



‘VIOLENCE EFFECT ON WOMEN AND CHILDREN MENTAL AND PHYSICAL HEALTH’

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Abstract: *This study explores the various effects of violence on women, including their social, psychological, and physical health. The report emphasizes the significant and frequently long-lasting effects of violence on women's physical health, emotional well-being, and social relationships through a thorough analysis of the current literature and empirical data. It also looks at how society and culture contribute to the continuation of gender-based violence and the significance of support and intervention systems in reducing its negative effects. The results highlight the critical need for policies and programmers that prevent violence against women, offer assistance to those who are impacted, and ultimately promote a safer and more just society.*

Please be aware that as this is a generic abstract, it shouldn't be used in a research article without proper reference or alteration to reflect the unique study findings and context.

Research already conducted on the impact of exposing children to violence spans a wide range of a variety of interpersonal, familial, and media violence.

In two important aspects, this study is pertinent to and helpful to a study of domestic violence. First, it's important to comprehend the effects that exposure to various forms of violence has on children and what can best help them.

When attempting to assist youngsters with coping, cope can highlight crucial factors to take into account, exposure in especially to domestic abuse.

Other forms of violence are also accessible to victims of domestic abuse. Experiencing violence on several levels can influence the behavior of the parents and can intensify the effects on children. The first section of this article gives a general summary of how much violence children are exposed to, followed by an examination of what is known about the impact of this exposure on different developmental stages. Essential safeguards for kids exposed to violence are looked at. According to research, the most crucial resource is protection, protecting kids from the harmful impacts of being exposed to violence is a significant relationship, with an adult who possesses these qualities, most frequently a parent. However, there are times when parents themselves become violent.

Key Words: *Effect, violence, protection, mental health.*

1. INTRODUCTION :

According to the UN, gender-based violence is "any act that causes or is likely to cause physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or in private life."

An intimate partner or ex-partner's actions that injure another person physically, sexually, or psychologically are referred to as intimate relationship violence. These actions can include physical aggression, sexual coercion, psychological abuse, and controlling behavior.



Regardless of the perpetrator's relationship to the victim, sexual violence is defined as "any sexual act, attempt to obtain a sexual act, or other act directed against a person's sexuality using coercion, in any setting." It includes attempted rape, unwelcome sexual contact, and other non-contact kinds of rape, which are described as "the physically forced or otherwise coerced penetration of the vulva or anus with a penis, other body part, or object."

The causes of intimate partner and sexual violence originate from events that take place at the individual, family, community, and larger societal levels and interact to either enhance or decrease risk (protective). Some are connected to suffering violence, some are connected to inflicting violence, and some are connected to both.

Lower levels of education (both perpetrating and experiencing sexual violence) are risk factors for both intimate relationship and sexual violence, as are a history of exposure to child maltreatment (both perpetrating and experiencing);

* experiencing and/or witnessing familial violence;

* Perpetrators with antisocial personality disorder;

* Alcohol abuse (both practice and experience);

* Unhealthy masculine habits, such as having several partners or adopting a mindset that excuses violence (commitment);

* Social conventions that favor or assign men a greater rank and women a lower status;

* Limited access for women to paid jobs; and

* Limited gender equality (e.g., discriminatory laws).

Additionally, the financial costs of violence against women must not be underestimated. The economic vulnerability of many women who experience abuse may be prolonged if they lose their jobs or miss out on possibilities for education and employment. It may be more difficult for them to break out from the cycle of violence if they become financially dependent on their abusers in some situations. In conclusion, tackling violence against women is crucial for creating a society that is more just and equal in addition to being an issue of human rights.

Violence has a significant and long-lasting effect on children, affecting their mental, emotional, and physical health. Childhood exposure to violence, whether watched or experienced firsthand, can have profound effects on a person's development and subsequent outcomes in life. This introduction will explore the many ways that violence impacts kids, discussing both the short- and long-term effects of such encounters. To protect the wellbeing of the most vulnerable people of our society, it is essential to acknowledge the seriousness of this problem and investigate prevention and intervention techniques.

The impacts of children being exposed to violence are currently being studied, and a variety of community, family, and media violence are included. In two important aspects, this study is pertinent to and helpful to a study of domestic violence. First, while attempting to assist children in coping with exposure to violence in general—and domestic abuse in particular—understanding how exposure to different types of violence affects them and what best helps them cope can point to crucial considerations. Second, many households that experience domestic abuse also experience other forms of violence.

