

Promotion Of Gender Equality to Prevent Domestic Violence Against Women

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Abstract

Inequality in gender increases the risk of conducting violence by men against women. This study is mainly focused on the promotion of gender equality to prevent domestic violence against women by examining the ratio of violence against women and also focusing on intimate partner violence including its causes and prevention. The study also focuses on the representation of gender in progressive domestic violence policy. Apart from this, gender equality to prevent violence against women as per the school-based intervention, community intervention, and media intervention is also examined in the study.

Keywords: Domestic, Violence, Gender Equality, Media, Community, Society, Norms.

1. Introduction

Social scientists have debated the reasons for intimate partner violence for decades, including poverty, patriarchy, alcoholism, and hostility. There is an unavoidable difficulty at the heart of this debate: epidemiological criteria show little evidence of a link between intimate relationship violence and its perpetrators. For the most part, studies have been carried out in North America using data from shelters, government records or clinic samples. Many well-designed cross-sectional and ethnographic research on violence against women in developing countries have broadened the study base in the last decade. Since there has been an increase in the amount of data, researchers have been able to find relationships that apply to more than one context and critically examine theories. As a result of these advances, it has become clearer what main preventative measures are required to reduce the risk of violence against women and men. Intimate relationship violence is much more difficult to analyse than sickness, and it is not even close. Most illnesses have a biological base and manifest themselves in a social setting, whereas intimate partner violence is solely the result of social factors. As a result, research on the root causes of this kind of violence must take place across a wide range of societal circumstances. Many illnesses can be studied using objective criteria, but measuring intimate partner violence has been difficult. It is also difficult to quantify risk variables including the position of women, gender norms, and socioeconomic status across countries because of cultural differences. However, there is an agreement that it is important to study male and female components as well as features of relationship dynamics (Akhmedshina, 2020).

Gender-based discrimination, societal norms, and gender stereotypes all contribute to violence against women and girls. Efforts have mostly focused on responding to and providing resources for women who have been a victim of domestic abuse. However, the greatest strategy to prevent violence against women and girls is to address its core and systemic causes. Preventive measures should be implemented as early as possible, with a

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focus on fostering healthy, respectful relationships between men and women. Preventing and eliminating gender-based violence is easier and more effective when done in collaboration with children and young adults. Gender equality attitudes and norms are formed during this formative period, which is often disregarded by public policies and initiatives.

Preventing violence against women and girls (VAWG) is the aim of Stepping Up Solutions to Eliminate Violence Against Women (2017-2020). The initiative provides for the gathering of data and evidence, as well as greater investment in coordinated and quality needed services for survivors of VAWG. Community and school-based programs are being implemented in Vietnam and Timor-Leste by Stepping Up, which is supported by DFAT and the Korean Ministry of Gender Equality and Family. Building evidence on VAWG prevention, workplace responses to violence against women and girls, the cost of VAW to businesses, and its relation to VAC and technology-facilitated violence are among the goals of this research. UN Women's "Leveraging Technical Tools, Evidence, and Community Engagement to Advance the Implementation of Laws and Provision of Services to Women Experiencing Violence in South-East Asia" project and promising community mobilization to prevent violence against women and girls in Da Nang, Viet Nam, funded by the Australian Government, under the Partners for Prevention Program, are the foundations of this new initiative.

2. Literature Review

2.1 Violence against Women

According to Raj (2019), Violence against Women is defined as "physical, sexual, verbal, emotional, and economic abuse against women by a partner or family member dwelling in a joint household." 40% of women had been physically, sexually, or emotionally abused by a husband, according to national figures based on modified versions of the Conflict Tactics Scale (CTS). Women in Southeast Asia are more likely than women in the Western Pacific and North America to be victims of domestic violence. This is based on the results of a WHO-led investigation.

