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Article:	Effects of Domestic Violence on Behavioral Patterns of Female in Multan City		
A 41. ()	Alia Hussain M.Phil. Scholar, Department of Sociology, Bahauddin Zakariya University, Multan		
Author(s):	Dr. Saima Afzal Assistant Professor, Department of Sociology, Bahauddin Zakariya University, Multan		
	Allah Dad Visiting Lecturer, Department of Sociology, Bahauddin Zakariya University, Multan		
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	Alia Hussain is a M.Phil. Scholar at Department of Sociology, Bahauddin Zakariya University, Multan		
Author(s) Note:	Dr. Saima Afzal is serving as Assistant Professor at Department of Sociology, Bahauddin Zakariya University  Corresponding Author's Email: <a href="mailto:saimaafzal@bzu.edu.pk">saimaafzal@bzu.edu.pk</a>		
	Allah Dad is serving as Visiting Lecturer at Department of Sociology, Bahauddin Zakariya University, Multan		

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#### **Abstract**

This study is conducted to find out the impact of domestic violence on the behavioral pattern of females experiencing violence. To fulfill the purpose of this research work, the researcher tried to approach those females who experienced domestic violence by their families and the researcher went to those institutes which only were dealing with these types of cases. A sample of 106 respondents (Shaheed Benazir women crisis center (46), Dar ul Aman (30), Dar ul Falah(30) was selected by using simple random sampling. The result confirmed that domestic violence had a significant impact on behavioral patterns. There is also a significant relationship between physical and psychological violence and change in behavioral patterns. The researchers conclude that most of the respondent's husbands physically or psychologically brutalize them and domestic violence is a serious issue that affects the behavioral pattern of females. The study suggests that policies should be enforced to stop domestic violence and a change in the normative framework is required for the socialization of sons/males to establish gender equality and equity.

**Key Words:** Violence, domestic violence, physical violence, psychological violence and behavioral pattern

#### Introduction

Domestic violent conduct is a pattern of household harassment that one partner uses to acquire or sustain influence and authority over a partner. It also adds that domestic violence can take many forms, including abuse of sentiments, psychological violence, physical assault, sexual assault, and economic abuse, regardless of age or race, sexual identity, gender or religion (Johnson et al., 2007). There are several types of domestic violence, so described, including physical attack or threats to (snip, bite, kick, shoot, restrain, bang), sexual abuse, emotional abuse, power, domineer, bullying, stalking, and otherwise alluded to as abandonment; as well as financial deprivation. (Seimeniuk, Krentz, Gish & Gill, 2010).

Amoakohene (2004) discussed that in patriarchal societies violence is used to control women. Domestic abuse is not only a significant cause of public health disruption (Kaur & Garg 2010), but a direct and unbearable human rights violation (Buvinicv & Morrison, 2000). Violence against women is a significant social, cultural and economic issue in South Asia with long lasting implications and hence adversely affecting the growth of the country (Gupta & Chirayath, 2013).

Domestic violence, domestic abuse, and family violence are manifold trends that are a part of violence. Cohabitation is possible in homosexual relationships as well as the violence between the relations of two opposite relationships. Alokan (2013) has established that there is a direct and significant correlation between gender equality and the percentage of violence followed in homes in any specific country. It is also the strength of emotions or a destructive natural force. It is destructive for both the battered and the batterer. A countless number of women are bruised and a great number of them fall victim to domestic violence and meet their fate i.e. leave this world without their will (Hattery, 2009). Physical and psychological violence between life partners is not so much alarming to common people (Kaur & Garg, 2010). It is against the law and human rights (Buvinicv & Morrison, 2000). Different government and non-government organizations at all levels actively work to lessen the impact of physical and psychological violence against women through countless different TV shows and programs. United Nations' organizations organize different days to be celebrated to point out the intensity of violence against women and how to decrease it (Velzeboer et al., 2003). Spousal violence is predominated in different societies and it badly put a negative impact on the population of women and the overall population (Gilliland & James, 1997; Tshiwula, 1999).

