

An Analysis on Gender –Based Violence- Issues, Measures and Prevention

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Abstract

Gender-based violence-including rape, domestic violence, mutilation, murder, and sexual abuse-is a profound wellbeing crisis for women across the globe. Although gender violence is a significant cause of female morbidity and death, it is almost never seen as a public health concern. On a per capita basis, the health burden forced by rape and domestic violence in the industrial and developing world is roughly equivalent, but because the total disease burden is so much greater in the developing world, the proportion attributable to gender-based victimization is smaller. Nonetheless, on a global basis, the health burden from gender based victimization is comparable to that from other conditions already high on the world agenda. This article draw together existing information on the dimension of violence against women worldwide and reviews available literature on the health consequences of cruelty. It also explores the relationship between violence and other dangerous issues.

Introduction

Gender –based violence troubles women’s, families, society and every country and all regions around the world. Gender-based violence is a phenomenon deeply rooted in gender inequality, and continues to be one of the most notable human rights violations within all societies. Gender-based violence is violence directed against a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls.

Gender-based violence and violence against women are terms that are often used interchangeably as it has been widely acknowledged that most gender-based violence is inflicted on women and girls, by men. A gender crime is a hate crime committed against a specific gender. Specific gender crimes may include some instances of rape, genital mutilation, forced prostitution, and forced pregnancy. Often gender crimes are committed during armed conflict or during times of political upheaval or instability. Gender equality, also known as sexual equality or equality of the sexes, is the state of equal ease of access to resources and opportunities regardless of gender, including economic participation and decision-making; and the state of valuing different behaviors, aspirations and needs equally, regardless of gender.

While women are usually the immediate victims of gender violence, the consequences of gender violence extend beyond the victim to the society as a whole. Gender violence threatens family structures; children suffer emotional damage when they watch their mothers and sisters being battered; two-parent homes may break up, leaving the new female heads of household to struggle against increased poverty and negative social repercussions.

Why Gender-Based violence is happening?

Violence against women and girls in India is widespread. Despite some progressive legislative measures in recent years, brought about due to pressure from women's rights movements, the media and public campaigns, many women continue to experience discrimination and violence in their everyday lives.

Gender-based violence takes place in both public and private spheres. It is often reported as a result of universal and social barriers, and formal mechanisms to address it remain vain.

Violence against women's are as listed below:

- Dowry death
- Honor killing
- Sex selective abortion

- Domestic violence
- Acid throwing
- Forced prostitution
- Child marriage

Effects of Gender-Based Violence

The effects of violence on women vary widely. It depends on the nature of the particular incident, the woman's relationship with her abuser, and the context in which it took place. Gender-based violence typically has physical, psychological, and social effects. For the survivors, these are interconnected.

The impact on gender-based violence on women's health:

Gender-based violence has been linked to many serious health problems, both immediate and long-term. These include physical and psychological health problems:

- Physical,
 - hurt,
 - disability,
 - Constant health problems (irritable bowel syndrome, gastrointestinal disorders, various chronic pain syndromes, hypertension, etc.) ,
 - Sexual and reproductive health problems (contracting sexually transmitted diseases, widen of HIV/AIDS, high-risk pregnancies, etc.) ,
 - Fatality.
- Psychological
Effects will be equally direct/ indirect ,

- Direct: nervousness, fear, be wary of others, inability to concentrate, being alone, post-traumatic stress disorder, depression, suicide, etc. ,
 - Indirect: psychosomatic illnesses, withdrawal, alcohol or drug use.
- Economic and societal impact:
- Rejection, ostracism and social stigma at community level;
 - Reduced ability to participate in social and economic activities;
 - Acute fear of future violence, which extends beyond the individual survivors to other members in community;
 - Damage to women's confidence resulting in fear of venturing into public spaces (this can often curtail women's education, which in turn can limit their income-generating opportunities);
 - Increased vulnerability to other types of gender-based violence;

Focusing on avoidance to end Violence against women

Prevention should start early in life, by educating and working with young boys and girls promoting respectful relationships and gender equality. Working with youth is a “best bet” for faster, sustained progress on preventing and eradicating gender-based violence. While public policies and interventions often overlook this stage of life, it is a critical time when values and norms around gender equality are forged.

Prevention entails supporting the implementation of the agreed conclusions of the 57th Session of the Commission on the Status of Women (CSW) that placed a strong focus on prevention through the promotion of gender equality, women's empowerment and their enjoyment of human rights. It also means making the home and public spaces safer for women and girls, ensuring women's economic autonomy and security, and increasing women's participation and decision-making powers in the home and relationships, as well as in public life and politics. Working with men and boys helps accelerate progress in preventing and ending violence against women and girls

Education for preventing gender violence

An initial step, “Voice against Violence” is a co-educational curriculum planned for various age groups ranging from 5 to 25 years. It provides young people with tools and expertise to understand the root causes of violence in their communities, to educate and involve their peers and communities to prevent such violence, and to learn about where to access support if violence is experienced. Education plays a vital role in preventing women from gender violence and stop gender violence.

Some ways to prevent violence against women:

- Raise consciousness of the dangers of harmful traditions
- Deal with violence against girls in school
- Challenge and speak out about violence in the home
- Transform attitudes towards harmful practices
- Make girls’ journeys to school safer
- Engage boys and young men to become agents of change
- Protect girls who face additional risks during emergencies
- Challenge rape culture

Conclusion

Much of the necessary preventive action will require persistent and extensive work through commitment to community-based organizations, public education, and women's empowerment. In the short, some of the most effective action can be taken by health and family planning agencies and providers. So, it is very important that people should start taking violence seriously, particularly health organizations because it is a life threatening issues for women. When we are talking of family planning. They could be rape or incest victims. They should be asked. If health workers would be more vigilant in detecting incidents of violence against women, we could make people more aware that this is a very crucial issue for women's health

and women's lives. Women are the primary caretakers of children and elders in every country of the world. International studies demonstrate that when the economy and political organization of a society change, women take the lead in helping the family adjust to new realities and challenges. A woman plays multiple roles like daughter, sister, wife, mother, leader, homemaker, Teacher, etc. She is the bloom to the society. How long gender violence will continue? So, government has to take step and change policies and law to stop this.

"Violence against women in all its forms is a human rights violation."

-Amen.

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