Men's traditional patriarchal roles and long-standing cultural norms that see women as subordinates maybe two of the numerous reasons for India's high prevalence of domestic violence. Many families have a preference for boys before the kid is born, which may lead to sex-selective abortions and the murdering or abandoning of females in the worst situations. Early marriage, which happens in 45 per cent of newlywed women, according to the 2005–2006 National Family Health Survey, may further increase a woman's vulnerability to DV throughout childhood. For this reason, women in their reproductive years may be more vulnerable to financial, medical, and nutritional neglect or abuse. Culturally ingrained beliefs of disgrace connected with widowhood may also play a role in a person's vulnerability to domestic violence.

Ahmad et al. (2021), stated that many harmful health behaviours and poor mental and physical well-being have been associated with DV in addition to its widespread prevalence in India. Cigarette smokers had a greater incidence of depression, post-traumatic stress disorder (PTSD), attempted suicide and sexually transmitted infections (STIs) such as HIV and anaemia and chronic tiredness than non-smokers. More unwanted pregnancies are terminated, breastfeeding prenatal care is reduced, and poor infant outcomes are all linked to mother experiences of intimate partner violence (IPV). The

severe health consequences and high incidence of DV testify to the need for better DV prevention and management techniques to be developed. Valid prevalence measurements and in-depth knowledge of epidemiology are both prerequisites for the creation of successful DV interventions.

A new qualitative study suggests that Indian women's experiences of DV may be distinct, even though many features of DV are universally common across countries. Non-partner DV perpetrators have a significant role in both nuclear and combined families, according to this research. A patrilineal family has male descendants living with their spouses, children, parents and unwed sisters. Control, psychological abuse, neglect, and social exclusion are all discussed in the context of the high frequency and near-normalization of these forms of abuse, as well as the occurrence of DV in women both young and old (as well as dowry harassment), as well as the control of reproductive choices and family planning.

Menon and Allen (2018), pointed out that overall, the reviewed research shows that DV affects Indian women at a significant rate, however, the stated prevalence rates for all types of DV vary greatly. According to the study's findings, the lifetime prevalence and standard deviation of psychological abuse was 22% (2–99%), physical abuse 29% (2–99%), sexual abuse 12% (none–75%), and DV in its many manifestations (41%; 18–75%). Studies done in low-income areas with high rates of drug addiction, as well as one at a hospital where self-reporting questionnaires enabled victims to feel more comfortable confessing domestic violence, contributed to some of the higher extremes. This year, the median and range of psychological abuse were estimated at 22% (11%–48%), physical abuse at 22% (9%–90%), and sexual assault at 7% (0%–50%), according to data from the previous year. Estimates ranged from 4–56 per cent for various types of DV to reach 30 per cent. In a study of women whose husbands were receiving alcoholism treatment, physical violence was found in 90% of cases. When numerous types of DV were examined, a greater prevalence of DV was as predicted. More commonly than any other kind of domestic violence, physical abuse was deemed to be the most common form of DV. The substantial inter-study variability of research designs and demographics limited comparison between studies, hence further statistical analysis beyond these descriptive data was not performed.

Dutt (2018), pointed out there have been several large-scale regional and worldwide studies, as well as single-state studies, in the past decade of quantitative India DV research. It has been difficult to draw causal inferences from this study since cross-sectional approaches have been employed nearly exclusively. To compare epidemiology across countries and regions, national and subnationally representative samples of greater size were utilised in the country and regional studies (average sample size: 25,857 women, range: 111–124,385). There was a greater focus on DV experiences in a given community in the single-state study, which employed smaller sample sizes (average: 1109 women, range: 30–9639).

According to Nieder et al. (2019), In India and South Asia, DV research has seen phenomenal development over the last decade. By offering an essential synthesis of epidemiological research throughout this vital time, our systematic review adds to the expanding body of data. It has been estimated that 3 out of 10 Indian women had experienced domestic violence in the last year, according to the studied literature, and 4 out of 10 have experienced it throughout their lifetime. South-East Asia (designated as India, Maldives, Sri Lanka, Thailand, Bangladesh, and Timor-Leste) has a WHO lifetime

estimate of 37.7 per cent, which is greater than the WHO projections for Europe, the Western Pacific (perhaps the Americas), and other regions. There is little doubt that domestic violence affects many Indian women's emotional, physical, sexual, and reproductive health as well as the high frequency with which it occurs.

