

EDITORIAL



"DOMESTIC VIOLENCE - THE ENEMY WITHIN"

Ultimately, behaviour is the responsibility of the individual alone, however provocative the situation may be.

There are no justifications for violent behaviour. It's an aberration, a crime and has to stop. Both should be held responsible in different measures –the one who abuses and the one who takes the abuse. **In a family relationship, it would be important for both the partners to learn better coping skills of problem solving, emotional regulation, communication, managing stress, conflict resolution, nurturing relations, self-defence and assertive behaviour.**

Violence could be used for domination, control and exercise of power fuelled by social patriarchal forces. **But, truly, violence is a sign of weakness of ego, insecure mind, impulsivity, lack of self-control and unhappiness.**

Ancient Indian thought believes it is the MIND that leads to happiness or unhappiness. There are two aspects to shaping the good personality for peace and happiness. One, is the development of potential talents, which will lead to creativity, and accomplishment in the external material world. This brings name, fame, wealth and status. The second is the development of character, through self-awareness, introspection, self-knowledge, which will lead to good moral and ethical values and just behaviour.

Materialistic success alone will not bring happiness unless we learn to control our inner self by understanding the hidden urges, drives, needs and emotional conflicts. **Evolution of a strong superior mind requires that the person transcends his narrow ego and connects to humanity through respect, empathy, compassion, kindness and forgiveness.**

The sweet home, the family structure will get fractured, if we do not stop this mental sickness of violence and grow up into better psycho-spiritual human beings.

Rita
Rita Aggarwal
Editor

ROTARY CLUB OF NAGPUR PRESIDENT RTN. NILUFER RANA



President 2022-23 of Rotary Club of Nagpur, Rtn. Nilufer Rana, is married into the illustrious family who are the founders of Dinshaw's Ice-Creams. Her husband Mehernosh Rana is the grandson of Dinshaw

Rana (Founder of Dinshaws). They are blessed with 3 children. Eldest daughter Zenia is perusing her MBA from Tirpude College and runs her gifts business. Second daughter Jinaisha is perusing Culinary Arts in Delhi and youngest son Taronish, 17 years is on a Rotary exchange program to France for a year.

I have known Nilufer as a committed Rotarian, an incredible sportsperson and a good parent. She has completed her Bachelors in Commerce and holds a diploma in Fashion. She loves adventure sports, cricket, hiking, badminton, and singing. Nilufer is organized and plans meticulously. Nilufer believes that mental Health is very important, as it affects our ability to be happy and cope with challenges. She talks about the Global Grant project, "Wellness in a Box: Peer Leadership and Prevention of Depression" with pride. It's a three-year program focusing on mental health of school children of 5 different schools of Nagpur. Last year, 10 Teachers from these five schools were trained, in a one-year Diploma in School Counselling in collaboration with Tirpude College of Social Work, Nagpur. So far 241 teachers, 432 parents and 572 students have been trained. It also includes free counselling services for the five schools.

Nilufer's Happiness Mantra is –doing what she loves makes her happy and deep gratitude for many blessing in life.

-Dr. Shantala Bhole, Director- Newsletter

DOMESTIC VIOLENCE



RED FLAGS IN A RELATIONSHIP

Red flags are warning signs that indicate an abusive relationship. They are not always recognizable at first — which is part of what makes them so dangerous. However, they tend to grow bigger and become more problematic over time. Some domestic violence is life threatening. Behavioral indicators of a potential abuser:

- Blows up at small incidents.
- Uses verbal threats.
- Shoves victim to the wall, beats table with fists.
- Makes threats of violence, breaking or striking objects of victim's possession.
- Cruel to animals.
- History of battering.
- Isolates partner from social contact.
- Moody and unpredictable.
- Is intentionally cruel and degrading.
- Shows little or no respect.
- Uses "playful" force during sex
- Acts out instead of talking.

The pattern for both men and women has been determined to be similar. However, studies find it is much less common for men to experience repeated severe domestic abuse than women.

