

Gender based violence: A systematic review

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ABSTRACT

Women in India perhaps have never experienced equal rights and freedom compared to their male counterparts, insecurely surrounded in their world. Gender based violence against women is partly a result of unequal relationship that assumes men to be superior towards women. It is a violence directed specifically against a woman because being woman, or which affects women disproportionately. It includes but is not limited to physical, sexual, and psychological violence in the family, within the general community, or violence perpetrated or condoned by the state (Nduna and Goodyear, 1997). In India, sons are preferred to daughters. Perpetuating factors are economy, patriarchal systems, religion or erroneous interpretations of religion. Preferences of parents for male children often manifested itself in neglect, deprivation or discriminatory treatment of girls to the detriment of their physical and mental health. It is highlighted in family nutrition, health care patterns, education and age of marriage, recreation and development of the child. At the individual level, the cost of gender based violence is reflected in the destruction of women's quality of life, diminishing productivity and eroded self-esteem and worth; all of which impacts negatively on their mental health, but the consequences of gender based violence extent beyond the victim to the society as a whole. The purpose of this paper is to give a background on violence against women in different eras and highlight the causes and social- psychological consequences of that violence with the help of existing reviews. Intervention strategies were also discussed to deal with the trauma.

Key Words : Women, Gender, Violence, India

INTRODUCTION

Gender-based violence reflects and reinforces inequities between men and women which compromises the health, dignity, security and autonomy, exclusively committed against women (WHO, 2010). It crosses every social and economic class, every religion, race and ethnicity as well present in every country, cutting across boundaries of culture, class, education, income, ethnicity and age.

From domestic abuse to rape as a weapon of war, violence against women is a gross violation of their human rights. Not only does it threaten women's health and their social and economic condition, it challenges the well-being also which serves by intention or effect to perpetuate male power and control. It is sustained by the culture of silence and denial, regardless the seriousness of the health consequences and abuse. It involves power imbalance one out of every three women

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have experienced GBV (Heise *et al.*, 1999). The overall goal of the perpetrator of GBV is to control and dominate which usually involves a pattern of abuse.

According to Mukhopadhyay (2002) who express the phase and type violence in a women life span are follows:

Gender difference paradigm throughout a women's life span in violence :

Phase	Type
Prenatal	Prenatal sex selection, battering during pregnancy, coerced pregnancy (rape during war).
Infancy	Female infanticide, emotional and physical abuse, differential access to food and medical care.
Childhood	Genital cutting, incest and sexual abuse, differential access to food, medical care and education, child prostitution.
Adolescence	Dating and courtship violence, economically coerced sex, sexual abuse in the workplace, rape, sexual harassment, forced prostitution.
Reproductive	Abuse of women by intimate partners, marital rape, dowry abuse and murders, partner homicide, psychological abuse, sexual abuse in the workplace, sexual harassment, rape, abuse of women with disabilities.
Old Age	Abuse of widows, elder abuse etc.

Each stage of women life happenstance with the violence committer either male or the society, exhibits the narrowness towards women and unacceptable behavior as co-partner shows the lacunae to prohibit on the paddock of gender based violence.

The evolution of gender based violence in centuries :

It has been an unforgiving reality that the women in India has been ill-treated, deprived of independent identity and looked upon as a commodity though the history trace violence as the appropriate data lacked, however 1970s concisely describe GVB to the women to women or sister to sister share and pronounce the rareness of forces or coercive sexual intercourse (Estrich, 1987), even consensual encounters commonly encouraged by women to lied whereas men were incompetent to distinguish consensual from non-consensual sex. The 1980 identified as global awareness period and turn to be women movement against violence in India, though the prevalence of sexual harassment in the workplace were recognize broadly during this period which covers the public, private, colleagues, employee to employers. 1990 turn into add of domestic violence which serve in different forms included violence on dowry and supplemented to caste and class violence contain honor killing etc. 2000 century enlarge the picture of gender based violence which encompasses the ICT (Information and communication Technology) related violence which covers in cybercrime and gender politics violence.