2.2 Intimate partner violence: causes and prevention

Blanchard et al. (2018), pointed out that for decades, social scientists have debated the role of poverty, patriarchy, alcoholism, and aggressiveness in domestic violence. There is a fundamental problem with utilising epidemiological criteria for evaluating the aetiology of intimate relationship violence. For the most part, studies have been carried out in North America using data from shelters, government records or clinic samples. Many well-designed cross-sectional and ethnographic research on violence against women in developing countries have broadened the study base in the last decade. Since there has been an increase in the amount of data, researchers have been able to find relationships that apply to more than one context and critically examine theories. In addition, the processes by which many linked variables lead to intimate partner violence have been substantially advanced, helping to define the treatments required for primary prevention to a large extent.

Violence in intimate relationships is more complex than illness in terms of analysing, and it is not even close. While diseases often have a biological basis and occur in a social setting, intimate partner violence and other forms of domestic violence are purely the results of their social context. Because of this, it is necessary to study many social situations to better understand the reasons for such violence. The measuring of intimate partner violence has proven difficult, even though many illnesses can be studied objectively.

According to Paul and Mondal (2020), it is also difficult to quantify risk variables including the position of women, gender norms, and socioeconomic status across countries because of cultural differences. An agreement has formed on the necessity to investigate male and female components and features of relationship dynamics; however, this has been done in just a few research. When researching sensitive issues, interviewers must have the proper training and setting in which they conduct their interviews to ensure authenticity.

Sexual connections or attempted sexual ties, as in stalker violence, are the most common sources of intimate partner violence. The amount to which women engage in premarital and extramarital sexual interactions affects this connection's relationship to marital status, which changes depending on the situation. Marriage and domestic violence are tightly associated in nations like Nicaragua where such partnerships are uncommon. There is no correlation between marital status and violence when premarital sex is the norm. In North America, women who are separated or divorced are more likely to have had violent encounters; however, this has not been seen in other nations.

Patra et al. (2018), stated a lack of money and the stress it produces contributes to an increase in domestic violence. People of all socioeconomic backgrounds are affected by violence in nations such as the United States, Nicaragua, and India, but the poor are most vulnerable to it. According to a generally held belief, stress plays a significant role in the connection between poverty and domestic violence. Some experts believe that poor guys are more prone to commit acts of domestic violence because they lack the resources to deal

with stress. In certain cases, women's financial stability serves as a safety net, but not in others.

There is an added danger when just the mother works and the male stays home to care for the kids. To put it another way, research seems that poverty and economic disparity matter more than a partner's wealth or sense of agency in a relationship. When one side has an edge over the other, violence is often the result. No data on socioeconomic inequality at the communal or societal level, which has been demonstrated to have a significant role in other kinds of violence, are available to support this hypothesis.

Dasgupta et al. (2018), stated many factors, including education, money, and community role play a role in protecting women from intimate partner abuse, although not all are equally protective or do so in a direct way. High levels of education among women have been linked to lower levels of violence in various studies. Males, on the other hand, seem to have the same results. Social networks, self-confidence, and the ability to access societal information and resources are all ways to develop social and economic empowerment. Domestic abuse and female education have a tangled connection. Concerning both countries, the connection is fashioned like an upside-down U, protecting at every educational level.

Intimate partner violence is more common in countries where men are seen as more powerful than women. Many people in a society are affected by these ideals. The effect, for example, women's autonomy, political engagement, economic power, and participation in the arts and academics at a social level. It is these ideas that influence legislation, law enforcement, and the criminal justice system in general, as well as whether or not violence against women is criminalised and how law enforcement responds to reports of abuse. As a group, males who have conservative views about women's place in society are more prone to mistreat them.

Women who are more liberal in their views are more likely to be attacked. The more educated a woman is, the more liberal her views on her job and position are. Even while women are empowered by certain knowledge, this empowerment comes with an increased risk of violence until they have reached a sufficient degree for protective effects to take hold. Gender roles are always shifting, and women may be more vulnerable to abuse at this time.

