



## **SOCIAL-PSYCHOLOGICAL FACTORS OF VIOLENCE AGAINST WOMEN IN THE FAMILY**

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<b>Article history:</b>	<b>Abstract:</b>
<b>Received:</b> 25 <sup>th</sup> November 2023 <b>Accepted:</b> 20 <sup>th</sup> December 2023 <b>Published:</b> 26 <sup>th</sup> January 2024	This article explores a complex network of socio-psychological factors that lead to violence against women within a family unit. Through an in-depth analysis of the literature, this study explores the complex interactions of gender roles, power dynamics, and the intergenerational transmission of violence. The methods section shows a research approach, while the results shed light on the main findings. The discussion section critically examines the consequences, and the conclusions provide insight into potential interventions and preventive measures.

**Keywords:** violence against women, family, socio-psychological factors, gender roles, power dynamics, intergenerational transmission, mental health, intervention, prevention.

Domestic violence against women is a widespread and deep-rooted issue that transcends geographic, cultural and socio-economic boundaries. This article aims to uncover the socio-psychological factors that underpin this horrific phenomenon, shedding light on the complexities that contribute to the perpetuation of such violence[6].

Many studies have examined the socio-psychological dimensions of violence against women, emphasizing the role of gender roles and expectations in the family unit. Traditional norms often perpetuate unequal power dynamics and create an environment in which violence can thrive. In addition, the intergenerational transmission of violent behavior has been identified as an important factor that perpetuates the transgenerational cycle[7]. Mental health issues for both perpetrators and victims further complicate this multifaceted problem.

Uses a comprehensive review of the existing literature based on a variety of sources, including academic journals, reports from international organizations, and case studies. The methodology involves synthesizing findings from various disciplines such as psychology, sociology, and gender studies to provide a holistic understanding of the socio-psychological factors at play[8].

Domestic violence against women is a complex issue influenced by various socio-psychological factors. Understanding these factors is critical to developing effective interventions and strategies to prevent and address domestic violence. Here are some key socio-psychological factors:

**Gender Inequality:**

Gender inequality is a widespread issue that manifests itself in various forms in societies. The points you make touch on key aspects of how social norms and

expectations can contribute to and perpetuate gender-based differences, particularly in the context of violence against women[9].

**Social norms and expectations:**

- Social norms and expectations often define specific roles and behaviors for men and women. These norms may contribute to the equal distribution of power, as some roles are historically associated with dominance and control, while others are associated with submissiveness[10].

- The expectation that men should be dominant and women should be submissive can create an environment in which a power imbalance is normalized. This normalization, in turn, can contribute to the justification of unequal treatment and violence[11].

**Traditional Gender Roles:**

assign certain tasks, responsibilities and characteristics to individuals depending on their gender. These roles can limit opportunities for men and women and reinforce stereotypes about their abilities and worth[12].

- Enforcing rigid gender roles can perpetuate harmful stereotypes and contribute to the idea that men have certain privileges and powers, while women are expected to adhere to subordinate roles.

**Violence Against Women:**

- Unequal power dynamics between men and women can create an environment where violence against women is more likely. This can take many forms, including physical, emotional and economic abuse[13].

- The normalization of gender-based violence is often based on social attitudes that trivialize or dismiss such behavior. Victims may face stigma or stigma, making it difficult to report or avoid abusive situations[14].



Addressing gender inequality requires a multifaceted approach that challenges and changes social norms, promotes gender-neutral roles, and fosters a culture of respect and equality. This includes education, policy development, advocacy, and cultural change efforts to disrupt the structures that contribute to gender-based inequality and violence. Additionally, empowering men and women to challenge and question traditional gender norms is critical to creating a more just and equitable society[15].

Cultural and social norms:

Cultural and social norms play an important role in shaping the attitudes and behavior of individuals, including attitudes related to violence[16]. To further explore the points you mentioned:

Cultural Attitudes and Violence:

- Acceptance of violence: some cultures may have historical or ingrained attitudes that tolerate or normalize certain forms of violence. This can include domestic or intimate partner violence. If such behavior is accepted or ignored, it can perpetuate the cycle of abuse[17].

