

**Domestic Violence against Women
(A Case Study of Nepalgunj Sub-Metropolitan -12)**

Jentil Gautam¹

¹Faculty Member, Department of Sociology, Tribhuvan University, Mahendra Multiple Campus, Nepalgunj

¹Corresponding Author: jentilgautam123@gmail.com

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Abstract

In Nepal, a tiny federal, inclusive secular state with a wide range of cultural traditions, women are treated as second-class citizens and are routinely denied their basic human right to be free from abuse. The benefits and authority bestowed by the complex social structures, which are dominated by men, impose values, practices, morals, habits, and beliefs that compel women to endure men's aggression. Domestic violence is any violence committed by a large group against women who are involved in personal relationships. In Nepalese society, violence against women is still a very severe and taboo issue. The primary goals of the study was to sketch out the socio-demographic profile of Nepalgunj Ward 12 and to pinpoint the root causes of domestic violence against women as well as to gather suggestions for its prevention and eradication. The households were chosen using a planned sample technique. Descriptive statistics were employed in the analysis of the results, including frequency, percentage, and graph. Physical and psychological abuse accounts for 7.5% and 92.5%, respectively, of all domestic violence cases. Traditional violence as it has historically been connected was not reported by the respondents. Violence exists nowhere in the research location, hence there is no dowry-related violence there. The majority of the abuses, or 47.5%, include aggressive acts committed while intoxicated. The majority of abusers engage in violent behavior on weekends. A small percentage of the women beat their partners when they were expecting, and a few of them required medical attention as a result. The study found that the most effective methods for reducing domestic violence are counseling, income production initiatives, adult literacy and awareness training, and the prohibition of alcohol, gambling, and marijuana.

Keywords: domestic violence, patriarchy, gender discrimination, sexual violence

Introduction

Gender-based violence, commonly known as violence against women, refers to all violent acts that are performed predominantly or solely against women. Violence against women is one of the key societal mechanisms by which women are compelled into a subservient position in comparison to males. It is a representation of historically unequal power relations between men and women. The issue of violence against women and girls has epidemic proportions. In the world, at least one in three women has experienced physical or sexual abuse at some point in their lives, and the perpetrator is almost always someone she knows.

The health status of women is not satisfactory. Due to cultural and traditional influence women take low nutrient diet. Nutritious and delicious food is served to male family members. So, women are vulnerable to communicable or infectious diseases. Women have to face the risk of pregnancy and giving birth to babies. Most of women live in village and they have to attend traditional birth attendants. In the urban areas also they have to attend traditional birth attendants (Sudenis) because of various reasons, e.g.: illiteracy, poverty etc.

Domestic violence is a universal problem. It is prevalence in all races, nationalities, social classes, castes, religious groups, sexes and ages. Nepal is a male dominated society. Man is the head of the family and decision maker of the house. It is customary in most ethnic groups in Nepal to behave and act like that. Above fifty percent of the total population of Nepal is women who get subordinate position to men. According to census 2021 (CBS) there are 95.91 males out of 100 females in Nepal.

There is discrimination against girls in child rearing nutritious foods are given to boy sons are privileged in feeding and schooling girl must help in household works which is not expected from boys. Girls are taught to be submissive, soft spoken, patient and tolerant where as boys are taught to be aggressive, bold and dominant. Women always are to be under protection of men, e.g. father, husband and sons or brother. There is a high value of virginity and purity in our country. Because of culture, religious beliefs, tradition and miss guided social norms women have always had limited access to knowledge and skill in comparison with men.

Women have to face the risk of pregnancy, child birth and postnatal problems. Majority of people live in village and therefore most-women have to be under the care and treatment of Sudenis (traditional birth attendants) during pregnancy child birth and postnatal period. Thus, there is high maternal mortality rate, i.e. 281/100000 live births.(CBS, 2012) and women vulnerable to communicable diseases which is due to low calorie and notorious intake.

The majority of women's jobs are laborious domestic and agricultural tasks. Only 8.9% of women work in non-agricultural jobs, compared to 90.5% who work in agriculture and forestry. Since these women don't make any money from their jobs, their labor is viewed as economically ineffective, which is unfair. Most women are financially reliant on their spouses. One of the main reasons for domestic violence is also due to this.

Therefore, the primary causes of domestic violence are poverty, illiteracy, a lack of work possibilities, a lack of family planning practices, a lack of women's education, awareness, and freedom. Men often use alcohol, drugs, and gambling as a form of self-medication, which exacerbates the issue of domestic violence. Slum communities frequently experience these issues.