Vranda et al.(2018), stated that women have another source of power in the form of social support. It has been suggested that having a strong network of friends and family might help shield one from becoming a victim of domestic abuse. Abusing males generally limits their victims' movements and social interaction, and as a result, abused women become isolated. Temporal concerns need to be clarified. Compounding this sense of isolation are the mental health repercussions of abuse on women, which may cause them to withdraw more within themselves, as well as the issues of compassion fatigue experienced by those expected to assist. Social assistance during marital difficulties has been linked to a higher risk of domestic violence, although this may be because some women are more inclined to open up about their marital difficulties when they become more serious.

Dharet al. (2018), pointed out physical violence is closely linked to verbal fights and high levels of friction in partnerships. Violent dispute resolution tactics and expressions of frustration and fury are common in relationships. When a spouse is contemplating leaving the marriage, there is an increased likelihood of violence. Stalking, murder, and attempted murder are more likely to occur when a woman leaves a relationship. Violence is

particularly likely to occur in conflicts involving women's breaches of gender norms or threats to male power. Using multiple logistic regression analysis, conflicts over violations of gender norms and the failure to satisfy societal notions of acceptable femininity are among the most important variables for the chance of intimate partner violence. There are dowry issues, female sterilisation, and not having children in South India; alcohol consumption, arguments about a partner's drinking, and many partners are all factors in South Africa. Cross-cultural disparities in anticipated gender roles or expressions of male privilege are reflected in the differences between the variables. Increased risk of all types of interpersonal violence is linked to alcohol intake.

Forrest et al. (2018), stated violence toward one's intimate partner has been explored by many experts as a learnt social behaviour that affects both men and women. In a variety of circumstances, the intergenerational cycle of violence has been reported. Children of mothers who have been beaten are more likely to abuse their spouses and, in some cases, themselves as adults. Daughters of women who have been abused are more likely to be beaten as adults, according to this study. Abuse by an intimate partner is more common among women who were beaten by their parents as children.

Women's status in a specific relationship (and culture) and normative violence in dispute seem to be required in an epidemiological sense. Intimate partner violence would not occur if one or both of these conditions were not met. Violent relationships between intimate partners are often the result of a complex interplay between a variety of factors. Using violence against women is a way for males to demonstrate their strength in contrast to the insufficiency of women. Because they cannot leave an abusive relationship, women in low-status relationships are often hindered by their lack of self-efficacy as well as the social and economic resources necessary to do so. Divorce and redress for abuse may be out of reach for women as well. Women's empowerment, on the other hand, protects them from violence at higher levels.

2.3 Representations of Gender in “Progressive” Domestic Violence Policy

According to Kuskoff and Parsell (2021), it is becoming more important for governments and legislators throughout the world to address the problem of domestic violence. The way politicians talk about domestic violence is critical to tackling the issue as a gendered one. This is significant in more ways than one. Policies' issue definitions may have a considerable impact on how social and service solutions are implemented. For the sake of addressing domestic violence successfully, many major modern thinkers and important international organisations say that recognising and interacting with gendered drivers of violence is essential. The United Nations Beijing Declaration and Platform for Action (1995) emphasises that governments and other players should adopt an active and visible strategy of mainstreaming a gender perspective in all policies and programmes. Taking a gendered approach to domestic abuse policy may have a significant influence on its long-term decline.

Krizsanand Roggeband(2018), stated feminist literature has extensively examined the influence of domestic violence policy conceptualizations on policy outcomes. In this study, it was shown that non-gendered regulations are often predicated on a false perspective of the problem, which acts as a barrier to domestic violence being dealt with effectively in reality. So far, no research has been done on how much gendered domestic violence law includes implicit assumptions and attitudes that limit its potential advantages.

Policymakers must understand the present constraints of current gendered domestic violence policies to continue refining and maximising the efficacy of their policies.

A critical discourse analysis (CDA) paradigm is used to evaluate an explicit gendered approach to domestic violence policy because of the benefits it has proved to give. This study focuses on the notion of language and how it is used in policymaking to create alternative representations of the subject at hand. This section begins with an explanation of our language when it comes to domestic violence. Next, people will review the research on domestic violence's gendered nature and examine how policy concepts of gender may affect policy outcomes.

