Impact Of Domestic Violence On Psychological Well-Being Of Women

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Abstract:

Women in Pakistan have been facing domestic violence throughout their life, which not only affects them physically but psychologically also. Men always want to be dominant on the women, for whom he tries to keep control of all means of production and social institutions as well. The purpose of the research was to study the impact of domestic violence on the psychological well-being of women in district Sargodha. For this study, the researcher selected 160 women respondents through a multistage sampling technique. The collected data showed that most of the respondents were facing depression, sleeping and eating disorder, and anxiety due to domestic violence. The study also revealed that respondents were going through several types of violence like physical, mental, and financial abuse. The researcher suggested that Government should provide better health facilities which must include Psychologists through which the impact of domestic violence can be overcome through counseling. Similarly, the government should
empower women to be self-dependent and sufficient through legislation. The research concluded that domestic violence was affecting women psychologically.

**Key words:** Violence, Psychological, Anxiety, Depression

**Introduction**

"The most shameful act of the world is to use your power against a person who is weaker than you. One of its common examples is Violence against women in which a person not only uses force to control a woman but also tries to control her and keep her his subordinate. Violence against women does not depend on any nation or geographic location or culture or wealth of neither any country nor it accepts any such condition. If this attitude remains to continue we will not be able to claim that we are developing toward the progress of development peace and equality."(Kofi Annan). "Human right belongs to woman rights and woman rights belong to human rights. We cannot separate these from each other. Women rights are only related to non-use of violence against her but also it is about to hear woman voice patiently and understand her point of view with her perspective."(Hillary Clinton) Violence against women is a big issue that affects women's health and wellbeing all around the world. Violence against women is present in the world in a different form it may be physical or sexual or psychological and all these types of violence are normally seen in countries in which there is greater gender inequality patriarchy and male dominance role are practice and in these countries employment rate are very low and very weak social cohesion. Many countries in the world have tried to intervene in some policies which can control violence. For example, in many countries' governments work on making communities empower that they can understand the human rights of women and can work for their wellbeing.

About every culture and nation of world women face violence which is also shown as VAW) exists. The United Nations describes violence against women (VAW) as a problem that "affects the families as well as impoverishes communities and cause and empower the unequal behavior and violence all across the nation and culture". The subject of violence against women is not new and also not unknown to the world but there is no significant study make on it. VAW is thought to be a personal and very sensitive topic and some people across society don't also consider it as a problem.

United Nation which was formed in 1945 from its beginning always focus on woman right and always campaign for equal rights for women. One of the main agendas of the UN is to work for Human rights and its major objective is to ensure that basic human rights have been followed everywhere in every nation. In its declaration, The UN's charter said that every person has dignity and every person is wrathful. Every person in the world who may be a male or female has equal rights and he or she should get that at any cost. Despite one of major agenda, the woman was not the main focus of UN until 1980. The worlds start paying attention to this issue other this period. VAW is getting importance all over the world as health issues of public as well as the human right violation. In the UN session which was held in 2000 UN sets some goals whose basic purpose is
to eradicate poverty from all over the world these goals are declared as Millennium Development Goals (MDG's). In MDG's there are a total of 8 goals are set of which 3 are relating to the woman which are following:

To ache vibe 100% primary education for everyone including male and female to promote equal opportunity for males and females and to empower women to come forward, work for better maternal health.

What Is Violence Against Women?

Violence against a woman as any act or any behavior which affects a woman in any way and also affects her health in any way which may be psychological or physical or made woman dependent to such insanity that woman is controlled by others. This act occurs both in the personal and professional life of the woman. VAW is any type of violence which physically harm, sexually harm and mental harm to female or any female child in a house due to dowry, more female children or a background of beating woman which may a person learn from his father when he beats his mother”(UN 1993).

Violence against Women in Pakistan:

Pakistani society it is a male preference society in which many social and cultural factors are major causes of Violence. In society, it has become a norm to use force against the woman to keep her in control. The patriarchal system is not new in this area of the world. It is transferring in generation through the tradition which is considered as the trademark of this Indo Pak Land. Here in Pakistan women are treated unequally as a common practice. The big reason for this suppression of women is the norm and practice which are part of our culture. This all suppression not only deviates a woman from her basic rights but is also a big reason for the nondevelopment of a country. If a country is unable to provide equal opportunities to its citizen regardless of their gender caste or any other factor it can never develop. One of the major factors which lay to this situation is that half of the country population is not educated. And even they don't want to make women educated because they think that if a woman got an education she will be deviated by her norms and culture which society has imposed on her. If we talk about the system and culture of Pakistan then our biggest misfortune is that we have Islamic Laws here in Pakistan but the culture which we are following is not near Islamic culture. If we see the inhuman traditions like honor killings, wani, exchange marriages these belong to the black era before Islam. These all traditions are against Islamic Culture and order of Allah Almighty.

