

SUMMARY

The main objective of this study was to assess the impact of domestic violence on women, their root cause and its consequence among women residing in District Jammu and District Srinagar and to compare the results. This study was conducted in two districts. The respondents were married females. The sample was selected with an equal number of women 200 in each District and sum of total was 400. The study explored the effect of age, dwelling, socio-economic determinants and their role which instigate violence and in turn various physical, mental and reproductive health concerns.

Socio demographic Characteristics of the Respondents

- Majority's respondents were Muslims, Sikhs and Hindus in District Srinagar. Whereas in District Jammu, majority were Hindus followed by Sikhs and Muslims. A comparatively lesser percentage of Buddhist and Jains were the part of the study.
- In District Srinagar majority of respondents belonged to the age group of 35-45 years followed by women falling in the age group between 45 and above years and few were in the age group between 25-35 years. In case of District Jammu, majority of women were in the age group of 35-45 years followed by age group of 25-35 years and other women in the age group of 41 and above and lowest percentage of respondents fall in the age group of 15-25 years.
- The study revealed that 69% of respondents hailed from urban areas of District Srinagar and 31% of the respondents were from rural background. Whereas maximum (78%) of the respondent's belonged to urban areas of District Jammu and remaining 22% were residing in rural areas.
- Most of the respondents residing in District Srinagar belonged to nuclear families and in Jammu majority were living in Joint families.
- 73% of the respondent's marriage was arranged and very few women had chosen love marriage with or without their parents consent.

Categories of violence against women

- The probability of violence reported by the respondents; more than half (58.5%) of the total respondents from District Jammu revealed that all forms of violence that is physical, verbal, sexual, emotional/psychological, economic abuse against women are prevalent.
- While as in District Srinagar 26.5% respondents affirmed that emotional/ psychological and physical violence are rampant. However few (13%) respondents affirmed physical, verbal and economic abuses are the only forms of violence.

Causes of violence against women

- The main cause behind domestic violence as reported by the 49% respondents was believed to be poor economic conditions while as other victims believe that besides poor economic conditions the other reasons of violence can be immoral attitude/ suspicious nature of their husband and extra marital affairs of their wives.
- 69% of women believed that maximum violence is prevalent in lower class. Many respondents reported that domestic violence is common in middle class and others believed that it is prevalent in all classes. Thus it was found that the causes of domestic violence are multifaceted.

Main Inflictors / torturer of Violence on Women

- The majority (45%) of women respondents revealed that the main inflictors of violence are husbands and mother –in –laws. Sometimes followed by the other members (sister-in-law, father-in-law,) they either trample the spouse or instigate the husbands to do so.

Physical abuses and violence

- Majority of women suffering from domestic violence were adults and fall in the age group of 35-45 years and 25-35 years. Age at first marriage is projected to play a significant part in the understanding of the risk factors that influence abuse of women. Violence that women experience to a certain extent varies between age groups. Our results

revealed that the women were being physically abused, slapped /pushed by their spouses every time in the age group of 45years & above. Whereas women in the age group of 25-35 years either are being slapped or pushed hence age plays a considerable role in influencing physical abuse.

- 25.8% women hailing from rural areas of District Srinagar were being slapped and pushed by their husbands rarely and 17.7% women from urban areas revealed that they were being physically abused every time by their spouses.
- In comparison in District Jammu, 30.5% of the respondents were being slapped or pushed by their counterparts frequently and very few (2.3%) experience violence every time in their married life. In urban areas of District Jammu 3.2% women reported being physically abused every time and 25.0% women revealed that they were being abused by their husbands rarely.
- It was observed that women belonging to the family income of Rs. 55,000 and above, 35,001-45,000 and 25,001 – 35,000 were at high risk of physical abuse in District Srinagar. While others experienced being slapped and pushed by their spouses frequently during their lifespan, however income was found to be statistically insignificant.
- In Jammu District respondents experienced abuses in the family income of Rs. 5000, 5001-15, 000, 15,001-25,000, 45,001-55,000 and above 55,000 respectively which was found to be statistically significant.
- In District Srinagar it was found that respondents (3.3%) were being slapped and pushed by their husband's every time despite of being highly educated.
- In District Jammu (5.6%, 9.4% and 39.4%) qualified women with higher level of education withstand spousal violence; moreover, other sustaining physical abuses (every time, frequently and very frequently) had obtained secondary level of education.