Durfee (2021), stated several factors influence how domestic violence is defined and how it is dealt with in the public sector. The word "domestic violence" has been questioned, with some theorists suggesting that it ignores the issue's gendered dimension by using terms like "domestic violence" or "family violence." Rather than using terminology like "wife battering" or "violence against women," these theories propose adopting terms like "violence against women." Even while people recognise the necessity of conceiving and depicting this kind of violence as gendered, they utilise the term "domestic violence" in this essay. To depict crimes that are not related to domestic violence, such as a sexual assault by a stranger, using terms like "violence against women" may be misleading and harmful to women. However, the term "domestic violence" refers to violence perpetrated by one family member or intimate partner against another. To guarantee that our definition of domestic violence is compatible with Queensland's regulations, people utilise the phrase "domestic violence" as our main term. Although the term "domestic violence," does not explicitly refer to violence perpetrated by a man against a woman, it nonetheless connotes this kind of behaviour.

Whether or not domestic violence is regarded as a gendered problem has a significant impact on how policymakers convey and respond to the issue. Women's liberation movements in the 1970s and 1980s attempted to place domestic violence within the larger framework of gender inequality, patriarchy and power, but the public's focus shifted away from perpetrators of domestic abuse, undermining the violence's traditionally gendered basis. Anyone, regardless of gender, might be affected by domestic violence.

Bauer (2019), pointed out that domestic violence is a type of patriarchal control perpetrated by males on their spouses, according to renowned thinkers. Gender inequality and structural inequities are seen as the root causes of domestic violence, according to this agreement. Men's use of domestic violence against women may be facilitated by gendered power dynamics within partnerships and in society as a whole. Instead of blaming victims and offenders for domestic violence, this approach focuses on the gendered societal inequality and power connections that enable and condone domestic violence. Thus, a gendered perspective is primarily concerned with factors that contribute to domestic violence, rather than individual factors. In doing so, it goes beyond the idea of personal responsibility and looks at the larger systems and institutions that permit and normalise domestic violence in society. Gendered methods, on the other hand, are not impervious to criticism. Researchers fault gendered approaches for failing to take into account how women's experiences of domestic abuse are shaped by a variety of factors, including ethnicity, class, disability, age, religion, and sexual orientation.

Htun and Jensenius (2020), stated another problem with gendered approaches to domestic violence is that different social actors define and create gender in different ways.

In Big G's thinking, gender is seen as a stable concept that is closely tied to sex. Gender is seen as something that is performed and built through the behaviours of people. Gender constructions are influenced by social structures and power interactions on a much greater scale than is often recognised by those with a small g perspective. Approaches to domestic violence that disregard the gendered dimension of the abuse are often built on large G understandings of gender. Big G's understandings, even when they admit that men are the primary offenders, make it difficult to grasp the social dynamics that enable men to employ violence. This shows that gendered frameworks are not uniform and that the way these frameworks define gender affects attempts to combat domestic abuse.

It is possible to learn a lot about how governments see the role of gender in domestic violence by digging into policy rhetoric. An example of discourse is the employment of certain words and linguistic forms to convey a subject matter.

According to Yates (2020), Policies and other forms of dominant social discourse play a crucial influence in legitimising particular attitudes and actions and in shaping societal expectations about what constitutes proper conduct. Dominant discourses have influenced how domestic violence has been understood, the amount to which individuals' stories were believed, the gravity of the episodes that occurred and how policy responses and agencies were prioritised. Discourses on domestic abuse that do not take into account the experiences of both men and women might unintentionally entrench gender inequalities.

The scope of this problem has been studied critically by academics who have examined how government policy conceptualises domestic violence as a gendered issue and how this gendered conceptualization manifests itself in policy discourses. In domestic violence political rhetoric, the role of males is downplayed, and women are held to blame for the violence. Domestic violence, she claims, may be prevented from being seen as gendered if this rhetoric is used, and it may perpetuate ignorance of the cultural and structural elements that contribute to it.