-Khushi Agrawal
B.A. Psychology.

The abuser...

- ▶ puts his ideas first
- ▶ acts like he has the right to control his home
- ▶ blames if he is wrong
- ▶ never accepts when he is wrong
- ▶ doesn't listen
- ▶ tries to keep you busy from time to time
- ▶ gets angry when you're not interested

The survivor...

- ▶ apologizes for his behavior or becomes aggressive
- ▶ lives and feels with him, afraid
- ▶ is nervous about talking when he is alone
- ▶ can't plan his future & think you're the answer
- ▶ can't go to work for work is his worry
- ▶ will never drop or attach to you
- ▶ tries to cover up his face

Do you know someone who may be living with abuse? Learn how to help. Visit www.immigrationandrefugeeinfo.ca

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MIND MATTERS ISSUES



DOMESTIC VIOLENCE IMPACT ON MENTAL HEALTH

What happens to you when you get beaten up by your loved partner in the safe space of your home? Home-sweet home becomes hell on earth. We can imagine what happens to children, the family and the quality of life.

For a receptive, nurturing woman, who juggles multiple roles in her life and strives to find support and happiness, this sounds like a breakdown effected by her harsh reality. It is humiliating and infuriating to the person within, who suffers a deep sense of imposed mistrust and hopelessness. The paradox of the situation is that, consumed by their fear of aftermath, or feelings of shame and guilt, these women hardly step forward to report abuse at home or seek help for themselves. Facing violence in front of another is not any easier.

Non-verbal aggression, coercion, economic restriction, gas-lighting, sarcasm, invalidation, neglect, blame shifting, word twisting, and feigning ignorance, are all forms of covert abuse. Covert abuse is hard to identify and describe. Such abuser can systematically manipulate the thoughts and emotions. This has the most deleterious and chronic effects on the victim, slowly taking away their sense of identity under the pretence of love and care.

Irrespective of age, gender, economic background, religious beliefs or social status, an experience of violence affects each victim, every time. Innumerable studies have linked DV with poor physical health, increase in sexually transmitted infections, diminished healthcare utilisation, to increased emotional turmoil, low self-esteem, and suicidality. In the long run, it can worsen their occupational and social functioning, and even child-rearing abilities, in turn, diminishing their quality of life.

National Family Violence Survey in the USA clearly reported high incidence of depression in victims of DV. Surprisingly, self-blame was found to be a major contributor to experiencing depressive symptoms in these victims. All forms of anxiety disorders, specifically PTSD (post-traumatic stress disorder) have been found to have higher incidence with DV in adults.

Researchers have identified childhood delinquent behaviour, family history of domestic abuse, impulsive personality, and association with maladaptive peer group as risk factors for Intimate Partner Violence (IPV) perpetrators. On the other hand, certain factors are found to be protective against (IPV), such as having a strong social support and network of stable relations, co-ordination of community resources and services, access to safe houses and medical and or financial help.

**-Dr Bhakti Murkey Sisodia,
Asst. Prof. in Psychiatry,
Pacific Medical College & Hospital, Udaipur.**



(Impact of Domestic Violence On Women's Mental Health- Nov. 2021. Indian Journal of Law and Social Sciences, Vol.1, Issue 1)

DOMESTIC VIOLENCE AND CHILD BEHAVIOUR IN SCHOOLS

(Study done by **Dr. Sushma Pandey**, Department of Psychology, D.D.U. Gorakhpur University, Gorakhpur. Published in the 'Indian Social and Psychological Studies', Vol. 03, No.02, Sept. 2010).

