



THE ROLE OF WOMEN EMPOWERMENT AND DOMESTIC PROBLEMS

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ABSTRACT

Most often under the term domestic violence, people denote physical or sexual coercion though this is a reasonable definition, domestic violence is a significantly wider term that requires clarification. Domestic violence is a narrower term for domestic abuse a behaviour pattern which implies controlling or dominating one person who is inmate relationship. It may have physical, emotional, sexual and economic aspects, sometimes combining several of them simultaneously. Most of all, it refers to emotional domestic violence, because they are more difficult to determine than physical or sexual abuse. Domestic violence refers not only to women or children. Men suffer from it as well. Mostly emotionally though cases of physical violence are not rare as well. The main fact to comprehend about an abusive relationship is that partner who acts as an aggressor will not change, and will not stop their insulting behaviour. The best option for people who suffer from a domestic violence is to break relationships. Domestic violence remains a significant social problem in many countries all over the world. Some of its forms are obvious (physical or sexual violence) others can be emotional or financial violence. Emotional abuse involves humiliating, threatening and manipulating while financial violence can express itself in a partner limiting the economic freedoms of the counterparts. In spite of the attention that has been paid to violence against women in recent years, the research endeavour is relatively young and much remains unknown. There really is no one field focused on violence against women per se. Many of the studies in this newly emerging field of research on violence against women are at an early stage of scientific rigor. The methodological weakness in the research on battering and rape has been discussed at length in other documents. Yet in spite of all the shortcomings, a lot has been learned about the extent of violence and about the effect on victims.

KEYWORDS- *physical, emotional, sexual and economic aspects, humiliating, threatening and manipulating*

DEFINITIONS

It is pattern of abusive behaviours that occurs between family members and /or inmate partners to gain power and control. It can take the form of physical, sexual, psychological, or economic abuse. It occurs in every country, in families of all races, cultures, religions and income levels.

Stay reasons of the victims involve

1. For sake of children
2. Loyalty to abuser
3. Economic dependence
4. Love
5. Society pressure

Globally the victims of domestic violence are overwhelming women and women tend to experience more severe forms of violence. Domestic violence is among the most underreported crimes worldwide for both men and women. Due to social stigmas regarding male victimization men face an increased likelihood of being overloaded by healthcare providers. In abusive relationship, there may be cycle of abuse during which tension rises and an act of violence is committed followed by a period of reconciliation and calm victims of domestic violence may be trapped in domestic violent situations through isolation, power and control, cultural acceptance, lack of financial resources, team shame or to protect children. Children who live in a household with violence often show psychological problems from an early age. Women's violence is often reactionary, shaped by gender roles and manifests itself differently than men's violence claim that men are battered as often as women do not take into account the fact that in a high

percentage of cases, women's use of violence is preceded by severe acts of violence by their partners.

CHARACTERS OF DOMESTIC VIOLENCE

1. Regular criticism, name calling, put downs
2. Minimized or belittled feelings
3. Unsafe or fearful feelings
4. Hitting, punching, slapping, kicking, showing strangling or biting
5. Destroying or stealing personal belongings
6. Abusing or threatening children and grandchildren
7. Use of intimidation or manipulation as a means of control over a victim or his/her children
8. Isolation from friends, family and community
9. Threats of "outing" or criticism of sexual identity
10. Threats to hurt the victim's friends, family or pets
11. Control of access to money or transportation.
12. Representation for a victim going where he/she wants when he / she wants.
13. Deportation or immigration status threats
14. Prevention from working or attending school
15. Harassment at school or work
16. Public or private humiliation
17. Denial of food, clothing sleep, etc.
18. Practice or accusations of affairs
19. Forceful or unconsensual sexual acts
20. Use of weapons to hurt or threaten



