



TYPES OF VIOLENCE AGAINST WOMEN IN THE FAMILY

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Abstract:

This article shows that domestic violence against women is often hidden behind closed doors. Through an extensive literature review, the study aims to identify and analyze various forms of violence, including psychological, physical, sexual, and economic violence. The methods used included a comprehensive review of the academic literature and relevant research. An analysis of studies is presented, and a nuanced understanding of the multifaceted nature of domestic violence against women is provided. The article concludes with key findings and suggests strategies for addressing and mitigating the effects of violence against women in the family context.

Keywords: Violence against women, domestic violence, domestic violence, intimate partner violence, psychological violence, physical violence, sexual violence, economic violence, literature review, methods, results, discussion, conclusions, proposals.

Domestic violence against women is a pervasive issue that transcends geographic boundaries, cultural contexts, and socioeconomic strata. Despite advances in awareness, various shades of abuse persist and affect countless lives[6]. This article aims to explore the nuances of domestic violence against women, focusing on psychological, physical, sexual and economic violence. By examining the existing literature, this study seeks to contribute to a deeper understanding of the various forms of violence in family settings.

A comprehensive review of the existing literature reveals a complex tapestry of domestic violence against women. Psychological abuse, characterized by manipulation, coercion[7], and control, emerges as a common but insidious form of violence. Physical abuse, ranging from subtle aggression to severe violence, often leaves an indelible mark on victims. Sexual violence in the family context, including spousal rape, is very common but underreported[8]. Economic abuse, where control over finances is used as a weapon, exacerbates women's vulnerability.

used a systematic review approach, synthesizing data from academic articles, research papers, and reports related to domestic violence against women. Inclusion criteria focused on the types of violence under investigation, publication within the last decade, and empirical evidence[9]. The search included databases such as PubMed, JSTOR, and Google Scholar using keywords such as "domestic violence," "intimate partner violence," and "domestic violence."

Domestic violence against women can take many forms and can be divided into several types. It is

important to note that these forms of abuse often intersect and can coexist in the same abusive relationship[10]. Types of domestic violence against women include:

Physical Violence:

- Involves the use of force that causes bodily harm or injury. This can range from hitting and punching to more severe forms of physical violence.

Physical violence refers to the intentional use of force that causes bodily harm or injury to another person[11]. It includes a wide range of actions, from relatively minor forms such as hitting and pushing, to more severe and potentially life-threatening actions such as punching, kicking or using a weapon. Physical violence can occur in a variety of settings, including domestic settings, schools, workplaces, and public spaces.

It is important to note that physical abuse can have serious immediate and long-term consequences for the victim. In addition to physical injuries, it can also cause emotional and psychological injuries. A variety of factors can contribute to physical violence, such as anger, frustration, power dynamics, or unresolved conflicts[12].

Addressing and preventing physical violence often involves legal action, counseling and community support. Raising awareness of the consequences of violence, promoting nonviolent conflict resolution, and fostering a culture of empathy and respect are critical to creating a safe environment for individuals and communities[13].

Sexual Violence:

-Includes any non-consensual sexual act or behavior within the family. This includes rape, sexual assault and forced sexual acts.



and widespread issue that can occur in a variety of settings, including within families. The definition you have provided makes clear some of the key aspects of sexual abuse, stating that it includes any non-consensual sexual act or behavior within the family[14]. The examples you mentioned of rape, sexual assault, and forced sexual activity are forms of sexual violence that can occur in family relationships.

and lasting effects on survivors, affecting their physical and mental well-being. Raising awareness of the importance of consent, respect and communication in relationships and supporting survivors in seeking help and justice is essential[15].

If you or someone you know is a survivor of sexual assault, it's important to reach out to professional support services, such as hotlines, counselors, or organizations that specialize in sexual assault advocacy. They can provide support, resources, and guidance to those who have experienced such trauma. In addition, reporting an incident to law enforcement may be an opportunity for legal intervention and accountability for the perpetrator[16].

Emotional/Psychological Abuse:

-Involves the use of verbal and non-verbal methods to control, degrade, or manipulate the victim's emotions and mental well-being. This includes bullying, harassment, threats and isolation.

