



# INTIMATE PARTNER VIOLENCE

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## INTRODUCTION

Intimate partner violence is one of the most common forms of violence against women which involves physical, sexual, and emotional abuse and controlling behaviours by an intimate partner.

Intimate partner violence (IPV) occurs across all socioeconomic, religious, and cultural groups and in all types of circumstances. Women carry the majority of the burden of IPV globally.

Male intimate partners or ex-partners are the most frequent perpetrators of violence against women, despite the fact that women can be violent in relationships with men, frequently in self-defence, and that violence does occasionally occur in same-sex couples. However, compared to someone close to them, men are much more likely to face violent acts from strangers or acquaintances.

Domestic Violence is a word used in many nations to describe relationship violence, but it can also relate to abuse of children, elders, or any member of the home. A serious and increasingly violent form of partner abuse known as “Battering” is abuse in numerous forms, terror and threats as well as an increase in possessiveness and a domineering attitude on the abuser’s behalf.

## DEFINITION

Intimate Partner Violence refers to any behaviour within an intimate relationship (married, unmarried, and live-in) that causes physical, psychological or sexual harm to those in the relationship.

## TYPES OF IPV

**Physical Violence**-like punching, kicking, slapping, and bashing.

**Sexual violence**- such as coerced sex and various types of sexual coercion.

**Psychological and Emotional Abuse**- including insults, belittling, persistent humiliation, intimidation (such as destroying things), threats of damage, and threatening to remove children.

**Controlling Behaviours**- such as cutting off a person from their family and friends, keeping an eye on their whereabouts, and limiting their access to money, jobs, education, and medical care.

## WHY DO WOMEN STAY WITH ABUSIVE PARTNERS?

There are many reasons why women might stay in abusive relationships, such as:

- fear of retaliation,
- a lack of other financial resources,
- concern for their children,
- a lack of support from family and friends,
- the stigma or fear of losing custody of children associated with divorce,
- love and the hope that the partner will change.

Despite these obstacles, many abused women finally do end their relationships, frequently after numerous failed efforts and years of abuse.

## CAUSES & RISK FACTORS OF INTIMATE PARTNER VIOLENCE

The ecological model is the most popular framework for explaining violence. It suggests that four tiers of causes are responsible for violence:

- Individual,
- Relationship,
- Community
- Societal.

### INDIVIDUAL FACTORS

A man's greater propensity to harm his partner or partners is consistently influenced by a number of circumstances, including

- Young age,
- little education,
- watching or experiencing violence as a child,
- misusing alcohol or drugs, personality problems,
- acceptance of violence (e.g., believing it is OK for a man to beat his girlfriend),
- history of battering partners are all risk factors.

Consistent risk factors for experiencing violence from her partner(s) in various contexts includes

- low educational level;
- exposure to parental violence
- child sexual abuse;
- acceptance of violence;
- exposed to additional abuse in the past

### RELATIONSHIP FACTORS

Factors linked to the danger of both women's exploitation and male perpetrators include:

- a quarrel or unhappiness in the partnership;
- domination of men in the family;
- economic strain
- several relationships for a man;
- Difference in educational achievement, where a woman is more educated than her partner

### SOCIETAL AND COMMUNITY FACTORS

The following elements were discovered in various research

- Lack of women's civil rights, including restrictive or unfair divorce and marriage laws;
- gender-inequitable social norms (particularly those that connect ideas of manhood with notions of dominance and aggression);
- poverty;
- low social and economic status of women;
- weak legal sanctions against IPV within marriage;
- lack of women's civil rights, including restrictive or inequitable divorce and marriage laws;
- weak community sanctions against IPV;
- broad social acceptance of violence as a way to resolve conflict; and
- armed conflict and high levels of general violence in society.

## CONSEQUENCES OF IPV

IPV has a negative impact on women's physical and mental health through both direct (injury) and indirect (long-term stress-related health issues) pathways. As a result, many diseases and conditions are predisposed to by a history of exposure to violence.

According to recent studies, abuse can still have an impact years after the physical or verbal abuse has stopped. The impact of abuse on a woman's physical and mental health increases with severity, and it seems that different types and numerous episodes of abuse add up to have a cumulative effect over time.

## PHYSICAL HEALTH

IPV can cause bodily harm such as bruising and welts. Damage to the abdomen or thorax, grazes and cuts, fractures, and fractured bones. Damage to the bones or teeth, the eyes or ears, a head injury, or an attempted strangulation and back and neck pain.

However, in addition to harm and maybe even further ailments that frequently have no known medical aetiology are more prevalent could require complex diagnosis. These are sometimes referred to as "functional". Irritable bowel syndrome is one of many "stress-related illnesses" gastrointestinal symptoms, fibromyalgia, other chronic pain disorders, and asthma flare-up.

## Mental health and suicide

Evidence indicates that women who are assaulted by their partners experience greater suffering. levels of despair, anxiety, and phobias than non-abused women. In the WHO multi-country survey, complaints of mental discomfort, suicidal ideation, and attempted suicide were substantially more common among women who had experienced violence.

