

# DOMESTIC VIOLENCE AND INTERVENTION OF FAMILY COUNSELLING CENTRES

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# PREFACE

Domestic violence is possibly a relatively new field of study; its causes are still not fully understood. Many researchers have posited that domestic violence is caused by a combination of social and individual factors. Most characterize it as a pattern of behaviour that is learned and chosen by the abuser and encouraged or discouraged by the abuser's social environment. This study depicts the causes leading to domestic violence, taking a small sample and tries to find out the extent of correlation of the factors with domestic violence.

One of the impediments of the study was the shyness of the victims to put forward their reactions openly. It sometimes appeared that the violence was tolerated, or even rewarded. However, it appeared that all the men who are exposed to social attitude that devolve women do not commit acts of violence against their domestic partners. Opportunities for domestic violence occur in environments where it is tolerated. Abusers who believe that they will "get way with" violence against their domestic partners will have no motivation to change their behaviour, particularly if they have learnt that violence is an effective tool for asserting control in their intimate relationships. Indeed, social tolerance for domestic violence reinforces the lessons of violence by allowing abusers to succeed in asserting control over their victims without suffering negative consequences.

It appeared from the instant survey and study that domestic violence occurs in all social groups without regard to the parties' racial ethnic, economic, religious, educational, professional or social backgrounds. It is not restricted to the ranks of the impoverished, unemployed or substance dependent. Because, it often occurs within the privacy of the home, domestic violence may be well hidden from

outside observers, including family members who are not living in the household where the abuse occurs. Indeed, many abusers appear to be devoted to their families and have positive characteristics that mark the injuries they inflict.

Although abusive behaviour occurs because the chooses it many people (including abusers) erroneously characterize domestic violence as out of control behaviour caused by circumstances commonly present in violent households, such as alcohol use, stress, unresolved anger or problems inherent in the relationship. While these factors often accompany domestic abuse and may intensify its severity, they do not cause it.

The instant study also confirms that an abuser's primary motivation is to maintain control over the victim. Abusers are master manipulators who employ physical assault in conjunction with other tactics to achieve their objective. Abusers' tactics have been compared to the brain washing tactics used against prisoners of war, which include isolation, threats, occasional indulgences, demonstrations of omnipotence, degradation and enforcement of trivial demands – abusers may employ similar patterns of physical, sexual, financial and emotional correction to control their victims.

It revealed on study that emotional abuse mostly consists of isolating the victim from family and friends, making degrading remarks to the victim, blaming the victim for the abuser, constantly monitoring the victim's activities, training, playing 'mind games', or threatening suicide if the victim leaves the relationship. An abuse may maintain control in a relationship by limiting the victim's access to the couple's money or by preventing the victim from getting or keeping a job. This interference with the victims economic independence makes financial

abuse a major factor in preventing victims from leaving abusive relationships.

It further revealed that if a female victim believes that the male partner must be the dominated figure in a household, she might regard his abuse as an acceptable extension of his dominance. Under this family concept, she may believe that her efforts to escape are inappropriate or that others in her community will banish her if she attempts to leave.

Interrogation with the victims made it clear that the victims know their abusers better than anyone else and they choose strategies to minimise injury based on past success. Although the strategies above may be ineffective to end the abuse in the long term, many domestic violence victims are so involved in a day-to-day struggle to pressure their own lives and the lives of their children that they cannot focus on the long range effects of the violence or on the possibility of forging a new life apart from the abuse.

To cope with problems related to domestic violence, hence, in recent times, a family centred approach in social work is viewed as significant. This is the systems perspective approach adopted by professional social workers to help an individual bring about a balance between his or her internal or external world, enabling the understanding of the dysfunctions in families and steering the adoptive process by which harmonious family relationships are preserved and promoted. With this in view the Family Counselling Centres(F.C.Cs) were set-up. The counselling services provided by the FCCS have proved to be a boon for families which were in danger for breaking up. In several cases, the family has been greatly strengthened by being able to see problems in a new perspective.

## ACKNOWLEDGEMENT

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I express my sincere thanks from the core of my heart to all the **respondents (victims of domestic violence)** of my study and the **counsellors** of the two family counselling centres of Jayaprakash Institute of Social Change, without whose help and patience this work could not have been completed.

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# *Chapter-I*

# Chapter-I

## INTRODUCTION

### PROBLEM OF THE STUDY

Women are often in great danger in the place where they should be safest within their families. For many, 'home' is where they face a regime of terror and violence at the hands of somebody close to them — somebody they should be able to trust. The victims suffer physically, psychologically, sexually and economically. They are unable to make their own decisions, voice their own opinions or protect themselves and their children for fear of further repercussions. Their human rights are denied and their lives are stolen from them by the ever-present threat of violence. The global dimensions of this violence are alarming. No society can claim to be free of such violence; the only variation is in the patterns and trends that exist in countries and regions.

The United Nations Declaration on the Elimination of violence against women (1993) defines violence against women as “any act of gender-based violence that results in, or is likely to be resented in, **Ishita Mukhopadhyay (Ed.), Violence Against Women, Vyas Prakashan, Kolkata, 2002**; physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life”. This definition refers to the gender-based roots of violence, recognizing that “violence against women is one of the crucial social mechanisms by which women are forced into a subordinate position compared with men”. It broadens the definition of violence by including both the physical and psychological harm done towards women, and it includes

acts in both private and public life. The declaration defines violence against women as encompassing, but not limited to three areas: violence occurring in the family, within the general community, and violence perpetrated or condoned by state. So, domestic violence includes violence perpetrated by an intimate partner including a cohabiting partner and by other family members, when this violence occurs within or beyond the confines of the home.

The family is often equated with sanctuary — a place where individuals seek love, safety, security and shelter. But evidence shows that it is also a place that imperils lives, and breeds some of the most drastic forms of violence perpetuated against women and girls. Violence in the domestic sphere is usually perpetrated by males who are or who have been in positions of trust and intimacy and power — husbands, boy friends, fathers, father-in-law, step fathers, brothers, uncles, sons or other relatives.

Domestic violence can be described as when one adult in a relationship misuses power to control another. It is the establishment of control and fear in a relationship through violence and other forms of abuse. Approximately, 95 percent of the victims of domestic violence are “women”. Domestic violence is a crime. Domestic violence can broadly be defined as any unethical, immoral or criminal act committed within the family by one of the members or the emotional abuse which seriously harms life, body, psychological integrity or liberty of another member of the family.

Domestic violence consists of (a) physical aggression such as minor or major blows, (b) sexual abuse including rape, incest, (c) emotional abuse which includes verbal humiliation, continuous threat, threat of physical abuse, economic blackmail and confinement in the

home and (d) homicides including dowry death. Thus, domestic violence means all offences committed within the four walls of the family includes child abuse, sexual abuse, wife battering, ill treatment of newly married women for dowry, assault, rape, suicide and such other offences. So, domestic violence is violent victimization of women within the boundaries of family, usually by man or his family to whom they are married or with whom they have marriage like relationship. Domestic violence against women may take various forms. These may be broadly described as:

➤ **Physical Violence:**

- Beating, slapping, hitting, biting, kicking, punching, pushing, shoving.
- Any kind of bodily harm.
- A threat of bodily harm.

➤ **Sexual Violence:**

- Forced sexual intercourse.
- Forcing a woman to look at pornography or any obscene picture or material.
- Any act of sexual nature to abuse, humiliate or degrade a woman's integrity.

➤ **Verbal Violence:**

- Name calling.
- Any kind of accusation on a woman's character or conduct for not bringing dowry.

- Insults preventing a woman from marrying a person of her choice.
- Any form of threat or insults for not producing a male child.

➤ **Economic Violence:**

- Not providing money for maintaining a woman and her children.
- Not providing food, clothes, and medicines for them.
- Causing hindrance to employment opportunities.
- Forcing her out of house she lives in.
- Not paying rent if she is staying in a rental home.

**Magnitude of the problem:**

"Wife burnt by husband dies after a struggle", "wife stabbed to death after a scuffle", "wife hammered, daughter strangled following an altercation", "man kills wife as she is childless", "husband sells his battered wife who is raped by her buyers, she is strangled by her in-laws on her returned..." These all gruesome acts are found happening in modern families around us. These are few visible forms of domestic violence, a huge problem that has emerged as one of the most dehumanizing problems of women in our country. Such violent acts against women reached the epidemic level and is the most common yet least reported crime in the country, because it is largely seen as a private affair that occurs within the domestic domain and thereby is ignored by the society at large.

After the marriage, the greatest risk of violence for women continues to be in their own homes where husbands and at times in-laws, may assault, rape or kill them. When women become pregnant, grow old or suffer from mental as physical disability, they are more vulnerable to attack. Women who are away also subject to violent assault and it occurs in different phase in their whole life cycle.

**Table 1 : Violence against women throughout the life cycle**

<u>Phase</u>		<u>Type of violence</u>
Pre-birth	:	Sex selective abortion; effects of battering during pregnancy on birth outcomes.
Infancy	:	Female infanticide; physical, sexual and psychological abuse.
Girlhood :	:	Child marriage; female genital mutilation; physical, sexual and psychological abuse; incest, child prostitution; pornography.
Adolescent & adulthood :	:	Dating and courtship violence (e.g. acid throwing and date rape); economically coerced sex (e.g. school girls having sex with "Sugar daddies" in return for school fees); marital rape; homicide; psychological abuse; forced pregnancy.
Elderly	:	Forced "suicide" or homicide of widows for economic reasons; sexual, physical and psychological abuse.

[Source : "Violence Against Women", WHO]

### **The Indian Scenario:**

The National Family Health Survey (NFHS - 3) carried out in 29 states in 2005-2006 showed that 37 percent of married women said they faced spousal violence. One in every three women residing in

urban areas and as many as 40 percent in rural India said they had experience violence at home. With 37 percent women reporting abuse in India, the survey found Bihar the most violent, with the abuse rate against married women being as high as 59 percent. It was followed by Rajasthan (46.3%), Madhyapradesh (45.8%), Tripura (44.1%), Manipur (43.9%), Uttarpradesh (42.4%), Tamil Nadu (41.9%), West Bengal (40.3%) and Arunachal Pradesh (38.8%). Among the metros, the fairer sex was better off in Delhi (16.3%) and Mumbai (19.5%) recorded relatively low percentage as compared to Chennai (40.6%) and Kolkata (26.7%), Nearly 17 percent women in Goa have experienced violence.

The National Family Health Survey - 3 revealed that women with no education were much more likely (at 47%) than other women to have suffered spousal violence. However, spousal abuse also extended to women who have secondary or higher education with 16% reporting abuse.

While 63% of the women who faced spousal violence were illiterate in Bihar, the number stood at 54.2% in Assam, 53% in Tamil Nadu, 51% in Madhyapradesh and 50.4% in Rajasthan. The trend of violence against women was recently highlighted by the National Crime Records Bureau, which stated that while in 2000, an average of 125 women faced domestic violence every day, the figure stood at 160 in 2005. In 2005, more than 19 women were killed for dowry everyday.

[Source : The Times of India, Kolkata, Tuesday, March 13, 2007]

### **Women then and now:**

A historical study of women reveals that there were distinct stages of rise and fall in her status. In ancient India, in the age of Rig Veda, she had as much rights to enjoy life as man had. Woman was

man's friend, his co-worker and never his inferior; she enjoyed the property rights and had access to the property of her father and husband. She composed and chanted Vedic hymns at the time of holy sacrifice. In the matter of selecting their partners in marriage, women had equal rights. Widow marriage was in existence. Women have the privilege of adoption. Manu, the lawgiver had said, 'Gods are pleased with those households where women are held in honour'.

After the Vedic period the position of women deteriorated considerably. The lawgivers Manu made women entirely dependent on man and subjugated her to the authority of a father, husband and son in the different periods of her life as daughter, wife and mother. His dictum was "for women there can be no freedom at any state of her life". This position of women continued in Hindu period encroachments being made by the foreign invaders upon the traditional Hindu culture. The economic dependence of women on men becomes rigid during the medieval period. On the whole, the impact of Muslim culture led to the adoption of purdah system, child marriage, sati etc. segregation of sexes in Indian society.

The British Raj at first followed a policy of non-interference in the social and religious life of the people of India. So women went down imperceptibly in social status. They moved within the boundaries of their houses; child bearing and rearing, cooking and catering to the relatives, in-laws and husband, comprised their work, life and activity. Consequently, maltreatment, underfeeding and over working became the order of the day for women. Even though this position continued in the beginnings of the British period, the spread of English education, western culture reformist policy of the Government and the reformist movement launched by the Indian social reformers started a new movement towards the liberation of Indian women in the 19<sup>th</sup> century. A

woman is expected to adjust to her father-in-law's household to which she goes after the marriage. She is placed under the severe restrictions and has very little or no freedom in decision making and is directly subordinate to her mother-in-law. Her status in the family depends greatly on her husband's contribution to the family economy and also on the amount of dowry brought by herself. In particular families marriage signifies a transfer of women from her natal group to that of her husband. Arranged marriage at a young age are considered most desirable for girls as the motion are related to the importance of virginity and the restrictions placed on marriage within the gotra or clan lineage.

### **Causes of Domestic Violence:**

There is no one single factor to account for violence perpetrated against women. Several complex and interconnected institutionalized social and cultural factors have kept women particularly vulnerable to the violence directed at them, all of them manifestations of historically unequal relations between men and women. Factors contributing to these unequal power relations include socio-economic factors, the family institution where power relations are enforced, fear of and control over female sexuality, belief in the inherent superiority of males and legislation and cultural sanctions that have traditionally denied women and children an independent legal and social status. Lack of economic resources underpins and women's vulnerability to violence and their difficulty in extricating themselves from a violent relationship. The line between violence and lack of economic resources and dependence is circular. Sometimes women's increasing economic activity and independence is viewed as a threat, which leads to increase male violence. Cultural ideologies - both in industrialized and developing countries - provide 'legitimacy' for violence against women in certain circumstances. Religious and historical traditions in the past have

sanctioned the chastising and beating of wives. The physical punishment of wives has been particularly sanctioned under the notion of entitlement and ownership of women. Male control of family wealth inevitably places decision-making authority in male hand, leading to male dominance and proprietary rights over women and girls. The concept of ownership, in turn, legitimizes control over women's sexuality, which in many law codes has been deemed essential to ensure patrilineal inheritance. Experience during childhood, such as witnessing domestic violence and experiencing physical and sexual abuse; have been identified as factors that put children at risk. Violence may be learnt as a means of resolving conflict and asserting manhood by children who have witnessed such patterns of conflict resolution. Excessive consumption of alcohol and other drugs have also been noted as a factor in provoking aggressive and violent male behaviour towards women and children. The isolation of women in their families and communities is known to contribute to increase violence, particularly if those women have little access to family or local organizations. On the other hand, women's participation in social networks has been noted as a critical factor in lessening their vulnerability to violence and in their ability to resolve domestic violence. These networks could be informal (family and neighbours) or formal (community organization, self-help groups, or affiliated to political parties). Lack of legal protection, particularly within the sanctity of the home, is a strong factor in perpetuating violence against women. Investigations by Human Rights Watch have found that in cases of domestic violence, law enforcement officials frequently reinforce the batterer attempts to control and demand their violence. Even though several countries now have law that condemn domestic violence. When violence committed against a woman in an intimate relationship, these attacks are more often tolerated as the norm than prosecuted as laws.

In many places, those who commit domestic violence are prosecuted less vigorously and punished crimes against strangers”.

### **Theories behind domestic violence:**

There are many different theories as to the causes of domestic violence. Four theoretical approaches have been mainly used in analyzing domestic violence against women:

- i. The traditional sex-role socialization approach (Walker, 1979).
- ii. The provocative wife argument approach (Gayford, 1978; Gelles, 1972).
- iii. The learned helplessness approach (Ball & Wyman, 1977-78; Walker 1977-78).
- iv. The personal resource approach (Bowker, 1981; Goode, 1974, O'Brien 1971).

[Source : Ram Ahuja's Violence Against Women, 2003]

According to the 'traditional socialisation' approach, wives are seen as complaint because they are traditional; they do not change; they think the situation is inescapable: they believe men have a right to beat women or it is women's fault if men beat them, or women have not right to protest; or they do not let their husbands know that enough is enough. They believe all this because they mindlessly accept the traditional 'sex-role ideology' delivered by the socialisation process. Possibly their traditional views were nurtured by their families of origin.

According to the 'provocative-wife' approach, a wife is beaten by her husband because she asks for it, or contributes to it (beating)

through her provoking actions. Some women are so arrogant, naughty, uncompromising and intolerant and make husband's life so miserable through calculated acts of misconduct that even the most reasonable man would lose control of himself at a certain stage and beat up the erring women.

According to the 'learned helplessness' approach, some events occur in battered women's life during childhood and onwards with sufficient regularity. Because of this, they acquire feelings of helplessness and poor self-image and believe that they cannot escape abuse and that they only have themselves to blame. Some important events in women's early lives which suggest a susceptibility factor include a high level of violence by members of their families in childhood (e.g., being battered by the mother, battered by the father, the father battering the mother, the father-mother battering other children); perception of critical or uncontrollable events in childhood, and experiencing such conditions which place them at high risk for depression. The fear of losing husband's affection and the fear of disruption of home life status and also prompts them to tolerate husband's battering. The battered wives are thus afraid to stay, and at the same time terrified to leave for fear of inescapable reprisals. According to the 'personal resource' approach, battering is common in those families in which husband does not possess superior skills, talents or resource. Because of his deficiencies, his wife outshines him as a result of which he hits her to become the boss again.

### **Other theories:**

Besides the above four theories extended by western scholars to explain wife-battering, some other theories have also been proposed. These are — (a) Coercion Theory; (b) Behaviour Cycle Theory; (c)

Status Inferiority Theory; (d) Frustration — Aggression Theory and (e) Social Deviance Theory.

**William Goode's (Force and Violence in the Family, 1971) Coercion Theory** maintains that husbands use physical force or its threat against wives because violence is crucial to the maintenance of family. According to him, use of physical force is an integral part of the institution of family and is one of the means to maintain control in family.

**Walker's Behaviour Cycle Theory** of violence maintains that interaction between husband and wife tends to follow a cyclical pattern, alternating between hostility and love. Lenore Walker, author of *The Battered Women* (1982) first described the cycle. Author found that the cycle consists of 3 stages that operate in a circular pattern. The first stage, which can last from a few days to a few years, is characterized by the man becoming irritable and quite critical. The woman attempts to smooth things over in the environment in the hope of not setting him off into a screaming rage. The man becomes more verbally abusive and escalates to slaps and increased control of the woman. The woman tolerates all this in the hope that the abuse will not escalate any further. The first stage creates tremendous psychological anguish in the victim. In the second stage, the man frequently loses control and in his rage, physically batters the woman. Once the rage subsides, the third stage begins with the man typically becoming remorseful and wanting forgiveness from his victim. He showers her with loving attention or gifts. The woman, because of either psychological denial or her emotional bond with him, wants to believe that he is sincere and that his outburst will be the last. Unfortunately, this honeymoon like stage ends and the vicious cycle begins all over again.

**The Status Inferiority Theory** maintains that the rate of wife beating is greater when the wife has a more prestigious job than her husband (*Source* : Ram Ahuja's Violence Against Women, 2003).

**The Frustration-Aggression Theory (Dollard et. al. 1939)** has also been used to explain domestic violence. The contention is that frustrations inevitably and innately lead to aggression.

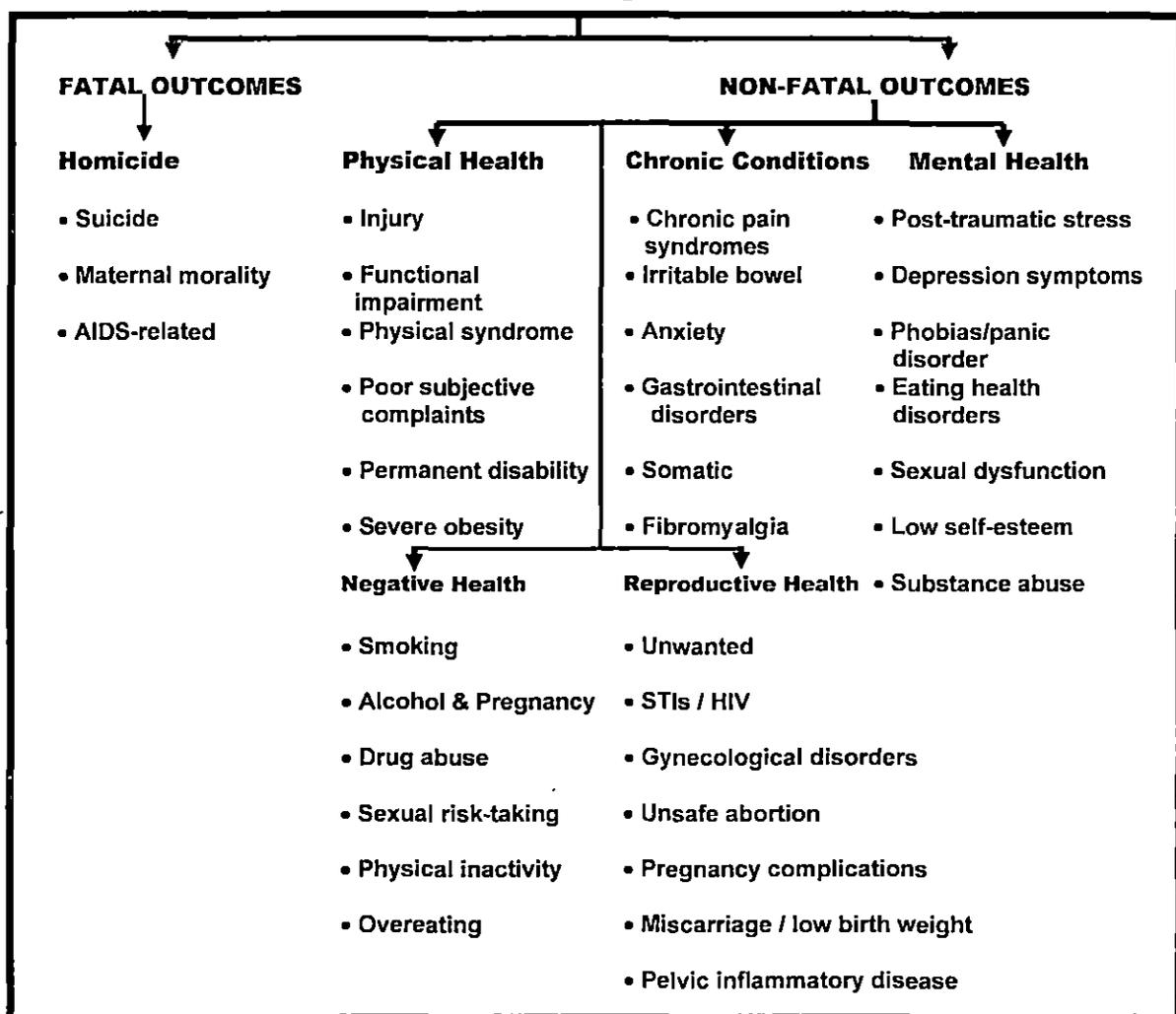
**Social Deviance Theory (Erikson, 1964; Becker, 1963; Schur, 1971 and Lemerd, 1978)** explains marital violence in terms of sex-role definitions of the ideal wife and husband. The theory is generally used to explain the behaviour of the assailants rather than victims. Husbands label wives as deviants in two ways. First, the wife's behaviour is interpreted by the husband as a violation of the female sex-role ideal. This infraction is perceived as one which requires corrective action which may take the form of physical force. Wives cope with this violence in various ways. They suffer silently, reveal it to their parents, kin and friends, retaliate and hit back, or report to the police. Except the first reaction, all other reactions are labelled as deviant for revealing a defective home and/or rejecting the wife role. Thus, women are labelled as deviants both before and after the violence.

### **Consequences:**

The most crucial consequence of violence against women is the denial of fundamental human rights to women and girls. International human rights instruments such as the Universal Declaration of Human Rights (UDHR), adopted in 1948, the convention on the Elimination of all forms of Discrimination Against Women (CEDAW), adopted in 1979, and the Convention on the Rights of Child (CRC) adopted in 1989, affirm the principles of fundamental rights and freedoms of every human

being. There is a growing recognition that countries cannot reach their full potential as long as women's potential to participate full in their society is denied. Data on the social, economic and health costs of violence leave no doubt that violence against women determines progress towards human and economic development. Domestic violence against women leads to far-reaching physical and psychological consequences, some with fatal outcomes. Children, who have witnessed domestic violence or have themselves been abused, exhibit health and behaviour problems including problems with their weight, their eating and their sleep. They may have difficulty at school and find it hard to develop close and positive friendships. They may try to run away or even display suicidal tendencies.

**Table 1A : Outcomes of Violence against Women**



[Source : "Violence Against Women", WHO]

## **Domestic Violence and State Intervention:**

The civil society as well as the state machinery has been making concerted efforts to address domestic violence. The civil society plays a significant role in generating awareness about violence against women. The non-governmental organizations have been successful in transforming domestic violence into a global campaign by providing a voice to the victims through various forums, counselling, and pressure groups etc. Their approaches have been multi-pronged including preventive, supportive and rehabilitative measures. Shelter homes provide temporary shelter to women victims of violence. The rehabilitative measures include—legal aid, counselling, job placement, vocational training to become economically independent etc. The counselling centres provide counselling services to revive and reinstate the self-esteem and confidence of the victims. They create awareness or issues like health, literacy, legal and political aspects etc. Several institutions undertake research and advocacy to delve into the problem or violence against women and suggest solutions. To generate awareness about violence against women, special innovative programmes like workshops, seminars etc. are conducted by the NGOs.

The state machinery is also taking serious measures to combat violence against women. It includes the police, judiciary and welfare departments of the state. Others are Legal Aid Cells, Family Courts, Lok Adalats, Welfare Departments of the state, which include state Social Welfare Board, Family Counselling Centres, National and State Commissions for Women, Short Stay Homes for women and girls, National Institute of Public Cooperation and Child Development and National Credit Fund for Women (RMK).

The late 1980s and early 1990s saw a shift in the overall approach towards policies dealing with women's empowerment. The new approach viewed women as equal partners and participants in the development process and encouraged the formation of grass root organizations to foster women participation in planning and development process.

The Eighth Plan (1992-1997), with human development as its major focus promised to ensure that benefits of development from different sectors do not by-pass women and enable women to function as equal partners and participants in the development process.

Empowerment of women was one of the nine primary objectives of the Ninth Plan (1997-2002) and every effort was made to create an enabling environment where women could freely exercise their rights within and outside their homes as equal partners with men. The plan also attempted convergence of existing services available in both women-specific and women-related sectors through the formation of self-help groups.

The Tenth Five Year Plan (2002-2007) was formulated to ensure requisite access of women to information, resources and services and advance gender equality goals.

### **Domestic Violence - Pattern of judicial response:**

During the 1980s some far reaching changes were introduced in our criminal laws to curb domestic violence. The introduction of section 498-A into the Indian Penal Code in 1983 for the first time led to recognition of domestic violence as a criminal offence. The section 498-A of the Indian Penal Code defined physical and/or mental violence inflicted on a woman by her husband and relatives were recognized as

a cognizable and punishable act. This was followed up by a spate of other amendments all of which reflected certain recognition of the seriousness of the problem of domestic violence in India. Some of these are:

- ❖ Under the Criminal Law (Second Amendment) Act, 1983, Section 174 Criminal Procedure code was suitably amended to provide for investigation by the police, of cases of suicide committed by women within 7 years of marriage or where their death occurs under suspicious circumstances within 7 years of marriage.
- ❖ Under the Criminal Law (Second Amendment) Act, 1983, a new section, namely 113A, was inserted in the Indian Evidence Act. Under this section when a woman commits suicide within a period of 7 years from the date of her marriage, due to 'cruelty' by her husband or his relatives, the court may presume that such suicide had been abetted by her husband or by her relatives.
- ❖ The inclusion of section 304 B in the IPC in the Dowry Prohibition (Amendment) Act, 1986, and the introduction of 'dowry death' as a new offence.
- ❖ A new section, 113 B was inserted in the Indian Evidence Act through the Dowry Prohibition (Amendment) Act, 1986. Under the provision of this section, when a person has been responsible for the dowry death of woman and it is established that such a woman had been subjected by such person to cruelty or harassment prior to her death, the court shall presume such person had caused the dowry death.
- ❖ Section 8A in Dowry Prohibition Act, 1961, was introduced by the Dowry Prohibition (Amendment) Act, 1986. The new section lay

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down that where any person is prosecuted for taking or abetting the taking of any dowry or demanding of dowry, the burden of proving that he had not committed such offence, shall be on him.

