



Analytical Study of Domestic Violence & Strategies to Resolve: A Case of Pakistan

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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ABSTRACT

This paper discusses the common issue of domestic violence which remained in past times also. But in the present time, it has spread more seriously in developing countries like Pakistan. The purpose of this paper is to know about real causes of domestic violence and to seek its solution for a better future. As concerned, types of domestic violence, these are physical, psychological, emotional, sexual, economic and stalking. Therefore, according to its types, variants to strategies are required to resolve the concerned matter or issue. The fact is that poverty and financial problems generate many other problems. And the victims are of different age groups and both localities rural and urban. But the difference of violence occurs because of financial and social problems. Moreover, these problems become greater in absence of education level and low standarding of living. This is why, in urban areas, people have more awareness about their rights as compared to villages, so villagers have more problems and violences as compared to urban people.

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In short, in this paper, some strategies to overcome domestic violence and solutions has been briefly discussed to resolve the problem.

Keywords: Violence; causes; types of violence; strategies; solution; stalking; partner violence; poor families; domestic violence.

1. INTRODUCTION

Domestic abuse, so -called, "domestic violence", or intimate partner violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuser is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. Anyone can be a victim of domestic violence, regardless of age, gender, sexual orientation, faith or class [1].

Concerning the situation in homes, in the houses, mostly boys order girls into homes and they see this practice from male elders. So, in many cases, girls become victims because, in actuality, in developing countries generally and especially in poor families, patriarchal approaches may be analyzed due to their dominance in income and physical power.

1.1 Objectives of Research

- I-To know about causes of domestic violence;
- II- To explain types of violence;
- III- To know the gender differences at homes in developing countries like Pakistan;
- IV- To suggest some strategies at governmental level and community level and individual level;
- V- To find the solution to resolve or minimized the issue to some extent.

1.2 Limitation of Research

This research is limited to conditions of developing countries just like Pakistan.

Concerning the case of Pakistan regarding domestic violence, there is ambivalence, because some persons show behavior in favor of women while practically, their own domestic women are blaming them for neglecting their rights. Sometimes, some people use oily tongue with women in offices while they use rude behavior with women in their houses especially with wives. This type of hypocrite behavior, in actuality refers to the dual attitude of the people

in the society. As it is stated by scholar in these words:

"Domestic violence is a serious public health problem in Pakistan. It is a complex pattern of behaviors that may include in addition to physical acts of violence such as social violation & financial depression" [2].

In many families, sometime due to misunderstanding among the partners, behavior of one partner changes with the other or behaves in a rude manner. Sometimes, if one partner is addicted to any kind of drug, while the other dislikes this thing, in this way, this thing also creates problems among the partners.

2. CAUSES OF DOMESTIC VIOLENCE

As far as the causes of violence in homes are concerned, these are not similar because of variations in economic and social conditions of homes. Sometimes, because of infertility in women, male do not treat her wives in a true manner, while in such families, apparently, it seems there is no problem but infertility or fertility of only feminine gender also becomes an issue. So, it may not be stated clearly about the violence. Anyhow, some are pointed out that are most common in Pakistan, these are as under:

"There are many causes for domestic violence in Pakistan; poverty is one of the important causes for D.V. Literature supports the fact that there is a male patriarchal culture in Pakistan; usually the men have all the privileges & decision rights. Some of the reported facts are: domestic violence against women due to daily conflicts & disagreements between wife & husband on any decision, family oriented problems & choice preferences, etc. Moreover financial instability may force a man to vent his anger on his wife [3].

In Pakistan, in some families, if the wife is educated while the husband is ignorant, then this educated lady tries to implement his orders on her husband. And if a woman is in service, then this lady will have their own intention and will regarding implementations of decisions. And husband has to obey and follow his wife because

of superiority of education and employment. This is why it is stated, that it is considered generally that woman is victim while in some cases men are also victimized by women especially where woman is educated and doing job while husband is unemployed and uneducated. Sometimes, some problems arise because of misunderstanding among the couples. So, situations of violence may differ from one family to another.

According to Niaz U, HassanS [4], the causes of domestic violence are, Ancient traditions; Exchange marriages; Marriages with Quran; karo Kari; Honor Killing; Dowry and misinterpretation of religion [4].

It is a fact that in Pakistan, there are still such areas where old traditions create problems or there are such areas where old traditions are strictly implemented just like tribal areas and in many backward villages. Sometimes, many issues emerge because of exchange marriages. In exchange marriages, disputes between one couple affect the other couple. In this, four lives remain in danger till the life ends. Furthermore, in many families, boys can inform their choice about marriage but girls are restricted about the choice. If anyone has courage to inform about her voice, then more restrictions are implemented on her and sometimes she has to lose her education in response to the information.