- Cultural relativism: Cultural relativism, the belief that cultural practices must be understood in their own context, sometimes leads to a reluctance to criticize or intervene in harmful practices, including violence against women.

Social Norms and Gender Roles:

- Masculinity and violence: Social norms around masculinity can contribute to the perpetuation of violence. Traditional ideas of masculinity may associate power, dominance, and control with being a "real man," leading some men to use violence to assert power and control[19].

- Femininity and submissiveness: Similarly, social expectations of femininity that emphasize submissiveness and conformity help women to tolerate violence in silence. Breaking free from such norms can be difficult due to fear of social stigma or reprisal[18].

Stereotypes and discrimination:

- Gender stereotypes: social norms often reinforce gender stereotypes, portraying men as aggressive and women as passive. These stereotypes can contribute to justifying or trivializing violence in certain situations[20].

- Blaming the victim: Cultural and social norms sometimes lead to victim blaming, where survivors of violence, especially women, may be held responsible for the violence they experience. This can discourage reporting and seeking help[21].

Intersection:

- Intersectional dynamics: the influence of cultural and social norms emerges from the intersectional

perspective of social categories such as race, class, and gender. Individuals may experience different forms of discrimination and violence based on many aspects of their identity.

these cultural and social norms is critical to preventing and combating violence. This requires comprehensive efforts, including education, awareness campaigns, legal reforms, and the development of an environment that promotes gender equality and respect for human rights. Changing deeply entrenched cultural attitudes takes time and requires a multifaceted approach involving communities, governments and advocacy groups.

Economic Factors:

- Economic stress and financial instability can create tension within families and increase the likelihood of violence. Economic dependence on a partner can make it difficult for a victim to leave an abusive relationship[28].

- Unemployment, poverty and unequal access to resources can exacerbate existing power imbalances and contribute to an environment conducive to violence[22].

Psychological Factors:

- Mental health problems, including stress, depression and substance abuse, can cause domestic violence.

- Low self-esteem and feelings of powerlessness can predispose people to engage in violent behavior or tolerate violence[23].

Intergenerational transmission of violence:

- Individuals who experience or witness violence in their families as children may engage in or tolerate violence as adults.

- A lack of learned behaviors and positive role models can perpetuate the cycle of violence from generation to generation[27].

Social Isolation:

- Lack of social support and isolation contribute to the perpetuation of violence. Victims may feel trapped and unable to seek help due to social stigma or fear of judgment[24].

- Isolation from friends and family can also limit a victim's access to resources and support.

education and awareness:

- Limited knowledge of healthy relationships and effective communication skills can lead to misunderstandings and conflicts that turn violent.

- Lack of awareness of available support services and legal protection can prevent victims from seeking help. requires a multifaceted approach that includes changing social attitudes, promoting gender equality, providing support services, and taking legal action to hold perpetrators accountable. does. It is important to



consider these socio-psychological factors in the development of a comprehensive strategy of prevention and intervention[25].

The findings highlight the need for a multifaceted approach to addressing domestic violence against women. Actions should not only seek immediate prevention, but also challenge and change entrenched socio-psychological norms. Education and awareness programs combined with mental health support can play a critical role in breaking the cycle of violence.

**Conclusions.** In conclusion, this study highlights the complex socio-psychological factors that lead to domestic violence against women. Addressing this challenge requires a comprehensive understanding of the interrelationship between gender roles, power dynamics, and the transmission of violent behavior. Implementing targeted interventions and helping to change social relationships are important steps to breaking the cycle of abuse[26].

Future research should examine the effectiveness of specific interventions to mitigate domestic violence against women. Longitudinal studies can provide valuable feedback on the intergenerational transmission of violence, helping to develop more targeted prevention strategies. In addition, studying the role of cultural nuances in shaping socio-psychological factors may contribute to more context-specific interventions.

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