Statement of the Problem:

In Pakistan as well as the whole world woman faced several challenges throughout her life. Woman is always depending on others to fulfill her basic needs. Woman is socializing to follow and obey a man who is his family head rather he is her husband or father. Woman is taught that if she follows a man then he will fulfill her all need unless she will suffer for her basic needs. In this entire situation, her well-being can never be achieved. In our country, Pakistan women are facing many
problems like transport, health, and many other issues. Women are not allowed to live their life according to their own will. They are domestically tortured and faces abusive language by their parent/brother or husband. Her family deviates from her basic needs and she is kept away from important decision-making rather it is about her own life. Women are kept in such threat that she feels that if she has to left her home she has no place to go anywhere. A woman is threatened by her family to keep control of her. If we talk about security then a woman never faces safe outside the home so she is neither saved in her home nor outside due to which she has to choose between two evils and most women choose domestic violence over violence outside the home. We live in a society where it is believed that God makes a woman obey his husband and sever him. So, if this mentally prevails in society no legal and no religious rule can secure her.

**Significant of Study:**

The significance of this study is the through this study we will be able to understand the effect of violence on women. We will be able to understand what effect of violence on the health of women. In this study, we will see the effect of violence on both mental and physical health. We will also try to understand the cultural and social factors which cause violence against women.

**Objectives of Study:**

1. To Study the effect of violence on the Physical and Mental Health of woman.
2. To suggest some suggestions through which Violence against a woman can be minimized.

**Research Questions:**

The purpose of this study is to answer the following questions

1. What are the factors which are causing violence against women?
2. What is the effect of violence on the physical and mental health of women?
3. How can we eradicate violence from our society?

**Research Hypothesis:**

H₀: There is no significant relationship between domestic violence and women's psychological well-being.

H₁: There is significant relationship between domestic violence and women's psychological well-being.

**Research Methodology:**

The data was collected through a primary source. Close ended questionnaire was used to collect the data. The data was organized through Bivariate and Univariate analyses. The sampling units in this study were scattered in all the tehsil of district Sargodha. The universe of the study was district Sargodha, so 160 respondents were selected through multistage sampling. In first stage
tehsil was chosen, then different areas of that stage were chosen through simple random sampling and then in next stage convenient sampling was used to get responses from the respondents.

Data Analysis
Univariate analyses:

Table 1. Would you say that your husband/Father/brother behaviour towards you has affected your physical or mental wellbeing?

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td>yes</td>
<td>108</td>
<td>67.5</td>
<td>67.5</td>
</tr>
<tr>
<td>No</td>
<td></td>
<td>52</td>
<td>32.5</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>160</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

According to above table 23 out of 160 total respondents, 108 or 67.5% females said that their parents, brother or husband behavior toward them affect their mental and physical health while 52 or 32.5% female thinks that it doesn’t affect their health

Table 2.

Have you ever in your life experienced humiliations, abuse, and any threat from your partner, parents or any other person you know?

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td>yes</td>
<td>112</td>
<td>70</td>
<td>51.2</td>
</tr>
<tr>
<td>No</td>
<td></td>
<td>48</td>
<td>30</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>160</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

According to above table 24 out of 160 total respondents, 112 or 70% female said that they have faced life experience of humiliations, abuse, and any threat from their partner, parents or any other person they know while 28 or 30% females said that they haven’t face any such experience

Table 3.

Have you ever thought about suicide?
Above table 37 shows that out of total 160 respondents, 72 or 45% females said that they have think about suicide due to problem while other 88 or 55% said that they don’t ever think about suicide.

**Table 4.**

**Is there is any sleeping disorder in your routine?**

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td>Yes</td>
<td>72</td>
<td>45.0</td>
<td>45.0</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>88</td>
<td>55.0</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>160</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Above table 38 shows that out of total 160 respondents, 96 or 60% females said they have facing sleeping disorder in their routine while other 64 or 40% said they doesn’t face any sleeping disorder.

**Table 5.**

**Have you ever felt any depression condition in yourself?**

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td>Yes</td>
<td>122</td>
<td>76.3</td>
<td>76.3</td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>38</td>
<td>23.8</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>160</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Above table 40 shows that out of total 160 respondents, 122 or 76.3% females said that they have feel depression condition in themselves while other 38 or 23.8% females said that they don’t ever feel depression in themselves.