Economic abuses and violence

- Almost all the respondents in the age group of 25-45 and above from both the Districts were victims of economic abuse and were not provided with basic necessities of life by their husbands.
- Dwelling of the women has no existence in domestic violence because women suffered from economic abuse and they admitted of being denied of basic necessities of life by their partners and also the access towards basic medicinal / health care facilities in both rural and urban areas of District Srinagar and Jammu.
- Family income has no role in economic abuse as the victims belonging to high / low income family also admitted domestic violence.
- The educational status of women showed that the women who were illiterate experience economic abuses very frequently in their life and also respondents who were qualified up to higher levels were also being denied of the access towards basic medicinal / health care facilities, so education does not play any role in inflaming the violence.

Controlling behavior and violence

- Majority women in the age group of 35-45 years reported that their husbands manifest the controlling behavior all of the time. Women in the age group of 45 and above reported that they were not allowed to meet their kith and kin. In Jammu women in the age group of 25-35 years reported controlling behavior by their husbands.
- The women respondents from rural areas of District Srinagar complained of being sufferers every time while as urban women were stressed by being controlled by their counterparts every time. The victims revealed that they were being ignored and treated indifferently and/ or got angry if they speak to other men. No significant difference was found between the controlling behavior in the pattern of IPV among women living in rural and urban areas of both the Districts.

- Respondents belonging to monthly family income of Rs 5,001- 15,000 were subjected to more male dominance than women belonging to family income group of Rs 25,000-35,000 and at the same time women with high family income also expressed to experience male dominance by their counterparts almost every time in their life. In Jammu District respondents who had monthly family income of Rs 15,000-25,000 were not allowed to take decisions relating to their personal life and were controlled by their husbands to follow rigid rules almost every time, women with the family income of Rs 35,000-45,000 and 55 thousand and above revealed that their husbands had greater influence on making important decision.
- It was found that women who were illiterate and those who had educational level up to higher secondary from District Srinagar were not allowed to take decisions and exhibit high rates of controlling behavior by their spouse every time. Where as in District Jammu the respondents stated that they experience controlling behavior every time despite of being educated or having educational level up to secondary and post graduate.

Emotional abuses and violence

- In District Srinagar 21.5% of women in the age group of 25-45 and above years were being insulted by their husbands every time, while as 22.5% victims in the age group of 35-45 years suffer from emotional abuses every time. In District Jammu 5.7% women in the age group of 45 years above were being ridiculed by their partners every time. Maximum percentage of women (8.5% and 25.6%) in the age group of 35 – 45 years and above were being hurt emotionally, very frequently and frequently by their counterparts.
- In District Srinagar 21.5%, of women from rural and urban areas reported being humiliated in front of others almost every time, on the contrary in Jammu District 11.5% of rural women experienced emotional violence

very frequently in their life time. No statistical significant association was detected among these groups.

- Majority (30.4%) respondents having monthly family income up to Rs. 5000 reported of being humiliated every time by their husbands. However respondent's family income range from Rs 15,001- 25,000 and 45,001- 55,000 accounted being assaulted emotionally almost every time. In Jammu majority (11.5%) of the women belonging to income group of 5001-15,000 felt bad about themselves and felt insulted very frequently. The results were found to be statistically significant in District Srinagar and non- significant in District Jammu.
- In District Srinagar majority (30.2%) of the illiterate women, were emotionally abused every time by their husbands, women who were educated up to PG/ above (15%) also bore emotional abuses almost every time in their life. In District Jammu both illiterate and well educated respondents endured emotional abuses every time.

Health problems in relation to domestic violence

- The results indicated some evidence of significant association between domestic violence and mental health of women. From District Srinagar 75.5% of women face concentration problems because of domestic violence, 90.5% suffer from sleeping disorders. Women reported that they constantly think of problems due to violence and tension in their lives and many face difficulties in making decision.
- In District Jammu respondents stated they accost concentration (73%) and sleeping disorders (75.50%) due to violence in the family, they continuously think of problems, 54% feel difficulty in making decision and 67% often feel depressed.
- Domestic violence is also associated with physical health problems like headache /backache, stomach pain and many more. The findings revealed that in District Srinagar majority (61%) of women suffer from headache/backache and 31% suffer from stomach pain. In District Jammu

71% suffer from headache/ backache, 40% complained that they experience heart palpitation and 46.5% endured tiredness/fatigue.