A number of negative effects are associated with impaired self-esteem due to domestic violence. It includes conduct problems, arrogance, social incompetence, inability to sleep, inability to concentrate, anxiety depression, changes in appetite, emotional disorienting, and persistent attention on the violent happenings. Abuse gives the women and their children immense pain (Garcia-Moreno et al., 2005).

The negative impact of damaged and distorted self-esteem is reported on the attitudes of the victims which may become a cause of anger, attitude, frustration, anxiety, insomnia, lack of appetite, sense of being useless, emotional distortion and continues focusing on psychological and physical events. Physical and psychological violence run side by side to tease the intimate relationship which may affect women's mental as well as physical health (Ellsberg et al., 2000). Domestic violence sometimes becomes physical torture. No doubt some injuries heal while others have life-changing disabilities. Women who experienced domestic violence suffer more stress than non-abused women (Eby, 2004; Sutherland et al., 2002).

South Asian countries regardless of the latest modern trends are rigid in culture and they have discrimination towards women that carry them to the exploitation of women. Wichitranon and Phongwet (2000) identified that domestic violence might be verbal, mental, or by force threatening, hitting, kicking, punching delimiting within the four walls and results

are the physical and psychological misery for the victim. The most widespread form of violence is domestic violence (Mannan, 2002). Female infanticide in India, honor killing in Afghanistan, acid throwing and stove burning in Pakistan, and gender trafficking in Nepal, Sri Lanka, and India can frequently be seen. Here these are normal life experiences for women. In these countries' undisputed lord or ruler of the household, lack of legislation encourages abusers to commit such heinous acts against gender without any repercussions. In this region, a lot of fundamental challenges exist at family and societal levels with the implementation of law and policies to have better results but in these countries, the law is flexible and waxen which can be molded according to the social standards of people.

In Pakistan, there are a lot of examples in different parts of country, where biased, inequitable practices and vicious attitude towards females are frequently found. It is the national duty of the people of a country to be united against domestic violence; for the people who fall prey to it and sometimes survive after the victimization. They wish to have zero levels of tolerance for violence at home (Chatha, Ahmad and Sheikh, 2014). In Pakistan which is a male-dominated society, violence is practiced to get control over women (Amoakohene, 2004).

Behavior is a process that is considered as a product of state of mind and psychological well-being (Glantz et al., 2009). Psychological factors are mostly used as speculative variables that influence the behavior of a person (Glantz et al., 2009). Psychological determinants include attitudes, self-efficacy, risk sensitivity, and the habits of individuals. The social cognitive theory explains physical and psychological violence as reasons for behavior change. Different types of theories are given to elaborate on the behavior change, and it is explained how normal behavior changes into deviant or violent behavior. According to Sutherland, "Differential Association" is a major cause of effecting behavior. An individual has a deficiency of a good socialization process in their personal life or they experience violence, aggression, and frustration previously. These negative experiences impact an individual's present and future. According to this theory, the range of changed behavior is based on the frequency, duration, priority, and intensity of the issue. Summing up this theory, a person gets along with society in both positive and negative ways to the extent their socialization allows them (Chatha, Ahmad & Sheikh et al., 2014).

## Rationale and Significance of the Study

Domestic violence is a difficulty for different systems of society and very humbly affects national development. (Chatha, Ahmad & Sheikh, 2014). The problem of the effects of domestic violence on the behavioral pattern of the female is not only widespread geographically. It is a worldwide issue reaching other countries as well as social, economic, cultural, ethnic, familial and folk excellence or perfection also.

The major effect of behavior on physical health had seen in the result (Almutairi et al., 2013; Coker et al., 2000). The existence of psychological and physical violence cannot be defended morally as well as ethically (Eby, 2004). Many forces of oral and nuncupative abuse put intensive emphasis on relatively harmless at first but their meanings are clear with time (Antai et al., 2014). The word uttered by life partners may put a strong foothold in the mind of the physical and psychological battered partner making it uncountable for the abusers without realizing the severity of their words (Mouton et al., 2010).