Bauer (2021), stated that several implicit assumptions and ideals perpetuate the oppression of women in the policies, regardless of their gendered emphasis. As long as males have positions of power and authority, this perspective holds that the voices of women have less societal importance than men's. Men and women are urged to help each other cease domestic violence by changing one other's behaviour and encouraging each other to do the same. As a result, men are no longer held responsible for domestic violence but rather women are. Gender inequity is at the root of domestic violence, and laws like these help to maintain it.

2.4 Gender equality to prevent violence against women

According to Nigam (2020), when it comes to violence and gender, things become complicated. In our culture, gender norms have a significant impact on the roles and behaviours that women and men, children and adults, are expected to do. These standards determine what is considered socially acceptable behaviour for both men and women. There are many instances when one gender is more powerful than the other because of the variations in gender roles and behaviours. In many cultures, men are seen as superior to women because of their inferior social status and perceived dependence on them. Inequality between men and women affects every aspect of society. Health and access to

healthcare, employment and income levels, political engagement and representation, and education are a few examples of how they could contribute to gender disparity.

Gupta et al. (2019), stated violence against women is often exacerbated by gender inequality. The conventional attitude that men have the right to govern women makes females more susceptible to physical, emotional, and sexual abuse at the hands of their male counterparts, for example. They also make it more difficult for people affected to leave abusive relationships or get help. These include domestic violence perpetrated by a family member or an authority figure such as a police officer or social worker, as well as other forms of domestic violence such as rape and murder. Injuries, unexpected pregnancies, STDs (including HIV), anxiety and depression, murder, and suicide are just a few of the health consequences of such violence. For many years, it has been an integral part of violence prevention. Reduced violence against women is possible if the fundamental concepts and cultural norms that give birth to it are addressed, as well as if individuals from all backgrounds are included in the effort to correct these imbalances. Although these methods have been around for a long time and are well-known, very few have been subjected to any kind of scientific examination. To help reduce violence against women, this briefing examines some of the most innovative approaches to achieving gender equality. There are various forms of violence against women, but the emphasis of this briefing is on treatments aimed at preventing violence in intimate relationships and while dating since they have received the most research attention. Among them are:

2.4.1 School-based interventions

According to Brushand Miller (2019), gender norms and equality are addressed in school-based interventions to prevent the development of gender stereotypes in children and youth. Multiple programmes have been designed to address issues such as gender stereotypes, violence in romantic relationships, and sexual abuse of adolescents and young adults (18). Men's peer groups or mixed-gender youth groups may both benefit from these initiatives, which seek to raise awareness about intimate partner abuse, challenge gender conventions, and decrease its prevalence. Program assessments show encouraging results in reducing levels of genuine abuse against females, but these programmes' usefulness has not been consistently shown and studies have mostly focused on short-term outcomes (18–21).

In the United States, Safe Dates has been a success, as has the Youth Relationship Project in Canada. If one is 13 to 15, they should participate in Safe Dates, a school and community project for those ages 13 to 15. There will be an educational component, as well as a play, a poster competition, and training for community service workers. It also offers support services for young people who have been impacted by the illness. Four years later, participants in a randomised controlled experiment reported lower levels of physical and sexual antagonism toward their current dating partner after completing a one-month intervention programme.

2.4.2 Community interventions

Dlamini (2021), pointed out that to eliminate gender inequality, community initiatives often aim to empower women, increase their economic position (for example, via microfinance programmes), and alter gender stereotypes and conventions, among other objectives. This is a programme that has mostly been adopted in poor nations. In contrast

to the majority of community programmes, which include both men and women (either alone or in collaboration with them), a small number of them engage primarily with male peer groups to address issues of masculinity, gender stereotypes, and violence. Not only are they reinventing masculinity via dominance and control, but they are also actively working to eradicate violence against women when they participate in interventions. Every member of a community is affected by violence against women, and efforts to address the issue at a communal level are common. Attitudes and social norms that allow for domestic violence are addressed by other programmes in the local community. The Stepping Stones programme has been implemented in Africa and Asia to provide life skills training for HIV prevention. This curriculum has been well tested. Gender-based violence, HIV communication, interpersonal skills, and assertiveness are just some of the topics that are addressed via a variety of techniques. Single-sex groups of women and men attend 13 three-hour sessions at the same time. Mixed peer groups and community gatherings round out the programme.