**Bivariate Analyses:**

**Hypothesis Testing**

http://www.webology.org
H₀: There is no significant relationship between violence and women's wellbeing.

H₁: There is a significant relation between Violence and Women's wellbeing.

**Chi-Square Tests**

<table>
<thead>
<tr>
<th></th>
<th>Value</th>
<th>df</th>
<th>Asymptotic Significance (2-sided)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson Chi-Square</td>
<td>42.112a</td>
<td>12</td>
<td>.000</td>
</tr>
<tr>
<td>Likelihood Ratio</td>
<td>43.382</td>
<td>12</td>
<td>.000</td>
</tr>
<tr>
<td>Linear-by-Linear Association</td>
<td>19.012</td>
<td>1</td>
<td>.000</td>
</tr>
<tr>
<td>N of Valid Cases</td>
<td>160</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

a. 5 cells (25.0%) have expected count less than 5. The minimum expected count is 2.75.

The following hypothesis was tested at the level of significance of 0.05 with 12 degrees of freedom. According to the chi-square table, the critical value was 21.03. The test chi-square value, which had been computed through SPSS, was 42.112 at the 12 degrees of freedom. If the chi-square value is exceeding the table value then the null hypothesis shall be rejected so in this study Researcher had observed that the chi-square value was exceeding the critical value. So, H₀ will be rejected. Therefore, there is a significant relationship between violence and psychological wellbeing of women

**Results and Discussion**

Hotaling and Sugarman (1997) in their study states that one of the big reasons for domestic violence is also children’s witness of violence in their Childhood. In his research in 2005, Johnson states that it is obvious that boys who see violence in their childhood are more exposed to violence but some aggressive people may have not faced violence but use violence due to aggressive behavior. research shows that about 61.3% of females said that they think that boys who witness violence in their childhood are more likely to be violent when they grow up so in this case, we will agree with Hotaling and Sugarman, and Johson research that Boys who witness violence are likely to expose more to Violent Behavior in their future. Research which was conducted in 1971 by Singer states that one of the big reasons for violence against women is the aggressive behavior of male partners toward female partners which is the greatest reason for personal violence which occurs in the family sphere. He also states in his work that aggression may cause frustration as well as stress in a family due to which complex relations may suffer.

In this study, we have explored that 47.5% of females said that they have been insulted by their Husband/father/brother and abuse in such a way that they feel bad about themselves. In one more question which we ask our respondents about what happens when their father/husband/brother
looks angrily at them about 60% of females said that they got frightened when they look angrily at them. Empowerment, especially financial empowerment, and empowerment regarding the power of self-decision making have a great impact on women's wellbeing. Past studies also clearly state that woman who is financially independent and has right to take their decision are less exposed to violence then who are uneducated and completely dependent. (Vyas and Watts 2009).

In this research, about 57% of females said that they have faced problems in fulfilling their basic needs. They don't have enough money to fulfill all their basic needs while 51.2% of females said that they have been created financial hardship by their parents, brother, or husband to fulfill their basic needs.

A study conducted in 2006 said that Domestic violence not only harms a person physically but he also harms her mentally. A woman may face several mental problems like post-traumatic stress disorder and anxiety, depression. (Bonami et al. 2006, These women who often start using drugs and alcohol may tend to committed suicide and to put harm to themselves. (Kaysen et al., 2007; Mrazek & Haggerty, 1994). There are many also problems of less self-reliant anxiety and depression in women and they may feel that they should conduct suicide then this life (British Medical Association, 1998). A study conducts by Walby in 2004 states that all over the world the cost which occurs of women mental health issues is about £176 million this account is only used for the treatment of a victim of violence treatments. (Walby, 2004).