The trend of violence against women was recently highlighted by the India's National Crime Records Bureau (NCRB) stated an average of 125 women faced domestic violence every day in 2000, which stood to 160 in 2005 (www.asiannews.it). Continuity enhance in the trend analysis by NCRB 2014.

Table 1 : Trend analysis on crime against women in India

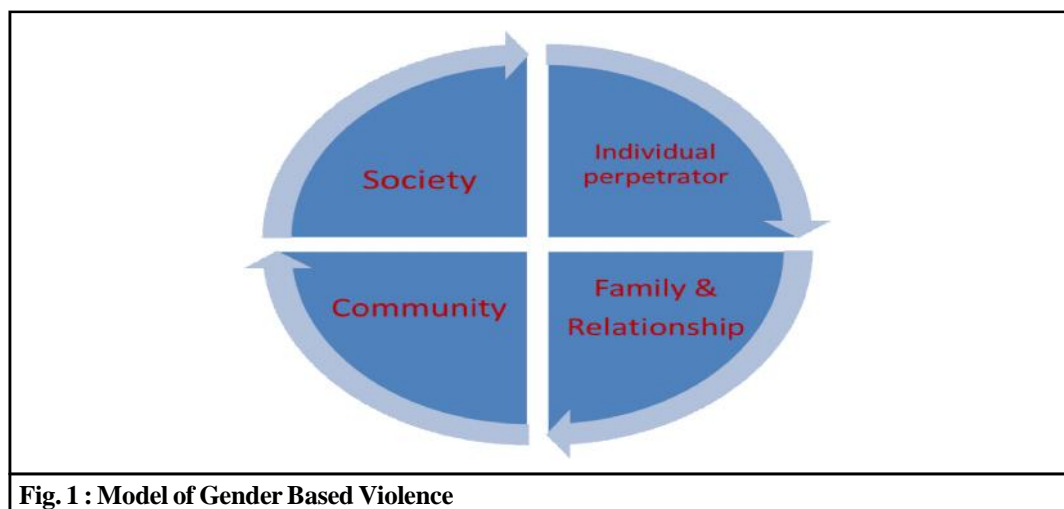
Sr. No.	Crime head	Years					% Variation in 2014 over 2013
		2010	2011	2012	2013	2014	
1.	Rape	22,172	24,206	24,923	33,707	36,735	9.0
2.	Kidnapping and abduction of women	29,797	35,565	38,262	51,881	57,311	10.5
3.	Dower death	8,391	8,618	8,233	8,083	8,455	4.6
4.	Assault on women with intent to outrage her/ their modesty	40,613	42,968	45,351	70,739	82,235	16.3
5.	Insult to the modesty of women	9,961	8,570	9,173	12,589	9,735	-22.7
6.	Cruelty by husband or his relatives	94,041	99,135	1,06,527	1,18,866	1,22,877	3.4
	Importation of girl from foreign country	36	80	59	31	13	-58.1
	Total IPC Crime against women	2,05,009	2,19,142	2,32,528	2,95,896	3,25,329	9.9

Source: Crime in India, 2014(Report by NCRB)

Model :

The significance of model is to make aware, empower and motivate or can say direct to reform for the betterment of the society. It too contributes on research, education and practice. Depicting the picture of the model in this study purposefully emphasis how different section of the society play their parts on gender based violence.

The model capture the holistic picture of violence based on gender that includes individual perpetrator, commonly being abused in childhood, encountered marital violence, deprive of love and be an alcoholic. Continue with the family and relationship contributes in terms of control of wealth and decision making and marital conflicts. The third factor involve community role towards women and last the societal level where the gender role rigidly defined and enforced (Heise, 1998).