The enactment of the Domestic Violence Act, 2005 is a landmark in the history of legislation that gives women, married or live relationships for reaching legal protection against abuse or threat of abuse come into force which had assented by the President of India on 13th of September, 2005. This act has been enacted in keeping with the various guidelines given by several international conventions and declarations. The Vienna Accord of 1994 and the Beijing Declaration and the Platform for Action 1995 have acknowledged this. The United Nations Committee on convention on Elimination of All Forms of Discrimination against women (CEDAW) in its General Recommendation No XII (1989) has also recommended that state parties act to protect women against violence of any kind especially that occurring within the family.

The 26th October, 2006 is a golden day for the women who prone to the domestic violence. Ministry of Women and Child Development, issued an order to bring this Act into force from 26th October 2006.

### **Salient Features:**

The Act contains five chapters and 37 sections. This enactment purported to be an additional violence curbing mechanism to the already existing sections in the Indian Penal Code, which lay down the punishment for dowry death and cruelty and harassment against a woman by her husband and his relatives. This act recognizes domestic violence as a punishable offence and is not only applicable in the case of the legally married wife but also live-in comparisons, any one living in

the household and children. In addition to punishing the man, the act also provides for emergency relief to the victims of domestic violence. This Act provides a more effective protection of women guaranteed under the Constitution who are victims of violence of any kind occurring within the family.

“Domestic relationship” is defined as a relationship between two persons who live or have at any point of time, lived together in a shared household, whether they are related by consanguinity, marriage or through a relationship in the nature of marriage, adoption or are family members living together as a joint family. “Domestic violence” is defined in broad terms. It includes any abuse that is physical, sexual, verbal, emotional or economic. Any harassment to meet any unlawful demand for any dowry or other property or valuable, injuries or harms that are physical or mental, insults, ridicule, humiliation and name calling are considered as domestic violence. An “aggrieved” person covers not just the wife but a woman who is the sexual partner irrespective of whether she is his legal wife or not. One could see that the definitions are broad to include every possibility and all forms of violence.

According to the Act, it could be “any person who has reason to believe” that such an act has been or is being committed. Hence it could be the neighbour, social worker, relative or any concerned person. This law power to the magistrate to protect the women not only from acts of violence but even acts that are likely to take place in the future. The court may also pass an order directing the officer in charge of the nearest police station to give protection to the aggrieved person or to assist her.

The magistrate may direct the respondent to pay monetary relief to meet the expenses incurred and losses suffered by the aggrieved

person and any child of the aggrieved person as a result of domestic violence. The magistrate may also order compensation and damages to the injuries including mental torture and emotional distress. This Act gives a penalty up to one year imprisonment and/or a fine of Rs.20,000/= for an offence. The offences are cognizable and non-bailable.

The law envisages setting up a Protection Officer whose functions are spelt out in the law. Though this officer is appointed by the state governments, he/she will be under the jurisdiction and control of the Court. He/she will be in the court and monitor the cases of domestic violence. The Protection Officer will make the Domestic Incident Report on behalf of the Court and make an application for order on behalf of child. He/she will provide medical services, safe shelter and other requirements. The Protection Officer is liable for punishment if he/she fails or refuses to discharge his duty.

The service providers play a major part in the implementation of the Act. They are NGOs who are recognized under the Companies Act or Societies Registration Act. They will make sure that the aggrieved person is provided accommodation in a sheltered home. They are protected under this act and cannot be sued for the proper exercise of their duty in good faith.

An act is effective when appropriate strategies are worked out to make the public aware of the Act. The Government, Voluntary Agencies and Educational Institutions should play a major role in this. The government should appoint committed Protection Officers who will be committed to women empowerment and will work conscientiously. The role of the Voluntary Agencies would be crucial.

The media should play pivotal role in influencing and changing social norms and behaviour. The educational institutions should raise awareness about domestic violence, help to improve social responses to domestic violence and change those attitudes and behaviours that tolerate domestic violence in all sections of students. They must develop educational materials for school and universities that provide the knowledge and skills required to build relationships bases on respect and a commitment to non-violence.

### **Counselling — An enabling process:**

To cope with problems related to domestic violence, hence, in recent times, a family centred approach in social work is viewed as significant. This is the systems perspective approach adopted by professional social workers to help an individual bring about a balance between his or her internal or external world, enabling the understanding of the dysfunctions in families and steering the adoptive process by which harmonious family relationships are preserved and promoted. With this in view the Family Counselling Centre (FCC5) were set up.

The Central Social Welfare Board started the Voluntary Action Bureau to fight for the prevention of atrocities against women in 1982. This programme has had significant success and today there are Family Counselling Centres and Voluntary Action Bureau spread in a network all over the country.

The counselling services provided by the FCCs have proved to be a boon for families which were in danger for breaking up. In several cases, the family has been greatly strengthened by being able to see problems in a new perspective.

Counsellor has a vivid imagination, which enables her client and to experience them indirectly, so that she can actively participate in finding a solution. A large amount of patience, a mature understanding and some common sense are required in the mental make-up of the ideal counsellor. The best treatment gains are observed when the client counsellor relationship is strong and positive.

We all need to have friends, we need people whom we can confide in. Everybody needs to have a friend, philosopher and guide. And that is why the FCCs have had such success. They provide an answer to the rush and noise of today's world — a quiet place where a client can sit and tell her troubles to an empathetic listener.

### **Objectives of the Family Counselling Centre:**

- i. To provide professional services like crises intervention, investigation in dowry death cases and counselling in family maladjustment;
- ii. To make efforts for the reconciliation in the cases of separation and out of court settlement in marital cases;
- iii. To provide referral services like short stay homes, free legal aid, policy assistance etc.;
- iv. To make the counselling services available in short stay homes, remand homes, orphanages, drug de-addiction centres, old age homes, shelter homes, prisons, schools for gifted children etc.;
- v. To educate and mobilize public opinion against social problems and pre-marital issues;

- vi. To arrange for suitable rehabilitation services for the victims and their dependents;
- vii. To educate and impart information regarding social welfare activities aided and undertaken by various governmental and non-governmental agencies for better coordination and services to the people.

### **Rationale behind the Study :**

Domestic violence against women is often a cycle of abuse that manifests itself in many forms throughout their lives. Even at the very beginning of her life, a female foetus may be the target of sex-selective abortion or female infanticide in cultures where son preference is prevalent. During childhood, violence against girls may include enforced malnutrition, lack of access to medical care and education, incest, female genital mutilation, early marriage, etc. Some go on to suffer throughout their adult lives – battered, raped and even murdered at the hands of intimate partners. Other violence against women includes forced pregnancy, abortion or sterilization and harmful traditional practices such as dowry related violence, sati (the burning of a widow or the funeral pyre of her husband) and killings in the name of honour, and in later life widows and elder. Domestic violence occurs in different phases in their whole life cycle.

Evaluating the conditions in International perspective as well as National and State can judge the enormity level. As today our lives have become materialistic and all of us joined a rat race to achieve something. In order to achieve something we have left out moral values for behind. The complexities, which drifted the societies from “simple living and high thinking and develop an acquisitive culture have changed the entire psycho-dynamics of the families and their members.

Social, economic, political and psychological reasons are fast bringing in marital conflicts. In the 21<sup>st</sup> century also women are treated as commodities and their grief and pain shut behind close doors. Mute sorrow is what a woman is generally expected to exhibit even though she is a victim of domestic violence. In affecting the upbringing of children and forwards the break-up of the family fabric.

The scenario is not only common in urban and sub-urban areas but also in rural areas. In Rural India the condition of women are more pathetic, they are physically at their in-laws place abused mentally. These voices are dumped behind illiteracy, customs and traditions. In Urban and Sub-Urban areas the women are mentally tortured by their husbands. This quite often results to acute psychological problems.

Therefore, an analysis of individual cases of domestic violence as well as marital conflicts gives an insight into the MAGNITUDE and expanse of the problems. Family Counselling Centre (FCC) looked upon as one of the most effective means of doing away with the problem of marital conflict has contributed through in varying degrees to the same. The functionary of family counselling centres creates an urge to probe in the effectiveness of the efforts. A probe will ascertain the reasons/factors responsible for the change in the psycho-dynamics for the families, the members of problem leading to damages the familial relationship and reveal the effectiveness of the FCC. Such a study will give again an insight, enables the policy makers of International, National and State level to look at it from different perspectives and help them in formulating policy, programmes for future. Besides, it may lead offer suggestions to make FCC more functionally meaningful.

## REVIEW OF LITERATURE

To review the literatures on Domestic Violence is very difficult as there are hardly any studies on this area. Under the present context whatever studies are available on Domestic Violence have been reviewed here.

After a long time there is a law to make home safe for women. Though it was much debated law, yet the law aimed at protecting women from being abused in any form by their husband or male live-in partner. The Protection of Women from Domestic Violence (Act), 2005 comes into effect from Thursday i.e. 26.10.2006. The new law gave an all-in compassing definition of domestic violence. It does not included only the physical violence by the husband, such as beating or physically hurting his wife and sexual intercourse by force but also verbal and emotional violence such as insulting the wife or preventing the wife from taking a job, and even economic violence such as not allowing the wife to use her salary. So this kind of law was very essential to protect them from being abused in different forms. But most of our Indian women living in the rural areas, they are not aware about it, they will deceive from the advantages of this law (Chowdhury, 2007).

**Lakdawalla, Hanif., and Surendradas, Sandhya. (2006) of Sanchetane, Community Research Centre, Ahmedabad, Gujarat** in their study on "Angst — Theirs and ours: Domestic Violence: An epidemic on the upsurge" — reveals that Domestic Violence cuts across all family types, from joint families as well as nuclear families. And also there was no major difference in the abuse pattern among Hindus or Muslims, showing that domestic violence was prevalent in both religious groups. Hindus reported 68.78% victimization and Muslim 66.03%. It is

noted that illiteracy acts as a major hindrance to personality development which cripples survivors, they believed that whatever happened to them was their fate. Most of the survivor's husband believed that women who stayed at home usually enjoyed themselves by taking rest, gossiping with neighbours etc. and this thinking made these men jealous of their wives and to get agony at them.

This study also revealed traumatic physical and mental health consequences of domestic violence which persisted overtime. There were striking differences in the morbidity pattern between the victims and non-victims. Severely battered women had typical injury pattern which included cut on the scalp, on the palm and on the hands, partial loss of hearing and vision after being hit on the sensory organs. Moreover forcible sexual intercourse leads to unwanted pregnancies. Perpetrators did not spare their wives either physically or sexually even during pregnancy. This lead to miscarriages or birth deformed babies. Most of the respondents marked private parts as the most affected during abuse. Some typical behaviour patterns were observed among survivors such as shruken body language, difficult in speaking, shabby dress, avoidance of eye contact etc.

The study on **“Special Arrangement to Combat Violence and Crime against Women in the state of Punjab and Haryana (2005)”** by **Centre for Social Research (CSR)** and **NIPCCD** assesses the functioning of two institutions which have been set up in these states to combat domestic violence, that is, the Crime against Women Cells (CAW) and Community Policing Resource Centre (CPRC). The study identified the fact that inspite of economic prosperity in these two states, one out of every five women experienced violence within their homes. The people approaching CPRC (Community Policing Resource Centre) and CAW Cells are not immediately categorized as criminal/anti social

and the same applies not only to women victims but also to the register a case. Fathers, brothers, uncles and brother-in-laws of victims took the lead in registering the case. Most of the cases were registered under Dowry Act while in reality it may be some other problems that the women may have encountered at her husband's place, like undergoing beatings under intoxication, extra marital relation etc. The study suggested there should be permanent staff in CAW Cells and CRPCs, and the member of police officers would be less. The person exchange of cell should be posted at a particular cell for at least three years. There is need to make civil society, particularly rural women, aware of different laws for women, linkage with NGOs and other Civil Society groups need to be established.

**Lakdawala, Hanif., Sen Balasaria, Rini. and Rajput, Payel. (2005) Community Health and Research Centre, Ahmedabad, in their study on "Why Some Men Beat Their Wives? A Report about Perpetrators of Domestic Violence)"** tries to understand men's perspective of domestic violence and found that alcohol addiction in most cases is the culprit for domestic violence. Burdened with many worries, beating their wives was an easy out let. A notable section of the respondent informed that economic pressure of living life, poverty and unemployment are the contributory factors for beating wives. Few mentioned suspicion about one's spouse, as a reason for battering. Again large section of the respondents said that they had to raise their hand on the wife as they did not fulfil their duties of being a good housewife, some also felt wives attitude towards husbands were annoying like her rudeness, denial of sex and her suspicious nature. Secrecy about her savings, borrowing and lending money without his consent, were some reasons cited for their annoyance over money matters.

**Gupta and Chattopathya (2005)** in their article “**Law and Violence Against Women**”, Chapter 7 of the Book, ‘**The changing status of women in West Bengal (1970-2000)**’ pointed out that though there has been a decline in crimes in the whole in West Bengal, but crimes against women have increased from 3937 in 1990 to 7489 in 1998 specially in North and South 24 parganas districts. The Northern and Western part of the state, on the other hand, show smaller incidence of crime against women. Regarding domestic violence, the study indicates that almost one out of four women (23%) in West Bengal accept one reason as justification for wife beating. Urban women (11%) are less likely than rural (20%) women to experienced the violence. Moreover in West Bengal, at least 1 in 6 ever-married women experienced domestic violence since age of 15 and at least 1 in 11 has experienced domestic violence in the past 12 months.

The study also envisaged that women who are the victim of sexual violence are often reluctant to report the crime to members of family, police or other authorities due to personal trauma attached to the incident as women’s virginity is associated with family honour. The rates of crime are higher in North, South 24 Parganas and Burdwan districts. But it is not clear from the study that why sexual assault against women are higher as compared to other, may be the larger victimized are coming to record their grievance.

**Mahapatra, Sruti. and Mohanti, Mihir. (2005)** of **SWABHIMAN, Disability Information and Resource Centre, Bhubaneswar, Orissa** explore in “**Abuse and Activity Limitation Study on Domestic Violence against Disabled Women in Orissa, India**” that women with disabilities tend to be more vulnerable to exploitation of various kinds, such as sexual harassment, domestic violence and exploitation at work place. Also the potential for emotional abuse is high. The sexuality of

disabled women was not recognized. It was understood that marriage must precede sex and reproductive role was the only way to have sex. Thus, a denial of reproductive role meant a denial of their sex life. Around 6% physically disabled and 8% mentally challenged women were forcibly sterilized though they expressed their desire to have a child. A sizeable section of the physically disabled and mentally challenged women confessed to being beaten at home and reported being raped, pinched and touched uncomfortably. This study explore that domestic violence against disabled women lead to depression, post-traumatic stress disorder etc.

As per the **WHO's (2005)** Multi-country study on women's health and domestic violence against women that the violence by a male partner is widespread in all of the countries. However, there was a great deal and variation from country to country and from setting to setting. This study also indicates that this violence is not inevitable. The vast majority of women physically abused by partners experienced acts of violence more than one. These findings illustrate the extent to which violence is a reality in partnered women's lives, with a large proportion of women having some experience of violence during their partnership and many having recent experience of abuse. Emotionally abusive acts by a partner included; being insulted or made to feel bad about oneself; being humiliated in front of others; being intimidated or scared on purpose; or being threatened directly, or through a threat to someone the respondent cases about. Data were also collected about partners' controlling behaviours; such as: routinely attempting to restrict a women's contact with her family or friends, insisting on knowing where she is all times, and controlling her access to healthcare.

Significantly, the number of controlling behaviours by the partner was associated with the risk of physical or sexual violence or both. This

study shows that Domestic Violence against women varies from country to country and from setting to setting by their intimate partners and it existed all over the world.

The WHO's study has also collected data on physical and sexual abuse by perpetrators — male and female — other than a current or former male partner (non-partner). Non-partner physical violence since age 15 year women's reports of experience highlights. Commonly mentioned perpetrators included fathers and other male or female family members. In some settings teachers were also frequently mentioned. The highest level of sexual violence by non-partners experienced by the women since age of 15 years and the perpetrators included strangers, boy friends and to a lesser extent, male family members (excluding fathers) or the male friends of the family. The study also comprises the partner and non-partner violence since age 15 years and shows that women are more at risk of violence from strangers than from partner or other men they know. The data shows that in the majority of the settings, over 75% of women physically or sexually abused by any perpetrator since the age of 15 years, reported abuse by a partner. So it is clear from this study that women abused physically and sexually not only by their partner but also by the non-partner perpetrators. Moreover, two-third of women who had been physically abused by their partner did not told anybody the violence prior to interview due to fear, stigma and the threat of losing their children — compel from seeking help from formal services. So though we have formal services (FCC) to extend help to the abused women but fear and other threat stopped many women from seeking help (WHO, 2005).

**World Health Organisation in early 1990** points out that if we put many diseases together, the causes of death and disability due to violence against women is more than that. It is a common phenomenon

in our Indian society. It starts from the mother's womb to tomb and it resulted to the inadequate female, male sex ratio in the present era. A study conducted by International Council for Research on Women by masculinity on 2002 point out the different dimension and forms of violence against women and one form of such violence is "domestic violence" which is categorized variously as abuse, molestation, battering, rape, cruelty and so on. Another study conducted by Anveshi Research Centre on women studies in Hyderabad in 1995 and clearly pointed out that if the base of mental illness has psychosocial element than the women are far more frequently ill than men as they lead their lives within the four walls. This is very true in the present day society. Every people run behind the dynamic lifestyle like a machine, which creates the basis for mental illness (Das, Oct. to Dec.-2004).

**The study on "Stress and Health Implications of Domestic Violence" (2004) by Rao Athalye, Naina. of Sophia Centre for Women's Studies and Development, Mumbai** tries to check whether women victims of violence reported more health-related hassles and physical health related symptoms than non abused women. It was reveals from the study that there was a positive correlation between stress as measured through hassles and health related symptoms for both groups. More than 50% women reported that they are unaware of the laws protecting women against violence and women with traditional gender-role beliefs or with a feminine sex-role orientation tends to put in a lot more work, both at home and at work.

**Roy's (2003) book 'Violence Against Women'** has been mentioned that husband has the right to beat his wife in refractive nature on her hips by a bamboo bark or with a rope or with a palm of hand, but the wife on the other hand had only the duties. She has to perform her duties without any protest and to honour and serve her

husband. Without the permission of her husband she cannot go out from the husband's house. If any woman failed to follow these norms, she was sure to face censure, social degradation, humiliation and punishment. It was the go in that day and the relation between the husband and wife was not based on love, affection, and mutual give and take, rather it was purely based on authoritarianism and submissiveness. She had no right to contact with the outside, if she did so then she was suspected by others. So it is clear that there was no freedom for the women in those days, they lead their lives in the adverse situation.

**The study on 'Right-Based Strategies in the prevention of Domestic Violence (2003) by Panda Pradeep Kumar Panda of Centre for Development Studies (CDS), Kerala attempt to provide a frame work for the prevention of domestic violence informed by a right-based strategy.**

**Nagar, Usha., Patel, Saroj., Brahmabhatt, Manisha. and Solanki, Ila. (2002) of International Centre for Research on Women, New Delhi in their study on "Women-Initiated Community — Level Responses of Domestic Violence", tries to explore how women led innovative responses have emerged and how they operate, and how successful they are in addressing the need of women facing violence, The study was conducted in 3 states namely Gujrat, Uttar Pradesh and West Bengal. It reveals that the Shalishi Process was a traditional system widely used in Bengal which has the potential for adaptation by women and men for restoring their own disputes, and for increasing their ability to take decisions about their own lives. The study also envisaged that the status of women within the family was low, dowry was a big problem and there were a large number of cases of beggary. The respondent had to write an application and give it to the Samity and**

then the Samity stated the enquiry. Shalishi was attended by the women, the perpetrator(s), the natal and the matrimonial family, along with their witnesses. Samity also invited locally important people like Panchyat members, Secretary of local youth club etc. The study showed that Shalishi had a great impact on women due to which the status of women in the family and in society improved.

In Gujarat, the study highlights the impact of two responses, namely the Nan Adalat (Womens Court) and the Sahara Sangh (Support Group). The most fundamental impact was the end to violence in the lives of almost all women who were interviewed during the course of the study. They mentioned that they became aware about their rights, their self-confidence increased, some had working while others had started retaining control over their money and more decision making power in their household.

**Mukhopadhyay, I. (2002)** pointed out in her books on "Violence Against Women" that violence against women in an issue which dominates other forms of violence because the ruling male domination or particularly which looks at women as inferior and subordinate. Women are targets of all kinds of violence as it is always thought that women are weaker sex and protected by the male community. When women protest against the rule women have been targets of violence and whatever be the nature of protest, women have been targets. It is also highlights in the book that when the women are targets, the question arises whether she is really the "good" woman. True is a myth that "good women" are not victims. Women now realize that the attribute which make a women "good" are not the same attributes which make a man good. There are many norms, which women should follow and that are not for man.

In his book in a report of the seminar '**Violence Against Women**' held in **Women Study Research Centre** on December 6 & 7, 2001 discussed by the **Chatterjee Ananya** from media and **Ghosh Bharati** from **Police** that it is not always beating and battering, which means violence. The social conditioning of a girl child implies violence and it is true that violence starts from the home and family. They also highlight about the existing laws and the problems associated with implementation of these laws with respect to domestic violence. So it is felt that this is a grave issue which thought appears to be private need intervention from the society.

**Pandey (2002)** in her book "**Problems of Women's Marriage and Violence**" described various aspects of social and domestic violence against women. The slavement of women and dominating or controlling them continues even in this 21<sup>st</sup> Century. Female foeticide, discriminatory treatment meted out to girls at home and the husband's and his family's efforts to 'control' the newly wed bride by various inhuman methods are prevalent in a wider section of the society. Dowry demand, ill-treatment of widows and divorcee women, harassment, inhuman killings of girls/women occur in society. Even law enforcing agencies find themselves unable to do anything to help the suffering women.

Study on '**Journey from violence to crime: A study on Domestic Violence in the city of Mumbai (2001)**' by **Deva, Anjali**, and **Solanki, Gopika**. of **Tata Institute of Social Science and Department of Family and Child Welfare** highlights to offer immediate services in cases of family violence and atrocities against women in the form of police assistance in registering criminal complaints etc. The study also recommended that there must be an in-built system for

research and documentation which enhance the special cell's capacity to deal with violence against women.

A recent study of **World Bank (2001)** found that countries promoting women's right and increasing women's access to resource and education have lower poverty rates, lower child and infant mortality, improved nutrition, lower fertility rates, lower AIDS prevalence, less corruption, higher economic productivity and faster growth than countries who do not do so. This study also explores the reasons why such is being perpetrated, which are extremely important. In this study causes of violence reported by women were not looking after children properly (78%) and not attending the household (72%) and not cooking properly (54%) etc. In another group 85% reported that they were hit or beaten for suspecting husband's sexual involvement with other women. A notable section of women witnessed their fathers (33%) beating their mothers during childhood.

In the context of Kerala, research clearly revealed that "right to housing" and "right to property and inheritance" are critical and most fundamental to the strategy for prevention of domestic violence. Social support networks especially the natal family and neighbours are also crucial in reducing domestic violence. Support structures could be from both contexts within the family and from NGO women's self-help groups etc.

**Gangopadhyay, Maushmi. (2001) of National Institute of Criminology and Forensic Science, New Delhi in her study on "Psychological Circumstances in the Family Life and Environment of Married Women Victims in the Reported Cases of Family Violence in Delhi and Kolkata Metropolis", tries to understand why family violence takes place and affects mainly married women and**

whether the causes are universal. About 180 victimized from Delhi and Kolkata were taken for the study, 90 from each city. The study explore that around 130 victims perceived and describe their in-law families as middle economic class, greedy, boastful and highly prejudiced, pressurizing, ill-tempered and having women oppressors (Pre-marital = 80 and Post marital = 100). Very interesting, there are 39 cases of self-arranged marriages where the living parent or their brother cut off all social links with the informants and their children. These 39 informants had lost their all ornaments and personal savings to meet the whimsical demands of their husbands, mother-in-law and brother-in-law to save themselves and their children from physical and mental torture, Most of the victims of Family Violence were born and brought up in the family environments of these cities. Moreover, there is a significant difference between the situation of married women in Delhi and Kolkata In Delhi, more than 60% of the respondents were never counselled for purchase of household articles, whereas the percentage in Kolkata was 45%. About 46% respondents of Delhi had no autonomy to visit their parental house, whereas in Kolkata on 17% faced their problem as may be more families in Kolkata were nuclear families. Lack of economic self-sufficiency, social devaluation of self-esteem, no guarantee to get oppression free social life, fear of sexual exploitation and social insecurity were the problems faced by more women in Delhi. The study suggests that each and every adolescent girl student should be made aware of the essential ethics of conjugal life and cohabitation. Family life education must be target in school to both boys and girls.

In a study on Domestic Violence by UNICEF Innocent Research Centre, the facts evolved that forced prostitution or other kind of commercial exploitation by male partners or parents is another form of violence against women and children. The study of UNICEF points out

that many destitute families are not able to support their children, often hire out or sell their children, who may then be forced into prostitution. Very often the young girl is sent as a domestic worker, in which case her employer may physically and sexually exploit her. In certain hill districts of Nepal, prostitution has become an almost traditional source of income. Women and girls are tricked or forced by their husbands and relatives into being trafficked to India for prostitution. There is a practice exists in Southern India where young women and girls (devadasis) are “devoted” to serve temple; and very often end up being prostitute. From the study it is clear that there are different forms of exploitation against women and children existed even in the 21<sup>st</sup> Century.

This study highlights one of the most invisible forms of violence within the family, as such the sexual abuse of children and adolescents. Because the crime is perpetrated most often by a father, step father, grandfather, brother, uncle or another male relative in a position of trust, the rights of the child are usually sacrificed in order to protect the name of the family and that of adult perpetrator. Further this study have shown that from 40 to 60 percent of known sexual assaults within the family are committed against girls aged 15 years and younger (UNICEF, June 2000).

According to Roy (2000), in course of time few women able to enjoyed status as courtesan outside their patriarchal household, and they had many opportunities, they became educated, attains fame and commanded armies. But most women were deprived and denied men’s opportunity to acquire knowledge, property and social status. During the late 19th century, the way of women’s life began to change due to the actual change in the concept of “Perfect Wife” has been redefined. The new concept emphasized on the appropriate activities for a female at different phases of her life, and the suitable arena for female action had

been broadened and there was new and growing acceptance of individualism. So it is clear that the change occurred for the women in the late 19<sup>th</sup> century.

**Jaising (2000)**, Head of the Women's Legal Aid Centre in Delhi pointed out in her article in women's link that upper class women use to keep silent about wife beating not only for the shame but more for social stigma and fear of not being believed by the other people, which keeps them to keep silence. They thought nobody in their class will believe her if she told publicly that her husband is violent with her. Everyone may call her a liar. It is the situation of upper class women; they compel to keep their dispute in secret and unable to disclose it.

**Mitra, Nishi. (2002)**, "Tata Institute of Social Science, unit of women studies, Mumbai want to explore through her study on 'Domestic Violence as a Public Issue'", about the Government and Non-government response to domestic violence so as to identify appropriate remedial measures or 'best practices'. The study focuses that the battered women were often unaware of their legal right and the voluntary organizations were facing problems like lack of infrastructure and shortage of trained personnel to start awareness programme. Training programme designed for them was found to be inadequate. In women police stations, there were inadequate infrastructure and lack of adequate training and exposure of its staff. Judicial bodies were not successful in their pious intention and there were no systematic efforts to rehabilitate the women economically or to impart therapeutic counselling. Moreover, Legal Aid Cells were hampered by the low priority given to them by senior members of the legal fraternity and insufficient outreach as a result of limited propaganda and publicity.

