



CONCLUSIONS, LIMITATIONS, SUGGESTIONS AND IMPLICATIONS

The present chapter has stated the significant findings in the form of conclusions. It has also described the limitations of the present study which further helped in stating suggestions for future research. The practical implications of this study have also been discussed in this chapter.

6.1 CONCLUSIONS

The findings of this study is summarised in the following manner in relation to the theoretical expectation (hypotheses) set forth for the study:

Women victims and non-victim women differed significantly with respect to their anxiety (state and trait), perceived stress, coping strategy (engagement and disengagement coping), suicidal ideation and social support. Women victims had more anxiety, perceived stress and suicidal ideation than the non-victim women. Further women victims used more disengagement coping strategies and had less social support in comparison to their non-victim counterparts.

Age of the women victims of domestic violence had no significant impact on their anxiety (state and trait) level, perceived stress, coping strategy and social support. However in case of suicidal ideation of the violence victims, significant impact of age was revealed.

Residential area of the victims of DV had no significant impact on their perceived stress, coping strategy, suicidal ideation and social support. However, residential area of the subjects had a significant impact on their anxiety level (state and trait anxiety).

Finally educational and economic status of the women victims of DV has no significant impact on their on their level of anxiety (state and trait), perceived stress, coping strategy, suicidal ideation and social support. So it can be concluded that any kind of domestic violence affects the mental health status of women victims equally irrespective of their educational and economic status.

6.2 LIMITATIONS OF THE STUDY

1. The study was conducted among women of 18 to 50 years only.
2. The present study was limited to only married women. It did not examine the mental health status of widowed, separated or unmarried women victims.
3. The study did not explore the impact of community, religion, employment status, family type, marriage type (love marriage/arranged marriage) on the mental health status of the victims of domestic violence.
4. The study did not reveal the mental health status of the perpetrators and how that affect the pattern and extent of violence directed towards women victims.

6.3 SUGGESTIONS FOR FUTURE RESEARCH

1. For generalizing the findings of the present study in true sense, future research may be conducted with larger sample size of women victims of domestic violence.
2. Future research may be conducted on the impact of specific forms of violence such as physical, emotional, sexual, verbal and economical on the mental health status of women.
3. Research may be conducted on women above 50 years of age as DV is also prevalent among those groups of women.
4. Impact of the certain variables like religion, community, family type, family environment, occupational status of the victims on their mental health and wellbeing may be explored in future studies.
5. For exploring DV in detail, future research may be conducted exploring the causal factors in a comprehensive manner.
6. Finally, it would be interesting to examine the abusers' characteristics and personality traits that provoke them to display hostility and aggressive acts towards their partners. So future research may be conducted on this area to reveal various factors that perpetuate hostile attitudes and behaviours towards women.

6.4 IMPLICATIONS

Findings of the present study have varied implications for the women victims of DV, family members of victims, social workers, medical practitioners and policy makers. The present research has provided the documentary evidence that women victims of DV suffer from several mental health problems and they use negative coping strategies to deal with their situation. Hence the present research demand immediate attention of the medical health practitioners and policy makers for providing proper interventions to the violence victims so that they may feel less stress and strain which may in turn help them to cope effectively with their problems and thus they can lead a healthy and productive life. The findings of the study further added that the victims of domestic violence tend to seek less support from their family and friends which again demand immediate attention from the support providing agencies to respond to the needs of the concerned women in their crisis situation so that they can get immediate help as and when they require. Government need to provide more psychological centers in urban as well as rural areas so that women can share their problems easily to get relief. Institutional services need to be more public friendly rather than service oriented.

The present study further showed the importance of socio-economic status of women and their experiences of domestic violence. Present results indicated that a large number of women in rural as well as urban areas got married at early age and as a result they do not have better education. Majority of them were not engaged in productive works and their general occupational status makes them prone to be victimized again and again. Most of the women were found to be dependent on their husband in terms of economic access and other decisions making activities. All these clearly depict the discriminative picture of socio-economic status of women which is directly linked to domestic violence. So in this context, it is the high time to take more steps to educate each and every girl child to ensure their future economic independence. This will reduce the chances of being victimized at home as well as at society.

Present research highlights the comprehensive approach of preventing domestic violence. It demands that family as an agent of socialization process should play a major role to determine and modify gender based roles in the societal context. Again it speaks about eradication of gaps between different laws for protecting women from any sort of violence and the practical implications of those laws. In spite of various efforts by Govt. of India to

control VAW and to safe guard their constitutional rights, in reality the situation of women remain same which was there prior to our independence. One strong reason behind this is the lack of awareness amongst women about their rights and legal systems. Hence the study recommended for more and more awareness programmes to educate women about DV and its harmful consequences. It is also important to inform them about the existing laws to protect them against DV. The law enforcing agencies have to be more empathetic to the victims. In addition, mass media needs to be more proactive in promoting the catchphrase of women empowerment. At the educational level, schools, colleges, institutions have to take more responsibility to orient and shape the girls' and women's personality in such a manner that they can have high self-esteem and learn to stand up for their own rights. Moreover women from all social groups have to maintain a strong social network to fight jointly with the odds. Therefore measures have to be taken for increasing social support for women in the community, either in the form of organizing structured community groups or engaging family members in domestic violence education. Overall, working with the forces in the community that shape cultural values may be the most effective means in addressing domestic violence because patriarchal gender norms provide a foundation upon which DV is expected and justified. Moreover community based activity will help in exploring other underlying factors of DV and accordingly able to prevent those.

Finally the research highlighted that despite of various efforts for improving quality of life of women victims, critical knots still persist in the victims' minds. So, it is of immense importance to provide periodic mental health screening to the women violence victims. Violence victims with similar type of mental health issues may be grouped together and group counselling sessions should be provided to them. This will enable women victims to feel that they are not isolated; instead they will be motivated to solve issues together which will further help them to develop positive coping mechanism and improve their quality of life and social well-being. Thus with proper effort, appropriate strategies and intervention techniques domestic violence against women can be reduced.