Yet the major problem of the behavioral pattern as a result of DV has been ignored and so little understood. The protection of women from the DV Act 2005 says that any word feeling injury, mark, scar or harm has its impact according to the law. But no attention is given to behavioral patterns regarding DV of females. That's why the researcher thought it better to touch on this grave issue which is having serious consequences on women's physical and psychological health.

Women have a major role in the formation of society. They contribute half of the population of the world. They also deserve equality of rights and opportunities. Islam emphasized a lot of rights for women but these rights are violated in Islamic society due to patriarchal system and hegemony of men in interpretation of Islamic teachings. The women are the victims of violence at all levels in one form or other.

# **Objectives of the Study**

The study was undertaken to determine the effects of domestic violence on the behavioral pattern of the female. The objectives of the study were:

- 1. To identify causes of domestic violence against women in district Multan.
- 2. To examine the extent of physical and psychological violence women were suffering
- 3. To know the effects of domestic violence against housewives on their physical and psychological health
- 4. The study aims to analyze the effect of domestic violence on the behavioral pattern of the women.

Based on the literature review, two hypotheses have been put forward:

H1: There is a positive correlation between psychological violence against women by their spouses and changes in the behavioral pattern.

H2: There is a relationship between physical violence against women and changes in the behavioral pattern of the women after experience physically bettered.

### **Materials And Methods:**

A cross-sectional study was conducted with 106 females who experienced domestic violence. The researcher investigated the effects of domestic violence on the behavioral pattern of females who were living in Shaheed Benazir women crisis center, Dar ul Aman and Dar ul Falah in Multan, Pakistan. 106 Respondents were conveniently selected from all the concerned centers. The research team examined that individuals were facing the problem of physical violence and psychological violence that affected the behavior pattern of the female. This situation ensured the suitability of the convenient sampling design for this study. 106 available females were interviewed through a self-administered interviewing schedule. Details about the number of respondents interviewed in the aforementioned centers are given in table 1.1

Table 1.1 Number of the respondents interviewed in three centers

Serial#	Name of the center	No of Victims
1	Shaheed Benazir Women Crisis Center	46
2	Dar ul Aman	30
3	Dar ul Falah	30
	Total	106

#### **Study Instruments**

The research method of interview is selected which gave ample permission to the master to follow certain headings and start on the new lines of inquiry (Bowling, 2009). A questionnaire was used based on lastly done quantitative work and the literary review on the topic. Keeping in review the cultural norms, the questionnaire was devised on physical and psychological violence. The researcher specifically put a hand to devise questions and structure the whole research to explore the study under the surface of feigned responses to extract the reality that most of the people assigned to events and the complexities of their attitude and behavior. In this research, a five-point Likert scale was used (Always, very often, sometimes, rarely and never). The study had measured three variables (physical violence, psychological violence, and behavioral pattern) through liker scales. For analysis and synthesis, the term domestic violence was explained in detail to the respondents. Indicators regarding the variables of this research are given below:

## **Physical Violence**

Physical violence is the undue or illegal use of force to cause some injury or harm to others. The use of a weapon or the use of physical strength is known as the cause of physical harm (Adjah and Agbemafle, 2016). The indicators related to physical violence are pushing, slapping, twist arm or leg, pulling hair, kicking, choking, attacking with a knife, gun or other weapons, humiliating others, shoving, throwing something, throwing out from the house, bruising, burning and dragging (Abbot & Williamson, 1999; Coker et al., 2009; McCaw et al., 2007). Wounds reported by ladies with damaging accomplices can be bruises, scratches, and wounds (Sutherland, Bybee, and Sullivan, 2002), neck and skull injuries (Halpern and Dodson, 2006), gunshot and blade injuries (Sutherland et al., 2002), cracked bones (Coker, 2000b), slashes, maxillofacial wounds (Le et al., 2001), cracks (Petridou et al., 2002),dental injury, loss of teeth (Kenny, 2006), broken or chipped teeth, inner wounds (Tjaden & Thoennes, 2000), and instances of harming (Kernic, Wolf, and Holt, 2000).