Multiple levels of exposure to violence can have an impact on how parents behave, which then has an impact on the children. The first section of this article gives a general summary of how much violence children are exposed to, followed by an examination of what is known about the impact of this exposure on different developmental stages. The most important safeguards for kids who have been around violence are looked at. A solid relationship with a capable, caring, positive adult, most frequently a parent, appears to be the most effective safeguard against the harmful impacts of exposure to violence, according to research. However, parents may find it challenging to play this position if they have personally witnessed or experienced violence.

2. EFFECT ON CHILDREN :

Children are the quiet observers of the darker aspects of human nature in a society that is frequently characterized by upheaval and war. These helpless people live under the long and ominous shadow of violence in all its forms. This two-



page introduction explores the complex effects that have an adverse effect on children's physical, emotional, and psychological well being. It explores the significant and long-lasting effects that violence has on children.

Beyond the borders of culture, geography, and socioeconomic level, violence against children is a global issue. It covers a broad range of events, from armed warfare and exploitation to spousal abuse and community violence. No matter the circumstance, violence against children has far-reaching and frequently ignored effects. We must first examine the many forms of violence and its manifestations in order to comprehend the seriousness of this situation.

Children's bodies bear the outward marks of physical violence, such as physical abuse, corporal punishment, and bullying. Verbal abuse, humiliation, or emotional neglect are all examples of emotional violence that causes less obvious but no less harmful wounds. A child's feeling of security and trust are violated by sexual violence, which frequently results in severe emotional trauma. In addition, children who see the agony and suffering of their loved ones as a result of adult-to-adult violence in their homes may experience secondary trauma.

Children must deal with the bleak realities of communal and societal violence in addition to interpersonal violence. Youngsters are constantly at risk of suffering bodily harm or mental anguish because youngsters are growing up in areas where crime and gang activity are rampant. Additionally, violence against children is made worse in areas of armed conflict since there, kids are not only accidentally caught in the crossfire but also purposefully sought out for maltreatment, recruitment, and even use as child soldiers.

Violence against children has repercussions that go beyond only the painful incidents themselves. Their growth is significantly and permanently impacted by these events. The physical, emotional, and psychological repercussions of violence on children can be divided into three primary categories.

Children who are exposed to violence may sustain physical wounds, both mild and serious, with possible long-term health effects. They may have stunted growth and development, as well as physical scars that act as continual reminders of their tragic past. Additionally, being exposed to violence may result in risky health behaviors like substance misuse, which can further jeopardize the wellbeing of the individual.

Children who experience violence emotionally frequently show symptoms of anxiety, despair, and post-traumatic stress disorder. Their capacity to build healthy connections and trust people might be seriously harmed, as can their sense of worth and self-worth. Violence can have long-lasting emotional effects that last into adulthood, which contributes to a dysfunctional cycle that lasts for many generations.

Violence's psychological effects on children can be particularly pernicious. Their cognitive growth may be hampered, which could cause problems in the classroom and prevent them from realizing their full potential. Violence can alter brain structure and function, which can lead to long-term problems with mental health. Additionally, by normalizing violence, children who watch it may grow up to commit acts of violence themselves, perpetuating an aggressive and vicious culture.

In conclusion, violence has a wide-ranging and catastrophic effect on children, harming their physical health, emotional stability, and psychological growth. To create successful interventions and support structures to aid children in healing and ending the cycle of violence, it is imperative to comprehend the deep effects of violence on children. This introduction is merely the start of a more in-depth investigation into this pressing problem, one that requires our focus and coordinated efforts to safeguard and nurture the most defenseless people in the world.

3. REVIEW OF LITERATURE :

(*Gelles and Straus, 1979*) Violence is defined as an act that is committed with the intent, or with the perception that the intent, is to physically harm another person . "Any act" involves the use of force or coercion with the purpose of maintaining or promoting hierarchical gender relationships (APWLD, 1990, Schuler, 1992).

(*Radhika coomaraswamy 1992*) ,Various forms of violence against women are identified by Radika Coomaraswamy in the Violence Against Women: A Special Report of the United Nations, 1995;

- beating, sexual abuse of female household children, violence related to dowries, marital rape, female genital mutilation, and other damaging cultural practises, among other forms of physical, sexual, and psychological abuse of women, exploitation-related violence and non-spousal domestic violence.



- Physical, sexual, and psychological abuse against people in the community, such as rape, sexual abuse, sexual harassment and intimidation at work, in educational institutions, and elsewhere, as well as forced prostitution and trafficking of women.
- Wherever it occurs, the state either commits or supports acts of physical, sexual, or psychological violence. Violence committed or supported by the State was added to the term by this definition, 1993, United Nations.

