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Domestic Violence: Causes, Consequences and Remedies

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Abstract

Domestic violence is usual by one person in a relationship to control the other partners may be married or not married heterosexual gay or lesbian, living together.

Violence can be criminal and includes physical assault, sexual abuse and starting. Although emotional, psychological and financial abuses are not criminal behaviours, they are forms of abuse and can lead to criminal violence. Anyone can be a victim: Victims can be at any age, sex, race, culture, religion, education, men and women. Children also can be victim.

Domestic violence may start when one partner feels the need to control and dominate the other. Abusers may feel this need to control their partner because of low self esteem, extreme jealousy, difficulties in regulating anger and other strong emotion, or when they feel inferior to the other partner in education and socioeconomic background.

Domestic violence occurs when a family members, partner or ex-partner attempts to physically or psychologically dominate another. That harms or injures the health, safety, well-being, whether mental or physical of the aggrieved person or tends to do so and includes; causing physical abuse, sexual abuse, verbal and emotional abuse and economic abuse.

Domestic violence also known as domestic abuse, spousal abuse, family violence, intimate partner violence.

Definition: According to the Merriam Webster Dictionary - Domestic Violence is or the inflicting of physical injury by one family or household member on another, also a repeated habitual pattern of such behaviour.

The US Office on violence against women defines domestic violence as a pattern of abusive behaviour in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Other definition adds that domestic violence can happen to anyone regardless of race, age, sexual orientation, religion or gender and can take many forms, including physical abuse, sexual abuse emotional, economic and physiological abuse.

Forms of Domestic Violence

All forms of domestic violence have one need to maintain control over the victim.

Physical

Physical abuse is abuse involving feeling intimidation. Pain injury, or body harm. Physical abuse includes hitting, slapping, punching choking, burning and other types of contact that result in physical injury to the victim. This pain can be experienced in any level.

Sexual

Sexual abuse is any situation in which force or threat is used to obtain participation in unwanted sexual activities. Sexual violence is defined by World Health Organization as: any sexual act attempt to obtain a sexual act, unwanted sexual comments or advance or acts to traffic, or otherwise directed against a person's sexuality using coercion, by any person regardless of their relationship to the victim, in any setting, including but not limited to home and work.

Emotional

Emotional abuse can include verbal abuse and is defined as any behaviour that threatens, intimidates, undermines the victim's self-worth or self esteem or controls the victim's freedom and making statements that damage the victim's self esteem is also forms of emotional abuse.

Emotional abuse includes forceful efforts to isolate the victim, keeping them from contacting friends or family.

Other is intended to climate those who might try to help the victim leave the relationship and to create a lack of resources for them to rely on if they were to leave.

Impact of isolation make damaging the victim's sense of internal strength and unable to escape from the situation.

Verbal

Verbal abuse may include aggressive actions such as name calling, blaming, ridicule disrespect and criticism. Manipulate others to submit to undesirable behaviour make other feel unwanted and unloved.

Economic

Economic abuse may involve preventing a spouse from resource acquisition, limiting the amount of resources to use by the victim, or by exploiting economic resources of the victim.

Cause of Domestic Violence

There are many causes of domestic violence. There are psychological that consider personality traits and mental characteristic of the perpetrator as well as social cause which consider external factors in the perpetrator's environment. Such as family structure, social learning etc. another cause are childhood socialization level of strain in a person's current life. People observe their parents abusing each other or who were

themselves abused may incorporate abuse into their behaviour within relationship that they establish as adults (Kalmuss & Seltzer, 1984).

- Psychological
- Jealousy
- Behavioural
- Social Stress
- Resource Factors
- Social Learning
- Power and Control
- Mental Illness
- Marital Conflict Disorder
- Alcohol or drugs

These are the cause of domestic violence.

Another cause is an environment. Where violence is either taught by example or accepted as "normal" will imprint upon a Childs psyche. A young boy may see his father come home from work drunk and angry, screaming at his mother. He watches his mother attempt to please and placate his father's drunker behaviour.

Domestic violence is often linked to poor self extreme. A child growing up in an a violent home is likely to leave any little self worth. He may be engaged in a pattern of negative self talk.