In many families, due to the issue of dowry, girls remain unmarried especially in very poor families or in those families where the girls are more in number. In such families, where they are deprived of basic necessities or for survival of life, young girls have to work at homes to earn a very low level of income. The slogan of gender equality will be meaningless or useless or may be a joke with them because of their miserable conditions.

In many landlords and rich tribal families, due to fear of division of land, they keep their girls unmarried and for their satisfaction, it is stated that their marriage will be celebrated with the Holy Quran. This is not only deception with these girls but it is a joke of Islamic teachings from the followers and believers of Islam. This thing refers to how much they are well wishers of their girls or their property. Furthermore, from this, it may be analyzed that at what level they follow Islamic teachings. This thing also clearly shows that they are believers in theory or practice?

As far as the literacy situation in Pakistan is concerned, it is not so desirable and remarkable because in Pakistan, still there are such tribes and such areas where women are not allowed to go out of her homes without her elders. In such families, this why, mostly women are not only deprived from getting education and their rights also but in some areas they have no sense about their rights as some them think that being a woman means to remain at home for men's service. As scholar mentioned that:

"In Pakistan, every third woman is illiterate & hence unaware about her rights " [5]. So, in a society, where they are still deprived of getting education traditionally, then about other rights, the situation may be easily estimated. But at government level, policies are projected just to increase the education in papers without allocation of suitable funds and incentives to the poor people or orphan children. This is why the poor remain poor as time passes and his economic condition becomes more miserable as his children increase in number and grow in ages due to limited income resources and non availability of government support just like Canadian government support to parents and children. Now, different types of domestic abuse are discussed in the following lines.

Types of Domestic Abuse/Violence:

These are as under:

- 1. Emotional abuse:** In many houses, sometimes, women are emotionally abused by their husbands because of their habits or routine work. Due to this, women's emotions are discouraged so they feel insecure, so conflicts and disputes arises between the partners.
- 2. Psychological abuse:** Sometimes, if the husband is handsome while the wife is just simple then the sister in law curses this wife because of brother's beauty or wealth. This thing not only disturbs the family relations but it creates clashes among partners. Sometimes, some women are cursed in families because of infertility or because of only one, feminine gender. In it, it is neglected that the problem lies because of which partner.
- 3. Economic abuse:** In some families, if one partner is poor as compared to the other fellow, then the relatives of rich partners curse the other partner because of his or

her financial condition. In it, it is neglected whether both are content with their life or not? Sometimes, in families, some person's want to disturb their happy marital life because of their own desires and personal nature or because of prejudice.

4. **Physical abuse:** Sometimes, in some families, where the husband prefers to use his hands more than tongue, so in case of difference of opinion, some men think it is an insult so they beat physically to cool their anger or to depress the other partner.
5. **Stalking of abuse:** Sometimes, in some families, men threaten the women about the word divorce. The women especially, the daughters of poor fathers or who have not strong will to do family for survival, they remain in shyness and they cannot present their views and opinions in fear of word divorce. In this way, these partners spend a life, just a former life rather than spending a happy life.
6. **Sexual abuse:** In some families, in some marriages, if little girl is arranged with aged man or long and fat, having heavy physique, so little girls are sexually abused without thinking her desire and will. In this way, this resembles neglecting the 'kufw' aspect in doing such mis-matched marriage.

After discussing the types of violence, now government level steps to reduce or eliminate the violence, these are discussed as under:

3. STEPS OF GOVERNMENT OF PAKISTAN AGAINST DOMESTIC VIOLENCE

The ministry of Human Rights (MOHR) Pakistan started a free, nationwide helpline to report domestic abuse cases in an attempt to end violence against women. People can report cases by calling 1099 or downloading the Ministry's rolled out App Helpline 1099. Furthermore, human rights commissions for women are established under district women officers so that women could share their feelings without hesitation to their same gender fellow.

Moreover, in case of any type of harassment by men, women can file their complaint to their concerned district commissioned officer to resolve their domestic issue without any fear and without paying any kind of fee.

Five Things to reduce Domestic Violence: Jonathan Colin mentioned that five things can be

applied to reduce the domestic violence, these are as under:

- I. Help women to become economically independent;
- II. Change the way family courts handle cases involving domestic violence;
- III. Increase funding for support services;
- IV. Make penalties for domestic violence consistent & firm;
- V. Keep trying prevention programs, scale up the most promising ones & study how well they work [6].