- 61% women accounted that they have no right to take any decision relating to pregnancy .The respondents from both the Districts experienced gynecological problems, pelvic pain etc. Many times women have to face induced abortions, miscarriages etc. The victims reported that their family and/ husbands have negative approach towards birth control and they don't have any right to express need for fertility control.

Response of in-laws

- In District Srinagar 41.1% of women revealed that their in-laws highly disapprove of them. Whereas in Jammu as many as 47.6% affirmed that they were neither approved nor disapproved by their in-laws, 17.1% were mildly disapproved. Thus it was found that attitude of in-laws can perform a principal position in augmentation of domestic violence against women.
- 25% of women's working role was being appreciated by their in-laws because of their contribution to the family income, 21.5% of women were being criticized by their in-laws and rest 42 % acknowledged that their attitude was neither positive nor negative. On the contrary in District Jammu 9% of the respondents working role was appreciated, 14.5% were being criticized and 53% were showed unconcerned behavior toward the working role of daughter- in –laws.
- A meager percentage 4% in Srinagar and 17.0% in Jammu renounce their salaries to their in- laws or counterparts, while as majority of them spend it on their children and themselves.

Interpersonal Communication, marital satisfaction and violence

- Conflict regarding money becomes the main reason of serious quarrels in both the districts and it also aggravates the quarrel between the couples.
- In District Srinagar 33% women often try to clarify disagreements by mutual give and take, 41.5% of them became indifferent towards each other in order to refrain the stern consequences and 46% of the women

had four or more serious quarrels during past twelve months with their husbands.

- In District Jammu 31.5% attempt to overcome dysfunctional behavior by mutual give and take, 15.5% become hostile because of the stress caused by domestic violence and 21.5% develop an indifferent attitude towards each other, furthermore 28.5% had four or more serious quarrels and 48% had one – two serious quarrels in the past twelve months .
- 57.5% women confessed that their husbands call demeaning names which is terribly annoying and 75.5% of them from Jammu District tolerated derogatory as a form of verbal abuse.
- The marital satisfaction that one experience after marriage is of immense significance; it was found that in District Srinagar 28.0% women were unhappy by their marriage as compared to 42% from Jammu District women who were extremely unhappy about their marriage.
- Women comprehend that ignoring the abuse is the best way to conquer this problem and very few women believe that leaving or terminating the relationship is the best option.

CONCLUSION

The comparative analysis of the results has shown that violence against women by their husband's is wide spread in both the Districts affecting more than half of 'young married women' thus demonstrating the consequences of the problem. Study also analyzed the effect of age, dwelling, socio-economic determinants and their role which instigate violence and thus have serious physical, mental and reproductive health concerns.

Present research has highlighted the experiences of perpetrators on Domestic Violence. The effect of domestic violence in our society specially to the quality of life of women requires that we take very seriously, the need to bring about change in those who use such behaviour.” The results indicated that the phenomenon of conjugal violence cuts across class, educational barriers and is more prevalent in the age group of 25-45years. Most of the women were found to be subjected to more physical and mental agony by their husband and family members before they ever reach out for help; the causes are varied like poor economic condition, extra- marital affairs, immoral attitude and behavior, dowry, etc. Thus it has been found that the basic paradigm of traditional sex roles are still implicated and followed. Most profoundly apparent is the range and severity of the violence, the compounding of multiple types of abuse experienced in combination and the predominance of physical violence. The findings of this study confirmed the reality that physical, emotional, controlling behavior and economic violence is high among the studied group and it cuts across age, class and education. In sum, the problem of women victims of violence being multifaceted, need to be tackled from the beginning from where the cycle of violence originated. Though many activities have been stated that need to be given greater impetus, protective behavioral strategies have played a significant role in undermining the consequences of being victimized. It was found during the study that each woman responds differently in stressful situations, each has her own defense mechanism which helps to trim down

tension and anxiety. Enduring with twisted life affairs, constitute discrete coping strategies.