According to *Coomaraswamy (1992)*, women are more susceptible to different types of aggressive treatment than males are for a variety of gender-based reasons;

- A woman is more vulnerable to rape, female infanticide, female circumcision/genital mutilation, and sex-related crimes because of her gender. This explanation has to do with how society constructs female sexuality and how it fits into social order.
- A woman is more susceptible to dowry murder, sati, and domestic abuse because of her relationship to a man. This is because women are seen by society as property and dependent on men—the protector, father, husband, son, etc.
- Uprisings in times of war because of the social group she belongs to. A woman may be raped and brutalized as a way to degrade her group, whether it is through ethnic, caste, or class violence. This also has to do with finding the places where violence against women takes place is a valuable approach to examine gender violence when these sorts of abuse are combined with the idea of hierarchical gender relations. Essentially, there are three contexts in which violence occurs: the family, the community, and the state, and at each stage, crucial social institutions perform interactive roles in defining, preserving and defending the violence.
- The family socializes its members to accept hierarchical relations shown in unequal sex-based labor division and control over resource distribution.
- Male dominance over women's sexuality, mobility, and labor is maintained by the community (i.e., social, economic, religious, and cultural institutions).
- The state establishes a legal foundation for men's exclusive rights over women, and must maintain these ties to the family and the neighborhood. The state accomplishes this by the use of biased legal procedures.

Four main categories of gender violence have been established by *Margaret Schuler*;

- Overt physical abuse, including assault and battery at home and at work.
- Psychological abuse (incarceration, forced union)
- Lack of resources for one's physical and mental wellness (health/nutrition, (Education, source of income)
- Women becoming commodities (via prostitution and trafficking)

(*Larrain and Rodrigue, 1993*) She claims that structural violence serves as the foundation for direct violence because it affects how people are socialized, which leads them to either accept or cause misery. They serve a societal purpose. Direct or overt violence. They serve a societal purpose. Aggression, use of force, or other direct acts constitute open or direct violence. or actual force

Additionally, *Adriana Gomez* has discussed the two main types of violence: structural and direct. Because they deny many people access to the resources they need to survive, the prevailing political, economic, and social systems are a major contributor to structural violence. Business models built on the massive exploitation of thousands of people, for instance, severe poverty in contrast to conspicuous affluence, the advantage of a select few, and repression and prejudice against people who deviate from accepted norms.

(*Beijing, 1995*) Violence against women is defined as a physical act of hostility committed by one person or group against another person or group, according to the Fourth Conference of Women in 1995. Violence against women refers to any act of sexism that results in physical, sexual, or other types of harm. Arbitrarily restricting someone's freedom in their personal or public life and violating their human rights women in armed wars who are violating their human rights (Conference on Women, Beijing, 1995 Country Report).

(*Liz Kelly 1998*) By including a gender component, that term is expanded to cover violent crimes committed against women only for being female. The definition is no longer straightforward or evident with this addition. An examination of the causes of gender violence is necessary to comprehend the problem. Patterns of violence against women and the underlying factors that support them the development and maintenance of these patterns.



Violence is described by Liz Kelly (1998) in *Surviving Sexual Polity* as "any physical, visual, a verbal or sexual act that the woman or girl experiences at the time or afterward as a threat, invasion, or assault on her that has the purpose of humiliating her and/or taking removed her capacity to resist a close encounter.

(*Jouriles et al., 1998, p. 178.*) This definition was amended by Dr. Joanne Liddle to include "any physical, visual, verbal, or sexual act that the person experiences as a threat, invasion, or assault, and that has the effect of injuring, disregarding, or removing the ability to control one's own behavior." a practice or an exchange, whether in the business, the home, or online streets or any other location within the neighborhood."

Its impact can be cleanly analyzed in isolation from the potential impact of other stressors or traumas in a child's life. Since domestic violence and other types of abuse and adversity frequently co-occur, it is important to distinguish between abused children who also witness violence and those who do not (Connolly et al., 2006; Edleson, 1999). Otherwise, it may be inaccurate to blame a child's difficulties on witnessing, rather than taking into account the potential effects of being an actual victim of abuse. The potential for different effects on child adjustment from exposure to various types of spousal violence is similarly ignored and obscured when comparing children exposed to domestic violence with children who are not exposed, without regard for the variability in the level and type of abuses those children are exposed to

(*Levendosky & Graham- Bermann, 2001*) Prior study has come under fire for an over-sampling of people from shelters. Shelter populations may consist of the most recently affected and severely affected (Edleson, 1999; McIntosh, 2003), as well as being disproportionately representative of lower socioeconomic populations (Kerig, 1998), despite being a distinct and highly visible subpopulation of those exposed to domestic violence (Edleson, 1999; McIntosh, 2003). In addition, living in a shelter may have a stressful and distinctive impact on children that may exist independently of their exposure to domestic abuse and isn't always a reliable indicator of their long-term mental health (Edleson, 1999). Kerig (1998) also raises issues with research that uses kids from clinical settings, pointing out that these kids may be overly representative of boys and dominated by externalizing issues.

