Exploring the Relationship Between Domestic Violence and Gender Inequality

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Abstract: The author of this work investigates the link between domestic violence and gender discrimination. Women, children, and men of all racial, cultural, and socioeconomic backgrounds are all at risk of experiencing domestic abuse. When men and women have unequal access to resources, domestic violence is more likely to occur. Inequalities in power between the sexes are examined in this research, along with their role in fueling domestic violence. The effects of domestic violence on victims and on society as a whole are also discussed. At the conclusion of the report, suggestions are made about how to lessen domestic violence and work to abolish gender disparities.

Purpose: This article will investigate the causes and effects of domestic violence on women and how gender inequality contributes to the problem.

Keywords: Domestic Violence, Gender Inequality, Sexual Harassment

Introduction: Domestic violence impacts millions of individuals worldwide. One third of women globally suffer some kind of intimate partner abuse in their lives, according data compiled by the "World Health Organization (WHO)". Men and children are as vulnerable to experiencing domestic abuse. Among the many factors that contribute to domestic violence, a significant one is the imbalance of power between the sexes. Unfair treatment on the basis of a person's gender is a kind of gender inequality, and it has its origins in institutionalized bias and discrimination. Both gender inequality and domestic violence are addressed and their causes and consequences are suggested in this research.

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Gender inequality and Domestic Violence

Domestic violence, often known as violence against intimate partners, affects a disproportionately high number of people. The World Health Organization (WHO), "any conduct inside an intimate relationship that causes physical, psychological, or sexual damage to persons in the connection" is considered domestic abuse (WHO, 2013). Although anybody in a close relationship is susceptible, women are disproportionately victimized by domestic abuse. One of the major factors that contributes to domestic violence is the imbalance of power between the sexes.

When we talk about men and women being treated unequally in society, we're talking about gender inequality. Discrimination, violence, and a lack of access to resources and opportunity are just some of the ways in which women are treated unfairly across the world. Domestic violence is an indicator of sexism since it stems from men and women still having unequal power dynamics.

Research shows that gender disparity has a crucial role in the emergence of intimate partner violence. Societies with a lot of sex discrimination tend to have higher cases of violence against women. Men resort to violence as a means of controlling their relationships because of the imbalance of power between them. However, due to the unequal distribution of power between the sexes, women are more prone to see violence as inevitable in their daily lives. Domestic violence may also be influenced by gender norms and social expectations. To provide one example, males who hold the view that women should be subordinate and obedient may resort to violence if their spouses fail to conform to these views. Women who reject normative gender norms and seek autonomy may be more likely to experience domestic abuse.

In addition, domestic violence may exacerbate existing inequalities between men and women by restricting women's access to resources and social networks. As a result, women who experience domestic abuse may be less able to support themselves financially and more reliant on their relationships.

Review of Literature

(Jewkes, 2002) studied "Intimate partner violence: Causes and prevention" and said that Intimate partner violence has limited socioeconomic and demographic risk factors, unlike many health issues. Poverty, however, increases danger

through affecting conflict, women's authority, and masculine identity. Conflict uses violence. Conflict, particularly concerning wealth, envy, and women's gender role breaches, is more violent than peace. Heavy drinking increases violence risk. Empowered women are best protected, but below this level the risk of assault is non-linear. Violence often solves masculine identity crises caused by poverty or failure to manage women. In civilizations where violence is the norm, violence risk is highest. Women's status, violence, poverty, and alcohol use should be primary prevention goals.

(Duvvury & Nayak, 2003) studied "The role of men in addressing domestic violence: Insights from India" and said that Men's ideals and behaviors must be discussed in a masculinity research. Men's violence requires knowing his identity and women's worth. Development affects not just males and masculinity but also women and gender equality. Development also affects men's values through changing economic class and social position based on race, ethnicity, sexuality, and age. Gender inequality is embedded in other oppressive systems. Disempowerment may unite men and women and spark societal change. Women and men must organize for social development to oppose oppressive attitudes and behaviors.

(Ackerson & Subramanian, 2008) studied "State gender inequality, socioeconomic status and intimate partner violence (IPV) in India: A multilevel analysis" and said that There is more research on the health effects of "intimate partner violence (IPV)" than on its societal causes. Multilevel modelling is used to evaluate data from 83,627 Indian women to investigate the racial, ethnic, and socioeconomic characteristics that contribute to the wide range of intimate partner violence (IPV) rates among states and communities. This research found that illiterate, disadvantaged, and impoverished women are more likely to report IPV than those from affluent homes. State gender disparity partly explains local and state IPV inequalities. The findings show that modifying cultural norms to elevate women and expanding educational and economic possibilities for everyone might reduce IPV.