**Nair, Usha. and Sadhwani, Hemlata. (2002) of Society for Operations Research and Training (SORT), Gujrat in this study on 'Domestic Violence in Rural Gujarat** tries to find out the perceptions of community members on domestic violence or maltreatment of women. The study reveals that about 59% females and 8% males perceived domestic violence to be occurring frequently in their community; and 66% females perceived the prevalence of verbal harassment occurring in the community to be as high as 90%; instances of physical harassment and mental torture were perceived to be more by females (16% and 22%) than males (1% and 3%) respectively. Both male and female respondents mentioned that the wife as the main victim of domestic violence, 77% males and 40% females were of the 'view that husband were also the victims of domestic violence. 95% males reported the wife to be the perpetrator while 73% females mentioned their husband to be the perpetrators. More females than males mentioned suspicious nature and labelling the wife characterless as a type of mental torture. Community members felt the need for some organizations that would help women victims of domestic violence.

**Prasad, Shweta. (2 000) of Centre for Women Studies and Development, Benaras Hindu University (BHU) in her study "Wife Battering: A study of Domestic Violence in the slum of Varanasi"** explore that around 69% women sustained severe injuries due to beating. Reasons were of that food was not cooked properly, inadequate care of children, give birth to a girl child, did not sacrifice personal desires for the sake of the family, was not able to sexual gratification, inadequate dowry, and so on. Moreover, according to 70% informants alcoholism was the major reasons for wife battering and 90% believed that the poverty was the reason behind their husband's aggressive behaviour, But almost all women said that their husband

took good care of them during pregnancy. To combat the problem the study suggested that the process of sensitizing men on the issue of domestic violence should start from early childhood. Socialization of children and upbringing should reinforce respect for women and girls. Indigenous arbitration bodies like Mohila Mondals and Self-Help Groups (SHGs) should be formed in each locality to combat the problems of domestic violence locally.

**Verma, M.M. (1999)**, in his on 'The Menace of growing Family Disputes' causes and remedies pointed out that there has been a tremendous increase in the number of divorces as marital difficulties and it seem to be more evident now than before. To understand the familial disputes and discord, secondary data was collected from FCC at Udaipur and reveals that causes of marital disharmony on two levels simultaneously i.e. on court cases as well as on institutional cases. While major grounds for petitions in the court were forced to include, impotency, adultery, desertion and cruelty etc. in the institutional cases; ill treatment by husband, interference and ill treatment by in-laws and family members, infidelity, financial difficulties, personal defects, vices, incompatibility, sexual difficulties, health and living conditions were the causes for marital discord. In some cases spouses were married in their childhood by their parents but they failed to find marital adjustment with each other.

In fact, marital adjustment is complex issue. It is never static, it is dynamic, varied and many sided. Today family relations and marital adjustments are affected by multiple factors operating inside as well as outside the family environment. Now there is more emphasis on economic development than on healthy and balanced human growth. New social legislation, women's education, reduction in women's economic dependency, high ambitions, widening generation gaps,

growing selfishness, downward motion in ethical and social values, more emphasis on individual rights than on duties, urbanization, impact of media and film, vast differences of opinion, ideas, behaviour patterns, values, interests, background and thought process between the spouses, conflicts of personal interest between the spouses etc. are such factors which contribute to dissatisfaction, maladjustment and disorder in maritalities.

This study also highlights to strengthen the function of Family Counselling Centres. It emphasized on creation of strong network of FCC for disposal of cases of marital discord. These centres should be opened at least one in a district to offer pre and post marital counselling to improve familial relations and marital adjustments. Moreover, Family Counselling Centres should be opened in all university/college campuses to counsel and guide educated youth for marital happiness. Short-term marital counselling training programmes should also be launched in rural areas. From these it seems that though there is a significant role of FCC to restore the family dispute arising out of marital conflict, yet establishment of one FCC in each district is inadequate, it should be more.

**A study on atrocities against women: A study of Dowry Torture and Sexual Violence in Orissa, by Sankalp, Rural Economic Development Society, Kolkata, West Bengal in 1999** focuses with special references to dowry torture and sexual violence in the state of Orissa. The study explore that the dowry was not caste specific, it pervaded all castes groups/sub groups. Maximum numbers of domestic violence cases were women (48%), either without any education or with education upto primary level. Higher level of education of women ensured lower incidence of dowry torture. However, it was not the restraining factor in developed districts. Economic independence of

women lessened the incidence of dowry torture, as only 37% working women were tortured in contrast to 63% victims who were housewives. Violence was found to be more against married women (42%) compared to unmarried women (36%). This State Commission for Women and Legal Aid Cell were playing only a marginal role, and the least number of cases (2%) had been filed with the police. The Women's Commission was the most underrated body among sexual violence victims and dowry related cases, especially in far flung areas.

**Elizabeth, V.S. (1999) of National Law School of India University, Centre for Women and Law, Bangalore** conducted “a study on Patterns and Trends of Domestic Violence: An examination of case records in Karnataka”, and tries to find out the effectiveness and implementation of existing laws as well as trends in domestic violence in cases brought to court and the major obstacles that abused women and their families face during the pursuit of legal redress. In several cases, it was apparently difficult for plaintiffs and their lawyers to provide the type of proof of domestic violence mandated by the court. The judicial system also does not clearly defined terms such as “mental cruelty” and ‘trauma’ leaving room for inconsistent rulings and punishments, which are left to the direction of the presiding judge. At the same time many complaints were not investigated or filled with the required time period and were therefore dropped. The perpetrators of violence often not held accountable for their crimes and the risk increases that they will repeat their actions. Perpetrators went scot-free and the victims were further victimized. Several women had committed suicide following acts of violence, an issue that is rarely addressed by the judicial system. Several areas of ideological and legal disagreement exist within the courts and there is a lack of efficiency, accessibility and timeliness

among both. All these delays and inefficient handling of cases resulted in women being denied justice.

**Poonacha, Veena. and Pandey, Divya. (1999) of SNTD Women's University, Research Centre or Women Studies, Mumbai, studied on 'Response of Domestic Violence in India: A study in Karnataka and Gujarat'** evaluated both state and voluntary organizations with regard to their ideological, principles, organizational structures, decision-making process, intervention strategies and other aspects. The study explore that female officers perceived domestic violence as a private matter and ignored investigative procedures and they also faced gender based discrimination and sexual harassment together with low wages, long working hours and insufficient training that plague the police force in general. Moreover counsellors at Family Counselling Centres (FCC5) established by CSWB viewed domestic violence as the result of loss of control, differences with spouse, lack of education, extra marital affairs, and alcohol abuse. NGO provided temporary housing for women and their children with the help of Government grants. Many of the state initiated responses to domestic violence in Karnataka and Gujrat were short term and reactive.

**Mitra, Nishi. (1999), Women's Study Unit of Tata Institute of Social Science, Mumbai studied on "Response to Domestic Violence in India: A study in Maharashtra and Madhya Pradesh"** analyzed the range of Government and Non-governmental responses to domestic violence in the state of Maharashtra and Madhya Pradesh. This study explores that many women who face domestic violence may not necessarily opt for a break in their marriage. These reasons are custody of children, no home to go, insecurity and uncertainty about the future as they are not financially independent and various other factors. Moreover, section 498A has been largely ineffective due to police

reluctance to register cases, high rates of acquittal and emphasis on reconciliation. Most counselling services focused on practical rather than emotional aspects, an approach that was observed to ignore factors such as fear of further abuse, dilemmas about staying with a abuser, concern for children and negative self identity. Neither the State nor the NGO sector has adequately addressed the need for immediate, effective medical care for survivors of the domestic violence.

**Vedanta, Suchitra. (1999) of Mysore University, Department of Sociology, envisaged in her research on ‘A Sociological Study of Violence Against Women’** that women of all ages were vulnerable to violence. However, majority of them were found to be below 30 years of age. It was found that violence cut across all religious and caste background. Women with low educational attainments, unemployed or those who were employed in unskilled occupations faced more violence than women in skilled employment. Nearly 87% of rape victims were victimized by persons with whom they had been familiar or acquainted. The most common reaction of victims to violence was forced to be crying (100%) and all the victims indulge in it. Most rape victims were not sure as to how should they react because often the assailants were persons known to the victim.

**Sharma, Bela Rani (1997)** in her book ‘Women Marriage, Family, Violence and Divorce’, highlights about the multi-fact aspects of the social life of women and their struggle for liberation in the contemporary times. In gender based violence, abused women are more likely to be in touch with health service than with any other agency as the abused occurred damaging effects on both physical and mental health. But the physically injured victims do not want to disclose the actual reasons behind the injury to the medical practitioner or health worker or to the

nurses as it seems to be shameful to their family and also the health service professionals were not interested for about it.

Further in this book it has been emphasized in article "Domestic Violence and Women" that husbands were battered by their wives. It is also noted that violence by wives is often defensive rather than offensive and it is believed that wives resorted to violence when they themselves had suffered repeated attacks over a considerable period, but the evidence is insufficient to substantiate claims that female — instigated violence is as extensive as violence by man upon women. Most of the research into female violence has concentrated on physical violence, but sexual violence would present a very different picture in which men would emerge as almost the sole perpetrators. Domestic violence can be in the form of physical, sexual and emotional or psychological but this classification is fairly crude and there are endless variations and the effects of repeated and prolonged violence on the women can be divided into the physical and psychological. Moreover, the pressure of children in a violent relationship creates additional stress for women as well as on the children too.

**Ahuja, Ram. (1995)** book 'Indian Social System' highlights the causes of arising interpersonal conflicts among the spouses. It refers that when the unconscious and unspoken expectations are not fulfilled, the relationship between the husband and wife may involve psychological context and create interpersonal conflicts. From this situation it leads to indifference/opposing attitudes between them. Actually such tension develops out of an original disparity in attitudes, thinking process and values and as the tension increases, greater antagonism in attitudes develops and breaks their marriages of those who break their marital bonds. Among them some break their bond functionally and some structurally. There may be other reasons but in

this article it highlights unfulfillment of expectations leads to breaking the marital bond.

**“Wife Abuse: A study of the Influencing Factors and its Consequences (1991)”** by **Sunder, Sumitra.** of **Department of Psychology, Madurai University, Chennai**, expressed the influencing factors and the consequences of Domestic Violence. The study reveals that smoking, drinking alcohol and gambling by husband were forced to be associated with wife abuse. At the same time, as the involvement of other increased, abuse also forced to be increased More important wife abuse brought about behaviour change in children, and their development was affected. Children from battered homes had traumatic experience which impacted their studies.

## **Summary of Review of Literature :**

**Rao, Naina., Chatterjee, Ananya. and Ghosh Bharati., Mitra, Nishi., Elizabeth, V.S. and Chowdhury** pointed out in their studies that though after a long time domestic violence act and other related acts enacted to protect the women from any kind of violence by their husband or others, yet most of our rural women, even women of the poor families of urban areas not aware about it and deceived from the advantages of these laws. They also highlight about the problems associated with implementation of these laws with respect to domestic violence. In women police stations, there were inadequate infrastructure and lack of adequate training and exposure of its staff. Judicial bodies were not successful in their pious intention and there were no systematic efforts to rehabilitate the women economically or to impart therapeutic counselling. Moreover, in several cases it was apparently difficult for plaintiffs and their lawyers to provide the type of proof of domestic violence mandated by court and resulted the perpetrators of violence often not held accountable for their crimes and the risk increases that they will repeat their actions. Further several areas of ideological and legal disagreement exist within the courts and there is a lack of efficiency, accessibility and timeliness among both. All these delays and inefficient handling of cases resulted in women being denied justice.

**Lakdawalla, Hanif. and Surendradas, Sandhya., WHO's Multicountry Study, Pandey., Gangopadhyay, Maushumi., Nair, Usha. and Sadhwani, Hemlata., Sharma, Vedant Suchitra., Jaising, Gupta. & Chattopadhyay** in their studies related to domestic violence, specially place and nature of violence explore that violence by a male partner is widespread in all of the countries. However, there was a great

deal and variation from country to country and from setting to setting and there was no major difference in the abuse pattern among Hindus or Muslims and all caste background. Women with low educational attainments, unemployed or those who were employed in unskilled occupations faced more violence than women in skill employment and majority of them were found to be below 30 years of old. One of the most invisible forms of violence occurs within the family to the children and adolescents which is perpetrated by father, step father, grand father, brother, uncle or another male relative in a position of trust. They are reluctant to report the crime to members of family, Police or other authorities due to trauma attached to the incident as women's virginity is associated with Family honour and specially the child adolescents are sacrificed in order to protect the name of the family and that of adult perpetrator. Upper class women use to keep silent about wife beating not only for the shame but more for social stigma and fear of not being believed by other people. Striking differences made typical injury patterns, such as cut on the scalp, palm, hands, partial loss of hearing and vision, forcible intercourse during pregnancy, etc., which resulted shurken body language, difficult in speaking, shabby dress, avoidance of eye contact etc.

**Rajput Payel., Lakdawala and Balasaria Ranisen., Roy, Pandey, Poonacha Veena. and Pandey, Divya., Mitra, Nishi., Sunder, Sumitra., Ahuja, Ram., Sharma** – all of them in their relevant studies on domestic violence reveals that alcohol addiction, burdened with many worries, economic pressure, poverty, unemployment, denial of sex, suspicious nature of husband, borrowing and lending money without the consent of husband, not looking after children and cooking properly, dowry torture, extra marital affairs, gambling etc. were the factors for domestic violence. Interpersonal conflicts among the

spouses also a cause of domestic violence. When unconscious and unspoken expectations are not fulfilled, the relationship between them involve psychological context and create interpersonal conflict, which leads to indifference / opposing attitude between them. It is also envisaged from the study that some women mentioned that husband has the right to beat his wife by bamboo bark or with a rope or with a palm of hand, but the wife on the other hand had only the duties, if any women fails to perform duties, she was sure to face censor, social degradation, humiliation and punishment. Yet they don't want to break in their marriage due to custody of children, no home to go, insecurity and uncertainty about the future, and not financially independent. Moreover, section 498A has been largely ineffective due to police reluctance to register cases.

**Deva Anjali., and Solanki, Gopika., Nagar, Asa., Patel, Ssaroj., Brahnambhall Manisha., and Solanki, Ila, Prasad, Shweha., Verma** studied on various issues related to mitigate domestic violence against women through community initiatives and explore that Shalishi Process was a traditional system widely used in Bengal which has the potential for restoring their own disputes. Nan Adalat (Women's Court) and Sahara Sangh (Support Group) in Gujarat Working for creating awareness among women. The studies also recommended to offer immediate services in case of family violence and atrocities against women in the form of police assistance and proper documentation which enhance the capacity to deal with violence against women. The process of sensitizing men on the issue of domestic violence should start from childhood. Mahila Mandal and Self Help Group (SHGS) in each locality to combat the problems of domestic violence locally. It emphasized on creation of strong network of Family Counselling Centre (FCC) for disposal of cases of marital discord. There

is a significant role of Family Counselling Centre (FCC) to restore the family dispute arising out of marital conflict and establishment of one FCC in each district is inadequate, it should be more.

Despite the growing interest in gender issues in the country there is a dearth of literature and research studies on domestic violence in India. Moreover, there have been very limited studies made on the role of Family Counselling Centres in combating the domestic violence. Therefore thrust has been given on the role of Family Counselling Centres to fight against atrocities of women.

## **OBJECTIVES OF THE STUDY**

This study intends to examine the nature, types, degree and extends of domestic violence against women and also will try to find out how far the Family Counselling Centres are combating these problems and its impact on bringing family and community peace. Therefore, the following objectives are to be investigated for the study :

1. To examine the nature, type and trend of domestic violence against women.
2. To explore the socio-economic factors which are responsible for domestic violence against women.
3. To compare the nature of the domestic violence against women in rural and urban settings.
4. To find out the relationship between the victim and other members of the family.
5. To know what services are provided by the Family Counselling Centres and how far these services are successful to solve the domestic violence. The study also investigates the factors which create hindrance or obstacle to provide the services to the victim.
6. To explore the impact of services to maintain the peace of family as well as society.
7. To find out some kinds of measures or strategies to be adopted by the Family Counselling Centres for speedy solution of the cases.

## **METHODS OF THE STUDY**

Domestic violence against women exists both in rural and urban areas. Professional services like family counselling have got its roots in the country. The present study has been therefore limit to those individuals who have now already received some kind of services from the counselling centres. Therefore, the study has covered both urban and rural areas of three districts of West Bengal, viz., South 24 Parganas, North 24 Parganas and Kolkata. The data have been collected through interview of the victims registered during the last 5 years in the two Family Counselling Centres; one is situated at Salt Lake and other at Bhabani Bhavan, Alipore, Kolkata both run by Jayaprakash Institute of Social Change. Jayaprakash Institute of Social Change was established in 1973, conducting teaching (Master in Social Work, Diploma in Social Work, Post-Graduate Diploma in Psychological Counselling), training, evaluation, monitoring, research and delivery of institutional services and also involved in consultancy and action programmes. There were about 2000 cases registered in these two counselling centres during the last 5 years. Out of these cases 350 cases have been drawn on sampling basis for the study.

### **Universe of the Study :**

While planning for the study, it was decided to collect data from amongst the cases registered in two Family Counselling Centres run by Jayaprakash Institute of Social Change—one at Alipore (Bhabani Bhavan building and the other at Salt Lake). The total number of registered cases in the two centres from its inception have been considered as total respondents, the universe of the study.

## **Sampling Procedure :**

After going through the case entry registers of the Two Family Counselling Centres (FCCs) run by the Jay Prakash Institute of Social Change, three hundred fifty cases (350), of which one hundred seventy five (175) from urban areas and the same number from rural areas have been selected from 2000 cases who have registered their names for seeking help during the last 5 years. The sampling procedure is based on simple random sampling using Random Table-VI of Basic Statistics by Goon, Gupta, Dasgupta. In this method each sample has the probability of being selected and hence I believe the sample is free from any bias.

## **Unit of Observation and Sample Size :**

The total units of observation and samples size are 350 victimized cases, of which 175 cases from two rural districts of north and south 24 Parganas and rest 175 are from different areas of Kolkata. Each unit of sample has been observed keenly during the course of data collection.

## **Tools and Techniques of Data Collection :**

A pre-coded structured interview schedule containing close and open ended questions was prepared to collect information from the respondents which was pre-tested while ensuring coverage of the important issues. Case studies of some unique case have also been taken. These data have been collected from primary sources. Observation method was also used as a tool for data collection. The secondary sources of data include official records and published works and journals. The data collected through the primary sources have been analysed and qualitatively interpreted for writing the thesis. While writing

the analysed data, the data of the secondary sources have been used for logical presentation.

### **Pre-Testing or Pilot Study :**

For finalisation of the draft interview schedule prepared for data collection, a pilot study has been carried out on 10 cases. The total questions of the schedule puts under different sections which includes base line information of the both rural and urban respondent, socio-economic factors responsible for domestic violence, nature of domestic violence, relationship with other members of family, role of counselling centre and its impact to ameliorate the family discord etc. After collecting the data through pilot study, some addition, modification and delitions have been made in the questions of the interview schedule and then it has been finalised.

# *Chapter-II*

## Chapter-II

### FAMILY COUNSELLING CENTRES - ORIGIN, CONCEPT, OBJECTIVES AND OPERATIONAL STRATEGIES IN INDIA

The Central Social Welfare Board working in the area of women and child welfare since 1953 and set up the Voluntary Action Bureau in 1983. In all states Board Officers to provide crisis intervention and counselling to women who were victims of violence on domestic and other spheres and dowry demands. This innovative experience lead to the formulation of the scheme of Family Counselling Centres (FCCs) to be implemented by voluntary organizations for providing counselling, referral and rehabilitative services to women and families affected by domestic violence, maladjustment and discord. The centres also create awareness and mobilize public opinion on social issues affecting status of women. The FCCs work in close collaboration with the local administration, police, courts, free legal aid cells, medical and psychiatric institutions, vocational training centres, short stay homes, etc. While the FCCs are run by voluntary organizations, the Voluntary Action Bureau (VAB) in the State Boards identified areas, where such an activity is required and accordingly motivated organizations to take up this scheme. They also monitor and provide professional inputs to the FCCS already running in the state.

This scheme was sanctioned by the Planning Commission in 1984. In 1992, the Delhi police requested the Central Social Welfare Board to set up a Family Counselling Centre in the crime Against Women Cell at Nanakpura, as it was felt that a male dominated police

force was insensitive to the needs of women, who come for assistance on social problems such as harassment, dowry matters etc. and that preventive counselling could greatly answer the psychological needs of women, besides police action. The success of this venture led to the opening of FCCs in all the police stations at the police headquarters in state capitals.

Starting with 12 Family Counselling Centres in 1984-85, there is a total number of 600 FCCs running in the country. In West Bengal, there are 48 FCCs running presently through NGOs including police head quarters, Mahila Jails, Rape Crisis Intervention and Potentials counselling.

### **Concept:**

Counselling is a process of developing a cooperative relationship and then using that interaction to help clients or a group to explore themselves and their environments, gain a clearer understanding and then work out appropriate behaviours. The purpose of counselling is to enhance the personal development, the psychological growth toward a socialized maturity, of its clients.

Counselling is a therapeutic growth process through which individuals are helped to define goals, make decisions and solve problems related to personal, social, educational and career concerns. Specialized counselling provides assistance with concerns related to physical and social rehabilitation, employment, mental health, substance abuse, marital and family problems, human sexuality, religions and value choices, career development and other concerns.

While concentrating on client, the counsellor recognizes the role of client's environment in counselling. Counsellor's ability to

conceptualize and assess the social ecology in which the client lives and works in a vital asset to maximize treatment gains. Relationship oriented environment produces high degree of self-esteem and satisfaction in individual. The social environment that emphasizes personal development produces high level of skills learning. Since it is learning and achievement oriented, it may also tend to produce high level of anxiety in the individuals.

Moreover, treatment gains can also be maximized if the environments are chosen, shaped or created by the counsellor to increase congruence between client's needs (current as well as anticipated) and the environment. If a client needs support, the counsellor selects shape or creates such an environment which is high in relationship characteristics. The counsellor first helps the client 'select' conducive environment. In case, that is not feasible, the second strategy of 'change' should be attempted failing which the third strategy of 'creation' should be implemented. A counsellor's ability to visualize the social milieu of a client is vital for the optimization of treatment gains. Often the people around the client also need to be counselled in order to facilitate effective treatment.

### **Purpose of counselling intervention:**

Purpose of counselling intervention can be of three kinds:

- Remediation of an existing problem.
- Prevention of a potential problem.
- Development of skills leading to positive and creative growth.

Remedial intervention is called for when individuals have some problem or go through some achieving situation. In relation to a group, counselling intervention is involved when the groups is faced with some

failure such as problems of lack of interpersonal and social skills, failure to make valid decisions or failures due to organizational or structural deficiencies.

Counselling in terms of preventive measures is concerned with identifying those skills and measures which are needed now or which may be needed in future to fight out or cope with a problem. Identification will be followed by providing means or by enabling individual or group to acquire means to develop skills or measures. The focus is to anticipate future problems and take measures to prevent them by providing individuals or groups with needed skills or by creating changes in the environment so as to prevent development of the problem.

Development interventions include those programmes which are designed to enhance the functioning and developmental potential of healthy individuals or groups. The primary focus is to promote and enhance positive growth for all. It entails not only those who are identified as having or about to have problems but each and every member of the group or the community.

### **Counselling Relationship:**

The counselling relationship is an alliance between counsellor and client formed to help the client move toward a goal - more appropriate behaviour. The client is able to bring about changes due to counsellor's acceptance of the client as a person as well as rendering help in solving a problem.

## **Characteristics of counselling relationship:**

- Counselling relationship is established and continued till client feels the need for a special help with a problem that he or she cannot solve independently.
- The counselling relationship is formal and structured in that it is not continued on a casual social basis, It is characterized by specified duration, privacy and confidentiality.
- The counselling relationship is limited to the therapeutic hour and purpose.
- Although counselling relationship is limited in time, it is a deeper and closer relationship than ordinary social friendship.
- The counselling relationship is powerful and thus effective because the principles of good human relationships are applied consciously and purposefully.

## **Essential conditions for Effective Counselling:**

For any effective counselling the facilitative conditions are the core. The conditions like empathy, positive regard, genuineness, congruence elicit greatest involvement of the client and ultimately significant constructive gains or change in the client.

- 1) Unconditional Positive Regard: Growth and change are more likely to occur in the client, if the counsellor is experiencing a warm, positive, accepting attitude toward "what is" in the client, It means that the counsellor considers the client as an important and worthy individual regardless of his particular behaviour, It means that he cares for the client as a person with potentialities

and in a non-possessive way. He respects the client as an individual and shows positive liking unconditionally without passing judgements or evaluating.

- 2) Empathy: Empathy is the capacity to enter not the feeling and experiences of another without losing oneself in the process. it promotes growth in the relationship between client and counsellor. Empathy makes it possible for the client to learn, change and *develop*. Conscious practice on part of the counsellor sensitively, to receive more of the subtle meanings the other person expressing in words, gesture and posture, and reflect upon them deeply the significance of those expressions. That means an ability to communicate to the client that the counsellor cares, has concern for the client and is hearing and understanding what the client is perceiving.
- 3) Congruence: In her/his relationship with client; the counsellor should be genuine and without any facade. He should be open and not hide his feelings and attitudes which at that moment are flowing in him. Congruence, here, means that counsellor is herself/himself, not denying herself/himself. The more genuine and congruent the counsellor is in the relationship, the greater probability for a change in the client. It is easier to trust and to relate with a person who is open and honest about herself/himself, than one who is polite but superficial. The counsellor should rely on his won experience and expertise in order to determine the time, contest and manner or self disclosures to achieve the counselling goal.
- 4) The Client's Perception: It is when the client perceives the genuineness of the counsellor and acceptance and empathy on

- To make efforts for the reconciliation in the cases of separation and out of court settlement in marital cases;
- To provide referral services like short stay homes, free legal aid, police assistance etc.;
- To make the counselling services available in short stay homes, remand homes, orphanages, drug de-addiction centres, old age homes, shelter homes, prisons, schools for gifted children etc.;
- To educate and mobilize public opinion against social problems and pre-marital issues.
- To arrange for suitable rehabilitation services for the victims and their dependants;
- To educate and impart information regarding social welfare activities aided and undertaken by various governmental and non-governmental agencies for better coordination and services to the people.

The above objectives of FCCs are to provide social intervention through professional counselling:

- Where the family disputes do not fall within the purview of law;
- where a woman is harassed and seeks support but does not want to take recourse to law due to social constraints;
- To guide, assist and counsel women, who are victims of atrocities, on available legal and rehabilitation measure;
- To act as a catalyst between NGO's working in the same field and the law-enforcing agency, legal aid cells, short stay homes,

psychiatrists, psychologists etc. and developing accessible resource networks.

## **Operational Strategies:**

Counselling is a scientific process of assistance extended by an expert, in an individual or group situation, to persons who need such help. The process aims at enabling the individual to learn and pursue more realistic and satisfying solutions to her/his difficulties. The process revolves primarily around the relationship between the counsellor and the client. It is this relationship that leads to growth and change. The counsellor helps the client to develop the ability to take wise, discrete, independent and responsible decisions.

When any individual comes to a Family Counselling Centre, the case is first registered on a prescribed format, The counsellors construct the socio-cultural background through geno-grams or eco-maps to understand the psychic and emotional status of the individual with respect to her/him immediate and larger environmental i.e. family, community and society. This process is time-taking and is generally completed over many sittings either in the counselling centre or through home visit. Case records are simultaneously prepared and this should tell the complete story and the counsellors' diagnosis of the case. Through such a process, the counsellor builds up the potential intervention points of a case i.e. whether the case requires simple counselling, mediation, negotiated settlement, conciliation or whether it requires other institutional supports such as the police, legal and psychiatric help etc.

The scheme provides for 2 counsellors in a NGO. This is to ensure that there is at least one counsellor present at the centre, while the other is free to move on home visits.

Each Family Counselling Centre has a sub-committee consisting of teachers, lawyers, social workers, psychiatrist, representative of District Magistrate Office and Superintendent of Police etc. to assist and advise the counsellors in handling sensitive and difficult cases, sub-committee meetings attended by both counsellors are to be convened at regular intervals. A case is technically not considered close still all interested parties state that they are satisfied with whatever understanding they have reached.

