need to pay attention towards. They need to be well-versed in terms of various types of methodologies and procedures that would be facilitating and assisting. When individuals are putting into operation the methodologies and procedures in an adequate manner, they will render an important contribution in augmenting the feeling of satisfaction among other family members. The utilization of modern, scientific and innovative methods would be assisting in putting into operation all tasks and activities in an adequate manner. As a consequence, domestic violence will be curbed. Therefore, it is well-understood, being informative in terms of methodologies and procedures is a prominent measure to be implemented to curb domestic violence.

Managing Resources in an Adequate Manner:

The individuals need to manage resources in an adequate manner. The various types of resources that need to be managed are, financial, technical, material and information. Financial resources are monetary resources; technical resources are referred to various types of technologies; material resources are the tools, devices, machinery and equipment that is utilized to carry out various tasks and activities and information resources are referred to books, articles, reports, projects, other reading materials and internet. When individuals are putting into operation the methodologies and procedures in an adequate manner, they will render an important contribution in management of all types of resources in a satisfactory manner. As a consequence, individuals will contribute in augmenting the feeling of satisfaction among other family members. In this manner, domestic violence will be curbed. Therefore, managing resources in an adequate manner is a measure to be implemented to curb domestic violence, which has been acknowledged by all individuals, irrespective of communities, categories and socio-economic backgrounds.

Women Empowerment needs to be encouraged to Eliminate Domestic Violence:

The girls and women, belonging to all communities, categories and socio-economic backgrounds aspire to hone their educational qualifications, proficiencies and capabilities. Furthermore, they aim to enhance their career prospects and generate income to sustain their living conditions in an appropriate manner. They form the viewpoint that in this manner, they will be able to contribute significantly in promoting family and community well-being. When they are wholeheartedly determined to achieve all types of goals and objectives, they need to acquire empowerment opportunities. In other words, they have one of the major objectives of acquiring empowerment opportunities. For this purpose, they need support from family members. The family members need to communicate effectively with the girls in terms of their aspirations and hopes. After they have augmented their information, they need to make provision of rights and opportunities to girls and women. The girls are trained from the stage of early childhood in terms of ways of implementation of household responsibilities and taking care of needs and requirements of family members. This is normally considered appropriate. The reason being, girls need to carry out these tasks throughout their lives. The reason being, they are to eventually get married and in marital homes, they are required to enhance their skills in terms of all types of household chores. This gives rise to barriers within the course of acquisition of empowerment opportunities. In some cases, girls put forward their questions before their family members in terms of causes of abuse and discriminatory treatment, hence, domestic violence takes place. Apart from imparting training in terms of implementation of household responsibilities, the girls and women need to be provided with the opportunities to enhance their career prospects as well. Therefore, it is well-understood, women empowerment needs to be encouraged to eliminate domestic violence. It is of utmost significance for the individuals, particularly, belonging to rural communities and marginalized groups to understand that girls can render an important contribution in leading to up-bringing of their families and communities, provided they are given the opportunities. Hence, they need to be provided with all the facilities and opportunities that would promote their effective growth and development. The family members need to render an important contribution in creation of an amiable and pleasant environment, in which women and girls feel comfortable. Health and well-being is an important concept that needs to be promoted from physical and psychological perspectives. The individuals need to make provision of facilities that would be favourable in promoting good health and well-being of girls and women. The girls and women have formed the viewpoint that education not only imparts information in terms of academic subjects, but also enables the individuals to generate information in terms of ways necessary to

emerge into moral and ethical human beings and productive citizens of the country. When girls and women get enrolled in educational institutions and training centres, they augment their knowledge and understanding in terms of methods and procedures that are necessary to enrich their overall standards of living. In the modern period in both rural and urban communities, girls and women aspire to hone their educational qualifications, competencies and abilities. Furthermore, they aspire to enhance their career prospects and generate income to sustain their living conditions in an appropriate manner. The family members need to be supportive towards them and provide opportunities to facilitate the achievement of all types of goals and objectives. Therefore, it can be stated, women empowerment needs to be encouraged to eliminate domestic violence.

CONCLUSION:

The domestic violence is a criminal and violent act that takes place within homes among family members. Causes of domestic violence are, poverty and illiteracy, unawareness regarding various aspects, discrimination against girls and women, giving preference to male children, not providing equal rights and opportunities to girls, possession of negative feelings against girls and women, inability to meet expectations of family members, discouraging girls from acquisition of education, not providing empowerment opportunities to girls and encouraging child marriage. Measures to be implemented to curb domestic violence are, communicating with each other in an effective manner; treating each other with respect and courtesy; depicting the traits of helpfulness and co-operation; being well-versed in terms of responsibilities; being informative in terms of methodologies and procedures and managing resources in an adequate manner. Women empowerment needs to be encouraged to eliminate domestic violence. Finally, it can be stated, when domestic violence will be alleviated, there will be formation of pleasant environment within homes.

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