2.4.3 Media interventions

Madgavkaret al. (2020), stated that media interventions use television, radio, the internet, and printed publications like newspapers and magazines to reach a wide audience and influence society. It is their goal to raise awareness, challenge preconceptions, and change behaviour. Public conversation and social interaction may also be influenced by media interventions to affect societal norms and values (e.g., the perception that masculinity is connected with aggressiveness). More research is needed on whether media campaigns may lower levels of violence in the home since it is difficult to quantify the impact of media interventions on attitudes toward gender norms and domestic violence awareness. Media interventions that begin by gaining knowledge of their audience's behaviour and involve them in the development of the intervention are the most effective, according to research.

This radio and television series tackles a variety of social issues, including violence in intimate relationships, date rape, and sexual harassment. As a part of the series, pamphlets with information are distributed around the nation. Gender-based violence was examined in the fourth series by conducting both pre-and-post interviews using random sampling and eight-month intervals. According to a recent study, viewers' attitudes against domestic violence shifted after seeing the Soul City series. According to the follow-up study, those who agreed that no woman ever deserves to be beaten had risen from 77% to 88%, while those who disagreed that women abused are expected to put up with it had increased from 68% to 72%. Researchers were unable to determine whether there was an impact on violent behaviour since certain opinions have not altered substantially. For example, as head of the home and able-bodied males are allowed to beat their wives.

According to Dharet al. (2022), Gender equality must be aggressively promoted if violence against women is to be prevented. There are several efforts to dismantle gender norms that give men more power and control over women. Several of these treatments have been well-researched, but additional assessments have required that focus on actual violent behaviour rather than just changes in attitudes or knowledge, both of which might be unrelated to violent behaviour. The effectiveness of several school-based programmes has been shown in the area of education. Most of these programmes have only been evaluated in the short term, therefore further research is needed to determine their long-term effects. School programmes may help prevent violence against women by addressing

gender norms and attitudes before they have a chance to take root. To question and rethink old ideals of masculinity, they are also excellent locations to meet men's friends and peers. The most convincing evidence supports the IMAGE and Stepping Stones initiatives. More research is required to see whether community programmes targeting male peer groups may affect attitudes about gender norms and violent behaviour. When it comes to addressing attitudes about gender norms and women's rights, media projects like Soul City in South Africa might be helpful.

2.5 Domestic violence in men's perspective

A spouse or a member of one's family might engage in acts of violence against oneself or another within the context of domestic violence. Victims of domestic violence should be on the lookout for warning signals including being chastised by their partners or spouses for trivial things, being forced to have sex against their will, being blamed for violent outbursts, and being watched over by their partners or spouses. Other warning indicators include the abuser controlling the victim's medicine usage, destroying valuable goods for the victim, and making threats against the victim and other family members.

Emotional, financial, and physical abuse inside a household might all be considered forms of domestic violence. Male victims of domestic violence are less likely to come forward than female victims. Men are assaulted by their female partners every 14.6 seconds, according to Barber. Male victims are often troubled by feelings of humiliation and a lack of direction after an act of violence has been perpetrated against them. 7.6 per cent of men in the United States have been a victim of domestic abuse. The NCADV reported that one in fourteen males had been physically attacked by their current, spouse, or past partner at some point in their lives. There are also 835,000 male victims of domestic violence each year, according to the NCADV (Lichtenstein& Johnson, 2009).

Males believe that they are unable to handle this issue because no one will listen to them and that any sort of therapy would not help them overcome their issues. Because they believe that domestic violence is a personal concern that they can handle on their own, male victims often remain quiet about their experiences and do not seek help from the authorities. As a result of the stereotype that domestic violence primarily affects women, abused males fear that they will not be taken seriously if they disclose their abuse to the authorities. Male victims of domestic abuse should expect to pay roughly \$400 for therapy. It was shown in research by the Centre for Disease Control and Prevention (CDC) that in many cases, it was the woman who struck first and that the violence was typically one-sided. About seventy per cent of the time, the perpetrator was a woman. Both straight and gay men and women have been victims of domestic abuse (McDonald et al., 2006).