Counselling takes on curative, protective or rehabilitative approach depending upon the need of each case. However, effective counselling depends as much on the counsellor's ingenuity in linking the individual in distress to institutional supports. It is crucial to understand that the client, who is a product of a society riddled with low societal perceptions of women, would again have to seek remedies, through the counsellors in that very society which perpetrates such atrocities. Hence instances of non-response, non-cooperation, wilful and prejudicial actions have to be faced and counteracted by the counsellors, if they have to win the faith of their clients. Instances such as the police letting off the dowry takers with bribes, or the services of Short Stay Home not being available or if available, further aggravating the trauma of the clients as some of these short stay homes have themselves fallen into disrepute, delays in grant of legal aid or delays in provision of maintenance by family courts, high legal costs, an insensitive police and judiciary can completely dampen the morale of even the most committed counsellors. Psychiatric assistance, is generally not available as women fight shy of meeting psychiatrists in hospitals/clinics, where as psychiatrists are not available on visits except with high fees, The police FCC's have this peculiar problem of having to attend cases only

after the case is registered in the attached police stations, which can effectively ward off counselling if so willed.

When counsellors, on behalf of their clients are pitted against non-supporting social institutions, their effectiveness could still depend greatly on how they understand the checks and balances in society, and put it to professional use, very often ingenious, extra-institutional and sometimes anti-establishment. A conscience raising effort by involving social activities, as co-actors through protests and processions, to handle insensitive state led agencies like the police usually has impact, but not without costs. There are instances where counsellors, have acted as pressure groups themselves and have won direct grant of maintenance to women from administrative authorities without recourse to legal problems. Instances of counsellors assisting family courts on the request of the lawyer representing the women client has met with limited success. The sub-committees also effectively intervene with referral agencies to provide relief to clients. Instances of cross-country networking by NGOs to find solutions, where the aggrieved and the aggressor reside at different places have also been reported. These are clear indications that despite constraints, counsellors/NGOs can combine effectively to disharm and overcome a ubiquitous and non-caring bureaucracy.

Awareness building through programme which reaches out to community for legal literacy is extremely effective. Social mobilization is indeed a crucial prologue and epilogue to counselling. Vocational training and guidance regarding economic- assistance, if done, practically completes the task of rehabilitation.

On the Central Social Welfare Board's request, a notification was issued in 1988 by the State Government to issue identity cards of FCC

counsellors by police authorities to make the police more accessible to the client and to impart the necessary respectability and credibility to the counsellors.

The recognition of the role of FCCs in the family courts has not made any headway in most states. From time to time, different courts have entrusted cases to FCCs for out-of- court settlement in maintenance cases and cases involving family disputes.

With increasing number of atrocities on women and girl children there is no doubt that counsellors have a greater role in handling their crisis, in building their awareness and preventing atrocities.

## FAMILY COUNSELLING CENTRE AT SALT LAKE AND FAMILY COUNSELLING CENTRE AT BHABANI BHAVAN, ALIPORE

Domestic Violence against women exist both in rural and urban areas. Professional service like family counselling has got its roots in the country. The present study has been therefore limited to those individuals who have received some kind of services from the counselling centres. Therefore, the study covers the three districts of West Bengal, viz, North 24 Parganas, South 24 Parganas and Kolkata, both rural and urban population. The data have been collected through interview of the victims registered during the last 5 years in the two family counselling centres one is situated at Salt Lake and other at Bhabani Bhavan, Alipore, Kolkata, run by Jaysprakash institute of Social Change.

**Jayaprakash Institute of Social Change** founded as an Non-governmental organization in **1973**, the Institute was named after the well known scholar, freedom fighter and a venerable social revolutionary, the late Dr. Jayaprakash Narayan. In this endeavour, the Late Prof. Sugata Dasgupta, a renowned social scientist and Late Kshitish Roy Chowdhury, an ardent follower of Gandhian philosophy with a life dedicated to social work, volunteered their services for the healthy growth of the nascent organization. Mission of the Institute is to create a no-poverty, gender-just and an equitable social order to reach out to all people conjuring a composite spectrum of developments for social change. The objectives of the institute, inter alia, are to study the social work, economic and cultural changes taking place in independent India, and also to generate action-oriented programmes for the upliftment of the micro-societies through public awareness, community development

and social action. The main emphasis of the Institute's work is thus development per se, and in attending to this task, the Institute seeks to formulate its approach to research, survey, training and other such activities in a manner such that the programmes act as input to development. The genesis of the Institute is rooted in the need for an organizational platform that would be able to provide the multidimensional support and integrated services for effective and appropriate solutions to a spectrum of national socioeconomic problems. While translating policies into action, the Institute emphasizes an empirical analysis of the problem and methodological soundness to combat them.

Since December 1987, the Institute has been running a Family Counselling Centre. Earlier the centre was located at M. B. Road, Birati. Now the centre has been shifted to Head Office at DD-18/4/1, Salt Lake City, in the district of North 24 Parganas. Another Family Counselling Centre is operating at Bhabani Bhavan, Alipore by this Institute from 10<sup>th</sup> August 2001, for looking into the cases of marital discords, violence against women and trafficking. Identifying the cause(s) of disharmony and violent behaviour and exploring ways of grievance redressal in individual cases for peaceful rehabilitation within the existing family set-up are normally aimed at achieving. The objective of the entire exercise is to address family problem through intervention and counselling. In some cases, when necessary, FCC may also provide legal advice and/or refer them for legal aid and other support services.

### **Activities of the Two Family Counselling Centres:**

Family Counselling Centres of Jayaprakash Institute of Social Change are working in the two broad fields. The first category consists of interventions directed towards the individual victims of violence.

These tasks have been done by the counsellors through individual counselling and psychotherapy (when need arise) services for the victims, legal aid and obtaining legal redressal for the victims (this includes getting the accused convicted, seeking monetary and other custodial rights for the client in case of legal separation, striving to obtain legal aid or police help for protecting of the victim from further harm etc.), medical aid, linking the individual (victim) to existing community resources and building new linkages for long term support to the client and other potential victims.

The interventions in the second category aim at making some positive difference in the larger environment of the client. This category includes advocacy interventions, extending the scope of existing services and developing new services for dealing with the issues at the macro-level. Generally through this service FCCs try to influence the general public opinion and mobilize community networks for prevention of such instances and promotion of gender equality.

The counsellors not only direct the interventions towards the victim alone, but also try to look into the other dimensions of the problem such as, the custody of children, economic need of the individual/family in combating the current crisis etc. The counsellors try to assess the needs and resources of the family and the expectations of the client vis-à-vis the counsellor, when a client approaching the Family Counselling Centre, the concerned case would typically go through the following ways:

- ❖ Registration of complaint with case history.
- ❖ Interview with complainant.
- ❖ Calling the other party.
- ❖ Home visits and investigation.

- ❖ Joint meeting with conflicting parties.
- ❖ Arrival at compromise.
- ❖ Follow up home visit.

The counselling centres entertain complaint for both the parties/husband and the wife. The first meeting is primarily intended to hear out the complaints case and to assess the complexities involved in the client's expectations.

The counsellors felt that the most problematic stage in these cases are the handling the 'Other Party'. The counselling centre followed a routine schedule of serving three notices to the other party, requesting the latter to come and meet the counsellor. In most cases the parties did respond. In case of default, the counsellors make home visits and involve the larger kin network, neighbours or colleagues in persuading the errant party to come to the counselling centres. Following a closed door meeting with the second party where his/her side of the story is heard, a mutually convenient date for a joint meeting is fixed. Joint meetings may be close door meeting the counsellor and the couple only or may involve kin of the two sides and in some cases the sub-committee providing guidance and technical support to the counsellors. When a compromise is reached, these are usually recorded.

With a view to formalizing this understanding counsellor recording it on a stamp paper. Though this has no legal validity yet it is claimed to be a useful deterrent, especially in cases involving parties from an illiterate or semi literate background. The fear of consequences of breach of a formal and supposedly 'legal' contract is said to have a restraining influence on these parties.

The couples/victims are advised to keep in touch and especially the victimized wife is assumed that she could in case the need arose come back at anytime to the centre for help. Counsellors confirmed that this process of resolution takes on an average 5 - 7 sessions.

After reconciliation, counsellors wait for 6 to 12 months before closing a case. The follow up visits are sometime surprise visits and the number of such visit varied from one to four visits.

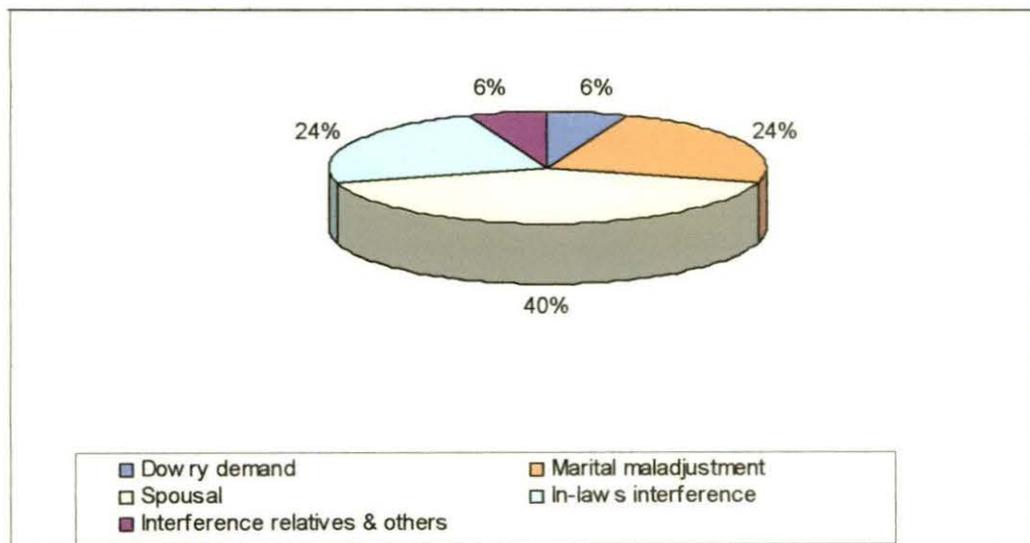
Apart from counselling, the counselling centres are also involved in referral services. This involved sending grievously injured woman to governmental hospitals, helping women to file cases under the free legal aid scheme or even in registering complaints with the police and asking for police action, women in need of shelter are referred to Governments shelter homes.

To understand the type, nature and causes behind family dispute and discord, secondary data was collected from the FCCs run by Jayaprakash Institute of Social Change. Type of cases received by the F.C.C.s of domestic violence against women is seen in the Table No.-2 of the total cases 41.2% marital discord are spousal, followed by an equal percentage of marital maladjustment and in-laws-interference i.e., 23.6% and equal percentage of 5.8% are dowry demand and interference of relatives, parents of both the sides and sibling interference.

**Table 2: Types of cases received by FCCs during last 5 years**

Type of cases received	Percentage
Dowry demand	5.8%
Marital maladjustment	23.6%
Spousal	41.2%
In-laws interference	23.6%
Interference of relatives, parents & siblings	5.8%

**Figure 1 : Types of cases received by FCCs during last 5 years**



Today family relations and marital adjustments are affected by multiple factors operating inside as well as outside family environment. Now there is more emphasis on economic development than on healthy and balanced human growth. New social legislation, women's education, reduction in women's economic depending, high ambitions, widening generation gaps, growing selfishness, downward motion in ethical and social values, more emphasis on individual rights than on duties, growing menace of dowry, westernization, urbanization, impact of media and films, vast differences of opinion, ideas, behaviour

patterns, values, interests, background and thought process between the spouses, conflicts of personal interests between the spouses etc. are such factors contribute to dissatisfaction, maladjustment and discord in marital ties.

Marital union involves a set of role expectations from the spouse, especially the female in her new "home". Expectation from the newly wed daughter-in-law in terms of behaviour, duty, sentiments are always quite high.

Relationship with the in-laws also possesses serious threats to familial harmony in most marriages. Marital partner and other family members may have different aspirations and evaluations of the roles which they play and expect from each other. As a result, conflicts in the marriage and family roles may arise between the spouses over their duty and obligations. Each marital partner is motivated by his/her own performed role concepts; his/her own role expectations from each other, mate's role expectations to himself and the degree of correspondence between the two sets of role concepts and expectations. If there exists a wide gap in both the role sets, it leads to role conflicts and marital discord. There exists temperamental incompatibility. Spouses have differences of opinion on most issues and both of them fail to resolve conflicts amicably. Differences in cultural background and/or socio-economic status of spouses' families of orientation also become reasons for friction and conflict. There are differences in perception of self and other's roles vis-à-vis family and society. Either one or both spouses failing to accept the changing roles and duties of each other due to the needs of changing time play create tensions in the marital life. Dowry demands 5.8% and conflicts with in-laws 29.4% also common cause of disharmony in the family.

Parent-child conflicts also lead to family turmoil. It is an extension of spousal conflict or exclusive in nature. Parents have autocratic, authoritative or permissive socialization patterns. Authoritative parenting suppresses the personality of child and in turn he/she become rebellion, Permissive parenting perceived as indifference and timidity on part of parents and children become stubborn, hostile and arrogant. Family values and parent-child relations are important variable especially when children come in conflict with societal norms and expectations.

Sex is a highly influencing factor in marital life. Sexual relationship in marriage is a function of the entire personality which in turn is a product of a variety of biological and cultural constituents. When husbands are responsible for sexual disharmony, the reasons come out as excessive sex demands. On the other hand, when wife is responsible for sexual disharmony, wilful refusal to cohabit may be a projection of her frigidity around by improper upbringing or lack of guidance and sex instruction before marriage.

Ill-treatment by husband, acute shortage of accommodation, quarrels over trifles, wife wanting to stay separately from the husband's family, neglect of household duties etc. lead to an indifferent attitude of the spouses which lead to refusal to cohabit.

Extra-marital relations 23.6% appear to be more frequent by husbands than by wives. However, husbands often appear to be more suspicious about the extra-marital affairs of their life,

Economic distress 23.6% appear to be the main cause of marital discord, due to insufficiency or irregularity of income or unemployment of the spouses, particularly husband.

Many personal defects 11.8% also be responsible for unhappy marital relationship which lead to desertion, separation and divorce. Such defects include, suspicious husband; bad temper of wife, disturbed personalities, dominating wife, demanding husband, sadist husband, unsteady wife, inferiority complex of wife, irresponsible wife etc.

Marital relationship breaks because of internal or external or both reasons. Family crisis results when old coping skills of the family have failed and members feel helpless and clueless to deal with the situation, unless an external help is provided. Reasons of family crisis range from financial to social stigma, discrimination, security threats, separation, death, divorce etc. Incompatibility of age, of religion, of background, of temperament, of opinions, of status, of education and of outlook also badly affect marital adjustment.

Thus, there are several causes of marital disputes. It is not necessary that only one or two factors responsible for marital disunion. Many intra as well as extra familial factors operate simultaneously, creating psychological tensions and adjustment problems which lead to desertion, separation or divorce resulting into family maladjustment.

# *Chapter-III*

## Chapter-III

# DOMESTIC VIOLENCE

Violence against women is a routine affair in most of the families in one-way or the other. Dependence of women upon men has made it a right of the men to treat women in a manner they think correct. Domestic violence has emerged as a serious human right threat to women in every Indian Society – rural and urban, rich and poor, developing and industrialized.

Women are distinctly vulnerable in three specific situations – within the home, while in transit and at the workplace. However, it is the crime perpetrated within the four walls of the home that is extremely difficult to address. This is one area where reporting is minimal and where the women are often most exposed to peril. Women are abused, misused and exploited for male pleasure and for satisfying male ego. It is not only that the society treats them generally unfair but they themselves have come to accept this treatment as a natural law. They grow up and constantly live with a sense of being weak and in need of protection whether physical, social or economic.

In most of the cases violence leads to psycho-emotional injuries, mental health problems, reproductive health problems, sexually transmitted diseases and other such problems which sometimes cause permanent physical or mental disabilities. The forms of violence are battering, sexual abuse, dowry related violence, rape, female genital mutilation, non-spousal violence, sexual harassment and intimidation at work, in educational institutions and elsewhere, trafficking in women, and forced prostitution, experienced by women, boys and girls at any stage of life can have severe health and psychological effect.

This picture is not only common in urban and sub-urban areas but also in the rural areas. In rural areas the condition of women are more serious than urban areas, they are physically and mentally abused, humiliated at their in-laws places. The physical torture include slapping, punching, kicking, chocking, beating, biting, burning, pulling hair, pushing down stairs and the frequent use of weapons of one sort or another. Physical violence especially punches in the abdomen shown during pregnancy. These voices are dumped behind illiteracy, customs and traditions. In urban and sub-urban areas, the women are mentally tortured by their husband and other family members which includes threats, intimidation, manipulation, isolation, keeping a women with out money, locked in, deprived of food or abusing her children in various ways, systematic and belittling comments. This quite often results to acute psychological problems.

Therefore to analyse the individual cases of domestic violence as well as marital conflicts in rural and urban areas, and to give an insight of the various aspects and variation of domestic violence have been undertaken for study. Also the role of FCC to mitigate the problems of domestic violence has been included for the same.

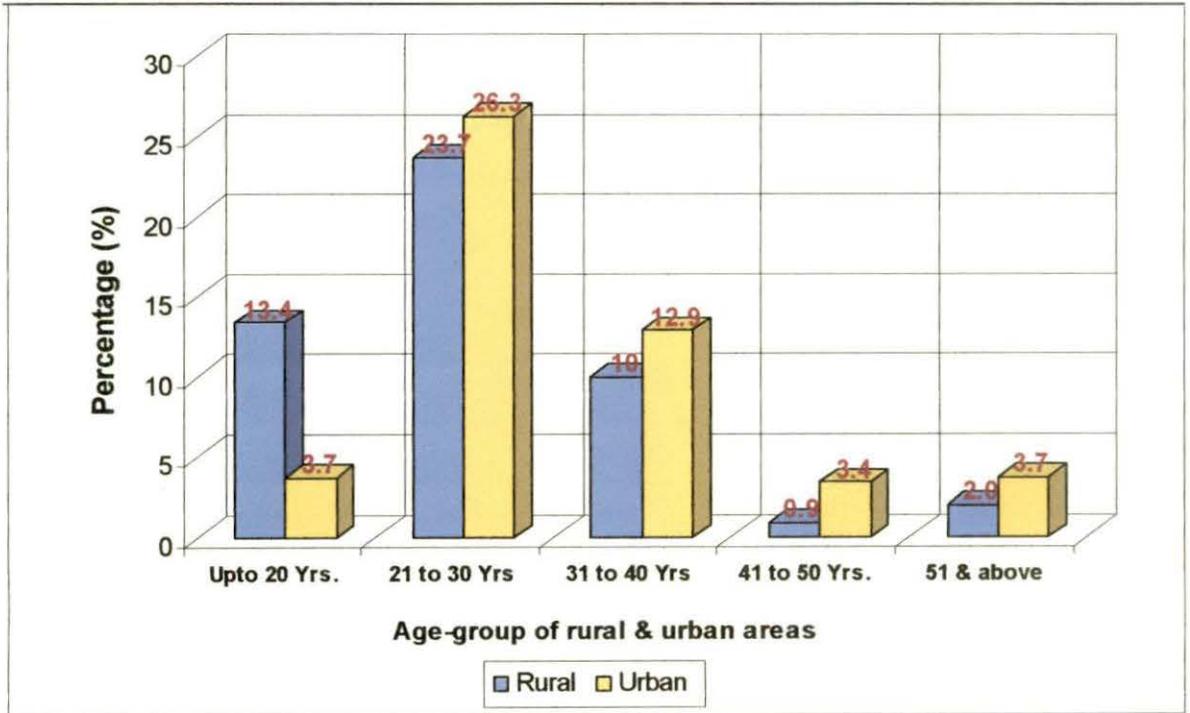
## RURAL-URBAN DIFFERENCE

When compare the share of violence in rural and urban areas against the age group of the respondents (Table 3), among the respondents 50 percent of the victims were in the rural areas and an equal percentage i.e., 50 percent of victims each suffered various forms of violence in urban areas also. 23.7% victims in the rural areas are belongs to the age group of 21-30 years; whereas in the same category of age group, the percentage of victims are 26.3% in urban areas, little higher than rural areas; followed by 13.4% upto the age of 20 years in rural areas and 3.7% in urban areas, i.e. in rural areas the percentage of domestic violence against women upto the age of 20 is high. Further, the percentages of victims between the age group of 31-40 years are 12.9% in urban areas and 10% in rural areas. So in urban areas the rate of victims between the age group of 31-40 years is higher than rural areas; followed by 3.4% in urban areas and 0.9% in rural areas between the age group of 41-50 years. Of the violence suffered in the age group of 51 and above, 3.7% in the urban areas and 2% in rural areas respectively.

**Table 3: Age of the victims in rural and urban areas**

Age (in yrs.)	Rural	Urban	Total
Upto 20	47 (13.4)	13 (3.7)	60 (17.1)
21 to 30	83 (23.7)	92 (26.3)	175 (50)
31 to 40	35 (10)	45 (12.9)	80 (22.9)
41 to 50	3 (0.9)	12 (3.4)	15 (4.3)
51 and above	7 (2.0)	13 (3.7)	20 (5.7)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 2: Age of the victims in rural and urban areas**



It is observed that the young women were found to be the victims of violence in both rural and urban areas. A considerable percentage of victims fall in the age group of 16-20 and 21-30 years. Less mature and more emotional—these two are main factors leading to family disharmony. It is because they are not mature enough to cope with and

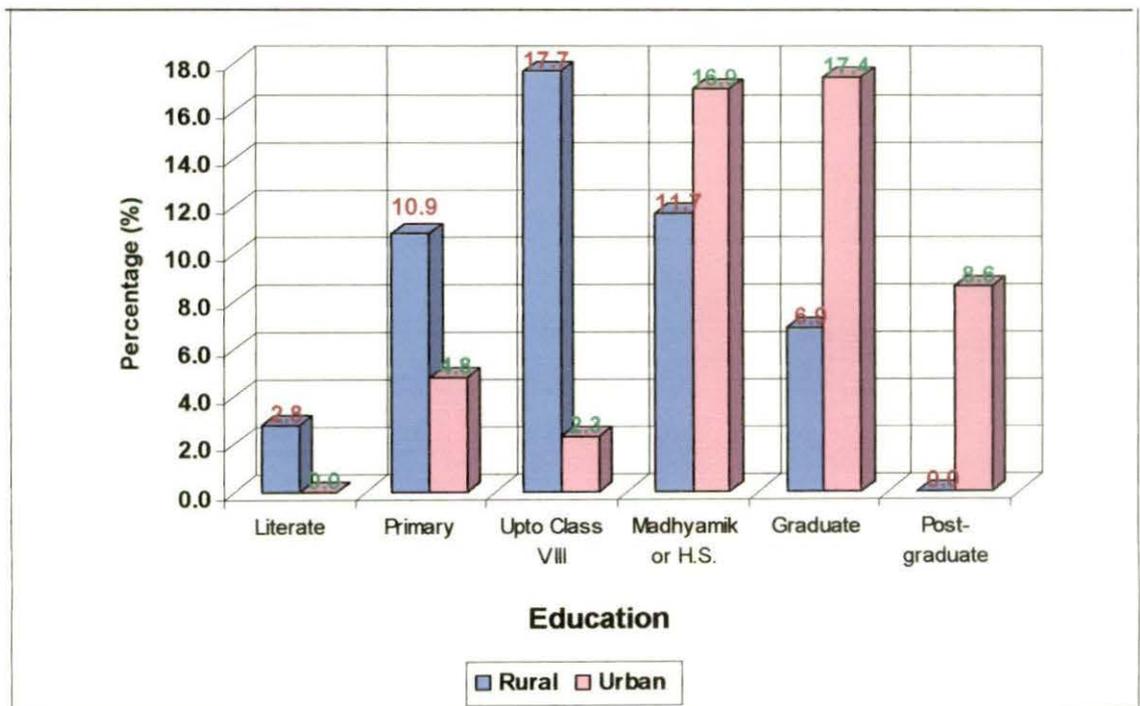
tackle the problems in the domestic sphere. Emotionality is another instinctive factor which resists the women to raise their voice against domestic violence. The grown ups belonging to the age groups 41-50 years and 51 years above are more mature and reasonable and hence they suffer less.

Occurrence of violence against women in rural and urban areas in relation to education is discussed in Table No.4. When the domestic violence against women in rural and urban areas is seen in relation to education, it is seen that 28.6% respondents belong to the Madhyamik and Higher Secondary educational category of which 16.9% violence committed in urban areas and 11.7% in rural areas followed by in the Graduate category 17.4% of violence committed in the urban areas and 6.9% in the rural areas. Further in the post-graduate level, there are 8.6% respondents are from urban areas and there are no rural respondents in the post-graduation level and no victims of domestic violence is reported in literate level at urban areas, but in rural areas the percentage of reported case of violence in literate level is 2.8%. Of the total 20% respondents belong to upto Class VIII level, there are 17.7% victims from rural areas and only 2.3% victims from urban areas. Again in the primary level, there are 10.9% respondents from rural areas and in urban areas the percentage is 4.8%. The study reveals that the rate of violence in the education level from Madhyamik to Post-Graduate level is higher (42.9%) in urban areas and in rural areas is slightly low (24.6%).

**Table 4: Education of the victims in rural and urban areas**

Education	Rural	Urban	Total
Literate	10 (2.8)	-	10 (2.08)
Primary	38 (10.9)	17 (4.8)	55 (5.7)
Upto Class VIII	62 (17.7)	8 (2.3)	70 (20)
Madhyamik & H.S.	41 (11.7)	59 (16.9)	100 (28.6)
Graduate	24 (6.9)	61 (17.4)	85 (24.3)
Post-graduate	-	30 (8.6)	30 (8.6)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 3 : Education of the victims in rural and urban areas**



So, the women with low education designate their complete dependency because with low educational background they will not be able to have economic independence or would be engaged in occupations with low economic returns and low prestige. In the case of those who have Madhyamik to Post-Graduate education they are be in

better position to gain economic independence and with the higher education they start questioning the dominant position of their husbands. Such a threat is not tolerated by the husbands and they use physical violence as their ultimate resource to maintain their dominant position in the family. The reason for more violence among those who have higher education the women with high education not endorse the traditional role relationship and this considered as threat to the dominant position by their husbands. Low education level does not cause violence but it aggravates the frustration.

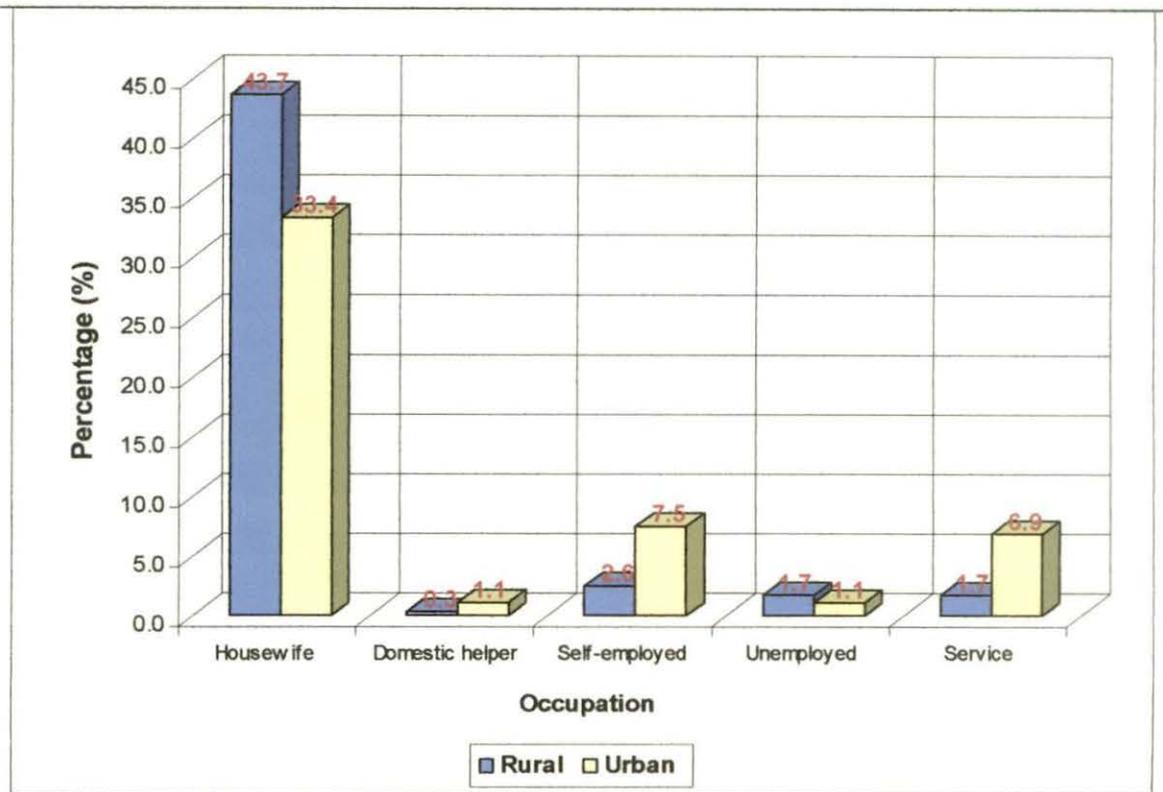
The frequency of domestic violence against women in rural and urban areas is seen in the relation to occupation (Table No.5). Of the violence reported in rural areas 43.7% are housewives followed by 2.6% in rural areas are self-employed. The one victim in rural areas is a domestic helper.

