

Impact of family violence on the physical and mental health of women in Kashmir

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ABSTRACT

The discrimination of women is most flagrant in all the spheres of life. The presence of Family violence against women is no longer a notion nor even debatable. Family violence is one of the crimes against women which are linked to their disadvantageous position in the society. The paper focuses on the inducement of violence in nuptial setting and the effect this violence has on the "Physical and mental" health of women. The study revealed that family violence as a traumatic experience associated with various physical problems in all women victims of family violence. An attempt has been made to identify the various causative factors leading to family violence and discuss various consequences and experiences in relation to it.

KEY WORDS : Family violence, Physical and mental health Kashmiri women

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INTRODUCTION

Violence is something that a transgressor inflicts upon a victim. Unlike natural pain, which occurs without a human agent, violence is inflicted upon by one human being to another. Whether this is done for the assertion of power or for some other reason, what matters is the transgression or violation by one on another, in a manner which is socially unacceptable.

Domestic violence is as old as the Indian history. The nature and extent of domestic violence depends upon the quality of life and basic social cultural milieu. Family as an institution in the ancient India laid down certain principles, which regulate the relationship between husband, wife and their children. The domestic violence causes a breach in the husband wife relationship due to many reasons. Primarily this violence can be categorized in two ways *i.e.* mental and physical. The mental violence can be carried out with the help of psychological weapons (insult, abuse, humiliating treatment etc.), that hurt the individual and the scar are deep rooted. The physical violence includes different types of aggressive / physical assaults *i.e.* husband beating wife or wife beating husband. This physical violence is quite common among people living in lower and lower middle strata of the society. The inmates

living in the family are greatly affected by such incidents. But the adults such as parents, brother and sister, in laws are less affected by such acts compared to the innocent children who are in the formative phase and / or developing stage.

There are two perspectives on domestic violence. First there is the "family violence perspective" which suggests that women and men learn from childhood experiences, media portrays and societal norms that violence is an acceptable way to resolve disputes. Secondly, there is the feminist perspective which states that men and women do not have equal positions in society; men have had privileged position in society for centuries and have acquired dominant status, forces women to tolerate violence to a great extent.

Domestic violence is a problem that affects many people in many countries now-a-days. The victims are mostly women and children and the abusers are usually their husband/fathers. But the problem is not only the quantity, but the quality of violence: it usually happens at home. Women of all cultures, races, occupations, income levels and ages are battered by husbands, boyfriends, lovers and partners. In addition, the violence does not occur in separate cases of loss of temper, but it is used in form of

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