The study evinced that exposure to domestic violence caused detrimental impact on behavioral functioning of children. Since behaviors in children are determined by numerous personal, social and contextual factors and abusive families provide poor model to imitate positive behaviors. (Moore, et al, 1989, Pandey, 2007, 2008, Randolph&Talamo, 1997; Wolfe, 1999). Studies also reveal that children showed difficulty in attention of school work because such children feel sad, anxious and avoid participating in school activities. They apply aggressive strategies in interpersonal problem solving which make them unpopular and rejected. According to American Psychiatric Association report (2000) such children showed several behavioral problems like difficulty in falling asleep, irritability, agitation, difficulty in concentrating, hyper-vigilance, exaggerated startle responses and disorganized behaviors.



Investigators have identified direct links between exposure to violence, child maltreatment and negative social behaviors in children (Jaffe et al., 1990; Levendosky et al., 2002; Pandey, 2008). Researchers witnessed preschoolers were found more violent and aggressive (Graham - Berman & Levendosky, 1998). Adolescents witnessing this situation showed lack of ability to focus on future plans and avoidance coping style. They become truant at school due to anxiety and wanting to stay at home to protect the abused parent. The long term consequence of exposure predicts less positive adult's social adjustment (Henning et al., 1996) and depression in adults (Straus, 1992). Economic and social status of family, residential background, household structure, neighborhood, and poverty were found strong predictors of disorganized behavior in children (Coulton et al., 1980). Children perceived the violence as acceptable way of resolving family conflicts and also acquire how to perform abusive act. It tends to perpetuate itself from one generation to another (Straus et al., 1980). This cycle refers to the tendency for domestic violence (Kaufman & Zigler, 1987, Straus, 1980).

Educators and Counselors can collaborate to maintain a supportive school environment for students and school personnel. Feelings of safety, stability, and predictability are necessary for student's academic success (Baker, Jaffe, Ashourne, & Carter, 2002). Thus, High risk students who increase school involvement are more likely to experience positive emotions of inclusion (McGaba-Garnett & Burley, 2009), ultimately leading to academic progress and healthy behaviors.

**-Madhura Bhagat,
School Counsellor, Nagpur.**

CAUSES OF DOMESTIC VIOLENCE



There is no single reason that leads to domestic violence. It is a combination of various sociological/behavioral, historical, religious, and cultural factors that lead to perpetration of domestic violence against women.

Sociological/Behavioral Factors: factors like anger issues, aggressive attitude, poverty, economic hardship, difference in status, controlling-dominating nature, drug addiction, upbringing and psychological instability, among others. Neglect of conjugal responsibilities due to extra-marital affairs or lack of trust also contributes to domestic violence.

Historical Factors: can be traced back to the inherent evil of patriarchy and superiority complex that has prevailed for centuries among men.

Religious Factors: A subtle form of domination on women, if not direct and glaring, reflects in the religious sanctifications.

Cultural Factors: include the desire for a male child. This obsession resulting from the lack of awareness and inherent male superiority leads to perpetration of DV.

Dowry: Dowry is a form of socio-cultural factor. But, it becomes important to separately mention it because of the rampant domestic violence cases resulting from illegal demand of dowry.

Psychological factors: Researchers have identified childhood delinquent behaviour, family history of domestic abuse, impulsive personality, and association with maladaptive peer group as risk factors.

This is not an exhaustive list and the motivations and triggers may vary.



THE SCOURGE OF DOMESTIC VIOLENCE : AN OVERVIEW

Contrary to public opinion, it would be crucial to note that woman battering is likely to occur 5 times more often at home, than in public.

"Every 11 minutes a woman or a girl is killed by intimate partner or family member" says UN chief Antonio Guterres, ahead of the International Day for the "Elimination of Violence against Women". He further adds "violence against women is the most pervasive human rights violation in the world. We know stresses from COVID-19 pandemic to economic turmoil inevitably lead to more physical and verbal abuse." (PTI, November 22).

ETYMOLOGY AND HISTORY

Earlier, terms such as *wife abuse, wife beating, wife battering, battered woman* were used to indicate domestic violence (DV) and this was not considered a crime.

In 1973, Jack Ashley (MP) used the term Domestic Violence in modern context i.e., violence at home, during his speech at the UK parliament (He also mentioned the pioneering work of Erin Pizzey, who founded the first DV shelter).