CAUSES

- Dissatisfaction with dowry and exploiting women for more of it
- Arguing with partner, referring to have sex
- Neglecting children
- Going out of home without telling the partner
- Not cooking properly or on time
- Indulging in extra martial affairs
- Not looking for in-laws
- Infertility in females, lead to assault by the family members
- Desire of male child
- Alcoholism of spouse
- More income of working women than her partner
- Her absence in house till late night
- Abusing and neglecting in laws
- Being more forward socially

EFFECTS

- Women are physically tortured
- Women suffers from chronic fatigue
- Sexual dysfunction , muscle tension
- Children witnessing domestic violence at home often believe that they are to blame
- They live in a constant state of fear
- They are 15 times more likely to be victims of child abuse
- They too suffer from physical, behavioural, emotional dysfunction
- It has an adverse effect on society
- At one hand where it acts as an inspiration and ray of hope of other suffering women, on the other hand it also spoils the atmosphere of society
- The cumulative effect of the domestic violence at all levels and across all religion is the country's hindered development and slow economic growth.

CONSEQUENCES OF DOMESTIC VIOLENCE AND WOMEN EMPOWERMENT

India today is at the cusp of a paradigm change in its growth and its position in the world. We (both men and women) must act decisively to capture this opportunity. We need to think big and scale up rapidly in each and every area, be it education, infrastructure, industry, financial services or equality of both genders. The speed of women empowerment definitely developed in India e.g. according to the 2001 Census, the percentage of female literacy in the country is 54% up from 9% 1951. Women can be understood in relation to resources, perceptions, relationship and power. Women empowerment generally has five components : firstly, women's sense of self worth; secondly their right to have the power of control their own lives, both within and outside home; and lastly, their ability to influence the direction of social change to create a just social and economic order nationally, internationally and universally.

Education is a main tool of development for women. In India, the empowerment process has already started. They are showing their skills even in non-traditional sectors like police, defence, administration, media and research fields. Twenty-six laws have been enacted so far to protect women from various crimes. Women should remember that they are also rational, intelligent and thinking human beings in Indian society. They

should have political, legal, economic and health awareness. They should have knowledge about support groups and positive attitudes towards life. They should get goals for future and strive to achieve them with courage. There is a need to give the support to each and every women in society. Identification and sort out the problems of women which are now a day's women's are facing. Empowerment of women means gender equality. Way to provide women empowerment is to allocate responsibilities to them that normally belong to men. If women were empowered to do more and be more, the possibility for economic development becomes apparent.

THE METHOD OF WOMEN EMPOWERMENT

Following points are considerable for the process and method of women empowerment in India

1. Self decision making to women
2. Selection of the option as per her choice
3. Application of own and self efforts freedom fully.
4. Having positive attitude of society about women
5. Involment and participation of women into exchange education and various engagement.
6. Stress on growth process, proper changes, positive self image, overcoming stigma and ability to identify of right or wrong.

There are various consequences of domestic violence depending on the victim, the age, group, the intensity of the violence and frequency of the torment they are subjected to. Living under a constant fear, threat and humiliation are some of the feelings developed in the minds of the victims as a consequence of an atrocious violence. The consequences of the domestic violence in entail can be broadly categorised under

- 1) The effect on the victim himself/herself and the family.
- 2) Effect on the society.
- 3) Effect on nation's growth and productivity.

The effects on the victims has been further sub categorised for women, men, children and olds

EFFECT OF DOMESTIC VIOLENCE ON THE SOCIETY

All the different forms of violence discussed in this essay adversely fettle society. Violence against women may keep them. Locked in homes succumbing to the torture they face .if they come out in open and reveal the wrong done to them for help and rescue, it influences the society both positively and negatively. At one hand where it acts as an inspiration and ray of hope for other suffering women, on the other hand it also spoils the atmosphere of the society. When something of this kind happens in the society, few families may witness the evil of domestic violence knocking their door steps. Some families try to imitate what others indulge in irrespective of it being good or bad for the family.