# **Psychological Violence**

Psychological violence means humiliating, threatening, taunting, joking, passing remarks and giving stress to delimit the freedom of movement privately or publically. Withholding information or giving false information, to cause psychological pain, what's more, enduring, likewise comprises psychological mistreatment. Enthusiastic, verbal or mental maltreatment is any lead that makes someone else feel always troubled, hopeless, mortified, apprehensive, jumpy or useless (Adjah and Agbemafle, 2016). Personality disorders, anxiety, posttraumatic stress disorder, sleeping and eating disorders, depression, alcohol or substance abuse, social brokenness, and suicide are some of the problems related to mental health that can be caused by domestic violence (Howard, Trevillion, and Agnew-Davies, 2010). Sometimes they report more drastic physical symptoms such as headaches, chronic pain, chronic fatigue (Nicolaidis, 2004). Depression and other psychiatric symptoms such as posttraumatic stress disorder (PTSD) are more prevalent in women exposed to domestic violence (Golding, 1999). The indicators related to psychological violence are verbally insulting remarks making feel bad, humiliating among people, threatening to harm, freighting, overpowering, scaring, taunting, threatening children, mocking values and beliefs, abandoning, not permitting to do a job, preventing from studying, and a woman becomes afraid of her husband.

# **Change in Behavioral Pattern**

A recurrent way of acting by an individual or group toward a given object or in a given situation (Collins Dictionary) Domestic violence is associated with women's behavioral health i.e. abused women drink and smoke at a higher level than women who are not in abusive relationships (Gerber et al., 2005). These indicators are found in the literature of Western countries. However, in eastern countries especially in Muslim countries where drinking and smoking are either banned or are culturally notorious, the indicators for behavioral changes are different. The indicators related to the behavioral pattern used to operationalize are as follows: feel unsafe even in their own home, feel ashamed of the things their partner did to them, feel like that their partner kept them as a prisoner, feel like that they were programmed to react in a certain way, hide the truth from others because they were afraid not to, feel owned by their partner, partner had a look that went straight through them and terrified them, misbehave with their children, frequent shouting, cursed or hit their children, have poor impulse control, feel sleep disturbance, misbehave with their in-laws, have poor self-esteem, have sudden bursts of anger, suffer from migraine pains, headache, suffer from tension, any eating disorder and feel excessive fear and anxiety. Abusive behavior at home is an example of inconsiderate conduct in any relationship that is utilized by one accomplice to pick up or hold control and manage over another personal accomplice. The definition adds that domestic violence can occur to anyone irrespective of race, age,

sexual placement, religion, or gender, and can take many forms, including physical abuse, sexual abuse, emotional, financial and mental maltreatment (Johnson et al., 2007).

### **Delimitations:**

Keeping in view the critical nature of the study, it was delimited to three centers; Shaheed Benazir Center, Dar-ul-Aman and Dar-ul-Falah. It was a difficult task as most of the respondents felt shy to discuss their intimate relations.

### RESULTS AND DISCUSSION

Table 1. Demographic Profile			
Variables	Categories	F (P%)	
Age	16-24 years	31 (29.2)	
	25-34 years	57(53.8)	
	35 years and above	18(17.0)	
Age at the time of marriage	15-25 years	90(84.9)	
	25-35 years	13(12.3)	
	35-45 years	3(2.8)	
No; of Children	0	24(22.6)	
	1	20(18.9)	
	2	23(21.7)	
	3	18(17.0)	
	4	16(15.1)	
	5	4(3.8)	
	7	1(.9)	
Monthly Income of family	5000-15000	70(66.0)	
before dispute	15001-25000	30(28.3)	
	25001-35000	6(5.7)	
Marriage	By choice	13(12.3)	
	Arranged	93(87.7)	
<b>Domestic Status</b>	Working women	51(48.1)	
	Housewife	55(51.9)	
Family Structure	Nuclear	39(36.8)	
	Joint	67(63.2)	
Residential area	Rural	68(64.2)	
	Urban	38(35.8)	

N = 106

The table is consisting of the responses of respondents in different strata of life that are discussed with different categories. The first one is the age structure of respondents. According to data collected, 29.2% of respondents fall in the age between 16-24 years while 53.8% of the respondents selected were between 25-34 years and the respondents whose age was 35 years or more range 17%. Age at the time of marriage of the respondents is shown on the third point. There were 8.9% of respondents whose ages were between 15-25 years at the time of marriage. 12.3% of the respondent's age at the time of marriage was between 25-35 years and with the frequency of 3(2.8%) the respondent's age was between 35-45 years. The close comparison of this table shows that more than 84.9% of women were 14-24 years of age when they got married.