Further the occurrence in violence against women in urban areas in relation to occupation is that 33.4% respondents are housewives, followed by 7.5% of victims are self-employed, 6.9% of victims are in service and an equal percentage, i.e., 1.1% of victims in urban areas are domestic helper and unemployed respectively.

**Table 5: Occupation of the victims in rural and urban areas**

Occupation	Rural	Urban	Total
Housewife	153 (43.7)	117 (33.4)	270 (77.1)
Domestic Helper	1 (0.3)	4 (1.1)	5 (1.4)
Self-employed	9 (2.6)	26 (7.5)	35 (10)
Unemployed	6 (1.7)	4 (1.1)	10 (2.9)
Service	6 (1.7)	24 (6.9)	30 (8.6)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 4: Occupation of the victims in rural and urban areas**



It is observed from the study that majority of the housewives in rural and urban areas 77.1% are suffering from various forms of domestic violence.

This study indicates that women who stay at home are not engaged in paid work outside their homes are at somewhat greater risk of being physically abused than those engaged in paid work. This is because housewives are perceived to contribute less to family subsistence and are consequently valued less than women who are engaged in paid work outside the home. Wife beating is far less common in families in which women have independent economic and social resources, because these resources are valuable enough to make a husband think twice before acting in ways that might force his wife to terminate marriage.

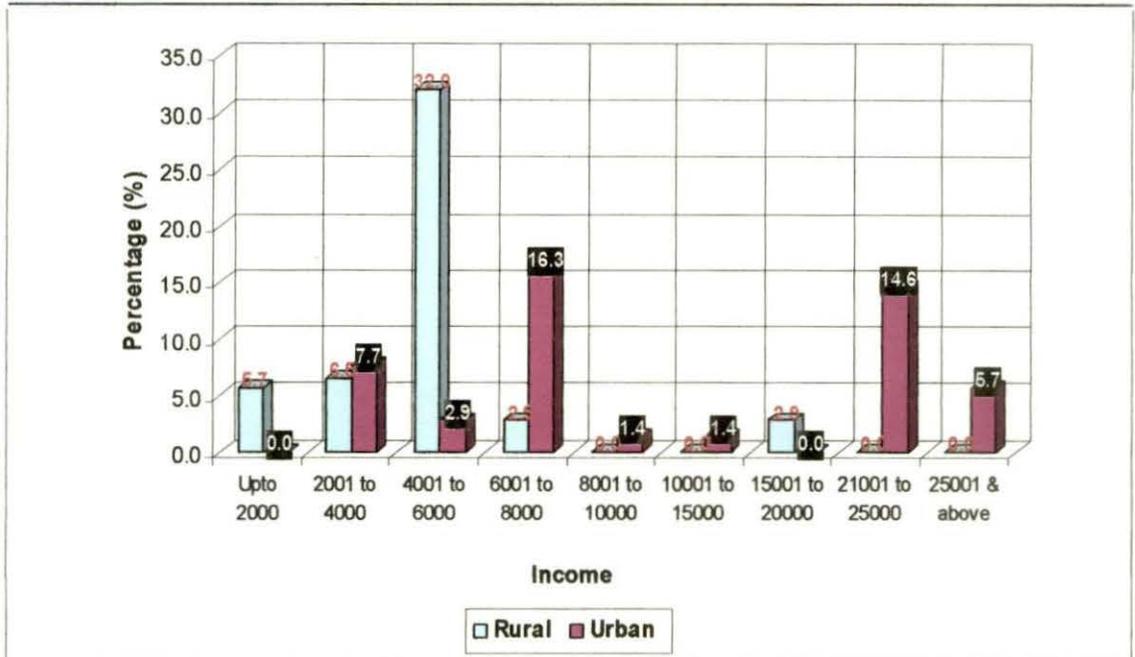
The reason housewives are abused more than working wives is because keeping in view their economic dependency they have “learned helplessness” with the result they have developed tolerance of such violence and do not share with outsiders that they are being abused or they would endorse the traditional gender roles and would not question the authority of their husbands. Hence, they do not provoke their husbands to use physical violence to maintain their dominant position in the conjugal relationships.

Table No.6 present data on family income of the victim to compare their share in rural and urban areas to know the extent of problems. The study shows that 32% respondent's families in the rural areas belongs to the monthly income group of Rs.4001-6000 and followed by 6.5% in the monthly income group of Rs.2001-4000 in rural areas. 5.7% in the rural areas having monthly income upto Rs.2000 and only 2.9% of the victims in rural areas belongs to the income group of Rs.15001-20000. So most of the family incomes of the victims in rural areas ranged between Rs.4001-6000 per month.

**Table 6: Family income of the victims in rural and urban areas**

Monthly family income (in Rs.)	Rural	Urban	Total
Upto 2000	20 (5.7)	0.0	20 (5.7)
2001 to 4000	23 (6.5)	27 (7.7)	50 (14.3)
4001 to 6000	112 (32)	10 (2.9)	122 (34.9)
6001 to 8000	10 (2.9)	57 (16.3)	67 (19.1)
8001 to 10000	0.0	5 (1.4)	5 (1.4)
10001 to 15000	0.0	5 (1.4)	5 (1.4)
15001 to 20000	10 (2.9)	0.0	10 (2.9)
21001 to 25000	0.0	51 (14.6)	51 (14.6)
25001 and above	0.0	20 (5.7)	20 (5.7)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 5 : Family income of the victims in rural and urban areas**



In contrast to the urban area, it is found that 16.3% victim's family income is ranged between Rs.6000-Rs.8000 per month; followed by 14.6% victims ranged between Rs.21000-Rs.25000 and 5.7% victims of urban area reported that their monthly income is more than Rs.25000; while an equal percentage, i.e., 1.4% of victims reported that their family income ranged between Rs.8000-10000 and Rs.10001-Rs.15000 respectively. It is observed that the monthly family income of 32% of the victims belong to the income group of Rs.4001-6000 in rural areas and in urban areas against total respondents 16.3% and 14.6% belong to the income group of Rs.6001-8000 and Rs.21001-Rs.25000 respectively.

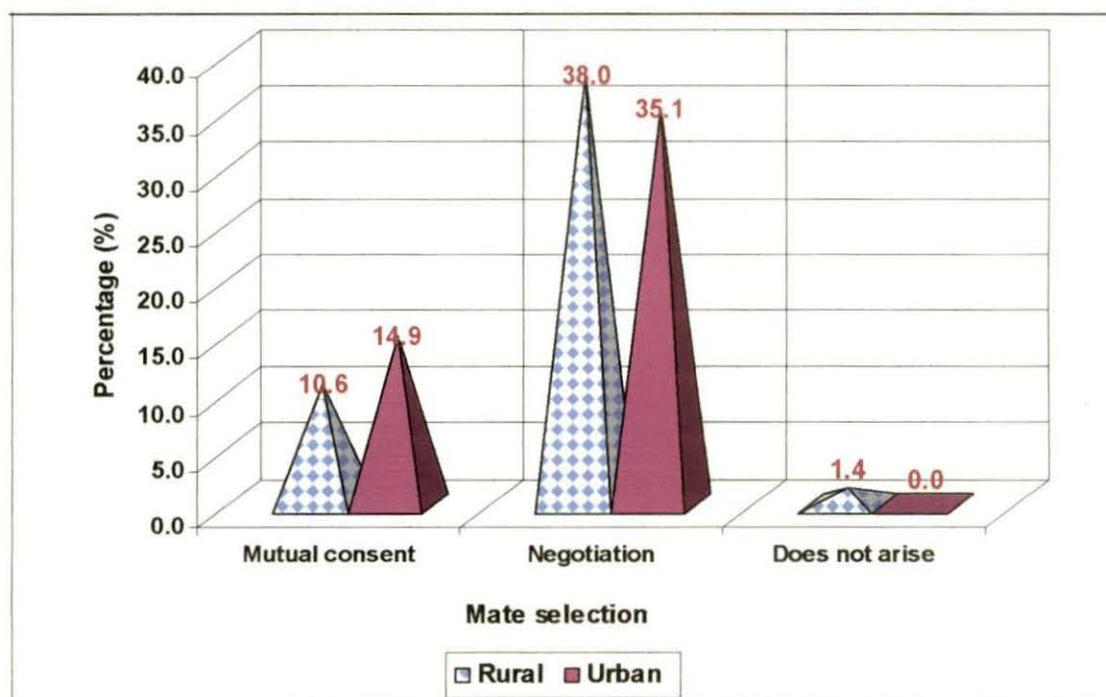
Selection of mate of the respondents in rural and urban has also been consider which shown in the Table No.7. Out of the total respondents in rural areas 38% got married through negotiation of the two families; followed by 10.6% through mutual arrangement, on the

other hand in urban areas 35.1% respondents married through negotiation; followed by 14.9% through mutual consent. It is envisaged that percentage of marriage through negotiation between the two families is higher in rural areas than the urban areas. In contrast, the percentage of marriage through mutual consent is higher in urban area than rural areas.

**Table 7: Selection of Mate of the victims in rural and urban areas**

Selection of Mate	Rural	Urban	Total
Mutual consent	37 (10.6)	52 (14.9)	89 (25.4)
Negotiation	133 (38)	23 (35.1)	256 (73.2)
Does not arise	5 (1.4)	-	5 (1.4)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 6 : Selection of Mate of the victims in rural and urban areas**



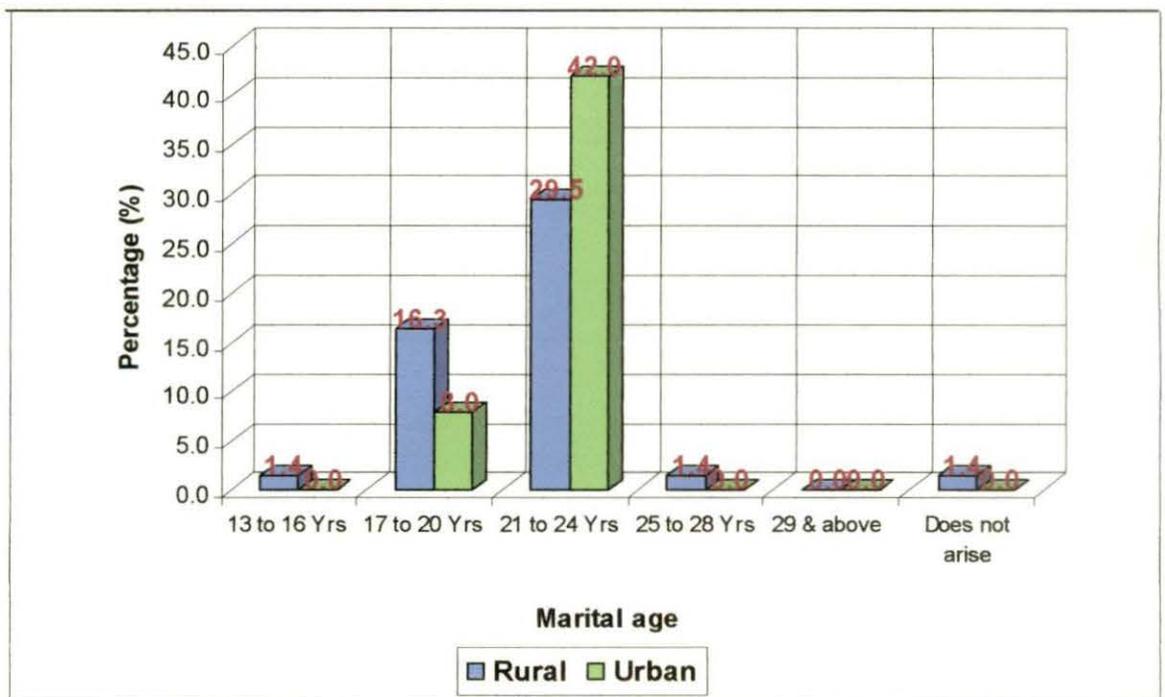
This study indicates that negotiation marriage is 73.2% and marriage by consent is 25.4%. Both create strained life. While marriage is through negotiation there is no scope for choice of the girl. It happens that in absence of any active role of the partner's choice in marriage the mind sets of the partners is completely different and creates scope for conflicts. After marriage, they cannot tolerate each other, they are not accepted by each other. There comes a question of mutual adjustment and compromise. The difference in psychodynamic plans causes conflict. Mutually married women also experience domestic violence because during pre-marital life they do not see anything wrong in each other but after marriage as they come closer to each other they begin to discover some faults in him/her and relationship begins to be strained and bitter. It has been seen that marital discord may arise due to differences in mental make ups.

Rural and urban wise distribution of the victim by the marital age was discussed in the Table-8. Of the total respondents, 42% belong to the age group of 21-24 years of the time of marriage in urban areas and 29.5% belongs to the same age group in the rural areas, which indicates that percentage of marital age in the age group of 21-24 years is higher in urban areas. Of the victims, 16.3% married between 17-20 years of age in rural areas and 8% in the urban area in the same age group. The percentage of marital age (17-20 years) is higher in rural areas. Of the marital age between 13-16 years and 25-28 years, an equal percentage of victims from rural areas. It is observed from the study that of the total violence between the age group of 21-25 years is high in urban areas (42%) and in rural (29.5%) is high.

**Table 8: Marital age of the victims in rural and urban areas**

Marital age ( in yrs)	Rural	Urban	Total
13 to 16	5 (1.4)	-	5 (1.4)
17 to 20	57 (16.3)	28 (8)	85 (24.3)
21 to 24	103 (29.5)	147 (42)	250 (71.5)
25 to 28	5 (1.4)	-	5 (1.4)
29 and above	-	-	-
Does not arise	5 (1.4)	-	5 (1.4)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 7: Marital age of the victims in rural and urban areas**



So, age at marriage does not differentiate battered from non-battered wives, yet younger age at marriage puts a lot of stress for adjustment which exhibited in violent behaviour pattern on the part of young batterers. The women who got married at younger age were more victims of physical violence by their husbands in contrast to those

who got married at later age. It can be concluded that wives of younger age group are at higher risk of abuse as compared with those of older age group because older women are not prone to file assault charges either because of traditional attitudes or because of the possibility of divorce. The results of this study indicate that all forms of violence occur most frequently among those less than 28 years of age. The data of the present study indicate that, domestic violence can occur at any age but data on age indicate that wives of younger age are at higher risk of being abused. It is due to the fact that younger couples are still learning to make adjustment with each other and addition of children in the family puts enormous demands and stresses on the younger people.

Presence or absence of children in the family affects the quality of relationship between husband and wife. Further presence of more children in the family creates problem of management and proper training of the younger ones. This study indicates that the level of marital satisfaction and marital adjustment goes down after the birth of the first child. Further, each additional child increases the work load and conflicts. Because child care remains under the domain of mothers and for any deviance on the part of child it is the mother who is blamed. Among the victims of domestic violence it was found that the rate of violence against mothers who had three or more children or no child was more than double the rate for those who had one or two children.

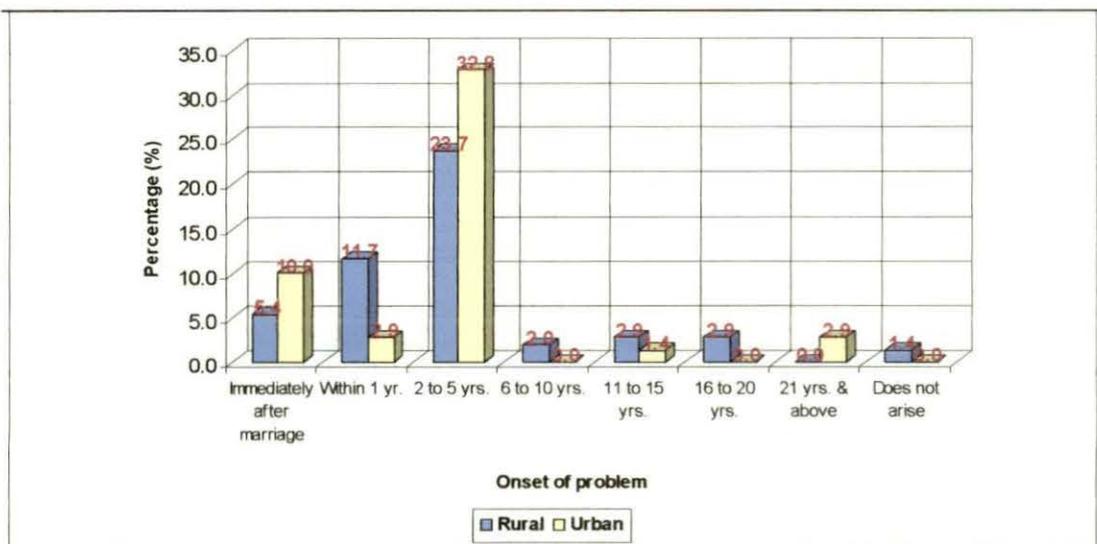
The study also highlights about onset of the problems after marriage in rural and urban areas which is shown in the Table No. 9. Among the respondents, 32.8% in urban areas reported that, after marriage, marital maladjustment started between 2-5 yrs; followed by 10% in urban areas their problems started immediate after marriage and 2.9% after within one year of marriage, 2.9% of urban victims reported that their marital discord started 21 years and more of marital

life; only 1.4% in urban areas reported the starting of marital problem after 11-15 years of marriage. This incident shows that majority of the domestic violence started after 2-5 years of marital life. It is also observed that in rural areas 23.7% marital discord started between 2-5 years after marriage and the trend of marital maladjustment is high in both rural and urban areas after 2-5 years of marriage.

**Table 9: Onset of problems of the victims in rural and urban areas**

Onset of problems	Rural	Urban	Total
Immediately after marriage	19 (5.4)	35 (10)	54 (15.4)
Within 1 year	41 (11.7)	10 (2.9)	51 (14.6)
2 to 5 years	83 (23.7)	115 (32.8)	198 (56.6)
6 to 10 years	7 (2)	-	7 (2)
11 to 15 years	10 (2.9)	5 (1.4)	15 (4.2)
16 to 20 years	10 (2.9)	-	10 (2.9)
21 years & above	-	10 (2.9)	10 (2.9)
Does not arise	5 (1.4)	-	5 (1.4)
<b>Total</b>	<b>175 (50)</b>	<b>175 (50)</b>	<b>350 (100)</b>

**Figure 8: Onset of problems of the victims in rural and urban areas**



This study indicates that bulk of marital discords and frustrations are produced by very specific conflicts of interests which cannot be attributed to definite weaknesses of either person. Many a times the partners' behaviour and the personal and social roles played by them cause disputes. And sometimes some wish of the partner is denied by the other which produces trouble.

## NATURE OF DOMESTIC VIOLENCE

Husband beats the wife with an umbrella and broke the umbrella. Then the husband told her wife that "it is the homeopathy dose, but allopathy dose is waiting for you".

Reputed established doctor married the only daughter of another famous doctor and after passing few days of marital life the doctor asked her wife to bring money from her father for decorating his nursing home. When the wife refused his proposal, the doctor husband starts physical and mental torture towards his wife. Once doctor husband asked his wife for a cup of tea, but when she comes with tea her husband took it and thrown it to wife's body and again asked for "Luchi & Curry". When she came and served the "Luchy and Curry", again her husband thrown to her body. Then wife asked the husband "what are the reasons behind it?" Her husband replied that "until your doctor father sent money for decorating my nursing home, the torture will continuing. Your doctor father will see how I am torturing to his beloved daughter".

"Listen, you are the water pot with hole. Everyone use to reject such water pot. I will not reject you. You will stay here, eat here and will perform all the domestic work. And I will stay with Anita. But you will keep silence. If you break the silence, I will beat you". This is the dialogue of a husband towards his wife, as she is not able to conceive.

One mother-in-law told her daughter-in-law "Listen, you have already given birth a child, now you need not sleep with your husband. You sleep separately with your kid". But wife is afraid with the small baby and went to sleep with her husband. The husband became angry and beat her with a scale on her back and hit on her head. As a result

she got head injury, doctor gives four stitches on her head. The husband is an Associate Professor of a reputed Engineering College in the city.

These all gruesome acts are found happening in families around us. These are few visible form of domestic violence, a huge problem that has emerged as one of the most dehumanizing problems of women. Cruelty inflicted on the defenseless women by husband and in-laws is far more horrendous than those atrocities committed outside the family.

The study shows that maximum numbers of violence against women are mental and physical torture of husband and in-laws (i.e., in rural women and urban women are suffering from physical and mental cruelty). The physical torture include slapping, punching, kicking chocking, beating, biting, burning, pulling hair, pushing down stairs and the frequent use of weapons of one sort or another. Physical violence, especially punches in the abdomen shown during pregnancy.

The study also shows that mental torture was found in the form of threats, intimidation, manipulation, isolation, keeping a woman without money, locked in, deprived of food or using (and abusing) her children in various ways to frighten her or enforce compliance. It also include systematic and belittling comments. The study indicated that, the effects of prolonged and repeated physical and mental torture against women have prolonged effects. Physical effects are serious injury, sometimes permanent and great deal of pain. In most cases general deterioration of physical health is found.

The study indicated that 58.5% women have been suffering from physical and mental torture, out of that 20% live in anxiety and depression. They live in constant fear. They know that when their

partner returns from his night out drunk (or without drunk) they will be beaten or raped and possibly both. Almost as bad as the certainty of a beating is uncertainty and unpredictability: not knowing when the next attack will take place or which of their actions will be used as an excuse for it.

Isolation, lack of personal contacts with friends and family creates stress shown among 15% victims.

Violence and constant criticism lead to a loss of self-esteem and confidence among 5% victims. When a woman is constantly told that she is worthless, then she comes to believe it and begin to blame herself for the situation. She is in paradoxically, the abused woman feels guilty.

Thought of suicide are found in 5 cases of this study.

This study indicates that 1.4% women is staying at her in-laws house and is not allowed to maintain relationship with her parental relationship with her parental relationship with an intention of getting cash and kind and the ornaments from the daughter-in-law.

About 4.3% victims are thrown out from matrimonial home or deserted by her in-laws due to non-fulfillment of demand of more money or extra marital relationship of her husband.

In-laws interference from both the sides of spouses has made the marital relation complex and disturbed about 5.8% cases. In-laws interference, lacking personality of the husband and the coping inability of the women has gravated the family tensions giving rise to desertion.

About 1.4% cases, both the spouses are intellectually less matured, specially the males do not like to do any work following which

poverty and tension start. The parents of both sides have linked them in entangle and are giving all support to the spouses. Mainly the lacking of education, and poverty and the greed for consumerism are all working behind the marital maladjustment.

In 4.3% cases brothers of the victims tried to deprive them from parental property and want to drive her out of the house to deprive her of the right of staying at the father's house.

About 5.8% cases the study shows that elderly persons mainly women are tortured by their own sons and daughter-in-laws. In one case, this study found that her own daughter tortured her mother mentally for not giving her all the properties to her (daughter) name.

Interestingly, certain myths are also prevalent as part of the patriarchal ethos which legitimize why women deserve subordination and mistreatment. One of the oldest myths invented is that women are born with sealed fates. They are destined to suffer. The age old conviction that a woman is inferior to the man in the social hierarchy has resulted in subordinating them. The myths are dangerously misleading and inaccurate. It is often said that wife beating is an act of profound love for the only unsuccessful men beat their wives or some women deserve beating at the hands of their husbands to set them right etc. It is significant to point out that batterers are portrayed with a generous degree of sympathy. For instance, a man is said to loose his self-control when he is under extreme stress, provoked or frustrated. An interesting aspect highlighting outward appearance and social interaction is that there is no visible difference between a batterer and non-batterer. Extremely successful men with impressive careers – artists, doctors, engineers, lawyers, etc. are amongst those who inflict violence on women behind closed doors of their so called “happy home”. These

men project impeccable facades and hold esteemed social positions. Rarely are outsiders aware of the “person” behind the polite persona.

### Age and Violence :

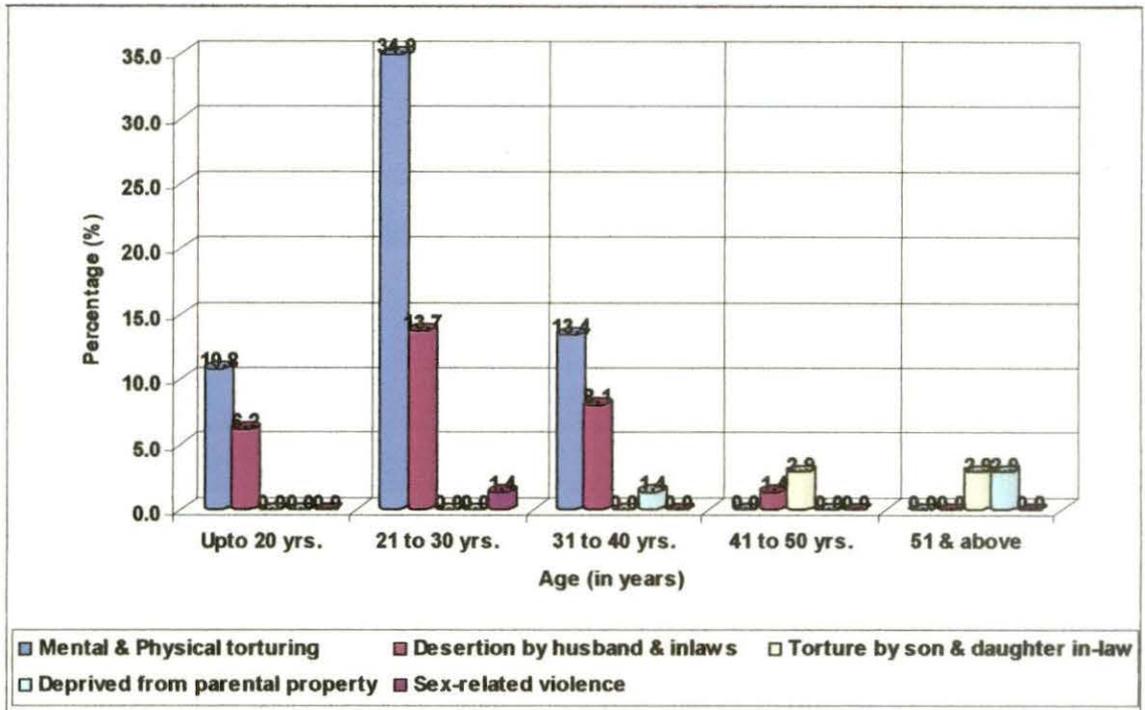
When the form of violence is seen against the age group of the victim (Table 10), 50% of the respondents are in the age group of 21-30 years, followed by 22.9% 31-40 years, 17.1% upto 20 years, 51 years an above and 41-50 years 5.8% and 4.3% respectively. It is observed from the study that 50% of victims belong to the age group of 21-30 years, i.e., the offence is committed on them even after they attain mental maturity.

The form of violence against women by their age group is shown in Table 10 to discuss the number and percentage of victims in a particular age group and their share in the specific form of violence.