EFFECT ON THE VICTIM AND THE FAMILY

1) Consequences of Violence Against Women

Battered women have tendency to remain quite, agonised and emotionally disturbed after the occurrence of the torment. A psychological set back and trauma because of domestic violence affects women's productivity in all forms of life. The



suicide case of such victimised women is also a deadly consequences and the number of such cases is increasing.

2) Consequences of violence against Men

The consequences against violence against men in India is largely emotional and psychological in nature. The physical harassment resulting from domestic violence, also effects their lives and productivity but is still more inclined towards the emotional problems which men face in India. It is largely because many such cases of physical assault of women.

3) Consequences of violence against Children/Teens

The consequences in case in case of children are far more drastic and its effect is long lived. Children are sensitive to issues related to violence of any kind as they are not mature enough to comprehend them. In their growing years they try to initiate things which they see hearing around them. In the recess of following their parents advice or instructions they become firm in their opinion and approach towards life.

4) Consequences of violence against olds

The elderly abuses is one of the most unfortunate happening for the elderly class in their lives.

They would rather like to be more at ease and calm in this phase of their life life than being prone to such kind of treatment by the family or society.

Remedies for domestic violence and Fighting the domestic violence evil

A recent study has concluded that violence against women is the fastest growing crime in India. According to a latest report repaired by India's national crime records bureau (NCRB), a crime has been recorded against women in every three minutes in India. Every 60 minutes, two women are rated in this country. Every six hours, a young married women is found beaten to death, burnt or driven to suicide.

SUGGESTION/SOLUTION

The victims of domestic violence often suffer physical wounds. Care centers, hospitals can help them heal physically. But there is a major change in emotional values the victim suffers. The victim loses his/her confidence as well self-esteem. But more than that, the victim loses something called HOPE. Physical wounds can heal pretty quickly but it is mental trauma that takes time to heal. It takes someone close to victim to get back him/her in steady life. A psychiatric can be of utmost help to such victims. But these are all solutions to what happened after the unfortunate event. If domestic violence is to be completely uprooted, we must deal with the cause of it. Often, mental tension is the cause of this crime. There are many sessions conducted by different NGOs to help people deal with family or spouse issues. Attending session based on how to deal daily life can truly help in reducing the cause for this crime.

Also, awareness programs can be conducted on such issues throughout different villages as villages are the place where more number of victims reside. Confronting the people openly about monstrosity of such grievous crime can sense of indulgence about it. The government of India also has created a committee to look after victims and create awareness among the masses.

CONCLUSION

Domestic Violence is no small crime. Although the physical abuse under it cause great pain to the body but it is nothing as compared as to the psychological transformation that victim goes through. The victim loses all the moral values which are imbibed by the society. Not only the victim loses hope by the/she loses the major value of 'trust'. There is no certainty that victim may ever be able to trust anyone again. That being stated, domestic violence grows to be a major concern all over the world.

After all the studies made throughout this project, it becomes clear what might be the root of this dangerous crime. Often stress, mental pressure, lack of emotional values are considered to be main causes. But there are minor factors included too. As stated in the heading "causative factors", trust issues or issues creating annoyance can grow in the mind of person on a daily basis. Such growth of mental tension is the biggest reason for all crimes. India faces a severe issue of domestic violence every year. The number of victims is on rise as we advance but these are not actual numbers for sure. There are many victims who do not even report a crime like this just because "what other people might think". It is unfortunate to state so but in India, it is the victim who is embarrassed and the society turns its back on the victim, not on the criminal. Such orthodox nature gives the criminal a free will and which promotes such despicable behaviour. Looking on the bright the side though, many NGOs have been set up for revival of victims. Even the government has taken bold initiatives to subdue such crimes by making strict laws. If proven guilty, domestic violence is punishable to death. Though the numbers of victims are on rise, it is good in certain perspective that these victims could be reached out and helped to get back in normal life. This project reaches out to different aspects of grievous crime of domestic violence. It answers the questions like what is domestic violence; what factors lead up to it; how the victim suffers; what could be done about it; what is the situation in India and so on. Thus it might help in bringing awareness in young generation.

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