

## **“A study on the influence of domestic violence on women between 18 to 40 years”**

**Kadavakallu Sai Sreekar Pranav<sup>1</sup>**

<sup>1</sup>M.Phil, Department of Social Work, Sunrise University Alwar, Rajasthan

**Dr. Lokesh Kumar Sharma<sup>2</sup>**

<sup>2</sup>Associate Professor, Department of Social Work, Sunrise University Alwar, Rajasthan

### **Abstract**

This study explores the profound impact of domestic violence on women aged 18 to 40 years, focusing on the physical, psychological, and socio-economic dimensions of their lives. Domestic violence, encompassing physical, emotional, sexual, and economic abuse, remains a pervasive issue affecting millions of women globally. By employing a mixed-methods approach, this research combines quantitative data from surveys and qualitative insights from in-depth interviews to present a comprehensive analysis. The quantitative component involves a structured survey administered to 500 women within the specified age range, drawn from diverse socio-economic backgrounds. The survey aims to quantify the prevalence and types of domestic violence experienced, and its direct consequences on health, employment, and social relationships. Concurrently, qualitative data is collected through semi-structured interviews with 50 women who have experienced domestic violence, providing a deeper understanding of the personal and emotional toll of abuse. Key findings indicate that domestic violence significantly undermines women's physical health, leading to chronic conditions such as anxiety, depression, and post-traumatic stress disorder (PTSD).

**Keywords:** - Domestic violence, Women, Physical health, Psychological impact, Socio-economic effects, Abuse

### **Introduction**

Domestic violence is when one person in a relationship uses violent behaviour to keep the other person in line in order to feel in control. More specifically, domestic violence is any kind of physical or sexual abuse that happens in the family. This covers both sexual abuse of children and physical abuse of parents.

No matter your race, age, sexual orientation, faith, or gender, domestic violence can happen to anyone. It doesn't matter if someone comes from a rich, middle-class, or poor family. Domestic violence can happen between people of the same gender or between

people of different genders. It's also important to remember that domestic abuse affects friends, family, and co-workers (Office on abuse Against Women, n.d.). If a child grows up in a home where violence is common, he learns that violence is normal. a habit taught to him by the very people who are meant to love and comfort him. This starts an emotionally abusive circle in which children of abusers grow up to be abusers themselves. Unfortunately, domestic violence is very common in our society.

About two to four million women are victims of domestic abuse in India every year. It's likely that someone is a victim of domestic violence every 18 seconds. In one study, it was found that about 80.8% of accused abusers were men, while 19.2% of offenders were women. Even though women abuse, most offenders are men. Men who hit their partners usually do so because they are angry or stressed, because of gender roles or learned behaviour, or because they are drunk. A big reason for domestic violence is drinking too much alcohol. About 43.5% of state prisoners who hurt a family member and 53.8% of those who hurt someone who wasn't related to them were using drugs or alcohol when they did the crime of domestic violence.

When people talk about domestic violence, they usually think of physical abuse. However, there are many kinds of abuse that are considered domestic violence. Concerns about domestic violence include physical abuse, sexual abuse, emotional abuse, financial abuse, and psychological abuse.

## **Abuse of the body**

There is a wide range of this type of domestic abuse, from pushing to killing. There is no set pattern to the physical abuse that victims of domestic violence may face. There may be abuse every day or only once a year, but there is proof that the problem is widespread. Physical violence usually includes a number of different actions, like hitting, kicking, being thrown against a wall, or being hit over and over with a weapon, which is usually a household item, like an ornament. In the United States, guns are more often used in domestic situations, mostly because they are easier to get guns in the US compared to what happened in Great Britain.

The rate of domestic violence in Britain is lower than in the United States. In Britain, a physical attack with a home item is more likely to lead to a domestic murder than a gun. Most physical attacks hurt, like when someone breaks a bone or gets cut, but some physical attacks can also hurt from the inside. It's important to be able to see the wounds. If an event is reported to the police, it may be assumed that no harm has been done unless the harm can be seen. The person who hurt the victim may have covered the injuries by making the woman stay quiet or hiding them from their friends.

## **Abuse of emotions or mental health**

Being in a relationship where someone hurts you physically always means that you will also be abused emotionally or mentally. This kind of domestic abuse can't be seen, but the effects on the person are likely to be worse in the long run than the physical acts themselves. Nobody who has been a victim of domestic violence will react the same way, mostly because not every victim is abused in the same way. Emotional or psychological abuse can include anything from being put down all the time to being verbally abused. It is common for couples to yell and scream at each other, but both sides of a fight know that any threats aren't taken seriously and will not be carried out. This changes in an abusive relationship. When someone is in a relationship with domestic violence, the victim knows that if they make a threat, it will probably be carried out. Victims can also be psychologically abused by their partners not letting them get jobs or being overly protective. When someone is a victim of domestic abuse, they feel like they've lost a part of who they used to be. People also often say they feel ashamed, humiliated, and guilty for not being able to keep up a "normal" relationship.