In domestic violence, the idea of power and control are at the heart of the notion. Because it recognizes how economic, emotional, and social isolation all contribute to a vicious cycle, the Duluth Model also considers these other forms of abuse (Domestic Abuse Intervention Project, n.d.). Five of the six stages of the violent cycle are known as "normal behaviour," while the sixth is called "fantasy and planning". Assaulting a partner with a weapon or using physical force to exert control over an intimate relationship is defined as "physical abuse" in the context of domestic violence. An act intended to cause death, permanent disability, damage, or harm using physical force.

The reasons why men remain in violent relationships are diverse and varied. "Male Victims of Domestic Violence—When HE is the Victim" highlights some of these causes.

Men persist in abusive relationships for three primary reasons: taking responsibility, relying on the abuser for survival, and for the sake of their children. Victims of domestic violence who are men frequently bear responsibility for their abusers' actions because they believe they have done something wrong to deserve it. Another reason why male victims remain with their abusers is that they rely on their abusers for their emotional and financial well-being. Because of the children, men often choose to remain in their relationships because they believe that if they were to leave, their children would be forced to endure the same hardships that they have. It might be difficult to leave an abusive relationship. While leaving an abusive relationship, there are several procedures that victims should take, including calling for assistance and finding safe shelter. They should also avoid contact with their abusers as much as possible. If victims escape and do not follow these instructions, their abusers may get enraged if they are later discovered. Victims should think twice before re-entering a relationship since the ramifications might be severe (Hines & Douglas, 2010).

3. Findings

Some communities and areas in India are still being misunderstood when it comes to domestic abuse. In most research, women between the ages of 15 and 50 were the primary focus. Fewer than a dozen females over the age of 50 were interviewed about their experiences with domestic violence (DV), which may be exacerbated by factors such as infirmity, financial dependency, and culturally ingrained shame and dishonour associated with widowhood. Even though 43% of Indian women aged 20–24 married before the age of 18, people found little research analysing the DV experienced by pre-adolescents or early adolescents married as children (UNICEF, 2014). The experiences of women who are not married, who have been divorced or widowed, who are in relationships with people of the same sex, or who are in HIV serodiscordant or concordant partnerships are all excluded from the analysis of domestic violence.

4. Discussions

In India and South Asia, research on domestic violence has grown exponentially during the last decade. With this systematic review, people add to the expanding body of data by offering an essential overview of epidemiologic research conducted during this key era and by bringing attention to the scope and severity of the current pandemic in India. Domestic violence (DV) affects an estimated 4 in 10 Indian women throughout their lifetimes, and a third of these women report suffering DV in the last year. South-East Asia (designated as India, Maldives, Sri Lanka, Thailand, Bangladesh, and Timor-Leste) has a WHO lifetime estimate of 37.7 per cent, which is greater than the WHO figures for Europe, the Western Pacific (including the Americas), and maybe the Western Pacific.

While the prevalence of domestic violence is well-documented, the research reviewed here shows just how devastating it is for Indian women's emotional, physical, sexual, and reproductive health when it occurs often.

5. Conclusion

Using violence against women is a way for males to demonstrate their authority in contrast to the less powerful women. They may not have the self-efficacy or financial resources to

leave an abusive relationship and return home or live on their own when women have low social standing, which limits their capacity to take action against the abuser. Divorce or retribution for abuse may be out of reach for women as well. Women's empowerment, on the other hand, acts as a deterrent to violence at higher levels.

When violence against intimate partners is commonplace, the incidence of abuse rises, as do the penalties meted out to those who commit it. For both men and women, childhood experiences of domestic violence reinforce the idea that violence is acceptable, which increases the risk of men perpetrating violence and women accepting abuse (Semahegn et al., 2019).

Intimate partner violence is made more likely by alcohol's ability to lower inhibitions and provide a safe environment for punishment. Women's capacity to leave relationships, men's perception of themselves as successful men, and conflict over finances is all mediated by poverty and inequality.

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