4. OBJECTIVES :

- To check the impact of sexual violence on women and children
- To increase the protection and safety
- To increase awareness among people
- To prevent the violence on women and children
- To enforce punishment for culprits
- To provide safe environment to them
- To increase education among individuals to make them aware of their rights, safety.

5. RESEARCH METHODOLOGY :

Data Collection- This study is conducted on women and children. The sample size of 65 for women and 95 for children were taken in delhi ncr for the study. The participants were asked for consent and the data was collected through filling of questionnaires..

Scope of study-

With this study we will be able to understand the severity of violence that affects women and children in a crucial way. We will be able to identify how violence can lead to mental health problems and how women and children face anxiety, post- traumatic stress disorder, depression and other mental health issues. We can identify how violence can disrupt the emotional well- being of an individual and make them lose their self confidence and self- esteem. We get to know about how it affects relationships with others.

With the help of this study, we will be able to spread awareness among people, explore strategies to help them.

We can provide legal protection to the victims. We can also provide sex education to youth to prevent violence.

Limitations-

In this study, we can see some of the limitations;



- Women often don't complain about the violence they are facing because of fear of their husbands or family members. They remain silent for the sake of their children. They don't take legal actions because they think they have to face more physical violence if they raise their voice against them. Women feel trapped in the situation of abuse

Whereas, children of age or 1-10 years, often don't recognise the violence they are facing. They also don't tell their parents because they themselves don't know what is happening with them.

- Victims of violence often isolate themselves to avoid the society, family and friends which make it hard for them to seek help.

- Most of the women are not financially independent, which makes them hard to raise voice against violence

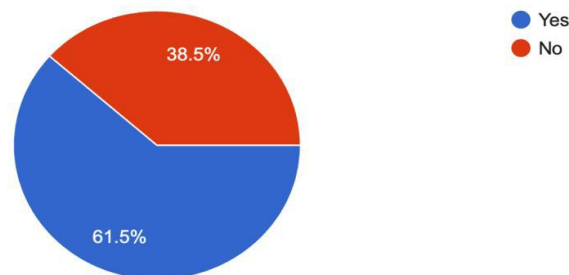
- Women and children exposed to violence suffer from trauma, physical injuries, depression, anxiety which ultimately affects their future well-being

- There are limited resources in our country to support the victims of violence. There is no adequate protection for victims. Also, there is a lack of awareness about violence because of less education.

6. RESULTS AND FINDINGS :

1. Have you ever experienced any form of violence(physical,emotional,sexual) in your life?

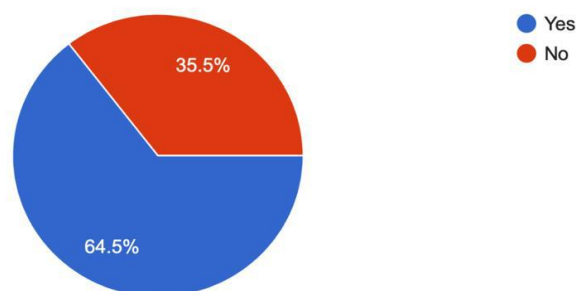
65 responses



In this chart, we can see that 61.5% of women have experienced violence in their life, whereas 38.5% of women have not experienced any form of violence. Most of the women are victim of physical and sexual abuse.

2. Did the violence you experienced affect your mental health and emotional well-being?

62 responses

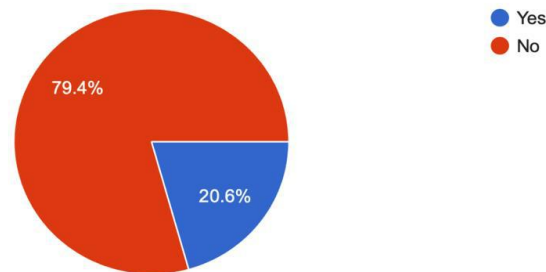


In this chart, we can see that 64.5% of women face mental health trauma, anxiety, depression and their emotional well-being suffer a lot. However, 35.5% of women have no impact on their mental health.