In the early 1800s, wife-beating was considered to be husband's right (Encyclopaedia Britannica) in many countries. It was (and still is) believed that women provoke and enjoy this.

According to folk etymology, English Common Law permitted wife beating if the rod or stick was not thicker than a man's thumb (*Rule of Thumb*). The **1824 Mississippi court ruling** cited this rule and gave the rights to a man to enforce 'domestic discipline' by striking his wife.

After the *American Revolution* (1st wave and 2nd waves of feminism), women started getting legal recourse and asking for divorce in case of assault and cruelty. However, they had to prove to the court that their lives were at risk.

The first-wave feminist movement in 19th century led to changes in opinion as well as legislation about DV in few countries. **Tennessee was the first US state to outlaw wife beating.**

Because of the *UK Matrimonial Causes Act 1973*, the women started seeking help against abusive husbands.

Gradually, other countries also started protecting the 'victims' of DV.

Strategies for confronting Domestic Violence - an UN publication from 1993, urged countries that DV should be treated as criminal act.

In India too, beating or abuse of women was not considered wrong in the multicultural communities. In the recent few decades, women's rights activists sought to acknowledge the act of DV as a punishable crime in India and the *contemporary social, legal (Section 498A IPC) norms were introduced in 1983 to prevent VAW (violence against women). Later, the Protection of Women from Domestic*

Violence Act (which is in compliance with international obligations under *CEDAW*- Convention against Elimination of all forms of Discrimination against Women specifies DV as physical, sexual, verbal, emotional, economic abuse against a woman by a partner or family member) **was passed in 2005** and people started giving attention to more specific forms such as crime of passion, honour killing, forced marriage and dowry deaths.

DEFINITIONS

In 1993, UN Declaration on the Elimination of Violence Against Women defined **Domestic Violence** as "Physical, sexual and psychological violence occurring in the family, including battering, sexual abuse of female children in the household, dowry-related violence, marital rape, female genital mutilation and other traditional practices harmful to women, non-spousal violence and violence related to exploitation".

The count of female victims of DV is higher, but it is not a gender issue and can be inflicted upon anyone, whether on the streets or behind closed doors.

The recent version of domestic violence (DV) as per literature search is "coercive/ assaultive behavioural pattern, of physical/ sexual/ verbal/ psychological/ economic attacks used against an intimate partner, whether married/ unmarried, heterosexual/ gay/ lesbian, or living together/ separated." This definition resonates more with western world concepts and is called intimate partner violence (IPV).

Intimate partner violence refers to behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviours (WHO).

Violence against women refers to any act of gender-based violence that results in, or is likely to result in, physical, sexual, or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life. (UN).

Coercion is the committing, or threatening to commit, any act forbidden by the Indian Penal Code (45 of 1860) or the unlawful detaining, or threatening to detain, any property, to the prejudice of any person whatever, with the intention of causing any person to enter into an agreement.

WHO has proposed its definition, as "intentional use of actual or threatened physical force/ power over oneself or another person/ group/ community, which results/ can result in injury/ death/ psychological harm/ deprivation."

Covert abuse: Abusers systematically manipulates the thoughts and emotions of the victim and make them doubt their selves. Non-verbal aggression, coercion, economic restriction, and/ or exploitation, as well as subtle mind games of gas-lighting, sarcasm, invalidation, neglect, blame shifting, word twisting, and feigning ignorance, are all forms of covert abuse.

-Dr. Aabha Pimprikar,
Co-Editor, President DAGMHI.



DOMESTIC VIOLENCE F-ACTUAL

One in Three Women Experience Violence at Hands of a Partner

Lifetime prevalence of intimate partner violence among women aged 15-49, by region



"Violence against women is endemic in every country and culture, causing harm to millions of women and their families, and has been exacerbated by the COVID-19 pandemic."- Dr Tedros Adhanom Ghebreyesus, WHO Director-General.