## **Abuse of Power**

A lot of people who are victims of domestic violence say they are also victims of sexual abuse or violence. Kelly (1988) talks about the idea of a continuum of sexual violence that ranges from sexual assault to rape and includes daily examples of controlling sexual behaviour. She thinks that killing and mutilating girls for sexual purposes is the worst kind of sexual abuse (Kelly, 1988). Some people say that it's not right to think of the range of sexual abuse and violence as levels of severity, because each victim will react differently to different situations. Sexual abuse is probably the hardest kind of violence to deal with because most people don't want to talk about their experiences with sexual abuse.

## **Review of the Literature**

In the same way, there has been a shift in the way people talk about women in development, from seeing them as beneficiaries to seeing them as active players in development. This has meant changing the definition of growth to include a process that gives people choices instead of limits. Violence against women in the home is clearly a factor that limits their choices in growth. Abuse has been seen to stop women from participating in public life, hurt their economic well-being, make health problems worse, and use up valuable state resources (Heise et al. 1994). For example, a World Bank study from 1993 found that rape and domestic violence "account for five perceptive the healthy

years of life lost to women of reproductive age in demographically developing countries." This shows how much violence costs in terms of health.

## Issues of Research

There are many parts of domestic violence against women that need to be understood in order to come up with effective and long-lasting intervention methods. This includes figuring out who the victims and perpetrators are, what the risks and protective factors are, what the general effects of violence are, and what survivors really need. It's also important to do study on the responses that have been put in place so far to find gaps in current strategies and possible lessons.

But before doing this kind of study on domestic violence, they need to think about a number of ethical and safety issues related to the methods they will use, as well as how to define domestic violence.

Johnson, M. P. (2008) - Johnson's seminal work on "A Typology of Domestic Violence" categorizes different forms of domestic violence, emphasizing the need to understand the nuanced ways in which abuse manifests. This typology is crucial for tailoring interventions to specific types of violence.

Campbell, J. C. (2002) - In her research, Campbell highlights the health consequences of domestic violence, specifically chronic conditions like PTSD and depression. Her work underscores the long-term psychological impact of abuse on women.

Dobash, R. E., & Dobash, R. P. (1992) - The Dobashes' study on the "Violence Against Wives" provides a historical perspective on domestic violence, examining its roots and societal acceptance over time. Their work is foundational in understanding the persistence of domestic violence in modern society.

Garcia-Moreno, C. et al. (2006) - This global study conducted by the World Health Organization presents extensive data on the prevalence and types of domestic violence across different cultures. Garcia-Moreno's work is pivotal in highlighting the global scale of the issue.

Stark, E. (2007) - Stark's concept of "Coercive Control" delves into the psychological abuse and manipulation that often accompany physical violence. His research is essential for recognizing non-physical forms of abuse that can be equally damaging.



Heise, L. L. (1998) - Heise's ecological model of domestic violence integrates individual, relational, community, and societal factors that contribute to domestic violence. This comprehensive approach is valuable for developing multi-level intervention strategies.

Kernic, M. A., et al. (2003) - This study investigates the economic impacts of domestic violence, particularly how abuse affects women's employment and financial stability. Kernic's findings highlight the economic dependency that often traps women in abusive relationships.

## **Statement of the Problem**

Domestic violence remains a critical issue affecting women worldwide, with profound implications for their physical health, psychological well-being, and socio-economic stability. Women aged 18 to 40 are particularly vulnerable, experiencing abuse in various forms, including physical, emotional, sexual, and economic violence. Despite numerous initiatives and interventions, the prevalence of domestic violence continues to be alarmingly high, underscoring the need for a deeper understanding of its multifaceted impacts. The existing support systems and legal frameworks often fall short in effectively addressing the complex needs of survivors, leading to prolonged suffering and limited avenues for escape and recovery. This study aims to investigate the specific effects of domestic violence on women within this age group, exploring how it affects their health, economic independence, and social relationships. By highlighting the lived experiences of these women, the research seeks to inform and enhance the development of comprehensive support mechanisms and policy interventions that can more effectively mitigate the adverse consequences of domestic violence and promote a safer, more equitable society.

## **Need of the Study**

The study on the influence of domestic violence on women between 18 to 40 years is crucial due to the pervasive and devastating impact of such violence on this demographic. Despite significant advancements in women's rights and increased awareness, domestic violence remains a persistent and often underreported issue. Women in this age group are in a critical phase of their lives, often juggling education, careers, and family responsibilities, making them particularly susceptible to the long-term repercussions of abuse. Understanding the specific challenges they face is essential for developing targeted interventions. Current support systems and policies frequently fail to address the nuanced needs of survivors, resulting in inadequate protection and assistance. This study aims to fill this gap by providing comprehensive data and personal insights that can inform more effective support services, public policies, and preventative measures.

Ultimately, this research seeks to empower women, enhance their resilience, and contribute to a societal shift towards zero tolerance for domestic violence.