**Table 10: Nature of violence by age of the respondents**

Nature of violence	Age (in years)					Total
	Upto 20	21 – 30	31 – 40	41 – 50	51 & above	
Mental & physical torture by husband & in-laws	38 (10.8)	122 (34.9)	45 (13.4)	-	-	205 (59.1)
Desertion by husband & in-laws	22 (6.2)	48 (13.7)	30 (8.1)	5 (1.4)	-	105 (29.4)
Torture by son & daughter-in-law	-	-	-	10 (2.9)	10 (2.9)	20 (5.8)
Deprived from parental property	-	-	5 (1.4)	-	10 (2.9)	15 (4.3)
Sex-related violence	-	5 (1.4)	-	-	-	5 (1.4)
<b>Total</b>	<b>60 (17.0)</b>	<b>175 (50)</b>	<b>80 (22.9)</b>	<b>15 (4.3)</b>	<b>20 (5.8)</b>	<b>350 (100)</b>

**Figure 9: Nature of violence by age of the respondents**



Of the violence suffered by the victims in the age group of 21-30 years, 34.9% suffered mental and physical torture related violence by husband and in-laws, followed by 13.7% suffered desertion by husband and in-laws and 1.4% suffered sex related violence. Of the violence suffered by the victims in the age group of 31-40 years, 13.4% suffered mental and physical torture related violence by their husband and in-laws followed by 8.6% suffered desertion by husband and in-laws and only 1.4% have been deprived from parental property. Of the violence suffered in the age-group of upto 20 years, 10.8% suffered mental and physical torture by their husband and in-laws, followed by 6.2% suffered desertion by their husband and in-laws. Of the violence suffered in the age group 41-50 years, 2.9% are being tortured by son and daughter in-laws, followed by 1.4% suffered desertion by their husband and in-laws. Of the violence suffered in the age group of 51 and above; an equal percentage of victims each suffered by deprivation from parental

property and being tortured by son and daughter-in-law. It is observed from the study that total violence 58.5% of the violence was mental and physical torture by husband and in-laws and 34.9% of the victims fall under the age group of 21-30 years. It is also seen a noticeable section of the victims suffer desertion by husband and in-laws.

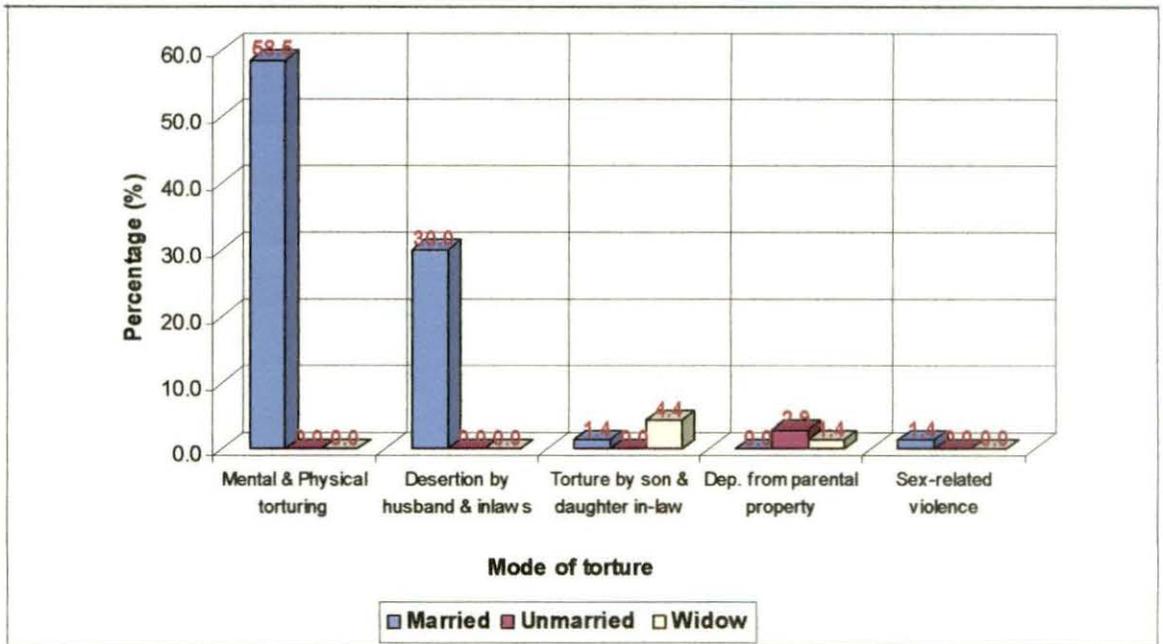
### **Marital Status and Violence :**

The form of violence reported and the marital status of the victims which shown in the table 11. Of the evidence of violence reported with reference to the marital status of the victims, 91.3% are married, 5.8% widowed and 2.9% are unmarried.

**Table 11: Nature of violence and marital status of the respondents**

Nature of violence	Marital status of the respondents			
	Married	Unmarried	Widow	Total
Mental & Physical torture by husband & in-laws	205 (58.5)	-	-	205 (58.5)
Desertion by husband & in-laws	105 (30)	-	-	105 (30)
Torture by son & daughter-in-law	5 (1.4)	-	15 (4.4)	15 (5.8)
Deprived from parental property	-	10 (2.9)	5 (1.4)	15 (4.3)
Sex-related violence	5 (1.4)	-	-	5 (1.4)
<b>Total</b>	<b>320 (91.3)</b>	<b>10 (2.9)</b>	<b>20 (5.8)</b>	<b>350 (100)</b>

**Figure 10 : Nature of violence and marital status of the respondents**



Of the victims who are married, 58.5% have been suffered from mental and physical torture by husband and in-laws, followed by 30% suffered desertion by husband and in-laws. Of the respondents who are married, an equal percentage of victims each (1.4%) suffered sex related violence and deprived from parental property. Of the unmarried respondents 2.9% are deprived from parental property. Of the victims who are widowed, 4.3% are tortured by son and daughter-in-laws. It is revealed from the study that majority 91.3% of the victims are married.

It is observed from the study that 91.3% of the married women are tortured mentally and physically by their husband and in-laws and few widowed women 4.3% are tortured by their son and daughter-in-laws and 2.9% unmarried respondents are tortured by their brothers. So, the violence against married women figured high. Because the change in the roles and statuses, the expectations and performances, socio-economic and cultural practices at the family levels

neighbourhood pose challenges to women. When relationships strains at any level or any change in the attitudes and perception of the people in the environmental may give raise to domestic violence against women.

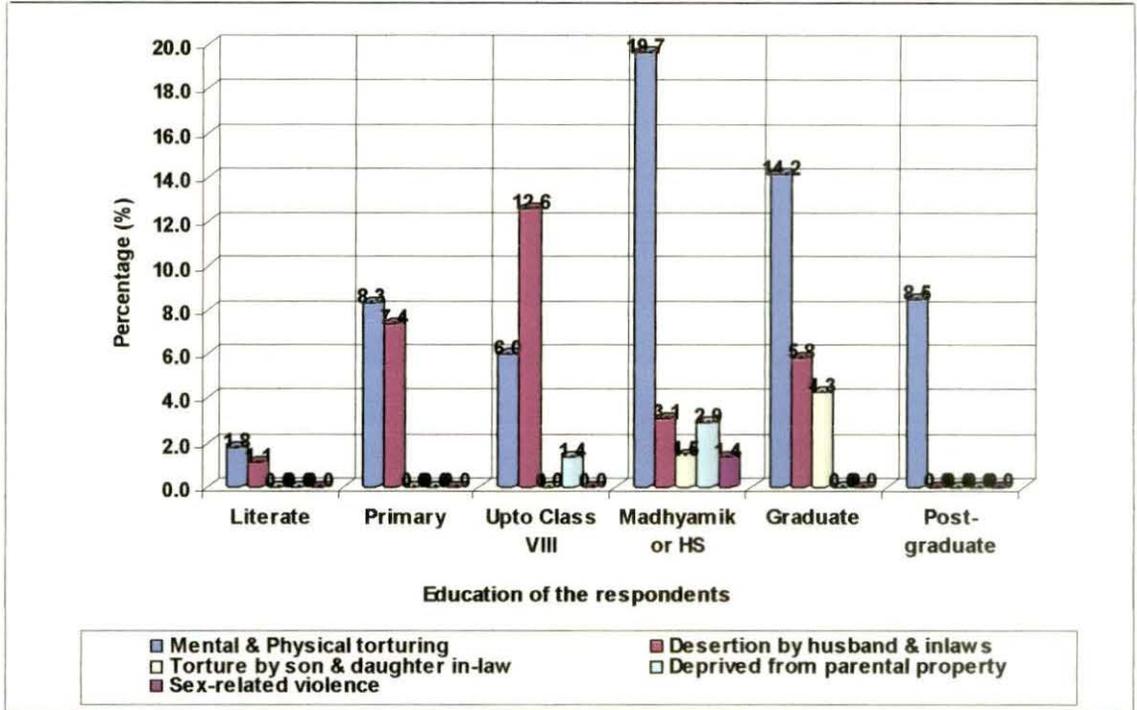
### Education and Violence :

The nature of violence suffered by the respondents and their education is a vital aspect of the study which is discussed in the Table-12. Of the total respondents, 19.7% are studied upto Madhyamik and Higher Secondary and suffered mental and physical torture by their husband and in-laws, followed by 3.1% desertion by husband and in-laws and 2.9% deprived from parental property.

**Table 12: Nature of violence and education of the respondents**

Nature of violence	Education of the respondents						Total
	Literate	Primary	Upto Class VIII	Madhyamik or H.S.	Graduate	Post-graduate	
Mental & Physical torture by husband & in-laws	6 (1.8)	29 (8.3)	21 (6.0)	69 (19.7)	50 (14.2)	30 (8.5)	205 (58.5)
Desertion by husband & in-laws	4 (1.1)	26 (7.4)	44 (12.6)	11 (3.1)	20 (5.8)	-	105 (30)
Torture by son & daughter-in-law	-	-	-	5 (1.5)	15 (4.3)	-	20 (5.8)
Deprived from parental property	-	-	5 (1.4)	10 (2.9)	-	-	15 (4.3)
Sex-related violence	-	-	-	5 (1.4)	-	-	5 (1.4)
<b>Total</b>	<b>10 (2.9)</b>	<b>55 (15.7)</b>	<b>70 (20)</b>	<b>100 (28.6)</b>	<b>85 (24.3)</b>	<b>30 (8.5)</b>	<b>350 (100)</b>

**Figure 11: Nature of violence and education of the respondents**



Graduate accounted for 14.2% have been suffered mental and physical torture by their husband and in-laws; followed by 5.8% suffered desertion by their husband and 4.3% were tortured by their son and daughter-in-laws. Post-graduate accounted for 8.5% who suffered mental and physical torture by husband and in-laws. Of the total respondents upto Class VIII standard 12.6% suffered desertion by their husband and in-laws; followed by 6% are facing mental and physical torture by husband and in-laws. Of the respondents, 8.3% were studied upto primary standard suffered mental and physical torture by their husband and in-laws, followed by 7.4% deserted by husband and in-laws. Of the total respondents, 1.8% literate victims suffered from mental and physical torture; followed by 1.1% deserted by husband and in-laws. It is observed from the study that the victims having low education, literate or just literate suffered violence 2.9% and those who

have middle level education (Class VIII to H.S.), graduate, post-graduate, suffered more violence of various types.

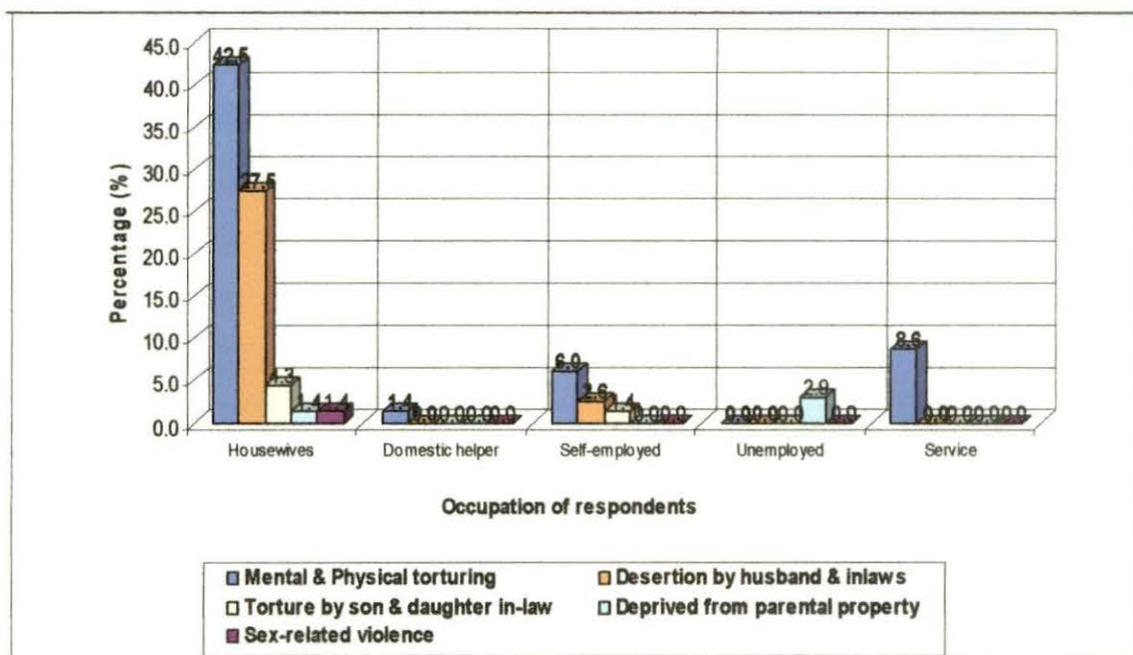
### Occupation and Violence :

The occurrence of domestic violence against women is seen in relation to occupation in the Table No.13. 77.1% respondents are housewives who suffered all forms of violence, out of which 42.5% suffered mental and physical torture by their husband and in-laws form single largest group of that category followed by 27.5% deserted by husband and in-laws. Self-employed accounted for 10% out of which 6% suffered mental and physical torture and 2.6% deserted by husband. Of that category 1.4% were tortured by their son and daughter-in-laws.

**Table 13: Nature of violence and occupation of the respondents**

Nature of violence	Occupation of the respondents					
	Housewives	Domestic helper	Self-employed	Unemployed	Service	Total
Mental & physical torture by husband & in-laws	149 (42.5)	5 (1.4)	21 (6)	-	30 (8.6)	205 (58.5)
Desertion by husband & in-laws	96 (27.5)	-	9 (2.6)	-	-	105 (30.1)
Torture by son & daughter-in-law	15 (4.3)	-	5 (1.4)	-	-	20 (5.7)
Deprived from parental property	5 (1.4)	-	-	10 (2.9)	-	15 (4.3)
Sex-related violence	5 (1.4)	-	-	-	-	5 (1.4)
<b>Total</b>	<b>270 (77.1)</b>	<b>5 (1.4)</b>	<b>35 (10)</b>	<b>10 (2.9)</b>	<b>30 (8.6)</b>	<b>350 (100)</b>

**Figure 12 : Nature of violence and occupation of the respondents**



Service accounted for 8.6% who suffered mental and physical torture by husband and in-laws. Domestic helper also accounted for 1.4% who suffered mental and physical torture by their husband and in-laws. It is observed from the study that 77.1% respondents are housewives suffered violence and of them 42.5% are victims of mental and physical torture by their husband and in-laws. It is observed from the study that 77.1% respondents are housewives.

So this study indicate that women who stay at home and are not engaged in paid work outside their homes are at greater risk of domestic violence than those engaged in paid work. This is because housewives are perceived to contribute less to family subsistence and are consequently valued less than women who are engaged in paid work outside the home. Torture against women are far less where women have independent economic and social resources, because these resources are valuable enough to make the husband think twice before acting in ways that might force his wife to terminate marriage.

Siblings violation commonly found in cases related to property rights and when sisters are dependent on their brothers and their families. Although law gives equal rights to brothers and sisters with regard to their parental property (right to inheritance), it is often seen that the brothers are generally the violators of their sisters' rights. The brothers would look for any kind of excuse to deprive their sisters of their rightful claims, even going to the extent of becoming violent towards them or deserting them. If the sisters are unmarried and economically dependent on the brothers, their situation becomes all the more difficult.

Elderly persons are increasingly becoming the target of abuse and neglect by their families. While poverty and high cost of living contribute a lot to their lack of support and care, they are also becoming the target of ill-treatment and neglect by the members of their own families irrespective of the social class to which they belong.

The number of old people seeking help from F.C.C.s is however, very small. It is during dealing with other cases of family disputes that counsellors discover the cases of abuse of the elderly. They remain within the family fold, but are victims of, if not physical neglect and abuse, but verbal abuse as well with the latter a common phenomenon.

## **SOCIO-ECONOMIC FACTORS FOR DOMESTIC VIOLENCE**

There is no single factor to account for violence perpetrated against women. Several complex and interconnected institutionalized social, economic and cultural factors have kept women particularly vulnerable to the violence directed at them, all of them manifestations of historically unequal relations between men and women. Inequality in prosperity, inequality of thoughts, inequality of status and opportunities and moreover inequality in gender perception, generate a feeling of inadequacy of one's 'self'. Such inadequacies of feelings have a cumulative impact on the development of one's image of 'self', of other persons in society, of other social institution.

This feeling of inadequacy is found to be strongly present in 'She' gender due to 'He' type of our society. So in a 'He' dominated society the very birth of a girl child is still considered to be trauma to many parents. Thus a girl child when grows older, understands, feels that she is one who is meant for another 'He', she always have behind her the caution of 'do not do this', 'it is not for you', 'it is for 'He'. She, when grows older finds herself to be based for none of her faults. Thus, her image of 'self' is in crisis, her values are in crisis when she is in her parental home. She somehow manages herself to cope with the stresses out of many more crises.

Domestic violence against women in marital situation has more to do with the relationship of husband and wife in the social matrix. This study indicates that partners bring into their marriage certain expectations, namely :

- Expectations from partners ;
- Expectations from marriage ;

- Expectations from partner's family of orientations;
- Expectations of the institution of marriage; and
- Conceptual image of an ideal partner.

Modern day marriage revolves around these parameters. The natures of expectations from each other as partners vary according to educational background and the socio-economic status of partners. Similarly, expectations from marriage and the partners' family of orientation also vary as per the educational achievement and socio economic status of the spouses. Such expectations are found in each and every marriage by every partner.

The hallmark of a healthy marriage is occurrence of marital coalition. At the time of marriage, each person has his / her primary relationship with his / her family of orientation (parental family). Once married, a shift must occur in their relationships with their parents. The marital relationship must become the primary relationship; this shift is very essential for a successful marriage. It is this shift that leads to marital coalition. Marital coalition does not mean getting dissolved into each other; it means arriving at very clear rules for various interactions and transactions in marital and family life. These rules have nothing to do with gender or learning capability. These rules are made by two adults, the husband and the wife. If both are earning they have higher equality, if only the husband is earning, the wife is placed at a lower quality equation. Such rules bring basic contradiction in human relations. Both the spouses are two human beings and their needs do differ and each one has a right to express his / her needs. With societal changes, relational equations are changing. Democratic values at the societal level are influencing marital expectations from the spouse, from the marriage, as well as the parental family of the spouse. Contrary to

the social subordination of the wife is the most desired value in the modern marriage.

Disturbed interpersonal relationship in marital life is accentuated from the disjunction at the levels of expectations from marriage. After marriage, a woman negotiates the transition from the parental family system to that of her in-laws. This brings a variety of conflicts, and in turn, these (the conflicts) affect the marital adjustment of the couple.

While engaged in the daily transactions, the partner acts in conformity with the roles that he / she is expected to play. In order to select the most appropriate role and to respond appropriately to the role played by the other partner, adequate decisions are required. This process consumes some energy. The energy consumed by one spouse in selecting and playing the right kind of role can be regained only when the other partner responds adequately to the role. This complementarity of role is the basic equilibrium of the marital system. When disequilibrium occurs in this marital system then marital maladjustment takes place.

Each spouse in a marital system has two sets of roles : one set towards the family of orientation and the other towards the family of procreation. When the spouses fail to imbibe the expected role play, it brings disturbances in the marital system. To put differently, the deviations from the expected playing model leads to dysfunction within the family of procreation and between the families of orientation and procreation.

It also has its origin in psychological factors like irrational, pathological behaviour of abuser and the victim, which subsequently affect the interpersonal relationship of both the parties. It has also been considered as the condition of learned helplessness. Absence of viable

alternatives of survival and lack of power support group also forces a woman to continue tolerating to violent behaviour. It has been seen that men feel relieved after seeing the battered faces of their wives. It boosts and nurtures their egoistic superiority complex. On the other hand, woman's acceptance of beating as a common phenomenon and as a way of interaction with their husband further perpetrates violence. It has been noticed that lack of awareness of their own rights and general social belief in women's subordination perpetrates a low self image in women and her inferior status. She is taught that marriage is the ultimate goal she has to achieve. Poverty, alcoholism, unemployment, frustration and poor role modelling also contribute to violent behaviour. This study reveals that major factor behind the violent behaviour of men is the patriarchal attitude of the society which perceives woman as an 'object' rather than a 'subject' and given her a low status in the society. In this connection, very interesting factors have been brought to light through this study. The data reveals that major factors responsible for the domestic violence against women are extramarital relationship of husbands (24.3%), interference of in-laws (25.7%) and dowry demand (14.3%), financial crisis (7.3%), problems of property (7.2%) between brother-sister, mother and son and daughter-in-law, difference in personality of husband and wife (5.8%) come next in the order of frequency. Drug addiction, alcoholism (4.3%), cultural differences of the spouses create problem in (2.8%). Sexual dysfunction, sexual perversion, economic differences of spouses, greed for consumerism of spouses suspicious about wife's fidelity and exposure to spousal violence during childhood all are of equal frequencies i.e. (1.4%) each.

Infact, familial adjustment is a complex issue. It is never static; it is dynamic, varied and many sided. Got better conjugal relations, the spouses have to adjust to each other of various levels. On the orgasmic

level, they must adjust to each other's sensory, motor and emotional and intellectual capacities. On the personality level they must adjust together to their total environment including the social status and economy of the household, children, provision and preparation of food, parents, in-laws, friends, recreation and work. Also, the spouses must develop a good understanding of each others' personality traits and their respective role expectations from each other.

Today family relations and marital adjustments are affected by multiple factors operating inside as well as outside the family environment. Now, there is more emphasis on economic development than on neatly and balanced human growth. New social legislation, women's education, reduction in women's economic dependency, high ambitions, widening generation gaps, growing selfishness, downward notion in ethical and social values, more emphasis on individual rights than on duties, growing menace of dowry, impact of media and films, vast differences of opinion, ideas, behaviour patterns, values, interests, background and thought process between the spouses etc. are such factors contribute to dissatisfaction, maladjustment and discord in marital ties.

Marital union involves a set of role expectations from the spouse, especially the female in new home. Any variation in the expected and perceived roles of the spouses in their newly found relationships and status enflame family discords.

Sex is a highly influencing factor in marital life. Sexual relationship in marriage is a function of the entire personality which in turns is a product of a variety of biological and cultural constitutes. This study reveals that high adjusted wives enjoyed a fairly good sexual relationship with their spouses and there was greater degree of

agreement between the spouses. Sexual satisfaction, proper understanding, right marital attitude, faithfulness and giving importance to each other were perceived by the husbands as important factors in a happy married life. Wives attributed faithfulness, companionship, love and affection, giving importance and sexual satisfaction for marital happiness. In this study, it was found that sexual dysfunction (1.4%) and sexual perversion (1.4%) of husband are responsible for sexual disharmony, the reason come out as excessive sex demands, deviation in the form of bestiality and brutality etc.

Study shows that in 1.4% cases their husband's previous experiences indicate that his violent behaviour towards his wife was learned behaviour during childhood and adolescent. This indicates that the persons who witness violence between their parents during childhood, are likely to resort to violence in adulthood.

Financial crisis which in 7.2% cases appear to be main causes of domestic violence, due to insufficiency or irregularity of income, loss of income or unemployment of family members. It was found that low income families are highly vulnerable to dissolve the family viz., desertion, separation etc.

Differences in personality in 5.8% cases are responsible for unhappy marital relationship. These includes suspicious husband, bad temper of wife, disturbed personalities, demanding wife, demanding husband, sadist husband, inferiority complex of wife, irresponsible wife, jealousy, possessiveness, immaturity, domineering nature contribute marital disharmony. Study shows that 4.3% of the cases were facing domestic violence due to drinking and addiction.

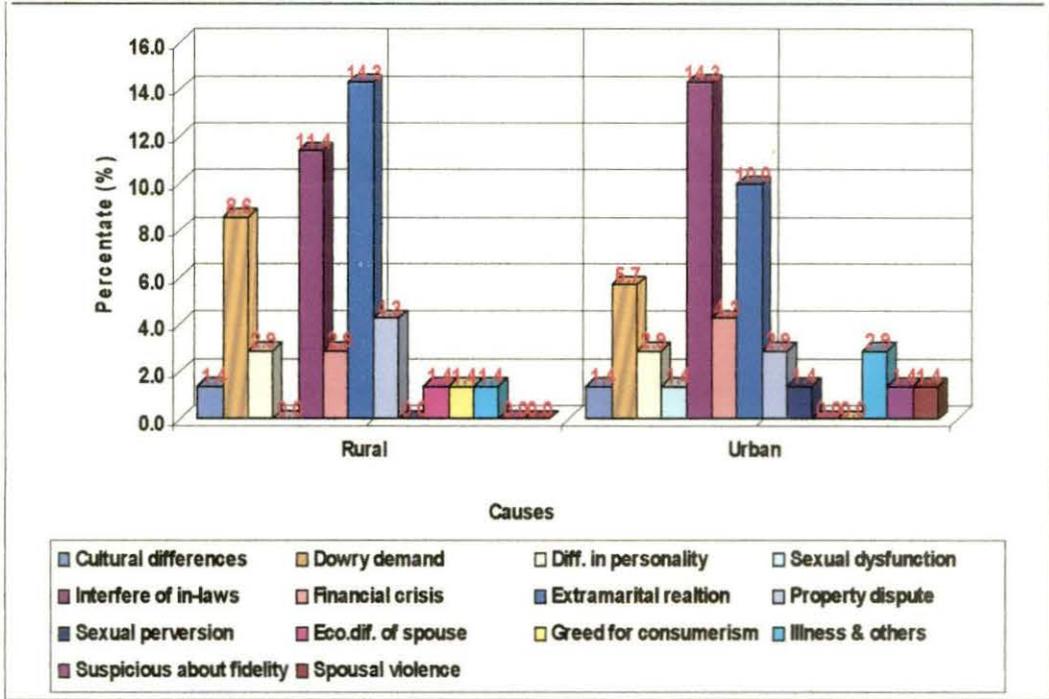
Study reveals that 14.3% of the total respondents, major causes behind physical and mental torture due to dowry demand. Though,

dowry is fixed in advance of the marriage, but after marriage their demand become increasing. Dowry is not confined to clothes, jewellery, utensils, furniture and items of everyday use. The demand range from investing in a business to building a house or furnishing a doctor's chamber / nursing home. The miseries of bride's parents do not end with their giving dowry at the time of marriage. The custom demands a perennial flow of gifts from the parents of girl to the boy's family on all festivals. If bride's parents do not give more money, then torture started. Extramarital relation in 24.3% cases of husband lead to physical and mental torture, desertion, separation etc. (Table No.14).

**Table 14: Causes behind domestic violence in rural and urban areas**

Sl. No.	Causes	Rural	Urban
1.	Cultural differences	5 (1.4)	5 (1.4)
2.	Dowry demand	30 (8.6)	20 (5.7)
3.	Differences in personality	10 (2.9)	10 (2.9)
4.	Sexual dysfunction	-	5 (1.4)
5.	Interference of in-laws	40 (11.4)	50 (14.3)
6.	Financial crisis	10 (2.9)	15 (4.3)
7.	Extramarital relation	50 (14.3)	35 (10)
8.	Property dispute	15 (4.3)	10 (2.9)
9.	Sexual perversion	-	5 (1.4)
10.	Economic difference of spouse	5 (1.4)	-
11.	Greed for consumerism	5 (1.4)	-
12.	Illness / Drug addict / Alcoholism	5 (1.4)	10 (2.9)
13.	Suspicious about her fidelity	-	5 (1.4)
14.	Exposure to spousal violence during childhood	-	5 (1.4)

**Figure 13 : Causes behind domestic violence in rural and urban areas**



Interference of in-laws (25.7%) creates family turmoil. The adjustment of a daughter-in-law to her mother-in-law and father-in-law, sister and brother-in-laws are the most difficult to achieve. Husbands give more importance to their mothers/fathers/sisters/brothers opinion than to their wives. If they (wives) do not behave according to their (husband) will the punishment is beating.