However, the purpose of this paper is to investigate the various forms of domestic violence, its root causes, and the consequences of domestic violence against women.

Review of Literature and Research Gap

Violence is defined as being directed at anyone and includes things like torture, suffering, and victimization. It also includes human behavior and can take the form of physical or

psychological abuse reinforced by factors like gender discrimination, blind faith, and social prejudice.

According to Hay Ward (2000), every act or statement made in private or public life that causes pain, suffering, or otherwise affects girls and women reflects systematic discrimination, including harmful cultural practices and the denial of human rights due to gender. Domestic violence refers to physical and psychological abuse committed by members of one's own family. There are many examples of masculine dominance in our society. Therefore, males commit similar acts of aggression against women. However, these types of domestic abuse are against both women's right and human rights.

In her lifetime, at least one out of every three women has experienced physical violence, sexual coercion, or other forms of abasement. Women are physically and sexually punished even for minor offenses. In Nepal, beating the wife is one of the main problems with domestic violence. Women are treated like second-class citizens because of the male-dominated culture. In order to abuse his wife, even in small matters. In rural areas and in civilizations with low levels of education, it is highly common for women to be abused when they are pregnant. A large number of mothers are forced to give birth to deep children as a result of such hardship. Some of their miscarriages were caused by beatings, blows, and wounds.

Adhikary (2020) offers his research on patriarchal exploitation in Nigeria, which shows that it is still occurring in the country's postcolonial period. It also demonstrates the dual oppression of women caused by patriarchy and colonialism. Conflicts arise in society as a result of these competing forces and influences.

Patriarchy, the social system that is built, reinforced, and maintained by social political institutions established by males and which so ensures that men, by virtue of their gender, have authority and control over women and children, is what underlies their power relations. Some of their miscarriages were caused by beatings, blows, and wounds. Violence against women and girls is becoming more widely acknowledged as a serious obstacle to the advancement of women and the development of society in Nepal, where traditional patriarchy still prevails (SAATHI, 1997).

The environment being safe for women both inside and outside of the house is a fundamental human right. Domestic abuse of women and girls is now acknowledged in Nepalese society's traditional patriarchal pattern as a significant barrier to women's advancement and societal development (Ahuja, 1998). Torture is the primary, physical, psychological, sexual, and economic form of violence against women and girls that is on the rise worldwide (UNICEF, 2001).

Respondent additionally had complicated social disadvantage as a result of the violent episode. The majority of them (58%) believed that their family member was to fault for the incident and sought to prevent it. They also reported instances of domestic violence to us for enforcement, which was determined to be legal as one might assume. Only 22% had ever made an effort to report the castes. The remainder continued to live their regular family life as they had done before the incident (SAATHI, 2001).

Any act of gender-based violence that causes or is likely to cause physical, sexual, or psychological harm or suffering to women is referred to as "violence against women." This includes threats of such acts as coercion or arbitrary deprivation of liberty, whether they take place in public or in private life (UNB Declaration, 1993).

Violence Types

Physical and psychological abuse of women and girls are both forms of violence. Women are victims of numerous forms of violence, including sexual and economic assault. The WHO identified four categories of violence in 1998. These are what they are: -

Physical Violence

Physical assaults with the use of weapons may consist of a single, manual act, several separate acts, or a combination of each (SAATHI, 1997). When someone causes bodily harm to a different person is called physical violence (Women's Health Exchange, 1998). Physical violence is the willful use of physical force that has the potential to result in death, injury, or other negative outcomes. Scratching, pushing, thrusting, tossing, grabbing, biting, choking, startling, poking, pulling hair, using restraints or one's own body size or power against another person, and brandishing a weapon are all examples of physical violence (UNFPA, 2003).

Sexual Violence

Sexual violence occurs when someone compels another individual to engage in sexual activity against their consent (Women Health Exchange, 1998).

Psychological or Emotional Violence

Threats, intimidation, or verbal abuse are all components of this sort of violence. The threat may be made orally or through gestures, or it may involve a knife, a gun, or another dangerous object. Additionally, it can involve ordering the victim out of her home, removing her children, forcing her to have an abortion, humiliating her in public, being silent for an extended period of time after an altercation, siding with you, and then abruptly abandoning you (Deuba, 1997). Emotional abuse occurs when someone threatens to insult, degrade, isolate, or neglect another person (Women's Health Exchange, 1998). Any action or inaction that harms a person's growth, self-esteem, or identity is referred to as psychological abuse. It may include, but is not limited to, humiliation, repetitive ranting or degrading threats against the person or someone they care about, instilling fear by frightening words or actions, dominating behavior, and the destruction of property (UNFPA, 2003).