Drug and alcohol abuse may be a precursor to domestic violence. Substance abuse leads to art of control behaviour. The number one commonality within the dynamics of most alcoholic families is poor emotional health. This leads to secondary anger, which is an ineffective substitute for dealing honestly with emotions.

Effects

1. On Children

There has been an increase in acknowledgement that a child who is exposed to domestic abuse during their upbringing will suffer in their development and psychological welfare. Because of the awareness of domestic violence that some children have to face, it also generally impacts how the child develops emotionally, socially, behaviourally as well as cognitively. Some emotional and behavioural problems that can result due to domestic violence include increased aggressiveness, anxiety etc. Depression, as well as self esteem issues can follow due to traumatic experiences. Problems with attitude and cognition of schools can start developing, along with a lake of skills such as problem solving.

2. Physical Effects

Bruises, broken bones, head injuries, laceration and internal bleeding are some of the acute effects of a domestic violence incident that require medical attention and hospitalization are most of the physical effect of domestic violence.

3. Psychological Effects

Among victims who are still learning with their perpetrator high amounts of stress, fear and anxiety are commonly reported. Depression is also common as victims as made to feel guilty for 'provoking' the abuse and are frequently subjected to intense criticism. The most commonly referenced psychological effect of domestic violence is post traumatic stress disorder (PTSD) is characterized by Flashbacks, Intrusive Image, and Exaggerated Startle Response etc. In condition of, depression can be also developing suicidal behaviour.

Financial Effects

Due to economic abuse and isolation the victim usually has very little money on their own and few people on whom they can rely when seeking help.

Social Effect

The negative social effects can be the very thing restricts the victims ability to escape domestic violence:

Controlled access to services meant to help the victim.

Strained relationship with authority figures such as health care providers and employers. Isolation from family, friends and other supportive individuals.

Management

Domestic violence historically has been viewed as a private family matter that need not involve the government or criminal justice. Police officers were often reluctant to intervene by making an arrest, and often chose instead to simply counsel the couple or ask one of the parties to leave the residence for a period of time. The courts were reluctant to impose any significant sanctions on those convicted of domestic violence.

Medical Response

Medical professionals can make a difference in the lives of those who experience abuse many cases of spousal abuse are handled solely by physicians and do not involve the police.

In the US the institute of medicine recognized the shortcomings of the health care system in its 2002 report entitled confronting chronic neglect and attributed some of the problem cited to a lack of adequate training among health professionals.

Health professionals have an ethical responsibility to recognize and address exposure to abuse in their patients in the health care setting.

Counseling for Person Affected

Due to extent and prevalence of violence in relationship, counselors and therapists should assess every client for domestic violence. If the clinician is seeing a

couple for couple's counseling, this assessment should be conducted with each individual privately during the initial interview, in order to increase the victim's sense of safety in disclosing domestic violence in relationship.

Another issue in assessing clients for DV is in differing definitions of abuse - the therapist's definition may differ from that of the client, and paying close attention to the way the client describes their experiences is crucial in developing effective treatment plans. The therapist must determine if it is in the best interest of the client to explain that some behaviours are considered DV.

Prevention and Intervention

There are many community organizations which work to prevent domestic violence by offering safe shelter, crisis intervention, advocacy and education and prevention programmes.

Community screening for domestic violence can be more systematic in cases of animal abuse, healthcare setting, behavioural health setting and court systems.

Domestic Violence Act, 2005

One of the most important feature of the Act is the women's right to secure housing. The act provides for the women's rights to reside in the matrimonial or shared household, whether or not she has any little or rights in the household. This right is secured by a residence order, which is passed by a court. The other relief envisaged under act is that of the power of the court to pass protection orders that prevent the abuser from aiding or committing.

Another Solution

Effective solution for preventing intimate partner abuse include providing economic opportunity, mentors, role model who are survivors of domestic violence, organized community programmes for youth and families and a school environment that promotes prevention of abusiveness in any relationship. Adult family members can help prevent domestic violence by being nurturing and by providing consistent, structured supervision. Raising the awareness about intimate partner violence in society at large, as occurs during domestic violence. Everyone can help find ways to stop domestic violence, either by donating money or time to a domestic violence organization, learning more about the problem, teaching children about healthy versus abusive relationships, listening in a non-judgmental way to a domestic violence victim when he or she shares what they are going through and giving victims information about where to get help.

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