(Gillespie, 2016) studied "Submission to the Senate Finance and Public Administration Inquiry into Domestic Violence and Gender Inequality" and said that Gender inequality has been connected to many different types of violence, including sexual violence, domestic violence, and violence within families. Since men are more likely to commit acts of violence against women and children, it is generally agreed that certain forms of violence are inherently sexist. Safe Steps, Victoria's statewide family violence response service, often witnesses the tragic results of this kind of abuse. Through our 24-hour family violence response program, we have direct testimony to the gendered dimension of domestic abuse. Safe Steps is grateful for the chance to provide evidence before the Committee linking domestic abuse and gender inequality and to advocate for policies that will help stop this epidemic.

Causes of Gender Inequality

Inequality between the sexes is a global problem that affects people of all colors and walks of life. Discrimination on the basis of gender is a pervasive problem in today's society, and its roots may be traced back to long-standing cultural mores. Inequalities in school, employment, and healthcare opportunities, as well as compensation and representation in government, are all examples of the many ways in which women are treated unfairly. Some of the most significant factors contributing to gender disparity will be discussed here.

1. Patriarchal social structures: Men govern politics, morality, social prestige, and property under patriarchy. Gender inequality is entrenched in patriarchal civilizations worldwide. Gender-based duties, obligations, and expectations are common under patriarchy. Men are the breadwinners and decision-makers, while women are restricted to the home and have limited access to education, jobs, and financial resources.
2. Gender stereotypes: Gender norms dictate how men and women should act, think, and feel. Media, schools, and families perpetuate these preconceptions. Gender stereotypes may hinder women's progress. Women are meant to be caring, emotional, and subservient, whereas males are powerful, logical, and authoritative.
3. Discrimination in employment and education: Employment and education discrimination exacerbates gender disparity. Women endure employment discrimination, including lower compensation, fewer promotions, and fewer leadership roles. Women work lower-more paying, low-status occupations. Education discrimination hinders women's economic potential and reinforces gender inequality.

4. Limited access to healthcare: Reproductive healthcare, particularly family planning and maternal health, may perpetuate gender inequity. Healthcare discrimination may hinder women's access to excellent treatment.

5. Cultural and religious norms: Cultural and religious standards reinforce gender roles and restrict women's prospects. Some communities expect young women to marry and have children, which might restrict their education and economic potential.

Impact of Gender Inequality on Domestic Violence

When men and women have unequal access to resources, domestic violence is more likely to occur. Men are conditioned to think they are better than women and should be able to choose how their relationships pan out. Women are conditioned to feel that they owe their male partners submission and obedience. Social and cultural conventions that stigmatize women who defy gender roles or claim their rights contribute to this power dynamic. One of the most common ways that males exert dominance and control over their female partners is via the use of physical violence. Domestic violence has far-reaching consequences, both for the individuals involved and for the larger community. Both the immediate and long-term health of an individual may be severely damaged by domestic violence. If a kid is present during domestic abuse, it might affect their emotional and physical well-being. Healthcare costs, missed productivity, and legal bills all add up to a hefty sum when it comes to the monetary toll taken by domestic violence. Homelessness, drug misuse, and criminal activity are just some of the societal issues that may be exacerbated by domestic violence.

Factors Contributing to Domestic Violence

The root causes of domestic violence are multifaceted and difficult to pinpoint. Gender inequality is a major issue, but there are other causes of domestic violence as well.

1. Cultural Factors: Domestic violence is mostly cultural. In certain cultures, domestic violence is tolerated. Traditional gender roles—men are powerful and aggressive, women are meek and obedient—contribute to domestic violence. In such civilizations, males may use violence to dominate their relationships, while wives may accept it as part of their job.

2. Social and Economic Factors: Social and economic reasons can increase spousal violence. Domestic violence is linked to poverty. Stress may lead to violence in families struggling to make ends meet. Unemployment and poor money may cause inadequacy and frustration, which can lead to domestic violence.

3. Psychological Factors: Psychological variables increase domestic violence. Abused children are more prone to be aggressive adults. Depression, anxiety, and domestic violence are connected. Mentally ill people may use violence to dominate their spouses.