Emotional and psychological abuse, also known as emotional abuse, is a form of mistreatment that targets a person's feelings, emotional well-being, and psychological state. Unlike physical abuse, emotional abuse does not leave visible scars, but can have a profound and lasting impact on a person's mental health[17]. Here are some key components of emotional and psychological abuse:

Verbal Abuse:

- This includes using words to humiliate, criticize or insult the victim. Verbal abuse can include name calling, teasing, yelling, and using hurtful language to defame a person[18].

Humiliation:

- Offenders may engage in behavior that humiliates or humiliates the victim personally or in front of others. This may include teasing, making fun of, or making derogatory comments about the person.

Threats and intimidation:

- Emotional abuse can include threats of harm, whether physical or emotional. Criminals may use intimidation tactics to create fear and control over the victim, creating a sense of helplessness[19].

Insulation:

- Isolating the victim from friends, family or support networks is a common tactic. This can make the victim

more dependent on the abuser and reduce their access to external sources of validation or support[20].

Gaslighting:

- Gaslighting is a manipulation technique where the abuser distorts the victim's perception of reality. They may deny facts, distort events, or cause the victim to question their memory and intelligence, causing confusion and self-doubt[21].

Control and Manipulation:

- Emotional abuse often involves controlling the victim's thoughts, feelings, and actions. Manipulation can be subtle, such as guilt or playing mind games, making it difficult for the victim to assert their independence[22].

Cyber attack:

- In the digital age, emotional abuse can spill over into online spaces. Cyberbullying involves using technology to harass, threaten, or humiliate someone, causing emotional distress[23].

Self-Esteem Rahna:

- Offenders can systematically undermine the victim's self-confidence and self-esteem, making them question their abilities, appearance or value as a person.

It is important to recognize the signs of emotional and psychological abuse, as the impact on the victim's mental health can be severe. Supportive measures, counseling and raising awareness of these forms of abuse are crucial steps in addressing and preventing emotional abuse. If you or someone you know is experiencing emotional abuse, it is important to seek help from professionals or support networks for healing and recovery.

Financial Abuse:

- Occurs when the abuser controls the victim's financial resources, limiting their access to money, work, or financial independence. This can contribute to the victim's dependence on the abuser[24].

Social Isolation:

Involves cutting the victim off from family, friends and support networks. An abuser may use tactics such as monitoring or controlling the victim's social interactions to maintain power and control.

Cultural or religious violence:

- Committed on the basis of cultural or religious beliefs. This may include using cultural or religious frameworks to control and manipulate the women in the family[25].

Follow up:

- Involves constant and unwanted attention, often accompanied by feelings of fear or persecution. This can be manifested in person, through technology, or through other means.



Digital / Online Abuse:

- Using technology to control, manipulate or harm the victim. This includes cyberstalking, stalking or sharing intimate images without consent[26].

Forced Marriage:

- Involves forcing someone into marriage against their will. This can be a form of control and can lead to ongoing violence in a marriage.

Honor Based Violence:

- Violation of family honor occurs when it leads to violence against women. This includes efforts to restore the dignity of the family.

It is important to recognize that this type of violence is connected, and victims can face several forms of abuse at the same time. Eliminating domestic violence against women requires a comprehensive and multidimensional approach that includes legal, social and educational interventions. Support systems and awareness campaigns are also crucial in helping victims recover from abusive situations and seek help. If you or someone you know is experiencing abuse, it is important to reach out to local support services and law enforcement for help[27].

The findings highlight the need for multidimensional interventions to address the various dimensions of domestic violence against women[28]. Initiatives should include awareness-raising education programs, legislative measures to protect victims, and survivor support systems. Recognizing the interconnectedness of different forms of violence is critical to developing holistic strategies to break the cycle of violence.

SUMMARY. In conclusion, this study highlights the multifaceted nature of domestic violence against women and highlights the importance of a comprehensive and cross-sectional approach. The findings underscore the urgency of addressing the structural and cultural factors that perpetuate such violence and protect a society where women can live free from fear and coercion.

Eliminating domestic violence against women requires a concerted effort by politicians, community leaders and individuals. Suggestions for action include implementing and enforcing strong legal measures, promoting education and awareness campaigns, and supporting survivor support networks. By fostering a culture of respect, equality and compassion, society can try to eradicate the widespread issue of domestic violence against women.

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