According to WHO factsheet published on 9th March 2021:

(Based on data from 2000 to 2018)

- ◆ About **1 in 3** (30%, around 736 million) women have experienced **domestic violence** (physical and/or sexual intimate partner violence or non-partner sexual violence) globally.
- ◆ Around **one third (27%)** of women (aged 15-49 years) face **intimate partner violence**.
- ◆ **38% of all murders** of women are committed by **intimate partners**.
- ◆ **1 in 4 women** are young (aged 15-24 years) when they experience domestic violence.
- ◆ **Only 6% of women report the sexual assault.**

According to National Family Health Survey-5 (NFHS-5) (2019-2021) compendium fact sheet:

- ◆ **29% of women** (age 18-49) have experienced **physical violence since the age 15**.
- ◆ 6% of women have experienced sexual violence in their lifetime.
- ◆ **14% of women** have experienced **emotional violence**.
- ◆ **3% of women** have experienced physical violence during pregnancy.
- ◆ **One-fourth of women** who experienced domestic violence had **physical injuries**: eye injuries, sprains, dislocations, or burns - 7%; deep wounds, broken bones, broken teeth, or any other serious injury - 6%.
- ◆ **77% women never sought any help** from anyone about the violence inflicted on them.
- ◆ There is only a **slight difference between domestic violence in rural and urban areas**. In rural areas it is at 31.6% and urban areas which is slightly less at 24.2%.
- ◆ Domestic violence is highest in Karnataka 44% Bihar 40% Manipur 39% Telangana 36% Tamil Nadu 38% and is least in Lakshadweep 1.3% Goa 8.3% Himachal Pradesh 8.3%
- ◆ Trends in spousal physical or sexual violence: Ever-married women's ever experience of spousal physical or sexual violence has declined from 31 percent in NFHS-4 to 29 percent in NFHS-5.

Compiled by Dr. Aabha Pimprikar,
Dentist, Entrepreneur and Life skills trainer.



DOMESTIC VIOLENCE AWAKE CLINIC FOR WOMEN AT NIMHANS

According to the latest National Family Health Survey around 30% of married women face domestic violence and there is a proportion of women who have faced physical violence during pregnancy. Despite it being a common problem, often women are not asked about domestic violence. **Health services do not have a policy of universal screening for domestic violence. There are initiatives taken up by the Government of India to address this issue in terms of providing helpline, creating awareness and bringing in stricter laws.**

The National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru, a premier Institute for mental health and neurosciences has initiated several services in addressing the issues about domestic violence. **Prof. Prabha S Chandra, NIMHANS who is also the current President of International Association for Women's Mental Health (IAWMH) with Prof. Donna Stewart has created a competency based curriculum for psychiatrists on mental health issues in IPV and Sexual Violence. This slide set, videos and case discussions are available on the World Psychiatric Association educational portal.**(www.wpanet.org)

Her team has also initiated a certificate course to train One Stop Centre Counsellors of the Women and Child Development Department, Government of India through the Stree Manoraksha Project.(<http://nimhansstreemanoraksha.in/project-streemanoraksha>) which has trained 3500 counsellors to date.

A service specifically addressing the needs of women facing domestic violence was set up at NIMHANS named **Awake Clinic. It is the first clinic of its kind established in the mental health setting** in the country to provide comprehensive psychosocial counselling for the victims and survivors of domestic violence or intimate partner violence. Women who are facing domestic violence often present with different mental health problems namely somatization, depression, anxiety, post-traumatic stress disorders, etc.

Further, for women with pre-existing mental illness, a major precipitating factor that aggravates their illness has been marital/familial violence. These could include dowry related, partner perpetrated, and in laws related violence.

Dr Vranda MN, Additional Professor from Department of Psychiatric Social Work, NIMHANS, initiated a setting that could cater specifically to the mental health needs of such women and resulted in the inception of the Awake specialised Clinic for Women with Intimate Partner Violence within the premises of the NIMHANS Centre for Well Being (NCWB) at BTM layout in Bengaluru.