The description of data shows that 22.6% of respondents were issue less while 18.9% of the respondents had only 1 kid, 21.7% of respondents had 2 kids, 17% of respondents had 3 kids, 15.1% have 4 children while 3.8% of respondents have 5 children whereas 0.9% have 7 children. According to the survey data, 66.0% of the respondent's monthly income of the

family before the dispute was in the range of Rs. 5,000 - Rs. 15,000, while 28.3% of respondents replied that their family income ranges from Rs. 15001- Rs. 25000, and only a small number of (5.7%) respondents claim to have their family income between Rs. 25,001- Rs. 35000. The data depicts that 87.7% of the couples were in an arranged marriage while a relatively small number of (12.3%) of respondents were married by choice. In this study, 58.1% of women were working women while 51.9% were housewives. While discussing the family structure of the respondents 63.2% of the respondents answered that they lived in joint families while 36.8% of respondents prefer nuclear life patterns.

Lastly, the table shows the area of residence of the respondents. According to the data collected from the respondents, it shows that 64.2% were from rural areas and the rest lived in urban areas.

 Table 2.
 Physical & Psychological Violence and change in Behavioral Pattern

v		Scale	Frequency	Percentage
1 0	of	Always	38	35.9
Physical Violence	ence	Sometime	59	55.6
		Never	09	8.5
Frequency	of	Always	24	22.6
Psychological Violence		Sometime	66	62.2
Violence		Never	16	15.2
0	in	To great extent	38	35.9
Behavioral Pattern		To Some extent	56	52.8
raucin		Not at all	12	11.3

The table shows that 38 (35.9%) of the respondents responded that their intimate partner always violates them physically, 59(55.6%) said that sometimes their partner used physical violence against them. A very small number of respondents 09 (8.5%) said that they never had physical violence from their husbands. The table clearly shows that more than 55% of the respondents were physically violated by their husbands. The studies conducted by different researchers show that females were more physically victimized by their intimate partners (Coker et al., 2009; McCaw et al., 2007). Every third or in some cases two out of three women face violence by their intimate partners spouse or fathers. Early marriages is also considered as a good reason of domestic violence as immature females are easy to victimized and abused and their immature behaviors often led them into mistakes and hence troubles (Amnesty International, 2007). The situation becomes more tragic when most of women do not report the violence because of cultural factors and this lead to non-documentation and under-reporting (Afrolnews, 2007).

The table depicts that 24(22.6%) of the respondents agreed that their intimate partner psychologically tortured them always, 66(62.2%) responded that their husband tortured them sometimes. A very less number of respondents 16(15.2%) were not agreed that their husbands psychologically tortured them. The table clearly shows that more than 62.2% of the respondents were psychologically tortured by their husbands. The result of the studies conducted by Adjah and Agbemafle (2016), Golding (1999) and also showed that females were psychologically tortured by their husbands.

Table 2 shows that 38(35.9%) of the victim's behavior was always changed due to domestic violence by their intimate partner, the behavior of 56(52.8%) respondents was changed sometimes. The very less number of respondents 12(11.3%) behavior was never changed due to domestic violence by their husband. The table clearly shows that more than

52% of the victim's behavior was sometimes changed when their husband physically and psychologically tortured them (Gerber et al., 2005).

Table 3. Correlation between Physical Violence and Behavioral Variation

Scale	Physical Violence	Behavioral Variation
<b>Physical Violence</b>	1	.272**
Behavioral Variation	.272**	1

\*\*p < 0.01

Table 3. depicts strong positive correlations b/w physical violence and behavior. It means that when there is an increase in physical violence, the behavioral variations will also be increased. This result shows that the variations would show in their behavior patterns of females who are affected by physical violence. Behavior is considered as a process that has the potential to be impacted by psychological determinants (Glantz et al., 2009). Psychological determinants are mostly used as theoretical variables that impact individual behavior (Glantz et al., 2009).