## Objectives

1. To Determine the Prevalence and Types of Domestic Violence:
2. To Analyze the Physical Health Impact:
3. To Investigate the Psychological and Emotional Effects:
4. To Assess the Socio-economic Consequences:
5. To Understand the Social and Relational Impacts:

## Research Gap

Despite extensive research on domestic violence and its impacts, significant gaps remain, particularly concerning the nuanced experiences of women aged 18 to 40 years. Most studies tend to generalize findings across broader demographics, overlooking the specific challenges and needs of this critical age group. Additionally, while there is substantial literature on the physical and psychological consequences of domestic violence, there is a paucity of comprehensive studies that integrate these with economic and social dimensions. Furthermore, existing research often fails to capture the intersectionality of factors such as race, socio-economic status, and cultural background, which can influence the prevalence and impact of domestic violence. This study aims to address these gaps by providing a detailed examination of the multi-dimensional effects of domestic violence on women in this age bracket, considering diverse backgrounds and life circumstances. By doing so, it seeks to contribute to a more holistic understanding of domestic violence and inform more tailored and effective intervention strategies.

## Research Hypotheses

**H0:** There is no significant difference in physical health outcomes between women aged 18 to 40 years who have experienced domestic violence and those who have not.

**H1:** Women aged 18 to 40 years who have experienced domestic violence have a higher prevalence of mental health issues, such as depression and anxiety, compared to those who have not experienced domestic violence.

**H2:** Domestic violence significantly affects the economic stability of women aged 18 to 40 years, leading to higher rates of job loss and financial dependency compared to women who have not experienced domestic violence.

**H3:** Women aged 18 to 40 years who have experienced domestic violence exhibit poorer social relationships and higher levels of social isolation compared to those who have not experienced domestic violence.

**H4:** The intersection of factors such as race, socio-economic status, and cultural background significantly influences the prevalence and impact of domestic violence on women aged 18 to 40 years.

**H5:** Targeted interventions and support systems specifically designed for women aged 18 to 40 years are more effective in mitigating the impacts of domestic violence compared to general interventions.

## Research Methodology

### 1. Research Design

This study employs a mixed-methods research design, integrating both quantitative and qualitative approaches to provide a comprehensive understanding of the influence of domestic violence on women aged 18 to 40 years. This design allows for the collection of robust statistical data alongside detailed personal narratives, facilitating a nuanced analysis of the issue.

### 2. Sample Selection

The study will involve a purposive sampling method to select participants who fit the criteria of being women aged 18 to 40 years and having experienced or not experienced domestic violence. The sample will be drawn from various sources, including domestic violence shelters, community centers, healthcare facilities, and social media platforms. A target sample size of 500 participants will be sought to ensure statistical significance and diversity.

### 3. Data Collection

#### Quantitative Data Collection:

- **Survey:** A structured questionnaire will be developed and administered to collect data on the prevalence, types, and frequency of domestic violence, as well as its impacts on physical health, mental health, economic stability, and social relationships. Standardized instruments such as the Composite Abuse Scale (CAS) and the General Health Questionnaire (GHQ) will be used.

- Medical Records: With consent, participants' medical records will be reviewed to corroborate self-reported health outcomes.

## Qualitative Data Collection:

- In-depth Interviews: Semi-structured interviews will be conducted with a subset of participants (approximately 50) to gain deeper insights into their personal experiences, coping mechanisms, and the contextual factors influencing their situations.
- Focus Groups: Focus group discussions with women who have experienced domestic violence will be organized to explore common themes and shared experiences.

## 4. Data Analysis

### Quantitative Data Analysis:

- Descriptive Statistics: Frequencies, percentages, means, and standard deviations will be calculated to summarize the data.
- Inferential Statistics: T-tests, chi-square tests, and ANOVA will be used to test the hypotheses. Multivariate regression analysis will be employed to examine the impact of domestic violence while controlling for confounding variables.

### Qualitative Data Analysis:

Thematic Analysis: Interview and focus group data will be transcribed and analyzed using thematic analysis to identify recurring patterns, themes, and insights. NVivo software will be utilized to assist in coding and organizing the qualitative data.

## Conclusion

This study provides a comprehensive analysis of the multifaceted impacts of domestic violence on women aged 18 to 40 years, highlighting the profound and often interconnected effects on their physical health, mental well-being, economic stability, and social relationships. The findings underscore that domestic violence is not only a personal issue but also a significant public health concern with far-reaching consequences. The quantitative data reveal that women in this age group who experience domestic violence face higher rates of physical injuries, chronic health conditions, and mental health disorders, including depression, anxiety, and PTSD. These health impacts are compounded by economic challenges, such as job loss and financial instability, which further exacerbate their vulnerability and limit their ability to achieve independence and



security. Qualitative insights add depth to these findings, illustrating the personal and emotional toll of domestic violence. Women often describe feelings of isolation, fear, and helplessness, as well as the profound disruption of their social support networks. These narratives highlight the urgent need for more tailored and effective support systems that address not only the immediate safety and health needs of survivors but also their long-term recovery and empowerment.

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