## IPV has also been connected with

- drug and alcohol abuse
- sleep and eating disorders;
- inactivity physically negative self-esteem; trauma-induced stress disorder (PTSD);
- smoking;
- self-injury;
- inappropriate sexual behaviour

## SEXUAL HEALTH

IPV may have a variety of harmful effects on women's sexual and reproductive health, including unexpected and unwanted pregnancies, unsafe abortions, HIV and other STDs, pregnancy complications, pelvic inflammatory disease, urinary tract infections, and sexual dysfunction.

## VIOLENCE DURING PREGNANCY

### Pregnancy-related violence has been linked to:

- miscarriage;
- tardy admission to prenatal care;
- stillbirth;
- preterm labour and delivery;
- birth trauma;
- babies with low birth weights or preterm babies.

Maternal mortality may also be partially caused by IPV; however, Policy-makers frequently ignore this association.

## HOMICIDE AND OTHER MORTALITY

Studies from several nations have indicated that 40–70% of murder victims are women. Victims were murdered by their husband or partner, frequently in the context of an abusive relationship. Additionally, evidence demonstrates that IPV raises the risk of suicide in women, and could also raise the chance of acquiring HIV and dying from AIDS as a result.

## EFFECTS ON CHILDREN

Children and adolescents who are exposed to IPV during childhood are more likely to experience psychological, social, emotional, and behavioural issues such as mood and anxiety disorders, post-traumatic stress disorder (PTSD), substance abuse, and issues with their academic performance.

Children who are exposed to IPV are also more likely to be neglected and subjected to physical, sexual, and emotional abuse.

Additionally, research has shown that kids whose moms were mistreated are

- less prone to receive vaccinations;
- Having more cases of diarrheal illness; or
- more likely to pass away before turning five.

## STRATEGIES TO PREVENT IPV

- reforming the criminal and civil codes
- create public relations and advocacy activities to increase understanding of current legislation;
- bolster the civil rights of women in relation to divorce, property, and child support plus, custody
- create alliances between the government and civil society organisations
- create a solid evidence base for advocacy and education
- communicate behaviour change to effect societal transformation
- utilising a gender perspective, completely overhaul every sector's institution
- incorporate consideration of violence against women into sexual services for reproductive health
- encourage the economic and social empowerment of women and girls
- provide community-wide service responses for IPV survivors
- provide life skills and educational programmes
- include men and boys in promoting gender equality and nonviolence
- provide at-risk families early intervention assistance.

## **LIFE SKILLS AND EDUCATIONAL INITIATIVES**

Numerous campaigns have attempted to change people's beliefs, attitudes, and behaviours. programmes teaching life skills to young people in low-income nations.

## **EARLY INTERVENTION PROGRAMMES FOR FAMILIES AT RISK**

There is mounting evidence that parenting-focused programmes, such as home visitation and education can lessen or stop child maltreatment and abuse and so aid in reducing issues with child behaviour and eventually aggressive behaviour, which has a connection to IPV committed by guys. Attempts to incorporate an IPV. These programmes' components are currently being tested.

## **INCREASING THE NUMBER OF SURVIVORS AND THEIR CHILDREN WHO CAN OBTAIN COMPREHENSIVE SERVICE RESPONSES**

A systems approach may consist of, for example

- Policies and infrastructure that safeguard the confidentiality and privacy of women
- continuous coaching and assistance for employees to guarantee efficient service delivery
- established guidelines and referral frameworks to assist survivors in obtaining care from other industries
- endeavours to strengthen the physical and personnel resources of the institution resources for clients and service providers regarding violence, data-collection systems
- Monitoring and evaluation are used to determine how well services are provided

## **INCREASE UNDERSTANDING AND PUBLIC AWARENESS**

## **USE BEHAVIOUR CHANGE COMMUNICATION AND COMMUNITY MOBILISATION**

## **BOOST THE SOCIAL AND ECONOMIC STATUS OF WOMEN**

## **REFORM JUDICIAL SYSTEMS**

Women's civil rights may be strengthened as part of legal framework reform. Some steps in this direction include

- enhancing and broadening the definitions of rape and sexual assault in marriage
- educating and preparing judges and police about partner violence
- Enhancing the execution of current laws.

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## WEB SITES

- Futures Without Violence (previously known as Family Violence Prevention Fund) [www.futureswithoutviolence.org](http://www.futureswithoutviolence.org)
- National Coalition Against Domestic Violence [www.ncadv.org](http://www.ncadv.org)
- National Network to End Domestic Violence [www.nnedv.org](http://www.nnedv.org)
- National Resource Center on Domestic Violence [www.nrcdv.org](http://www.nrcdv.org)
- Office on Violence Against Women (U.S. Department of Justice) [www.usdoj.gov/ovw](http://www.usdoj.gov/ovw)

