**Domestic violence**

Domestic violence (also known as domestic abuse or family violence) is any form of violence or abuse that happens inside the confines of a family, such as a marriage or cohabitation. It is perpetrated by one person in an intimate relationship against the other person and can occur in heterosexual or same-sex partnerships, as well as between former spouses or partners. Physical, verbal, emotional, economic, religious, reproductive, or sexual abuse can take many forms, ranging from subtle, coercive forms to marital rape and other violent physical abuse, such as choking, beating, female genital mutilation, and acid throwing, which can result in disfigurement or death.

**Types of domestic violence**

**Emotional and Verbal Abuse**

Abuse and domestic violence definitions can be perplexing. As a primary definition, several studies have employed physical aggression resulting in bodily damage. Nonetheless, it is apparent that for many victims of domestic violence, psychological and emotional abuse is just as, if not more, destructive than physical assault. For example:

• Ignoring a partner's feelings

• Dismissing or insulting women as a group

• Dismissing or insulting treasured values, religion, race, heritage, or class

• Withholding support, appreciation, or affection as punishment.

**Physical Abuse**

When people hear the words domestic violence, one of the first things that comes to mind is physical assault. Physical abuse is significantly simpler to detect since it is more difficult to conceal and is often more obvious than emotional abuse. Physical abuse happens when actions are plainly designed to render the victim helpless and obtain control in the relationship. According to research, men conduct this degree of violence primarily, and when women do participate in this level of violence, it is most usually in self-defense against a violent male partner. For example:

* Withholding from or near a spouse
* Throwing things at or near a partner
* Endangering someone's driving
* Using household objects as weapons
* Threatening partner with weapons on-consensual rough play (i.e., martial arts, MMA, self-defense techniques)

**Sexual Abuse**

Domestic violence's sexual abuse is a tough topic to talk and, at times, recognize. Women are anticipated to face a great deal of sexual violence in their lifetimes, and many may struggle to recognize sexual assault as abuse. Abusers use sexual violence in the same manner that they use physical violence: to create control. As an example,

* Sabotage of birth control
* Coercion in reproduction
* Using an insulting name for a woman
* Forcing a partner to strip
* Forcing a spouse to become a prostitute or sex worker

**Causes of domestic violence.**

Domestic violence is used by abusers to acquire power and control over their victims. Domestic violence is a decision made by the abuser, although some underlying issues, such as childhood trauma, may occasionally contribute to a person's proclivity for abuse. seeing domestic abuse as a child while maintaining certain belief systems about hierarchy and dominance

**How to stop**

1. Focus on testing preventative measures, scale up the most promising ones, and assess their effectiveness.
2. Make domestic violence charges consistent and severe.
3. Increase support service funding
4. Reform the way family courts handle domestic abuse cases.
5. Assist women in becoming economically self-sufficient

In conclusion, domestic violence frequently happens when the abuser believes they have a right to it, or that it is acceptable, justifiable, or unlikely to be reported. It has the potential to create an intergenerational cycle of violence in children and other family members who may believe that such behavior is appropriate or permitted. Many people might not see themselves as abusers or victims because they may view their experiences as out-of-control family conflicts. Domestic abuse awareness, perception, definition, and documentation varies greatly by nation.