Effects of Domestic Violence on Women

Women suffer serious physical, mental, and social consequences as a result of domestic abuse. Damage to one's body, such as broken bones, bruises, and wounds, may result from experiencing domestic violence. Health issues, such as chronic pain and impairments, may persist for a long time after experiencing domestic abuse. The emotional scars left by a violent relationship are just as deep. Studies have shown that "depression, anxiety, and post-traumatic stress disorder are more common among women who have experienced domestic abuse (PTSD)". They may also suffer from feelings of loneliness, embarrassment, and poor self-esteem.

Because of the stigma attached to seeking assistance or leaving an abusive spouse, victims of domestic abuse may find themselves socially isolated. "Because women may be discouraged from working or denied access to financial resources as a consequence of domestic abuse, it is no surprise that this factor contributes to financial insecurity.

Lifetime Physical and/or Sexual Intimate Partner Violence	29.30%
Physical and/or Sexual Intimate Partner Violence in the last 12 months	24%
Child Marriage	27.30%

Source of data: UN Women - Global Database on Violence against Women (https://evaw-global-database.unwomen.org/en/countries/asia/india?formofviolence=e1617fa638ca4041900fea9b9194c9d4)

29.3% of ever-married women aged 15-49 years experiencing intimate partner physical and/or sexual violence at least once in their lifetime. Source: International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21: India. Mumbai: IIPS.

24% of ever-married women aged 15-49 years experiencing intimate partner physical and/or sexual violence in the last 12 months. Source: International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), 2019-21: India. Mumbai: IIPS.

27.3% of women aged 20 to 24 years who were first married or in union before age 18. Source: UNICEF global databases, 2021, based on DHS, MICS and other nationally representative surveys."

Prevention and Intervention

A multimodal strategy that targets the underlying causes of domestic violence is necessary for effective intervention and prevention efforts. Key interventions and preventative measures for domestic violence include the following:

1. Education and Awareness: The cultural practices and attitudes that contribute to domestic violence may be challenged via educational and awareness-raising activities. Organizations in the community, such as schools and businesses, may help spread the word about the devastating effects of domestic abuse and advocate for healthier relationships.

2. Legal Frameworks: Domestic violence laws and regulations, and other similar legal structures, are crucial for enforcing accountability for abusers and providing safety for victims. It is the responsibility of governments to guarantee that their legal systems adequately protect victims and that offenders face consequences for their conduct.

3. Support Services: Domestic abuse survivors must have ready access to resources such as therapy, legal representation, and safe places to stay. These programs, which may assist victims of domestic abuse heal from their experiences and move on with their lives, are an area where governments and NGOs can play an important role.

4. Men's Engagement: It's crucial to include males of all ages in efforts to end domestic abuse. Men have an important part to play in combating harmful gender stereotypes and encouraging positive interactions between partners. Preventing domestic violence requires programs that deal with men and boys to address problems like masculinity, aggression, and power.

Recommendations:

Stopping domestic violence requires reducing gender disparity. A determined effort to alter cultural norms that support discrimination against women is necessary to bring about this shift. Promoting women's rights and questioning conventional gender norms are two ways to bring this about. Women need to have more opportunities for economic advancement, such as education, work, and access to capital. Also, there has to be a deliberate effort to use the law to punish those who commit domestic abuse.

Conclusion:

Women are more susceptible to domestic abuse, which is a widespread issue globally. Disparities in authority between sexes are a major cause of domestic violence. Preventing and responding to domestic violence requires addressing gender inequality. Cultural, sociological, and psychological elements also play a role in explaining why domestic violence is so common. A multimodal strategy that targets the underlying causes of domestic violence is necessary for effective intervention and prevention efforts. The method relies heavily on education, legal frameworks, support services, and men's participation. We can create a society where everyone is safe from physical and emotional abuse if we all work together to eradicate the causes of domestic violence. One of the many ways in which gender inequality contributes to and sustains domestic violence is via the suppression of women's rights. Changing social and cultural norms and practices is essential to solving both problems. To break out from stereotypical gender roles and fight for

equal rights, women need to be supported in all aspects of their lives, not just financially. Those who engage in acts of domestic abuse should face legal consequences for their behavior. Taking on issues like domestic abuse and gender inequality may help society move toward a more fair and equitable future for all members of society.

In sum, gender inequality is a pervasive problem that has several underlying causes that are reinforced by societal and cultural behaviors. Challenges to conventional gender norms, support for women's rights, and economic and social empowerment are all necessary to make headway against gender disparity. A more fair and equitable future for everyone may be achieved if gender disparity is addressed.

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