3. Have you ever tried to harm yourself during violence?

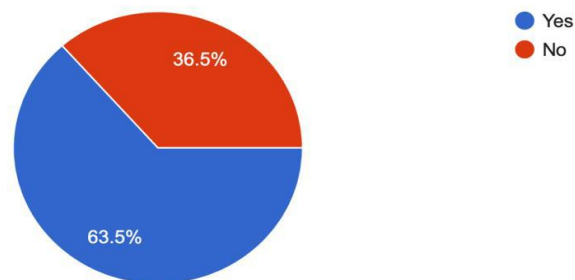
63 responses



In this chart, we can see that only 20.6% of women harm themselves while facing violence, whereas 79.4% of females does not harm themselves. Somehow it shows a positive change that most of the women are not harming themselves and they are strong at some point.

4. Has the violence affected your self- esteem and self confidence?

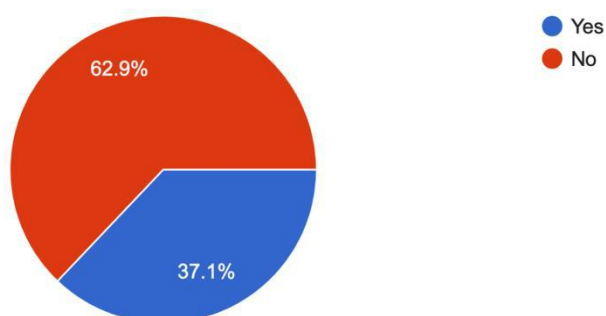
63 responses



It shows that 63.5% of women agreed that violence affects their self-confidence and it also affects their social life as well as personal life, whereas 36.5% does not face any affection.

5. Have you ever asked for a help from your family members or friends?

62 responses

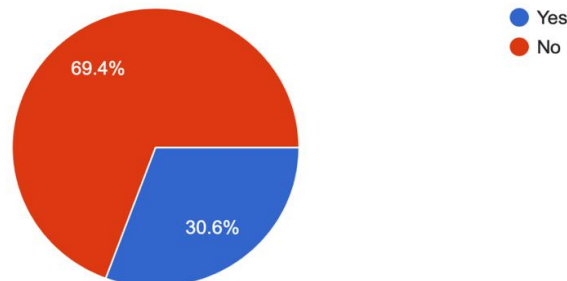


In this chart, we can see that 62.9% of females have asked for a help from their closed ones to get rid of violence whereas 37.1% do not.



6. Have you found any particular support networks or resoucers helpful in your recovery from violence?

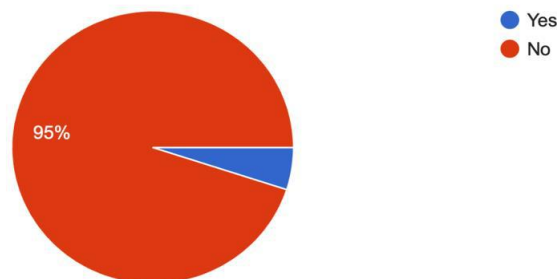
62 responses



It shows that only 30.6% of females have found help or support during crucial time of violence and 69.4% of females do not get any kind of help. As there are some legal limitations in our country, most of the women do not get a supportive and safe environment.

7. Did you report the violence to authorities(e.g, law enforcement, social services etc)

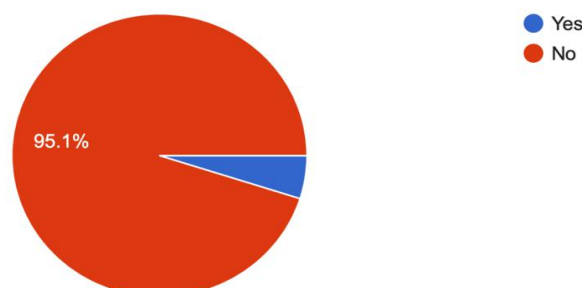
60 responses



It shows that 95% of women do not reported to violence authorities because of the fear of abundant and for the sake of their family and children.

8. Have you ever received legal assistance or protection orders related to the violence you experienced?

61 responses

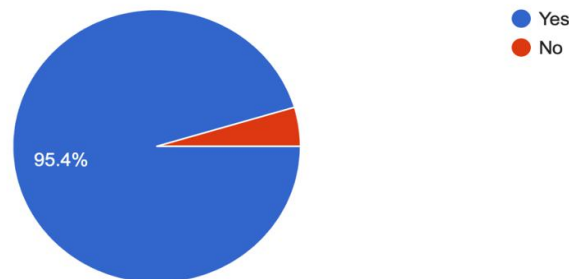


It shows that 95.1% of women do not get any kind of support from legal assistance as there are less resources and less awareness about legal rights.