As Colin J. Stated if we want to eliminate violence then it is necessary that women have to be independent economically otherwise dependent has to follow the Independent's opinion. And without getting proper education and advanced skills, they are unable to stand as independent. But one point to be noted is that it does not mean, after becoming independent, or financially better, they start competition with their fellow partner. It is sorrowful to note that in many families where both husband and wife are employed, working or earning jointly or separately in different departments, in these families, each one tries to spend the other's income first. And sometimes both try to hide his or her real income. This type of situation is not better for those couples who want to lead a happy life. And sometimes, in some families, where the wife is earning with her husband or has more income resources than the husband's income, but some wives hide their income from husband or show that income is spent but in actual, they are giving money to their parents, their younger sisters and brothers as a help or cooperation. In such families, if the husband bears this and remains silent deliberately on this issue, they spend time just being a formal family rather than a happy family. And if the husband does not remain silent or wants to know expenditure and about earnings then problems arise from the opposite gender. But in such a situation, if both of them give money with mutual proposals then the situation will become calm and peaceful.

Solution for violence:

- I. Media intervention;
 - II. School Based Intervention;
 - III. Community Interventions;
 - IV. Micro Financing to empower women;
 - V. Challenging Gender norms & attitude;
- It is a fact that about the rights of people, the media can play an important role to raise

awareness of basic rights and responsibilities. But besides this, this will not be effective in those areas where people are deprived from their basic rights, i.e. water, shelter and electricity. In these areas, media's coverage will be missing, so no fruitful results can be expected.

As far as school-based intervention is concerned, curriculum and teachers can do their role to resolve domestic violence. With community intervention, at different offices, and other public places, pastors and hoarding against violence may be hanged. With micro financing women may be encouraged to start their business at home level to increase their income and become independent. Furthermore, on the whole, it is necessary for all of us to give equal rights to daughters just like sons and similarly the right of inheritance must be ensured.

As scholar stated about the prevention of violence, that is:

The promotion of gender equality is an essential part of violence prevention [7].

It is a fact that gender equality may be useful but in many cases, it remains in a theoretical manner while, practically, a patriarchal attitude is adopted especially in village areas or by the landlords who are resting in city areas.

Threats of violence, against women decrease when women become independent and gender role becomes flexible [8].

It is a fact that because of economic problems, many girls have to bear many unsuitable demands of men but when women are independent and earning a lot of income then many husbands try to please their wives to get benefits from their income or earnings. It becomes wrong when women forget their gender in earning and want to keep relations with foreigners or with other men of society, this thing creates problems and makes her role of earning doubtful in the eyes of other members of society. In this way, there is danger of marital life in the presence of another person.

Domestic Violence is more than just a relationship issue, it is crime. Solutions to domestic violence need to include both short term strategies. Short term strategies should be made up of assistance programs that defend women who are witnessed of abuse or currently being abused. While long term, strategies include

educating the public and empowering the victim to reinstate her life without violence. In it, seminars, workshops & others are included [9].

By adopting both types of strategies, short term and long term, situations of violence may be decreased or minimized but it should be noted that in all the situations of violence, only men are not responsible because in some cases situations of violence arise because of a negative role or relation of some women. Therefore, being a woman of an Islamic Society, they have to perform their roles just like the women companions of Holy prophet and wives of companions of Holy Prophet who stood in the field of war with men to support but at home they remained as women to perform their duties as kind mothers for their children [10,11].

According to Azmat et al. [3] There are four levels to control domestic violence, these are firstly individual level, secondly at family level, thirdly at community level while fourthly is at society level [3].

Therefore, every person will play its role to end violence and practically, in families, tolerant behavior will be adopted then marital lives become happy lives. At community level, in our offices, true treatment can end violent attitudes regarding females. In this way, it is hoped that society may lead without violence behavior. This means all demands practical steps rather than theoretical. With practical implementation at individual level to society level with long term policies may change the violent attitudes.

4. CONCLUDING REMARKS

In recap, it may be stated that without solving the financial and economic problems of the poor in developing countries, to think about elimination of domestic violence will remain only a dream. Similarly, without educating the women at rural level, they cannot become independent in earnings. Therefore, till the cent per cent rural women are educated, all policies will remain lacking in empowering the women. Furthermore, the bitter truth is that every gender has to perform duties that are required to them, because negation of natural laws does not create positive things. Therefore being women, they have to perform their roles in a better way in their houses. In this way, they can lead happy, peaceful and marital lives. It should be noted that only demanding rights cannot solve the issue, but issues are solved with performing their

required duties also. Otherwise, the situation will be just as everyone wants to get his rights but does not want to perform his duty as required. In short, with solving social and economic problems, and providing basic necessities to the poor people, it may be hoped to eliminate or minimize violence attitudes in the houses as well as in the societies.

DISCLAIMER (ARTIFICIAL INTELLIGENCE)

Author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc) and text-to-image generators have been used during writing or editing of manuscripts.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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