



Effects of Domestic Violence on Women

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ABSTRACT

The purpose of the current study is to explore effect of domestic violence on women and in order to suggest domestic violence survivors. The reality of how women victims in vulnerable situations are facing domestic violence and its effect sometime frightening and damaging for them.

KEYWORDS : domestic violence, psychological abuse, physical abuse, economical abuse

Introduction: Violence against women impacts the lives of limitless women and their families. Women and girls of all ages, income levels, cultural and ethnic communities, and religious experiences, violence in the form of sexual violence, domestic violence, dating violence, trafficking and stalking. Domestic violence is also commonly referred to as relationship violence, intimate partner violence and gender-based violence. Domestic violence is an endemic that knows no boundaries and does not differentiate based upon religion, race, or even gender. The whole time the year's scholars and practitioners have learned more about this issue and have become aware of some risk factors that may increase an individual's chance of being a domestic violence victim. Distinguishing the risk factors has become helpful in the effort to identify those individuals who are more at risk than others. These factors are not associated a definition of who or what domestic violence victims can and cannot be. Domestic violence harms women in many ways. Research shows that the experiences of domestic violence locate women at risk of psychological trauma. Every woman is unique and as a result their experience of violence can and shows a discrepancy. Below are some examples of how experiencing domestic violence is damaging. If a woman experiencing violence, it is important to note that these effects can be addressed. It is never the fault of the targets of violence. The responsibility for the harm done to women lies with the person using the violent behavior. Domestic violence has a significant impact on the health and well-being of women both in the immediate and longer term, continuing even after the relationship has ended. The psychological consequences of violence can be as serious as the physical effects. Exposure to violence leads to poorer physical health overall compared with women who have not experienced violence, and it increases the risk of women developing a range of health problems (*World Health Organisation 2000*)

Objective

To identify the effect of domestic violence

To find out suggestions for domestic violence survivors

Methodology

Universe of the study is **Lucknow city**. Present study is **qualitative** in nature and **purposive sampling** was used for selecting domestic violence victims. **Interviews** was conducted with fifty respondents.

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Emotional: Depression, feeling hopeless and helpless, anxiety attacks, low self esteem, grief for family and personal losses, shame, guilt or self-blame, fear of the abuser or living without the abuser confusion and trouble concentrating, anger.

Behavioral: Withdrawal, Flashbacks and/or nightmares, Avoidance of situations reminding the individual of the abuse, mood swings and difficulty controlling emotions, difficulty in obtaining, maintaining and adjusting to employment problem

Social: Isolation from friends or relatives, Difficulty in trusting others, Stormy relationships breakup of the family unit court disagreements regarding separation, divorce or custody of children seeking out new relationships to deal with overwhelming feelings of loneliness.

Psychological: feelings of shock, shame and guilt; loss of self-esteem; loss and grief; confusion; feelings of hopelessness and powerlessness. This can impact on a women's mental health as a result in her being diagnosed with such illnesses as depression, anxiety, and/ or post traumatic stress disorder.

Physical: pain, injuries (often repeatedly over time, often untreated), permanent disability, suicide, unwanted pregnancy, sexually transmitted illnesses, miscarriage, self harming.

Economic: financial problem poverty, loss of standard of living, homelessness, loss of earnings and employment, loss of career and promotion, medical expenses, legal costs, housing and relocation costs, education costs, property damage.

Some immediate health impacts may include:

- Physical injuries - cuts, scrapes and bruises
- Fractures
- Hearing loss
- Knife wounds
- Vision loss
- Miscarriage or early delivery
- Sexually transmitted diseases
- Gunshot wound
- Homicide

Longer term health impacts may include:

- Headaches
- Fainting
- Seizures
- Anxiety
- Depression
- Eating disorders
- Back pain
- Post traumatic stress disorder
- Sleep disturbances
- Gynecological problems

Findings of the study were:

- 79% of study respondent were facing anxiety
- 62 % of study respondents were struggling with depression
- 34% of study respondents have to face trouble sleeping or relaxing
- 56% of study respondent feels sense of isolation
- 33% of study respondents are homeless
- 59% of study victims of domestic violence are facing financial problem
- 13% out of 50 respondents have faced unwanted pregnancy

Discussion & Conclusion:

The study found depression remains the most common symptom exhibited by survivors of domestic violence. Depression as common feelings of impermanent sadness and the economic impact of abuse may extend to losses in women's earning potential. Because of their experience of having no control over their own bodies, the world may become a threatening place where they avoid challenges of any kind. Research suggests that abused women tolerate giant psychological suffering owing to violence. Many are brutally depressed or anxious, while others display symptoms of post-traumatic stress disorder. When an unwanted pregnancy occurs, many women try to resolve their dilemma through abortion. Women experiencing violence may have a reduced contribution to society and to their own potential self-realization.

Ultimately, there is urgent need to create awareness that how domestic violence survivors can cope with the effect of domestic violence and they have to very conscious regarding coping strategies to tackle domestic violence.

Suggestions

Domestic violence survivors should seek help in coping with the effects of domestic abuse, although if they've left the abuser. Whether it's been days or years since the domestic violence last occurred, domestic abuse survivors can seek their communities for help:

Contact a local domestic violence support though Make a contact with a therapist who focus in treating domestic violence survivors.

They should not conceal their problem if they conceal that result would get very horrible.

Create a broad domestic violence safety plan with the help of victim assistance professional. Local domestic violence shelter can provide to domestic violence victim with information and counseling about your legal rights.

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