9. Do you believe there is a need for more education and awareness on healthy relationships and consent to prevent violence against women?

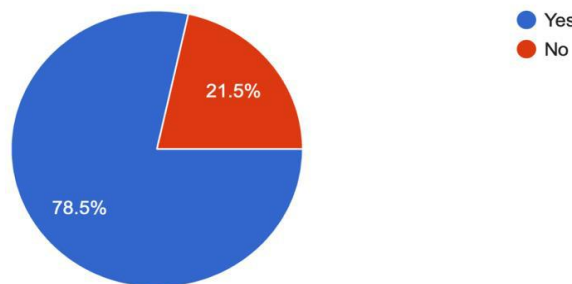
65 responses



It shows that 95.4% of women think that there is a need for more education and awareness so that they do not have to face violence further. It is necessary for every individual to be aware of violence.

10. Do you know others who have experienced violence in their life?

65 responses

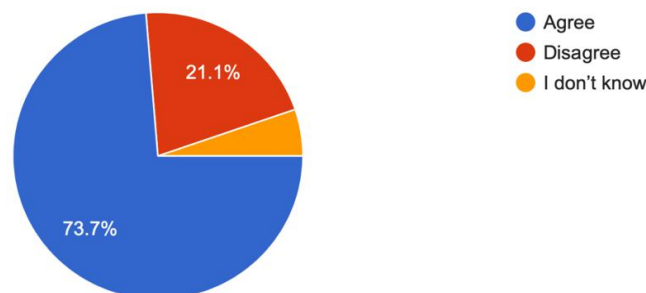


It shows that 78.5% of females know other females who also have experienced violence, whereas, 21.5% do not know. It indicates that nowadays, almost every woman is a victim of violence

VIOLENCE ON CHILDREN

Here are some general statements on child sexual abuse. 1. Most of the time children are sexually abused when they are alone, at night, and outside their home

95 responses

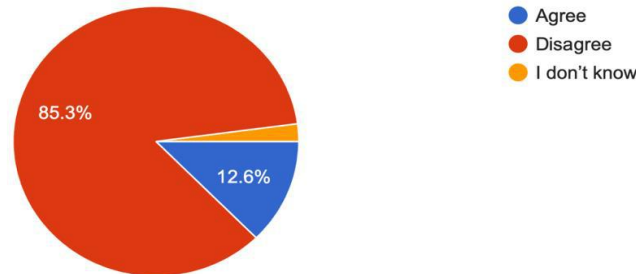


In this chart, we can see that 73.7% of individuals agreed that mostly children are abused when they are alone or outside their home whereas 21.1% of individuals disagreed on this point. They may have different points of view. In some cases, children are abused in schools, homes or even public areas.



2. Only girls are victims of sexual abuse

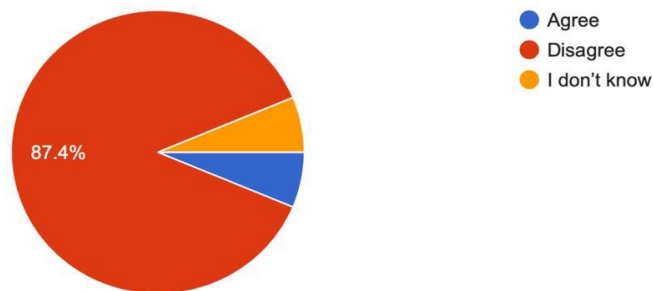
95 responses



In this chart, we interpret that 85.3% of individuals disagreed with the statement given above. There is no evidence that only girls are victims of sexual abuse. Boys and even transgenders can also be the victims of child abuse.

3. Children from reputable families are not victims of sexual abuse

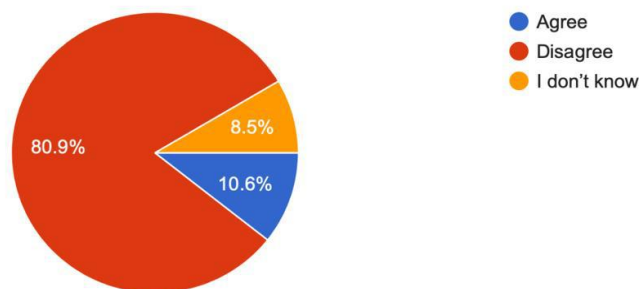
95 responses



This chart shows that most people, around 87.4%, do not agree with the statement that children from reputable families are not victims. It is not necessary that only poor children are victims of abuse. Any children whether they are from rich family, middle class family or poor family can be the victim of sexual abuse.