The economic dependency of women, lack of alternative support structure in society, social stigmas attached with separation are some of the common factors that force women to bear domestic violence. For the sake of children women are prepared to tolerate anything. Moreover, women are also discouraged to come back to whole family. Another significant observation regarding domestic violence is that it is never recognized or reported. Even the victims themselves opined that, “this is a personal affair and everything depends upon one’s destiny. If you are fortunate then, you will have no problem in any relationship, otherwise bear silently to cope up with the situation”.

# *Chapter-IV*

## Chapter-IV

### IMPACT OF FAMILY COUNSELLING CENTRES

The family is the primary system responsible for meeting the needs of its members. Therefore, it is the system most apt to influence the functioning of its individual members as individuals and their families are inextricably interoven. Problems in individual functioning often arise from family functioning, past or present. Family-centred interventions in the form of marriage and family counselling gained momentum in the 1980s in India. These counselling centres deal with a wide variety of family-related problems in rural and urban areas such as wife battering, ill treatment of spouse, dowry related issues, wife burning, pre-marital and extra-marital affairs, abductions, rape, sexual abuse, out of wedlock pregnancy, drug addiction, alcoholism, child custody, legal aid, conflict with family members and property disputes.

This study focuses on the actual counselling process in familial problems. It, therefore emphasized the conceptual framework for working with the multi-client family system, then provides an understanding of the process, tools, techniques and skills involved in family-centred counselling, and in family crisis intervention which are the major interventions used in direct work with families in the Indian context.

## ROLE OF THE FAMILY COUNSELLING CENTRES

Family counselling centres of Jayaprakash Institute of Social change are working in the two broad fields. The first category consists of interventions directed towards the individual victims of violence. These tasks have been done by the counsellors through individual counselling and psychotherapy (when need arise) services for the victims, legal aid and obtaining legal redressal for the victims (this includes getting the accused convicted, seeking monetary and other custodial rights for the client in cases of legal separation, striving to obtain legal aid or police help for protecting of the victim from further harm, etc.), medical aid, linking the individual (victim) to existing community resources and building new linkages for long term support to the client and other potential victims.

The interventions in the second category aim at making some positive difference in the larger environment of the client. This category includes advocacy interventions, extending the scope of existing services and developing new services for dealing with the issues at the macro-level. Generally, through these services Family Counselling Centres try to influence the general public opinion and mobilise community network for prevention of such instances and promotion of gender equality.

The counsellors not only direct the interventions towards the victim alone, but also try to look into the other dimensions of the problem such as, the custody of children, emotional impact of parental conflict on children, economic need of the individual/family in combating the current crisis etc.

When an individual comes to the Family Counselling Centre, the case is first registered on a prescribed format. The counsellors constructed the socio-cultural background to understand the psychic and emotional status of the individual with respect to her/him immediate and larger environment, i.e., family, community and society.

In order to arrive at an understanding of the functioning of the couple on the family who have sought help, the following dimensions are assessed by the counsellors—

- family structure : sub-systems and boundaries
- leadership patterns
- communication patterns
- role functioning
- cohesiveness
- reinforcement
- adaptive patterns
- social support

These functions are assessed over the life cycle stages of the family/married couple. The life cycle stages comprises :

- unmarried individual
- married couple without children
- families with pre-school children
- families with school going children
- families with teenagers
- families as launching centre
- middle aged families and

- aging families

The changes in the family functions as the family transits from one stage to the other help the counsellors to arrive at a better understanding of the dynamics of the family and the problems for which they have sought help. This process is time-taking and is generally completed over many sittings either in the counselling centre or through home visit. Case records are simultaneously prepared and this tells the complete story and the counsellors' diagnosis of the case and action plan. Through such a process, the counsellor builds up the potential intervention points of a case, i.e., whether the case requires simple counselling, mediation, negotiated settlement, conciliation or whether it requires other institutional supports such as the police, legal, psychiatric help and shelter home, etc.

Our society does not keenly approve of seeking help outside the family for family disputes. They are to be kept within the family and its well-wishers. Couples/family members approach counselling centres, if at all, as a last resort. Professional help is sought only when matters become too complicated for anybody to handle or when there is a threat of immediate separation or divorce.

Occurrence of marital coalition is the hallmark of a healthy marriage. In a marriage, when both the partners take care of the needs of each partner and recognise the differences between their conceptual and societal reality, it leads to a healthy embeddedness. A marriage, devoid of any difference of opinion between the spouses is as bad as a marriage having a high degree of consensus between the spouses leading to enmeshment in marital relations. A marriage is good where the partners work together to fulfil individual and collective desires, wishes, mission(s) in life and mutual growth leads to a better and

healthy mental life. This is possible when the partners are able to shift their primary relationships from parents or family of orientation to their marital relationship. If the symbiotic relationship with their family of orientation continues with the same strength, that is to say, if that relationship continues as the primary relationship, then marital coalition, the essential foundation for healthy marital life, fails to occur. Formation of marital coalition does not mean that one has to sever one's ties with the parental family. Instead, the spouse has to learn to strike a balance between the marital unit and relation with the parental unit.

Family counselling centres in this marital conflict are applying holistic approach. The Family Counsellors do not treat the marital relationship as a unit outside the familial and community system. This study indicates that when a son in a family gets married, he with his wife forms a marital sub-system within the family system. Power equation changes as there is a shift in the primary relationship. There is more territorial delineation – for example, the son who used to share a room with his brother, gets a separate room after marriage. In the marital sub-system that he forms with his wife, there are rules and powers for behaviour between the marital dyad. When this boundary is invaded, problems arise. Therefore, the counsellors give more attention to the marital sub-system and its existence in the family. In order to deal with this, counsellors first understand the family's functional utility rather than understand it as a structural unit – nuclear, joint, and extended and so on.

The counsellors always try to prevent disintegration in the family and to promote a harmonious relationship among the family members. For example, a woman (Mrs. A) came to the counselling centre for seeking help and moral support. She was widow and passing her days with two children at her parental house. Once, a TV mechanic came to

her house for repairing the technical fault of their TV set. After few days the mechanic visited her frequently and developed friendship. Few days later, the mechanic proposed her to marry. But she refused as she has a son and a daughter. The mechanic requested her again and again which leads her give consent for marriage. And finally they got married according to Special Marriage Act, 1954.

After their marriage both the spouses were leading their marital life happily along with her children. Days are passing and the lives are going on smoothly. She was engaged in child rearing and caring related work and her husband was engaged in repairing TV, Tape, Radio in a servicing centre.

After two years of their conjugal life problems aroused and she was facing mental and physical torture by her husband. One day her husband told her that he had given '*Talaq*' to her and will not continue their conjugal life with her. She astonished to listen this as the '*Talaq*' was not utter in front as well as in presence of her. So she refused to accept this '*Talaq*'.

After this happening, she contacted with the Family Counselling Centre to seek help to overcome her marital discord. After going through the individuals, the counsellor of F.C.C. called her husband to F.C.C. to reconcile their marital maladjustment. When her husband came to the F.C.C. the counsellor had a discussion with him and observed during the discussion that fellow had a soft corner for her children and very much anxious for them. And also he is interested to get back her children to him. But due to '*Talaq*' and fear of parents and relatives he could not restore his former lives with her. With the persistent efforts of the counsellor of F.C.C., he agreed to withdraw the '*Talaq*'.

Then the counsellor and Mrs. A went to the Chief Secretary and Mufti Sahib of Tipusultan Masjid, Kolkata and talked about the problem. After listening the cases, they concluded that—

- (1) the '*Talaq*' was not utter in front as well as presence of her;
- (2) there was no witness during uttering the '*Talaq*';
- (3) after '*Talaq*' she was not return back her 'Den Mohar' and finally
- (4) the '*Talaq*' was not utter consecutive three months.

Then the Chief Secretary and Mufti Sahib of Tipusultan Masjid of Kolkata declared that this '*Talaq*' is illegal.

After that both the spouses restore their conjugal marriage life and living happily with their children.

Women coming to the counselling centres with problems such as harassment from their mother-in-law, husbands or others express their anguish by saying, 'I don't like my mother-in-law', 'I hate her, she is horrible', 'She is like this from the beginning', or 'My husband has an affair with another woman'. In such situations, the efficiency of the counsellor lies in identifying and understanding the other person's frame of reference.

The counsellor, by noticing the language and the type of the words used by the person, can identify the nature of the person as visual, auditory or kinaesthetic which means, seeing, hearing and feeling oriented person for or a combination of these. To establish a rapport the counsellor uses similar language as the client. For example, in a family if the mother-in-law is a hearing oriented person, and the daughter-in-law is visual-oriented person or vice-versa, both cannot perceive each other's point of view as the language used does not

appeal to their senses. This, in turn, creates misunderstandings and subsequent distancing.

The counsellor enables the client to move from confusion to clarity, set goals for personal and family's growth through dissociation exercises. The counsellor identify the inner resources of the client and reinforce them such that they become a pattern.

In family situations, counsellors established good rapport by matching each other's words from seeing to feeling or hearing with changes in tone and words. If the wife has a negative image of the husband, the husband makes it positive by using the similar language as his wife for proper alignment.

Children are normally extremely sensitive to strained relationships. Their feelings are frequently underestimated because they do not express themselves in the same way as adults do. Sometimes, they actually keep their feelings hidden because they do not want to cause their parents more grief and pain.

In this situation children express a variety of behaviour and emotions. Some children feel very distressed and anxious on first hearing about the marital discord. Some feel confused, hopeless and abandoned by the negative, ambivalent and hostile emotions expressed by their parents. Some also feel fearful about what will happen to them and they imagine terrors for beyond the actual situation. They use denial for self-preservation. Some of the physical symptoms they exhibit are trembling, restlessness, loss of appetite, nausea, diarrhoea, disturbed sleep, nightmares and so on. They also show attention – seeking behaviour such as truancy, running away, juvenile delinquency, aggression, acting out, introversion and so on.

Younger children show regressive behaviour. They show loss of interest in studies, they become lethargic and diffident in interpersonal relationships. In extreme cases, they show self-destructive behaviour. At the same time children show anger at the situation, at the parents.

Children of violent marriages begin to internalise the notion that they cause the behaviour of others. The children's guilt compounded by a sense of inadequacy for not having prevented a parental battle. In addition to experiencing a sense of failure and helplessness, the children also experience anxiety regarding self-control, which hinders their achievement of autonomy. Just as children assume the responsibility for the violence, they often blame themselves for the break up of the families, if separation occurs. For children, one effect of separation or a divorce is either a permanent, partial or total separation from at least one parent. As a result, most children miss or grieve for the absent parent. When the separation or divorce has not been amicable, post separation or divorce turbulence is also traumatic for them. When there is a tussle over guardianship, they face emotional stress specially when they are made to choose one parent to live with.

When a deserted women brings up her children alone, they are likely to become adults prematurely or show pseudo-maturity. They develop various complexes and carry a negative image of a father and parenthood throughout their lives. Children of divorced parents have to defend themselves against adverse public opinion and loss of prestige. It also affects their peer relationships. They grow up with low self-esteem.

In this situation, the counsellors of F.C.C.s first assess the child's understanding of the reasons for the conflict, separation or divorce, the child's affective and attitudinal responses and coping strategies. That is,

the counsellors explored the feelings of self-blame, fear of abandonment, hopes of parents reuniting and fear of ridicule by peers. The counsellors, while dealing the children, aware that, it is impossible to 'interview' a child. They use variety of media such as play material, art, books, games, clay, puppets etc. for assessment and intervention.

The counsellors create an atmosphere and build a relationship with the child, which is conducive to self-expression by being congruent, empathetic and showing a non-judgemental acceptance of the child's thoughts, feelings and behaviours. The counsellors keep in mind the age related expected effects on the child and intervene accordingly.

In order to help the children to perceive the situation accurately, the counsellors help them to understand that both parents are good, but they cannot get along and it is all right to separate. They are to be assured that they are not responsible for the situation, but cannot change the situation either. Sometimes children have been sent away from home to an institution, boarding school or to relatives or friends, then, they are to be understood that this step was not taken to punish them, but that the decision was in their interest. Also, they have to be assured that separation or divorce is not the end of the world and that they can still be happy.

While counsellors are working with parents, helping them to make decisions in the best interest of their children and themselves, so that children emerge as capable of proceeding with age appropriate developmental tasks.

Counsellors through the process of counselling encouraged the parents to listen to their children and help them express their feelings. Parents and children together be helped to work through fears,

fantasies and increase their self-esteem through family centred intervention.

When separation is inevitable, counsellors help both parents focus on how to make the separation less traumatic for their children and sort out what basic information they need to give their children. For example, parents reassure their children that they still love them, that they (the children) did not cause the conflict and/or separation, and cannot change the situation, that there will be some changes in their lives and reassure them about practical arrangements. The counsellors also help the parents understand the importance of continued access to the extended family and the non-custodian parents whenever possible, and make these contacts, satisfying for both the parent and children. Counsellors help the parents make support system (i.e., siblings, extended family members, friends, neighbours and the school) available to their children and cooperate with them in the interest of their children.

## **SERVICES OF THE FAMILY COUNSELLING CENTRES**

As our world becomes increasingly crowded and the pace of life becomes faster and faster, people yearn for a quiet place where they can speak without fear, in the hope of finding a true listener. The family counseling centres of Jayaprakash Institute of Social change provide an answer to the rush and the noise of today's world – a quiet place where people can sit and tell their troubles to an empathetic listener. Counselor of these centres have vivid imagination, which enables her/him to visualize the problems of their clients and to experience them indirectly, so that she can actively participate in finding a solution. A large amount of patience, a mature understanding and some common sense are required in the mental make-up of the ideal counselor.

The counselling services provided by these F.C.C.s have proved to be a boon for families which were in danger of breaking up. In several cases, the family has been greatly strengthened by being able to see problems in a new perspective.

In counselling settings, the family enters the intervention system, through the problem of one of its members. Counsellors based on their frame of reference develop a working relationship with the client and family members using their skills and qualities of genuineness, acceptance and empathy with each member and the family unit. In a relaxed atmosphere, the counsellor explains the general nature of the sessions and through small courtesies tries to install hope, develop trust and enhance the motivation of the family members. Professional use of skills such as sensitive observation of verbal and non-verbal behaviour, listening and responding with acceptance enhances the nature of the family's participation in the counselling process.

The counsellor helps the client and the family in identifying the problem situation and exploring each family member's understanding of what happened in the conflict situation. By using the techniques of exploration and open questioning, the counsellor elicits the necessary information about the problem. While encouraging the family members to get involved and helping the family to examine a given situation, the counsellor stresses the need to focus on the facts, feeling and opinions related to the situation. By using the various assessment tools such as genogram and the eco-map, the counsellor involves the family unit to reflect on the issue, describe the events, and also help the family members to understand the connections between their thoughts and feelings that is, between their affect and cognition. When the family unit is involved in the exploration process, family members start identifying with their feelings and reaction about the problem and start thinking about their goals.

Through skills of reassurance and encouragement, the counsellor promotes self-disclosure by the family members. Through observation the counsellor listens to the family's verbal and non-verbal expression of feelings. The counsellor encourages ventilation of feelings and makes the family feel comfortable about the fact that it is natural to experience various emotions – especially feelings of anxiety during the period. Among the many emotional reactions, denial is one of the primary coping devices used by family members from becoming overwhelmed. Counsellors recognise this emotional reaction and do not confront it directly in the early stages of intervention. Denial, as a defense, permits a more gradual transition to facing the reality of the situation. In this phase, along with shock, denial and anxiety, early experiences of feelings reflect anger towards self, other family members, and the

others connected with the event. So, counsellors listen and accept their emotional outbursts.

The set of skills and procedures used by the counsellors are support, ventilation of feelings, exploration, education and facilitation of communication. At the end of the session, the counsellor provides a brief summary of what has happened in the session focussing on their feelings, concerns and ideas towards each other in connection with the conflict situation and engages them in making a decision to continue in family counselling sessions.

In the second stage, the focus is on helping the family members find out the different ways of coping with the difficulties related to the problem situation. Here, an attempt is made by the counsellor to help the family to come out of their state of disorganization. In this counselling process, the intensity of the crisis can be reduced by providing necessary knowledge and teaching certain skills to the family members. The counsellor attempts to channelise the family's anxiety into positive participatory events.

The family is further encouraged to continue to ventilate feelings and understand the same in relation to the conflict situation. Emotional reaction such as anxiety and denial of the reality of the problem is continuing. They are blaming of self or others anger is more openly expressed and is directed towards the person connected with the crisis situation. After expressing their anger, the client and family members express feelings of remorse and feel guilty for blaming the individual. They begin to perceive their role in precipitating or provoking the violence. This is a period of integration. The counsellor helps the family members to make a balanced appraisal of the situation and helps them to move on the next stage of making essential decisions and

reorganizing their world. So, the family at their stage become reconciled to their family discord and survive the stress. The family is helped to get ready to mobilize resources – both internal and external – and develop a plan of action for coping with the situation. At this point, family members are helped to reflect more accurately on the reality of the situation and are helped to increase their ability to cope. In this stage, cognition and action are interrelated for the benefit of understanding of the family members. Skills relate to exploration and decision-making techniques are used by the counsellor to help the family pursue its desire to restore the steady state.

Some of the tasks have done by counsellors are helping the family unit in deciding about the role changes brought in by the situation, further improving their communication, mobilizing resources and making plans for future. The family members have been engaged in their problem-solving process to assess the realistic capacities of each member and to make decision about task assignments. Planning has been done in a manner that it provides a sense of developing more control over their lives. A crucial factor in this counselling process is the direct intervention by the counsellor with the significant persons who are integral to the family's life and are important to each other.

This act of blaming and the expression of anger prevails at these times. So, the counsellor then recommend that the family members talked the event more realistically. The counsellor helped the family to analyse the situation, reflect on the conflict and discover ways to deal with such issues in the future.

Then come stage of consolidation. This is a stage of withdrawal by the counsellor. By now the family members begin to reach a state of equilibrium and come terms with the reality of the crisis situation. It does

provide scope for the development of intensive relationship between the family members and the counsellor. So, naturally, the family members experienced mixed feelings towards the counsellor in this final stage. Some family members have been experienced sadness, while some become anxious about their abilities to manage themselves without professional help. Yet, most of the families engage in reflective thinking about the situation and prepare themselves to accept the separation.

Hence, the counsellor focuses on issues such as enabling the family members to discuss their perceptions about coming together as a family to deal with the crisis situation, discussing and clarifying the family's feelings about separation, deal with final concerns, if any, identify various other sources for self-help and finally, enable the family to recapitulate the whole enabling experience.

Battering is not characterized as one partner attempting to control or dominate the other but by the couple's combined communicational deficits to discuss 'marital communication, resolving conflict and ending violence' and that both partners in marital relationship need to change.

When the counsellor of the F.C.C. is working with this issue, he/she (counsellor) facilitates the woman to think carefully about her situation and also makes her realize that she (client) is not alone, strange or unusual. As a result of violence, the woman often goes through feelings such as fear, helplessness or hopelessness.

Women often find it difficult to open up about the violence they go through and experience a lot of negative emotions. The counsellor has been created a conducive and non-judgemental environmental where the woman feels respected and valued. The counsellor tries to build the trust of the woman so that she (client) feels comfortable to disclose.

Then counsellor helps the woman to define her problem clearly. A woman in a difficult situation feels ambivalent or confused about what she really wants and she even avoid being honest with herself about how she feels.

The counsellor understand the woman's feeling about resolving the problem, recognises the woman's avoidance behaviour to evade tackling the problem, and explains to her the implications of not resolving a problem and the consequences she and her children suffer in the future. The counsellor facilitates her to make her own decisions and encourages her to think through her available options and list the positive and negative consequences of each alternative plan of action, e.g., the advantage of getting a divorce verses the disadvantages. Through this process the counsellor helps her in bringing about realistic changes in her life.

The counsellor analyses the ways in which violence has controlled and limited the woman's life and help her to increase her self-confidence and gain more control over her own life. She needs to be taken her through a process of self-reflection so that she can be equipped to take her own decisions and also be encouraged to take certain risks by providing her with the necessary support. The counsellor uses the strategies that help the women to ensure her safety and also provide her support. The counsellor provides the required help, information and other resources, when woman (client) deals with the legal or bureaucratic system.

The counsellor knows that it is difficult for a violent man to change his behaviour. Even then, it is not appropriate for the counsellors to advise the woman to leave her violent partner, as no one can make this

decision, expect the woman herself. The counsellor's role is to support the woman through whatever decision she takes.

Being in violent relationship with an intimate partner, it often is difficult for the woman to take a stand and make a decision. At this position, the counsellor offers support and helps the woman to improve her situation by encouraging her to be more assertive about her needs and wants and help her to see through her problem and the risks involved before taking a decision to stay in the relationship.

In the time after the attack, many men feel sorry and guilty for battering their wives and are hence, more amenable to change at this time. The woman has been encouraged to utilize this opportunity and time to seek improvement and suitable changes in her life. The counsellor encourages the violated woman to take full advantage of the opportunity to gain support.

When the woman chooses to stay in a violent relationship, the counsellor empower the woman to recognize any signs of mood changes in her husband that lead to another violent attack directed towards her. Once she learns to identify the signs, the counsellor and the woman together can work out a strategy to escape the assault and build her confidence. Here, the woman works towards her goal. Now, the woman makes a lot of decisions regarding her future course of action. This helps the battered woman to understand the hindering and the facilitating factors affecting her life. The counsellor plays an important role once the woman has decided to leave her husband. A part of this role of counsellor involves providing her with emotional support and information, building her confidence and helping her to think through the various options available to her and assisting her with practical matters.

The counsellor helps the woman before she (client) leaves her matrimonial home such as a safe plan of action for leaving which include taking her 'streedhan' and personal belongings (like money, jewellery, certificates, ration card, passport and so on) along with her. Securing support from the natal family, friends and relatives is also very essential. In case the woman does not have immediate support the counsellor helps her in locating a safe place to stay for a short while such as a short stay home till she finds a permanent accommodation.

The counsellor also helps the woman to prepare future plan for her and for the children (if any) and how she sustains herself financially. The counsellor also elicits support from the police in helping the woman to file criminal complaints, if necessary. If the woman wants to take legal action for example, apply for maintenance, divorce, judicial separation, custody, injunctions – the counsellor of the F.C.C. provides adequate information, support and referral services that she required.

Psychosexual counselling become very important in our context because a proportion of couples who seek marriage counselling are experiencing difficulties in their partnership but does not talk openly about it. In this situation counsellor of FCC offers psychosexual counselling. When the counsellor is counselling couples with sexual difficulties, concentration is on the psychological blocks rather than physiological difficulties that couples are experiencing. These start from conflicts and unresolved difficulties from the past that come through to the current relationship to straight forward 'performance' anxieties fuelled by poor information.

In counselling session, the counsellor is building a therapeutic relationship so that the individual or couple feels fare enough to discuss sexual matters, obtaining a clear picture of the couple's sexual

relationship of both the behaviours and the feelings attached to the behaviours, exploring the myths and their impact on the couple's sexual activity. A vital task of the counsellor is to give permission to each client to say how he or she feels about his or her sex life, the families and the needs.

The counsellor sensitivity challenges the half-truths and misinformation emerges. Then counsellor uses straight forward anatomical terms and gives the necessary information to the clients to understand their own sexuality.

Some clients need more information. The specific suggestions have been by the counsellor related to exploring their own body in order to examine their own self image or talking and touching exercises or rethinking positions for intercourse. When couples require intensive therapy then they have been referred to a sexual therapist.

There is another dimension of the power dynamics which instigate and complicate the couple relationship, i.e., 'Third Force'. Generally, the 'third force' are the members of the couple's social milieu who directly or indirectly influence the behaviour of the husband and/or wife, or are in a position to control or exert power over them causing marital distress and sometimes separation or divorce. They are the members of the biological family, members of the in-laws family, extended family members, colleagues from the work place and people from couple's social circle.

The two lady counsellors of the Jayaprakash Institute of Social change play a critical role in the functioning of the Family Court (Bankshal Court) given the court's underlying objectives of settling disputes through conciliation. These two Family Counselling Centres indicates that mental and physical torture by husband and in-laws,

(75.8%), in-laws interference of both the side made marital relation complex (5.7%), tortured by son and daughter-in-laws (5.7%), deprived from parental property by own brothers (4.3%), not allowed to maintain parental relationship (2.8%), sexually harassed (1.4%) cases were reported in the F.C.C.s.

Counsellors broadly agreed that women in our society continue to live in violent relationship due to lack of parental support and sake of children. They also told that women remained in the matrimonial home after the first incident of violence because they loved their husband, tended to excuse the negative behaviour, and acted on their commitment to make the marriage work. The women cling to the hope that their husband will change. Besides this, a complicating factor is the feelings of guilt and shame which abused women sometimes experience. If the marriage or relationship is not working, they look for the fault in themselves, accepting the view that women are responsible for maintaining and nurturing relationships. The feelings of shame prevent the women from seeking help, even from friends, neighbours and relatives. The women also have been suffering from fear. The fear is that the man will find them and become even more violent, the apprehension is connected with the uncertain future and doubts about their ability to manage on their own. Being constantly subjected to violence and abuse damages self-esteem and diminishes confidence.

The counsellors admitted that more women now leave violent relationships, simply because of the publicity given to the problem and the greater knowledge of the help available.

The counsellors insisted that both educated and uneducated women from all strata sought their assistance. Some victims of domestic violence approaching family counselling centres for the purpose of

discussing their problems, getting empathetic hearing and experienced guidance on how to handle the situation. Mainly they sought moral and emotional support.

Because of professional counselling, clients are becoming bold and their marital strength is increasing. Earlier women would refuse to go to a counsellor due to a kind of inertia rooted in the traditional thinking or owing to social taboo. Now motivated by others or with inspiration within they are coming to the F.C.C.s with the object of redressing the problems they are facing.

This also hints at another important fact that people, who earlier used to shy away such problems and would not intervene, are also coming more and more aware about the importance of Family Counselling Centre as an effective tool and are involving them privately or publicly to motivate the victims to visit FCCs.

This is evident from the fact all the respondents under review were informed about and motivated to visit the FCC by neighbours (40%) and friends (10%). They got indirect help from the neighbours and friends about FCCs. Here it is seen that mass media is an influencing factor because 16% respondents knew about the FCC through newspaper, journals, radio, television, etc. Former clients and local bodies (34%) also helped the victims and referred them to FCC. So it is evident that community is by and large aware about the role of FCC in solving and preventing marital discord. This also speaks of the positive impact of FCC on the society.

Though the respondents came to know about the FCC from different sources, they required motivation and encouragement to visit the FCC to pour their minds out. The study indicates that 50% of the respondents were motivated by their inner urge to visit the FCC in

search of a solution to their problems. Percentage of respondents motivated by relatives were 30%. Motivations in varying degrees were also available from friends (10%), the local bodies (6%) and from child development project officer of ICDS (4%), what is important here is that self-motivation of the victims have been a stronger motivation than extraneous motivation.

This study shows that 40% respondents have the impression that the FCCs greatest strengths are in helping the victims fighting their battles against the perpetrators of violence and injustice, 34% of the respondents feel that these FCCs are sincere in approach, purposive and punctual. While 16% remark that the FCCs have an empathetic attitude and 10% believe that FCCs could build awareness on variety of issues in the area of marital relations, law, reproductive health etc. counsellor's professional and empathetic attitude, sincerity and commitment were highly satisfied by the respondents. The FCCs also offered them professional consultation to facilitate cognitive restructuring for rational thinking (36.6%) and to develop better insights (33.3%) into their own problems. The FCCs are also effective in the sense that they have helped the clients to regain confidence (50%) and rejuvenate their faith for a purposeful social mainstreaming. The professional services rendered through FCCs have also been successful in reconciliation (56%). The FCCs are also very successful in providing referral services for enhanced social functioning.

The findings of this study reveals that, the FCCs are an important right based scheme, not only in redressing the problems of women victims of violence and atrocities but also bringing about a positive change in the family spectrum.

The FCCs are not only confined within the problems of victimized women, now it reaches to all members of the family, especially those in vulnerable situations. Although women in marital conflict and those facing domestic violence still remains the major group of client but other family members have also started seeking help from the FCCs for redressing a variety of problems, e.g., problems related to premarital relationship, teenage pregnancy, property disputes etc. This reflects that the scope of intervention of the FCCs have been widened to address wide range of problems faced by different members of the family.