The clinic offers services to women facing Domestic violence along with women who are experiencing cyber violence, sexual harassment at workplace and stalking. The clinic also receives telephone calls from women in distress from various parts of the State for counselling and seeking information about the services of the clinic.

The team has been involved in capacity building of staff of one stop centres, BHAROSA - A Support Centre for Women and Children at Hyderabad, counsellors of women help line and NGOs personnel working with women and children. **The service of Awake Clinic has been recognized as the best practices in the prevention of Gender Based Violence by UNDP research survey conducted by Swasti NGO.** These initiatives should spread across the country and cater to the needs of women facing domestic violence.

**-Dr. Geetha Desai,
Prof. of Psychiatry,
Department of Psychiatry,
NIMHANS, Bengaluru.**



BOOKS ON DOMESTIC VIOLENCE

- ◆ "Behind Closed Doors: Domestic Violence in India" Rinki Bhattacharya, 2004
- ◆ "Women and Domestic Violence Law in India"-Shalu Nigam, 2021.
- ◆ "No visible bruises: What we don't know about Domestic Violence"- Rachel Louise Snyder, 2019
- ◆ "See what you made me do: power, control and domestic violence"- Jess Hill, 2019
- ◆ "The Fear of the blow: a young woman's gut wrenching true story of child abuse, domestic violence, alcoholism and redemption" -Jena Parks, 2017
- ◆ "Psycho-social aspects of Domestic Violence" -Sushma Pandey, 2008
- ◆ "Invincible: 10 lies you learn growing up with domestic violence, and the truths to set you free"-Brian F. Martin, 2014
- ◆ "Goodbye sweet girl: A story of domestic violence and survival"- Kelly Sundberg, 2018
- ◆ "Why don't you just leave him?: A true story of living through domestic violence"-Stacey Jameson, 2019
- ◆ "Psychological consequences of Child Abuse"-Sushma Pandey, 2007

HELPLINES AND RESOURCES:

1. National Commission for Women (NCW) Helpline: The NCW operates a 24/7 helpline that provides assistance to women facing domestic violence and other forms of abuse. **The helpline can be reached at +91-11-26942369; 26944740; 26944754; 26944809**

2. National Human Rights Commission (NHRC) Helpline: operates a 24/7 helpline that provides assistance to individuals facing human rights violations, including domestic violence. **The toll free helpline 14433, or at the following numbers +91-11-2461330; 24663333**

3. One Stop Crisis Centers (OSCC): There are several OSCCs located throughout India that provide a range of services to women experiencing domestic violence, including legal aid, counseling, and medical support. **To find the nearest OSCC, you can visit the Ministry of Women and Child Development's website (<https://www.wcd.nic.in/>) or call the NCW helpline.**

4. National Domestic Violence Hotline: operated by the Ministry of Women and Child Development. **The hotline no. is 8793088814**

5. Police: If you are in immediate danger, you can call the police for help. In India, you can reach the police by dialing 100.

**-Dr. Geetanjali Jha,
Co-Editor, Counsellor, Homeopath.**

TIPS TO HANDLE THE ABUSIVE SITUATION

- ◆ Try to stay calm and resist the urge to react at the critical statements. Maintain a neutral face and body posture.
- ◆ Keep a safe physical distance. Identify safe areas of the house for shelter.
- ◆ Reaching out to a therapist or trusted family and friends.
- ◆ Try to document events for future reference and evidence.
- ◆ Educate yourself on abuse and creating an exit plan (Make a list of important phone numbers to keep and share with your children, research where you can go in an emergency, open an individual bank account.)
- ◆ In stressful times, talk to people who support you. Share your situation with others so that you can gain perspective, create plans, and feel comforted and emotionally supported.
- ◆ Gather information on the nearest police station, helplines and centres for help. Be prepared.

-Khushi Agrawal, Nagpur.