A Trans theoretical Model: (Prochaska *et al.*, 1992) :

This model is based on stage of changes, the process of changing destructive behavioral patterns are extensively used to pronounce as well as to measure which include mechanism such as degree of readiness to create (or maintain) new patterns free of problematic behaviors and process of change to comprehend how change will occur. Though the each stage has its own importance observe in the related aspect demarcated as Pre contemplation describe the stage in context of women in violence due to their limited awareness and sometimes recognize the need to involve in the act, Contemplation stage outline in terms of reflective thought which determine the person to target the victims before the certain act though they are deliberately aware of the problematic behavior and prefer to change but due to lack of commitment couldn't embark, Preparation stage require rigorous cognitive action tempered with modest behavioral change. As this phase problematic behavior alter by the means of groundwork. Action stage considered as the hallmark to overt modification of the target behavior and realizing the particular goal. Maintenance stages emphasis on the ultimate goal to maintain behavioral as well as attitude modification to avoid relapse. Processes of changes are the last segment of this model which assists in understanding how shifts occur. A core set of cognitive and behavioral change processes include helping relationships, consciousness raising, self-reevaluation, self-liberation, counter-conditioning, stimulus control, reinforcement management, dramatic relief, environmental reevaluation, and social liberation.

So the above two model portrayed the universe of gender based violence with the purpose to rework the manifest and modify the behavior at all.

Consequences of GBV :

The occurrence of violence based on gender could depict in several forms but the impact to the victims and the family belongs to are universal and has direct links to mental health. Lerner (1986) and Bhasin (1993) stated that socially it engage family that creates hierarchy and educates their children to reinforce the order. Patriarchal values teach submission to men. The social paradigm of masculinity and femininity are the such a huge pigeonholes which internalized by both the gender. Generation transfer through shaping and imitation are the few elements which play important role Kantor and Jasinski's (1997), and personality jeopardy are the psychological causes such as harassment, mobbing, bullying, emotional dependence and insecurity, low self-esteem, empathy, and impulse control, Poor communication and social skills, Aggressive, narcissistic, and antisocial personality types, Anxiety and depression behind GBV. The consequences also added either direct or indirect. The psychological impact directly appear in the form of anxiety, fear, mistrust of others, inability to concentrate, loneliness, post-traumatic stress disorder, depression, suicide etc. While indirectly it effects psychosomatic illness, withdrawal, alcohol or drug use ([http:// www.stopvaw.org](http://www.stopvaw.org))

Prevention GBV :

A systematic procedure require to deterrent from violence based on gender, first among all its includes Awareness raising, to understand the violence, to identify the threshold and research the occurrence of attitude towards violence then Educate and campaign to modify the behavior of the perpetrator through the means of training, workshops and seminars. The media could play pervasive and pivotal role to sensitize regarding GBV. Equally government role to legislate, execute and legalize the action related to the aspect of gender based violence to be enforce, though on dowry, rape and domestic violence certain work has been done but still the atrocity found in the society and the ratio is quite visible. Another could be added to prevent gender based violence through the counseling center but not limit to the women only men could also come to comprehend the cause of

the violence because violence happen in the participation of both the member no matter who the perpetrator and who is the victim.

Conclusion and limitation of the study :

Gender based violence hypothesize something as forcefulness towards other partner, while fundamental right are core component of any civilized society and to ensure it transgressors must pay for their unsolicited sexual advances. It is the well fact truth that even religion focuses on the equality among male and female, and also dignified women in the society. Although the aspect of and the context in which violence against women occurs, Social values, perceptions and perspectives that perpetuate violence should be taken into consideration when designing and implementing intervention programs or prevention activities for combating violence against women. Even women has to initiate to break the ice to come out from the shields transpire in the name of rituals, it also added under reporting cases which missing the link to proper disseminate the work under the field. What the need of the hour is to change the perception by not only male but by the society towards the partner, respect and appreciation through the little action not only from the male but female counterparts turn the ferocity into gentleness or kindness.

This is well acquainted fact that the GBV has spread broadly; articulating it in totally is something claiming the individual command, as this topic is so sensitive each and every types has number of victims to capture in one study is impracticable. Also the lacks of genuine data by the proper source by the responsible governing body are sign that this area needs a vast campaign and awareness with the knowledge of the rights being a citizen of India. Despite of so many initiatives by the Government to combat with the problem on gender based violence does not reached as it has to up to be.

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