## **OBSTACLES TO RENDER SERVICES BY THE FAMILY COUNSELLING CENTRES**

Some bottlenecks in rendering effective and better services stand to reconcile the family / marital conflict which describes as follows :

When, a case comes to a counsellor of the Family Counselling Centre that does not in any way involve the issue of human rights. Because protections of human rights are not the focal point of a counsellor's intervention, in many cases, directly or indirectly, it touches upon the issue and sometimes even takes care of it. However, with the passage of time, an increasing number of cases are seen to be coming to counsellors with major issue of violation of rights of individuals within families.

The most common cases the family counselling centres have to attend to are cases of a man's remarriage without legal divorce / annulment of the first marriage as is required under law. This first wife (and often with children) is alive. The first wife has been deserted, while the second wife is accorded all support and recognition from the family. It also happen that the second wife is never made a part of the family although she supported financially by the husband, even she and her children are entitled to have all claim on husband's / father's care and support as member of a extended family. Ethics demand that the counsellor works for the betterment of both women and children, if any. As human beings, their worth and dignity and their needs are of prime importance to the counsellors. As human beings, just as the first wife has rights, so also the second wife. But legally, the second wife's status as a wife is not recognized. The question before, the counsellor is—whom should she/he advocate? The make the counsellor's position clear if the second wife has entered into the relationship with full prior

knowledge of her husband's first marriage and still formalised the relationship by marriage. The counsellors get away by pointing at her fault, but that does not help the situation or the family much. The situation becomes all the more complex if the second wife has dependent children. Social values and human rights are in clear conflict in such a situation.

The reverse is also true in many cases when the first wife is in the dark about her husband's second marriage. She becomes the victim of her husband's illegal actions. While ethically and legally the counsellor takes a firm stand on behalf of the first wife, it is a distressing situation when she has to address the question of the second wife as well. In such cases, counselling sessions witness clients being very vocal about their rights. Obviously, at the early stage of the work itself the counsellor has to focus on this issue. The effectiveness and usefulness of the Family Counselling Centre's service is judged by the client – whether her rights and interests are being protected or served, as the case may be.

It has also been found that in some cases, all three—the first wife, the second wife and the husband—arrive at an understanding and live together, sharing the common resources. The terms of agreement are however, not respected throughout, and thus conflicts become inevitable. There is an ambivalent feeling all along in the first wife. Anticipating undesirable developments, she becomes defensive and precipitates crisis.

From this kind of violation of women's rights, the most common feature is domestic violence. The cause of violence ranges from the slightest or no provocation to serious ones, for example, food is being served late, refusal to comply with unacceptable demands from the

husband, like demanding her entire earnings and so on. If the husbands are habitual drinkers, the wives are often subjected to physical assault.

In the process of providing their services, counsellors of F.C.C.s are often required to mobilize services of other agencies like local self-government bodies (panchayats and municipalities). Police, court, lawyers, hospitals and health centres and the like. The personnel managing the organisations are often the ones drawn from the similar socio-cultural milieu as the clients. They are guided by the prevalent social customs and values. When the counsellors have to seek redressal in many matters concerning their clients, the personnel often have to assume the role of an arbiter in the cases. It is quite common to find such personnel, especially in rural areas, working against their welfare instead of protecting their rights. They do just the opposite of what the counsellor has been trying to do, even slow down the pace of progress in the case.

Sometimes, counsellors seen that the panchayats are settling family disputes. Being politically oriented, settlements by a panchayat cannot often be termed as a real settlement. In a case of land dispute, the counsellor, in association with the panchayat, succeeded in getting the ownership right of the wife on the land (from her husband). At a later period the counsellor found out that the leaders were interested in getting permanent tenancy rights for one of their party sympathisers on the land, which would have been impossible if the land was under the husband's ownership as he belonged to the opposition (political) party. Since the panchayat took an active part in helping the wife, for her it was a choice for the lesser evil.

However, effective counselling depends as much on the counsellors' ingenuity in linking the individual in distress to institutional

supports. It is crucial to understand that the client, who is a product of a society riddled with low societal perceptions of women, would again have to seek remedies, through the counsellors in that very society which perpetrates such atrocities. Hence instances of non-response, non-cooperation, wilful and prejudicial actions have been faced and counteracted by the counselling if they win the faith of their clients. Instances, such as, the police letting off the dowry takers with bribes, delay in grant of legal aid or delay in provision of maintenance by the courts, high legal costs, an insensitive police and judiciary, completely damping the morale of even the most committed counsellors.

# *Chapter-V*

## Chapter-V

# SUMMARY AND RECOMMENDATIONS

### SUMMARY

Domestic violence has become a major issue of concern and debate at the international level since the late sixties and has gained greater momentum following the Battered Women's Movement of the eighties. In India the issue of domestic violence came into sharp focus in the 1980s following the widespread coverage by the mass media of the growing incidence of torture of brides, of dowry deaths and of localised popular protests against these heinous incidents. The Government of India has recognised violence against women as one of the eleven critical areas of concern in its Country Report of the Fourth World Conference on Women at Beijing, 1995.

Domestic violence against women exists both in rural as well as urban areas. Professional service like family counselling has got its roots in the country. The study therefore limits to those individuals who have received some kind of services from the counselling centres. This study covers the three districts of West Bengal, viz., North 24 Parganas, South 24 Parganas and Kolkata, both rural and urban population. The data have been collected through interview of the victims registered during the last 5 years in the two Family Counselling Centres, one is situated at Salt Lake and other at Bhabani Bhaban, Alipore, Kolkata run by Jayaprakash Institute of Social Change.

The total registered cases in the two centres from its inception have been considered the universe of the study. There are about 2000 cases registered in these two counselling centres during the last 5

years. Out of these cases 350 cases have been drawn on the basis of stratified random sampling (rural and urban). Interview with the help of structured schedule, containing close-ended and open-ended questions have been used for collection of data.

The objectives of the study intend to examine the nature, types, degree and extends of domestic violence against women and also try to find out how for the Family Counselling Centres are combating these problems and its impact on bringing family and community peace.

This study is explained at length with a view to present the trend in the violence in rural and urban areas and about the vulnerability of the fair sex to different atrocities.

It is observed from the study that the young women were found to be the victims of violence in both rural and urban areas. A considerable percentage of victims fall in the age group of 16-20 years and 21-30 years. Less mature and more emotional – these two are main factors leading to family disharmony. It is because they are not mature enough to cope with and tackle the problems in the domestic sphere. Emotionality is another instinctive factor which resists the women to raise their voice against domestic violence. The grown ups belonging to the age groups 41-50 years and 51 years above are more mature and reasonable and hence they suffer less.

This study indicate that those who have Madhyamik to Post-Graduate education they are in better position to gain economic independence and with the higher education they start questioning the dominant position of their husbands. Such a threat is not tolerated by the husbands and they use physical violence as their ultimate resource to maintain their dominant position in the family. Low education level does not cause violence but it aggravates the frustration.

Wife beating is far less common in families in which women have independent economic and social resources, because these resources are valuable enough to make a husband think twice before acting in ways that might force his wife to terminate marriage. The reason is that housewives are abused more than working wives are because keeping in view their economic dependency they have "learned helplessness" with the result they have developed tolerance of such violence and do not share with outsiders that they are being abused or they would endorse the traditional gender roles and would not question the authority of their husbands.

It is observed that the monthly family income of 32% of the victims belong to the income group of Rs.4001-6000 in rural areas and in urban areas against total respondents 16.3% and 14.6% belong to the income group of Rs.6001-8000 and Rs.21001-25000 respectively.

This study indicates that negotiate marriage and marriage by consent are 73.2% and 25.4% respectively.. Both create strained life. While marriage is through negotiation there is no scope for choice of the girl. It happen that in absence of any active role of the partners in marriage the mindsets of the partners are completely different and creates the partners are completely different and creates scope for conflicts. Mutually married women also suffer from domestic violence because during pre-marital life they do not see anything wrong in each other but after marriage as they come closer to each other they begin to discover some faults in him/her and relationship begins to be strained and bitter.

The results of this study indicate that all forms of domestic violence occur most frequently among those who are less than 28 years of age. The data indicate that, domestic violence can occur at any age

but data on age indicate that wives of younger age are at higher risk of being abused.

This study indicates that the level of marital satisfaction and marital adjustment goes down after the birth of the first child. Among the victims of domestic violence it was found that the rate of violence against mothers who had three or more children or no child was more than double the rate for those who had one or two children.

This study indicates that bulk of marital discords and frustrations are produced by very specific conflicts of interests which cannot be attributed to definite weaknesses of either person. Many a times the partners' behaviour and the personal and social roles played by them cause disputes. And sometimes some wish of the partner is denied by the other which produces trouble.

The study indicates that 58.5% women have been suffering from physical and mental torture, 5.8% elderly persons mainly women are tortured by their own sons and daughter-in-laws, and in 4.3% cases brothers of the victims tried to deprive them from parental property and want to drive her out of the house and deprive her of the right of staying at the father's house.

There is no single factor to account for violence perpetrated against women. Several complex and interconnected institutionalized social, economic and cultural factors have kept women particularly vulnerable to the violence directed at them, all of them manifestations of historically unequal relations between men and women. Inequality in prosperity, inequality of thoughts, inequality of status and opportunities and moreover inequality in gender perception, generate a feeling inadequacy of one's 'self'. Such inadequacies of feelings have a cumulative impact on the development of one's image of 'self', of other

persons in society, of other social institution. Poverty, alcoholism, unemployment, frustration and poor role modelling also contribute to violent behaviour. This study reveals that major factor behind the violent behaviour of men is the patriarchal attitude of the society which perceives woman as an 'object' rather than a 'subject' and given her a low status in the society.

As our world becomes increasingly crowded and pace of life becomes faster and faster, people yearn for a quiet place where they can speak without fear, in the hope of finding a true listener. The Family Counselling Centres provide an answer to the rush and the noise of today's world—a quiet place where people can sit and tell their troubles to an empathetic listener. Counsellors of these Family Counselling Centres have vivid imagination, which enables him/her to visualize the problems of their clients and to experience them indirectly, so that she can actively participate in finding a solution.

Family Counselling Centres are working in the two broad fields. The first category consists of interventions directed towards the individual victims of violence. These tasks have been done by the counsellors through individual and Group Counselling for the victims, legal aid and obtaining legal redressal for the victims, medical aid, linking the individual (victim) to existing community resources and building new linkages for long term support to the victim and other potential victims.

The interventions in the second category aim at making some positive difference in the larger environment of the victim. This category includes advocacy interventions, policy reformulation, amending laws, extending the scope of existing services and developing new services for dealing with this issue at the macro-level. Basically it tries to

influence the general public opinion and mobilize community networks for prevention of such instances and promotion of gender equality.

The counsellor not only direct the interventions towards the victim alone, but also try to look into the other dimensions of the problem such as, the custody of children, emotional impact of parental conflict on children, economic needs of the individual / family in combating the current crisis etc.

When an individual comes to the Family Counselling Centre, the case is first registered on a prescribed format. The counsellors construct socio-cultural background to understand the psychic and emotional status of the individual with respect to her/him immediate and larger environmental i.e., family, community and society.

The counsellors enable the client to move from confusion to clarity, set goals for personal and family's growth through dissociation exercises. The counsellor identify the inner resources of the client them such that they become a pattern.

The findings of this study reveals that the F.C.C.s are an important right based scheme, not only in redressing the problems of women victims of violence and atrocities but also bringing about a positive change in the family spectrum.

The F.C.C.s are not only confined within the problems of victimized women, now it reaches to all members of the family, especially those in vulnerable situations. Although women in marital conflict and those facing domestic violence still remains the major group of client but other family members have also started seeking help from the FCCs for redressing a variety of problems, e.g., problems related to pre-marital relationship, teenage pregnancy, property disputes etc. This

reflects that the scope of intervention of the FCCs have been widened to address wide range of problems faced by different members of the family.

## **RECOMMENDATIONS**

Domestic Violence is a complex problem and there is no one strategy that will work in all situations. To begin with, violence may take place within very different societal contexts and the degree to which it is sanctioned by a community will naturally influence the kind of strategy needed. Considerably the interconnections between the factors responsible for domestic violence — gender dynamics of power, culture and economics — strategies and interventions should be designed within a comprehensive and integrated framework. A multi-layered strategy that addresses the structural causes of violence against women while providing immediate services to victim — survivors ensures sustainability and is the only strategy that has the potential to eliminate this scourge. For example, a successful coordinated response may combine preventive strategies involving the community: remedial strategies that empower the women to seek legal remedies and help rebuild herself; and recuperative services which work either directly or through referral networks to develop long term viable livelihood options. In short, services that facilitate a movement from being a victim to a survivor of domestic violence are the most sustainable. Rapid modernization of the society compelled with an unrestricted and blind following of western culture are responsible, to a great extent for maladjustment among the family members. A return to the native cultural fold, strengthening of joint family system, strict prohibition of dowry, universalisation of women's education, ensuring legal rights and social status for women may go a long way in giving new strength to the institution of family. "We" feeling among different family members should be in calculated and strengthened. Instead of right, duties should be given prominence in order to develop a "family psyche" among the members.

It is felt that many older traditions have failed to become upto the level of new thinking and realization about human relationships which can for the dignity of all human beings – men, women and children. These require suitable modifications, i.e. a change in family life. At the same time, the old values of character, dedication and goodwill for each other need to be revived. Nothing should be done which makes any of the family members arrogant, selfish and egoistic. Effort should be made to create an environment in the family which is conducive to balanced growth of personality of all the family members. Constant efforts should be made to bring about harmony between the old and the new.

The most important factor for bringing harmony and happiness in family life is development of understanding between men and women. Unless the man-woman relationship is reconstituted and better understanding is fostered between them it is not possible to bring harmony in family life. Both man and woman hood need to be elevated to an ideal pitch by the discrimination of the knowledge which alone will lessen the social miseries arising out of wrecked families and family disharmony. The following specific measures are being suggested in this connection.

A change in the power structure of the family is also required. Both male and female partners should have equal say in familial matters. Empowerment of women is also required in order to ensure them a life of self-esteem, self-dependency and security in the family environment.

Universalization of family life education for all the boys and girls obtaining marriageable age, have to prepare them mentally for undertaking the new roles as may be expected from them in their new

status as husband or wife in their family. Family life education aims at promoting the quality of life through responsible decision making and improved understanding of human relationships and family roles. The concepts may include, the concept of family; family functions, family roles and relationships, health and nutritional needs of the family; psychological needs of the family; management of family resources; menstruation and changes in the body; care of children; good parenting practices; adjustment problems and the resolutions; and family welfare services etc.

Marital ties between the spouses are founded on emotional grounds. It involves a "heart-to-heart" relationship based on mutual love, understanding, faithfulness, cooperation and tenderness and purtio of soul. If the spouses fail to develop such an affair between them, an antagonism is the natural result. Conjugal relations and mental affection and dedication are not something which can be dictated or imposed. Therefore, in such cases where it is not possible to keep them together, the process of nullity of marriage or legal divorce should be speeded up. Divorce proceeding should be pruned up and the procedures should be simplified. The aim should be to either speedily find a reconciliation between the parties or if it is not possible to free them from the unwanted unhappy relationship within one year. A strong network of family counselling centres should be created with State Women Commission, Legal Aid Cells, Family Court, Lok Adalat, Women Police Cells, and Welfare Department for family disposal of the cases of marital discord. The development of such an integrated response of FCC to domestic violence should be informed by a multilayered strategy that empowers women through education, legal literacy, and enforcement of legislation on minimum age at marriage, inheritance of property and maintenance rights of woman. For example,

FCC's should be coordinated preventive strategies involving the community; remedial strategies that empower the women to seek legal remedies and help rebuild herself; and recuperative services which work either directly or through referral networks to develop long term viable livelihood options. In short, the services of FCC's facilitate a movement from being a victim to a survivor of domestic violence is the most sustainable.

The FCC's may be opened at least for in a district and subdivisions level to offer pre and post marital counselling to improve familial relations and marital adjustments. Family Counselling Centres should also be opened in all University / college campuses to counsel and guide educated youth for marital happiness. Short term pre-marital counselling training programme should also be organized by the FCC's at higher secondary school, college and university level. There must be some rules and regulations i.e. direct power of summons to the FCC's for handling the domestic violence cases properly, otherwise it is difficult to work with the client.

FCC's should be sensitized the police, the lawyers, the judges, the executives, the doctors, the people in all other major professions and most importantly common people all over in the matter of violence against women in general and domestic violence in particular through periodic awareness generation campaign. The Women Police Cells should give authority to deal with the women's cases otherwise they take time for securing permission from the male higher authority. It is imperative that the state recognizes the criminal nature of domestic violence and takes adequate measures to criminalize the offence. State reluctance to delve into what it sees as the private sphere is placing increasing numbers of women at risk. The state should utilize its legal

mandate to take strong positive action against wife batterers with the help of the FCCs.

A set of integrated responses that address the practical as well as the strategic needs of women provide the most meaningful and sustainable options to women facing abuse from intimate partners. This principle should inform the design and implementation of all intervention strategies dealing with domestic violence. Identifying primary and secondary stakeholders related to domestic violence is essential. At present the main actors involved include those associated with the judicial process, income generation and education. Those in housing, child protection services, the private industry, and trade unions are some of the other stakeholders that need to be sensitized and involved in developing a well coordinated, well-rounded response to domestic violence. In this process state should also be worked with the help of the respective FCC's in the district.

Women's access to and control over resources should be recognized and adopted as a primary indicator of development. Such a gender sensitization of all stakeholders should become an important component of effective responses to domestic violence. It should form part of the curriculum of training of the police, judiciary, bureaucracy, policy makers, social workers, counselors and other service providers. State agencies as well as the FCC's should work towards developing batterer-centered programmes that address the perpetrator of violence. Programme must integrate the provision of comprehensive medical and psychological care and support services for survivors of abuse. Immediate medical care is provided to some extent by different organizations should little attention has been paid to mental health services, such as therapeutic counselling, support groups and family

therapy. These are critical in rebuilding and sustaining the well being of the woman and her family.

All interventions programmes need to better address the needs of children affected by violence. This is a critical area of intervention that form the basis of prevention in a future generation of adults. In addition, shelter homes (i.e. Short Stay Homes and Swadhar etc.) must be made more accessible to women with children in both principle and practice; through providing children facilities. Although some shelter homes (i.e. Short Stay Home, Swadhar etc.) have a provision for allowing children, but it is not encouraged.

It is also important to bring to the notice that the existing database on domestic violence be enriched with rigorous empirical research on the incidence and prevalence of domestic violence. Wife battering has serious cost implications for health, legal and economic systems. Detailed research and analysis of these inter-linkages also needs to be undertaken to highlight the severity of the issue. Research should attempt to collate and analyze the potential of existing programmes and schemes (both state and FCCs) to address the issue of domestic violence, and suggest mechanisms for developing linkages as well as mechanisms to convert this potential into action plans.

Many women are unable to escape domestic violence because they are unaware of available services and agencies working in this area. Therefore, discriminating information by the FCCs on the range of services available is essential.

Another area to address in this context by the Family Counselling Centre is that of generating public awareness on domestic violence as a violation of human rights and debunking the popular notion that transactions within a marriage are outside the realm of community

intervention. Educational strategies aimed at changing attitudes, beliefs and biases of law enforcers, the judiciary and citizens need to be developed and implemented.

The Media, both electronic and print, should take an active role in highlighting acts of domestic violence and other offences against women, so that the offenders may not only come to suffer penal sentences under the relevant laws but also be ostracized by the society to given expression to its sense of outrage at such incidents. A convention of zero tolerance to crimes against women should be developed in the social arena. Thus, such offenders would come to realize that crime does not pay and it is not worthwhile to commit one. A conscious effort by FCC's to make media professionals aware of the issues, play on important role in addressing violence against women. Alternative media channels such as theatre groups, puppeteers, community radio station, musicians and performers of all sorts have a role to play in raising public awareness of the issue and creating role models for men and young people in the communities.

The protection of women from Domestic Violence Act, 2005 (POWFDV Act), which is a comprehensive law on this subject and has been officially notified into effect on October 26<sup>th</sup> 2006, addresses the core problems of domestic violence in their entirety. There are high expectations from the legislation now. However, the question is how far the law will succeed in giving true redress to the suffering victims. Protection Officers under section 9 of the POWFDV Act should be given the wherewithal to perform the job envisaged from them in the Act. They are the supporting pillars for the successful implementation of the Act. If they fail at the grassroots level, the law is bond to fail. FCCs, apart from being service providers (Section 10, POWFDV Act 2005), should organize massive awareness and legal literacy programmes to

enlighten both men and women about the rights of women under international and national laws and conventions. Men should also be made to participate in these programmes as much as women.

There should be a law to effectively regulate the activities of NGOs (who is running FCC) without effecting in any way their autonomy and freedom of action.

There ought to be a nationwide uniform system or protocol for medical examination of the victims of gender violence — be it rape or other forms of physical violence — to ensure an objective identification of the nature and causes of such violence for eventual punishment of the offenders. Doctors should have specialized training in the intricate procedures of Forensic Medicine so that violence of any nature on women could be accurately reported upon.

It is necessity to achieve empowerment of women in social, economical, political and educational fields — as also in healthcare and nutrition so that a system of perfect gender equality could be affected in the society. This is the key to stopping of violence against women. Given the age-old and deep-rooted attitude of discrimination towards women, it will, however, take a lot time and sustained effort to achieve success in empowering women to the desired level. There will be many hurdles in the process. Social duplicity in blocking the progress of women in the various fields will therefore, have to be overcome with determination. Besides this, women themselves have to develop an attitude of self-help and hard work. It has to be remembered that nobody is going to offer women their appropriate place and does just for mere asking. It has to be acquired by a sustained struggle for emancipation.

Professional Associations for doctor, lawyers, psychologists, nurses, social workers, welfare workers and other professionals are key players in opposing violence against women. Their members may come into contact with situations of domestic violence on a regular basis, but may not recognize the signs because own biases, background or lack of training. It is critical that such organizations build domestic violence and human rights curricula into their professional training and that professional in the field received regular training on these areas. Such associations need to develop protocols for identifying and referring cases of domestic to appropriate bodies and screening measures for detection and early intervention. These protocols must be developed in collaboration with local counsellors of FCCs, protection officer of POWFDV Act, school of social work and state women commission.

Religious leaders need to re-examine interpretations of religious texts and doctrines from the perspective of promoting equality and dignity for women. Many men who abuse women justify such behaviour on a religious basis, and many cultural practices that abuse and violate women are justified in the name of religion. Religious leaders at all levels have a responsibility to ensure that religious interpretations are not used to oppress women.

# *Annexures*

# ANNEXURES

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## INTERVIEW SCHEDULE FOR VICTIMS

### 1. Personal Information :

- 1.1 Name :
- 1.2 Age :
- 1.3 Caste : General / SC / ST / OBC
- 1.4 Religion : Hindu / Muslim / Christian / Others
- 1.5 Rural / Urban
- 1.6 Education : Illiterate / Literate but no formal education / primary / upto class VIII / Madhyamik / H.S. / Graduate / Master Degree and above
- 1.7 Marital Status : (a) Married (b) Unmarried (c) Divorcee (d) Widow  
(e) Deserted or separated
- 1.7.1 If the answer is positive in case of a, c, d & e then ask the question  
No of Children - Boys Girls
- 1.8 Working Status :

Household activities

Outside activities

Paid / not paid,  
if paid income p.m.

### 2. Family Particulars :

Parent's Family			Inlaw's family		
No. of members	Working members	Approx income p.m.	No. of members	Working members	Approx income p.m.

### Marriage Particulars

- 3.1 Age of Marriage (in yrs) :
- 3.2 Span of Marriage (in yrs) :
- 3.3 Mode of selection of male : Mutual Consent  
Negotiation
- 3.4 Procedure of marriage : Traditional / Court / Temple / Other, specify
- 3.5 Marriage within : Caste / Inter-caste / Inter-religion
- 3.6 Why did you agree to get married ?  
(a) Force by the guardian (b) Self-motivated (c) No avenues for self-development (d) Motivated by the groom

### 4. Information about spousal relation

- 4.1 Did you face any difficulty in adjusting yourself in the new situation ? Yes / No  
If yes, the difficulties—  
(a) Difference in food habit (b) Lack of warm behaviour (c) Inadequate food  
(d) Physical and mental torture / any other, specify
- 4.2 Were you aware of dowry demands and gifts by your parents?
- 4.3 If yes, what was your reaction to this?

- 4.4 Did you parent's family visit you frequently? Yes / No  
If no, reasons—
- 4.5 How were you accepted your in-law's family?
- 4.6 Types of works expected of you in in-law's family.
- 4.7 Were you able to cope with it? If not, reasons—
- 4.8 After marriage when you felt that you are being ill-treated?
- 4.9 Nature of torture—  
(a) Beating (b) Starving (c) Burning (d) Mental cruelty (scolding) (e) Abnormal sex (f) Any other, specify
- 4.10 Whom do you blame for the torture?
- 4.11 What was your response to the torture?  
(a) Wanted to convince your husband first  
(b) Brought it to the notice of parents  
(c) Confided with your friends  
(d) Retarded to the persons giving you torture and thought of solving it by self  
(e) Any other, specify
- 4.12 What are the reasons for torture according to you? Is it because—  
(a) You come from a comparatively low economic background  
(b) You are not educated or not working  
(c) You are incapable of doing household work  
(d) Your other sister-in-laws are more beautiful and brought more dowry  
(e) Just the greed of in-law's  
(f) Husband has extramarital relation  
(g) Husband is sexually perverted  
(h) Any other, specify
- 4.13 How did you cope it ?  
(a) Trying to make the other spouse understand  
(b) Stepping into his foot holes  
(c) Leaving the in-law's house
- 4.14 Why did you try to adjust?  
(a) Sake of children  
(b) Lack of economic support  
(c) Marriage is a sacred bond

- 4.15 Was there any one in in-law's family who sided with you? If so, what was his/her response?
- 4.16 Do you know about the related law against domestic violence, specially the Protection Of Women From Domestic Violence Act 2005? Yes / No  
If yes, could you please mention the laws?
5. Information about the role of Family Counselling Centre
- 5.1 When did you decide to report the matter to the F.C.C.?
- 5.2 How did you come to know about the centre?  
(a) Relatives (b) Friends (c) Neighbour (d) Local self-govt (e) Massmedia (f) Any other, specify
- 5.3 For how long you are associated with the centre?  
(a) Less than 1 yr (b) 1 yr to 2 yrs (c) 2 yrs to 3 yrs
- 5.4 What services did you get from the centre?  
(a) Professional counselling (b) Guidance (c) Legal aid (d) Referral services
- 5.5 Did the services of the centre help you in setting your problem? Yes / No
- 5.6 Are you impressed with the activities of the F.C.C.? Yes / No  
If yes, mention the area—  
(a) empathetic (b) security & punctuality (c) helped to fight legal battle (d) legal awareness (e) other, specify
- 5.7 Is the F.C.C. successful in resolving your crisis? Yes / No  
If no, the reasons for failure of the centre.
- 5.8 How do you rate the effectiveness of F.C.C. in bringing the crisis-ridden marital relation in control?  
(a) very much effective (b) effective (c) somewhat effective (d) not effective (e) don't know
- 5.9 In your opinion what are the major short falls the centre?
- 5.10 Do you think domestic violence can be eliminated from the society through F.C.C.?  
If so, how?
- 5.11 How do you suggest to improve its functioning to be much better?

# INTEVIEW SCHEDULE FOR COUNSELLOR

1. What do you think violence occurs in marriage?  
Occurs in marriage  
Sometimes occurs in marriage  
May not occurs in marriage  
Others
2. In your opinion how can women manage this?
3. Why do women continue to live in violence relationship?  
Sake of Children  
Lack of economic support  
Marriage is a sacred bond  
No other place to return  
Other
4. What help can counselling cells give to women who under go domestic violence?
5. How important do you think is counselling in case of domestic violence?  
Very very important  
Important to some extent  
Not important
- 5.1 If very very important, explain why?
6. What do you understand as the role of counsellor?
7. How many cases counselling of battered women do you deal with on an average in a week, month, a year?  
Weekly  
Monthly  
Yearly
8. What percent of family counselling cases have physical violence on women's a problem?
9. Describe the typical procedure and practice for dealing with violence related counselling case at your cell?
10. Number of sessions per case.
11. When is counselling in a particular case considered successful and when is the csse closed?
12. Do you have the follow-up practices  
Yes  
No
- 12.1 If yes, please mention the ways of follow-up practices.
13. What happens in case that are difficult to resolve and how much time is given to resolve such cases?
14. When the cases dismissed as unworthy?



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