Domestic violence has progressed as a component of a structure of gender relations which affirmed that men are high handed than women. This perception of male superiority and control over females is usually revealed by the ethnicity. Hence, conjugal violence is persistence of beliefs that considers men correct to control women, thereby establishing discord in the families. Women who are sufferers of violence are unable to execute their duties, the causes of domestic violence are seen to be multifaceted and its stern consequences among married female in our community. Based on the result, it is evident that the prejudice begins before birth of the girl child, patriarchal system and social structure further intensifies discrimination. Domestic violence cuts across boundaries of culture, income, age etc. This study provides evidences for the need of proactive integrated approach to empower women economically, promote social environment that are intolerant towards controlling behavior and intimate partners violence, thus breaking the norms that sustain women vulnerability to violence within the society. There are various factors which are contributors of domestic violence. It was found that women do not possess ample knowledge relating to the institutions that provide support to the women victims of severe forms of violence, in fact there is hardly any women shelter for destitute women victims in the State. There are diverse kinds of detrimental effects of violence on women's health and happiness, which further hamper the family progress as well as entire society. There are various types of adverse effects of the violence on procrastinates.

RECOMMENDATIONS

From the analysis of the study it was observed that an intrinsic approach for reducing violence in domestic sphere is by making women aware that being quite and facing battering is incorrect. Since the law on Domestic violence has been in promotion in Jammu and Kashmir since 2006, less figures of referrals pertaining to marital violence conceded that the productive and powerful execution/ effect is yet to be developed for overcoming such a menace. Organization of social workers who admit work on these issues are usually found to be absent at the time of necessity, which in turn creates further hindrances in the effectiveness of the execution of various policies pertaining to domestic violence . It is extremely imperative for organizations, which are actively involved in confronting the marital violence that they should persuade appropriate judgment about all the activities. Religious leaders should carefully teach people about domestic violence in their places of worship. Punishment should be given to offenders and they should be disseminated so that it will serve as suppression to others. Furthermore establishments of information centers, counseling cell and free hostel for supporting the women at risk of violence and also augmenting clear and impressive policies for supporting the women victims is needed.

During the present study many vital points came forth and on this basis the following recommendations can be made to government, society, men and women to prevent and control the domestic violence and to bring magnificent transformation in the status of women.

1. Coordinated attempt of police, administration and judiciary for implementing various laws against cruelty on women.
2. Implementation and visibility of appropriate and effective execution of urgent laws pertaining to women and violence.
3. Full domestic violence act should be translated into Urdu and regional languages and made available in various institutions and religious places.

4. All law enforcing bodies need to be sensitized to discuss domestic violence cases carefully as any other offense. Furthermore special training should be given to police force and women representation in police force should be amplified.
5. Non- Governmental agencies and private institutions need to be a part of any initiative that seeks to address the issue of Domestic Violence.
6. An effective policy should be formulated to eradicate completely this evil practice that has given deep roots in our state and mass media should give full support to it.
7. People's Planning Programmes through Self Help Groups and Neighborhood Groups should be encouraged to assist mutual sharing between women. Educating the community about violence, its impacts on women's overall health, family and children should be given high priority. This can be done through plays, dramas, media, and community meetings etc. in rural areas. They must be educated on their rights and should be encouraged to come forward to register their cases. There are many violent cases but due to stigma in the society very few are reported.
8. Special Counseling Cells are missing in Government sectors, these cells must be available at education departments, health sectors and even at police stations.
9. Special Counselors should be trained to address pre-marital and post marital counseling. It should be made obligatory resulting in the minimization of the breaking down of families.
10. Women's shelter or hostel facility for destitute women victims in the State must be made available.
11. Recurrent legal awareness camps for women empowerment and spreading social awareness about women's status & rights should be organized in rural /urban areas.
12. Real change in these cases can only be brought about by changing the mindset of society through education. Male attitudes and society's

attitudes need to undergo change. Since prevention of domestic violence requires fundamental changes in attitudes and behavior, it confronts societal and individual resistance to change.

13. Society must contribute to ensure a violence free life for every woman. Punishment of every culprit need to be exemplary for all stake holders and organizations should work together.
14. A systematic campaign has to be initiated at the highest level to highlight detrimental effects of these forms of violence against women. Such incidents can be prevented if potential victims and their parents are aware of the consequences of domestic violence.
15. Improve networking among police stations, domestic violence service providers, and community panchayats at district and sub-district levels. Initiate regular communication among these groups about specific domestic violence cases in an effort to follow-up and monitor effectiveness of interventions.
16. Build strong strategic bond between state, civil society, and research institutions. Capacity building of each of these sectors to respond to violence against women is imperative.
17. Women's Commission should be given more penal powers beyond just recommendatory powers. It should be expanded with more members and provided with adequate resources and personnel.