4. Most people who sexually abuse children do not belong to the child's family

94 responses

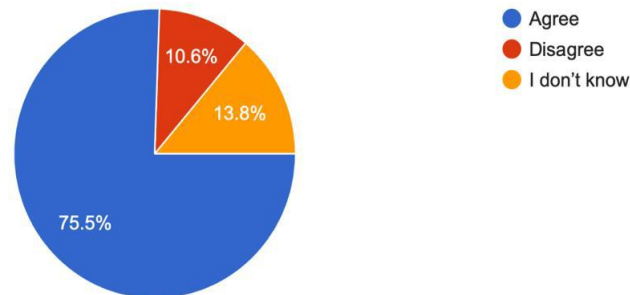


This chart shows that only 10.6% of individuals agreed with this statement and 8.5% did not know about that. Total 80.9% of individuals disagreed with the statement. It is not necessary that people who sexually abuse children should be the outsider. It can be from a child's family. It can be his/her parents, cousins or other family members.



5. Some children are sexually abused by older children

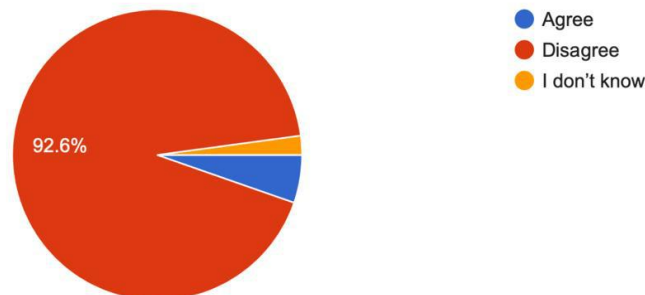
94 responses



This chart shows that 75.5% of individuals agreed that mostly children are sexually abused by older children and some disagreed with that. Usually children of older age try to abuse young age children because young age children does not raise their voice against abuse and they do not even know what is happening with them.

6. Boys are not sexually abused

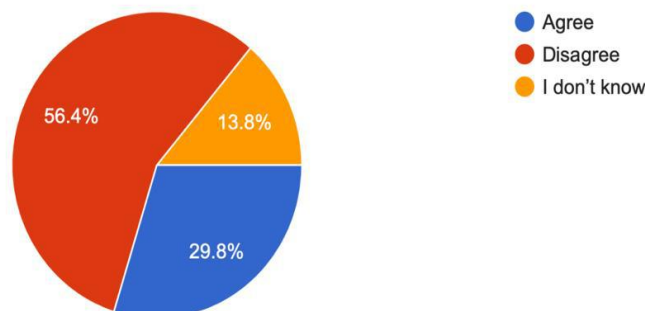
94 responses



This chart indicates that boys are not sexually abused and in this 92.6% of people disagreed with the statement as there are many boys who are victims of abuse either sexual, physical or domestic

7. A majority of sexual abuse perpetrators are retarded or mentally ill

94 responses

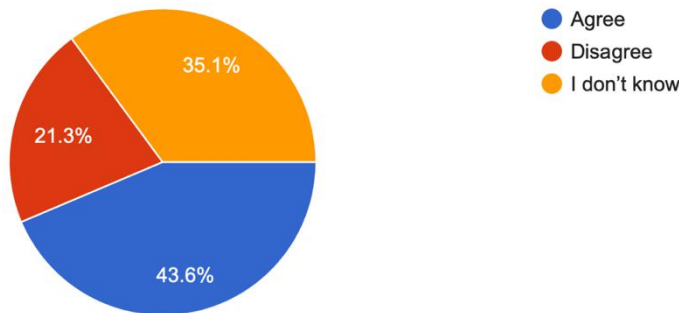


In this chart, we can see that 29.5% of people agreed that sexual abuse perpetrators are mentally ill, whereas 13.8% does not gave answer or they don't know and 56.4% of people disagreed. Not all perpetrators are retarded or mentally ill, some are totally mentally and physically fit and still abuse children



8. Children who report being victims of sexual abuse are not necessarily placed in foster care following these revelations