Psychological determinants include attitudes, risk perception, self-efficacy and the habits of individuals. The social cognitive theory explains physical and psychological violence as reasons for behavior change. Different types of theories are given to elaborate on the behavior change, and it is explained how normal behavior changes into deviant or violent behavior.

Table 4. Correlation between Psychological Violence and Behavioral Variation

Scale	Psychological Violence	Behavioral Variation
Psychological Violence	1	.221*
<b>Behavioral Variation</b>	.221*	1

Note: \*p<0.05

Results in table 4 show that there is a positive correlation between psychological violence and behavioral variations. It means that when there is an increase in psychological violence, the behavioral variations will also be increased. This result shows that for those females who are affected by psychological violence, the variations would be shown in their behavior patterns. Domestic violence is associated with women's behavioral health i.e. abused women have a more unhealthy lifestyle than women who are not in abusive relationships (Gerber et al., 2005).

### **Discussion**

In Pakistan, male life partners treat their life partners very harshly, and in some of the cases physical and psychological disturbances are observed (Black et al., 2011). This kind of violence put bad impact on social gatherings and become the cause of different kind of abuses (Campbell, 2002; Campbell et al., 2002; & Coker et al., 2000). The intensity of ruthlessness and inhumanity is increasing day by day and almost 60% of the adult human female specifically relating to rural places have to face violence in their families. Such kind of abuse is considered to be a shameful act on part of women, not only for themselves but also for the families they are a part of. Consequently, such marriages are a complete failure and result in separation and divorce and both cannot be afforded in Asian culture. The researcher found it difficult to touch all the issues in detail and the present study comprehensively recommends in-depth counseling to intend couples especially the husband to let him know how to handle the situation and give their marital relations and it is also suggested that government should establish counseling centers so that the victims might be helped to avoid psychological and physical violence.

The different researchers worked on domestic violence and its effects (Sukeri & Man 2017) on the psychological and mental health of females. Socioeconomic status also affects females (Chatha et al., 2014). Violence related to domestication is a very fatal issue and there is a dire need to highlight it and different centers are struggling to find the exact number of

victims affected by domestic violence. The causes and reasons behind domestic violence were also highlighted by the researches, still many are to be found and worked out (Prospero et al., 2009).

The results of the study show that most of the respondents were married belong to rural areas and not satisfied with the behavior of husband and in-laws. Mostly the victims did not hesitate to report that slapping was a common offense with others such as kicking, choking, pushing and injuring by their husbands. They also said that they used to be humiliated by their husband. The husband of the respondents prevented them from the job and studying. As a result, they felt tens, headache, migraine, sleep disturbance resulting in misbehavior with others especially children.

### **Conclusion:**

A family is a basic unit of society and the perseverance of the family system and structure is essential for a better upcoming generation. Family violence is a very serious issue that affects the lives of different females and the smooth working of the family is shattered as peace within the family is greatly disturbed. 2 out of 3 women were affected by psychological and physical violence in one way or another. In this research, physical and psychological violence was found a critical stimulator in the change of behavioral patterns. the mother of the family has to change from the house to home. if the female is not feeling secure in the family, she will not be able to play her role as a good mother and wife.

# **Suggestions**

Following are the suggestions to eliminate or reduce the intensity of domestic violence.

- Public awareness on the negative impact of domestic violence, particularly woman battery, must be made publicly available in mass media.
- Medical practitioners, who are giving treatment to battered women, should refer them to psycho-therapeutics following physical care. Punishment against severely offending husbands should be made known in order to deter others.
- Respected and sacred like mosques and Churches should coordinate seminars and programs to inform practitioners about the need for a non-violent society using the home as an emblem.
- Young married couples should be motivated in the ways in which they can eliminate abuse in their intimate marital ties.
- The Government should develop and support regional and city government treatment services and hire expert counselors to aid victims and domestic abuse offenders.

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