In this study, about 45% of respondents said that they think about suicide due to the hardship they are facing in their daily life. About 60% of respondents said that they face sleeping disorders in their routine due to disturbance in their life while 60% said that they are facing eating disorders that mean overeating and less eating in their routine. About 76% of females said that they are facing depression conditions in themselves. This all data shows that domestic violence destroys a person's mental health and makes her mentally ill. In this study, we will focus on the impact of violence on women's wellbeing it may be physical or psychological abuse that is made in the context of domestic violence. A woman faces physical injuries during domestic violence these injuries sometimes are so savored that they may cause the death of the victim. A woman may have clear visible or invisible symptoms of physical violence on her body which clearly state that violence is used against this woman and she should be immediately got medical treatment. A woman can face violence on her body by use of a weapon such as bites, wounds inflicted by an implement such as a knife, fractures of the jaw and other bones, and joint and internal injuries (Stanko to al., 1997). In many societies where firearms are easily available a person may face violence through them. In these societies where firearms are easily available in these societies, the death rate of the woman due to domestic violence is much higher. (Bailey et al., 1997)

In this study shows that about 41.3% of females said that they have been injured due to violence by their husband/brother/father. About 38% of females said that they have been threatened by their husband/brother/father by using weapons like guns, knives, and sticks, etc. This data shows that
woman situation in our society is worst she is facing physical as well as psychological torture and woman is beaten by their husband/brother/father so badly that they are facing severe injuries.

Empowerment, especially financial empowerment, and empowerment regarding the power of self-decision making have a great impact on women's wellbeing. Past studies also clearly state that woman who is financially independent and has right to take their decision are less exposed to violence then who are uneducated and completely dependent. (Vyas and Watts 2009).

In this survey, about 69% of women said that they are not allowed are allowed to some extent to the job outside the home. About 58% of females said that they have been restricted by their father/husband/brother to visit their mother's home/friend's house or any place of worship. This shows that the majority of women have no right to go anywhere so they are like a prison who is arrested in her own home. About 65% of females said that their father/husband/brother always insists on knowing where they are every time. About 48% of females said that they are not involved in decision-making by their husband/father/brother so a major part of females is out of consultation about their own home. About 47.5% of females said that they have been depriving of privileges by their husband/father/brother. This show status of woman and problem which women are facing in our society. About 90% of females said that their father/brother/husband shares the household with them to a little extent or not at all. This shows that the patriarchal system is completely dominating society. And a woman has nowhere to go in the whole culture. In this study, about 90% of females said that they don't feel safe outside home this how the failure of our law enforcement agencies to give protection to women. After there is also no role of community leaders to make society better for females in this survey about 84% of females said that role of local leaders is to some extent or not at all in the betterment of the community for a woman.

In this study, about 84% of females said that education facilities in their city are average or below average for females. About 77% of females said that health and transportation facilities are Average or below average for females. In this study, about 88% of females said that job or business opportunities for females are below average in their city. 92% of females said that recreational facilities in their city are average and below average.

**Conclusion and Recommendations:**

**Recommendations**

Promote gender equality and women rights through social media. Governments should view violence against women as a public health problem. Enlist social, political, and religious leaders to speak out on issues. Make school safe for girls- protect women's physical environment. Use reproductive health services as entry points for identifying women who are abused. Sensitize the legal and justice system to the needs of women who experience violence. There should be an Awareness program for both males and females. This should not only do through Government institutions but also independent NGOs There Every part of society should participate in it. Its objective should be to promote education and health awareness among women. Understand how
cultural beliefs contribute to interpersonal violence and support ways to encourage it to stop before it affects another generation. Law enforcement agencies should provide a safe environment for women. Should arrange psychologist to address women mental issues. Government should work to make women financially independent.

**Conclusion**

Keeping in view the study and research on the topic of "Impact of domestic violence on psychological well-being of women” researcher can analyze that women in this society are being treated suppressed and downtrodden. Most women are facing financial abuse, psychological violence, and physical violence. A larger no of women is facing psychological problems like eating disorders, sleeping disorders, and depression due to violence which they face in their home. The woman has no right at all to spend their life according to their will. Women are not allowed to work outside the home. They are humiliated by their parents, brother, or husband. The law and order situation are such bad that women don't feel secure outside the home at all. Due to lack of facilities like health, education recreation, and businesswomen are unable to get standardize faculties. Due to lack of standard facilities women are unable to get standardize facilities. Most women are dependent on their families financially due to which many of them are unable to fulfill their basic needs. Due to lack of knowledge many women are unable to know their rights which are provided by them by law. Socioeconomic condition is also a big condition due to which women are facing financial difficulties. Women with low economic conditions face more violence than the woman with high economic backgrounds. Education is also an important factor due to which violence against woman occurs. It is proved by several previous studies and this study that woman who is educated and knows their rights according to law faces less violence then uneducated woman. It is also stated that's boys who witness violence in their childhood are tend to be more violent than boys who don't witness violence.

It is also explored in this study that woman who is financially independent faces less violence than those who are completely dependent on their family. So, we can conclude that women face violence and impact a woman in every field of life not only cause physical harm but also financial as well as psychological way.

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