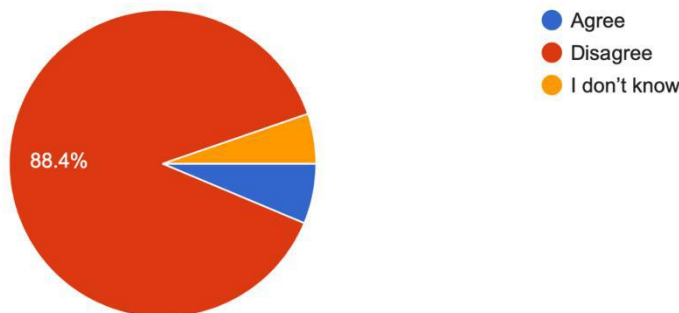
94 responses



This chart shows that only 43.6% of individuals agreed with the above statement and 21.3% disagreed. It is necessary to keep the children in foster care who are abused by others and provide them safe environment

9. Only young children are victims of sexual abuse

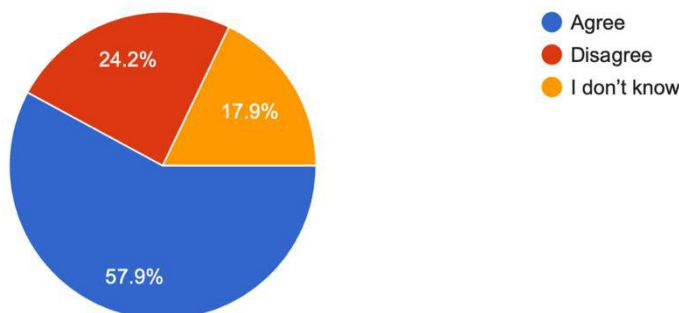
95 responses



In this chart, majority of individuals around 88.4% disagreed to believe that only young children are victims of sexual abuse. Even old age children can be the victim of violence.

10. In sexual abuse cases, the child him/herself is never responsible

95 responses



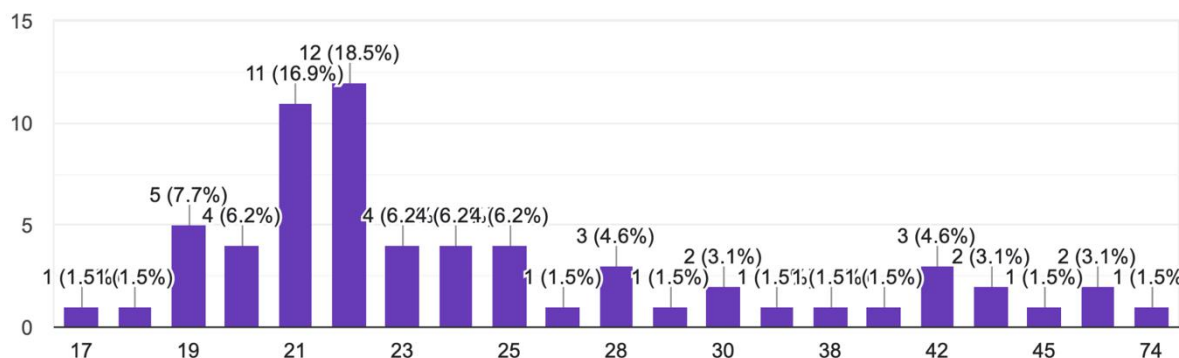
This chart shows that 57.9% of individuals agreed that a child him/herself is never responsible in abuse situations whereas, 24.25 disagreed and 17.9% did not know.



7. CONCLUSION :

Age

65 responses



By this study and research, we conclude and interpret that mostly women and children are victims of violence. Through this research, we have found that ‘ Sexual Violence’ is the most common violence that is faced by women and children. The statistics show that 16.9% of women face violence at the age of 21 and 18.5% of women face violence between the age of 21 and 23.

By this research we also conclude that over 61.5% of women and over 73.7% of children have faced violence. The research emphasizes the significant long-lasting effects of violence on physical health, mental health and social relationships. The violence affects their self-esteem and increases fear and anxiety to face the society.

Most of the women do not get any kind of support, even from their close ones. As there are limited resources such as counselors, shelters for their safety, that’s why most of the women do not get support. Also, many women are housewives or they are from poor financial family backgrounds, so they don’t have much knowledge about legal violence authorities. Whereas, both young and old age children are victims of sexual abuse in our society. Both the boys and girls are victims.

Violence on children can lead to long-term damage, it affects their mental health, overall well-being and their future suffers a lot. This vicious cycle of violence should be stopped. In our society, there is a need for more education and awareness regarding violence. Women need to be financially independent, develop sustainable income earning to not to depend on male. Foster care, child counselors, police protection, and parents support should be given to victims of children. Strict legal actions must be taken against perpetrators.

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