Financial Exploitation

Economic abuse typically involves the denial or withdrawal of financial assistance, the restriction of a wife's ability to manage her own finances, total control over the couple's financial resources, and the use of household funds for intoxicating activities like gambling or drug usage (Deuba, 1997).

Traditional Violence

It contains untouchability, Jariboned labor polygamy, Deuki and Badi custom, as well as violence associated to dowries (Saathi, 1997). The aforementioned researchers have addressed the various issues regarding female exploitation, but the issue of domestic violence of Nepalgunj Sub-metropolitan-12 hasn't been touched by any researcher. To fulfill the research gap, this researcher has raised the issue of domestic violence in this research.

Methodology

Descriptive and exploratory research designs have been adopted for the study in accordance with the paper's goals. Because it is based on a thorough research of domestic violence instances in the Nepalgunj ward no. 12 area, it is descriptive. It is exploratory in that the study focuses on determining whether or not the process has revealed the women's true condition.

A household survey and interview have both been done. The research interview was designed with a standardized questionnaire. The researcher interviewed with questionnaire of 34 questions, both open-ended and closed-ended. Questions with a closed-ended answer provided the quantitative data. The open-ended question number 21 gave detailed information regarding the study's goals.

This is because people rarely have spare time, and if the interview lasts too long, it will be difficult for both the interviewing team and the respondent to focus. The "Participant observation" method was prioritized at the time of data collection. The researcher took part in close observation of the events taking place at the study location. The observation technique has been used to observe domestic violence-related cases, the awareness-building process for solutions, and people's perspectives on it. The researcher visited every one of the chosen homes, house by house, to conduct a thorough investigation of the actual domestic abuse that women experience. The researcher investigated numerous cases, the types of situations, case files, carried untold stories, etc. while doing the observation.

For data management, the acquired data were edited, coded, categorised, and tabulated. For data analysis, appropriate statistical tools like percentage, ratio, etc., have been used to portray the quantitative data in tabular format. Pie-charts and bar diagrams have been used to make the figures more appealing. Based on their numerical properties, the quantitative data have been evaluated and examined in a descriptive manner.

Results and Discussion**Socio-Demographic Structure of the Study****Population Characteristics**

The composition of population that there are larger dependent population (Age group below 20 yrs is 24.29, and above 70 years is 8.35% thus, the economically dependent population are 32.64 percent whereas economically active population (Age group above 20 years to 70 years) there are 67.29%). The male and female are 68.50 percent and 64.14 percent respectively.

Table 1*Population Structure of the Sampled H.Hs*

Age groups	Population				Total	
	Male		Female		Number	Percent
	Number	Percent	Number	Percent	Number	Percent
Birth to 10 yrs	12	6.09	15	7.57	27	6.83
11-20 years	35	17.76	34	17.17	69	17.46
21-30 years	34	17.25	25	12.62	59	14.93
31-40 years	23	11.67	26	13.13	49	12.40
41-50 years	30	15.22	33	16.66	63	15.94
51-60 years	25	12.69	22	11.11	47	11.89
61-70 years	23	11.67	25	12.62	48	12.15
71-80 years	15	7.61	18	9.09	33	8.35
Total	197	100%	198	100%	395	100%

Source: Field Survey, 2022.

Table 1 show of the economically active population and economically dependent population. The age group of economically active group is (above 20-70) i.e. 67.29% years. Among the dependent population (below 20 years above 70 years) i.e. 32.62% low percentage of population above 70 years age devotes short life expectancy in Nepal.

Caste and Ethnic Structure

In terms of caste and ethnic composition, it is discovered that the research area is varied. There are Brahmin, Dalits, Chhetri, Newar, Magar, Gurung, Tharu, and Madeshi. Table No. 2 provides an illustration of the caste and ethnic makeup of the study area.

Table 2*Caste / Ethnic Composition of Study Area*

Caste/Ethnic Groups	Frequency	Percentage
Newar	4	10
Gurung	3	7.5
Magar	2	5
Tharu	6	15
Madeshi	8	20
Dalits	5	12.5
Chhetri	5	12.5
Brahmin	7	17.5

Source: Field Survey, 2022.

The table shows more Madeshis followed by Brahmin 20% and 17.5% respondent's caste ethnic group of the study area there are more expressed caste 35%. The oppressed caste group mostly doesn't have enough land to support their family so they migrate from one place to another.

Types of Families

According to table 4, the majority of the study area's squatter settlements are nuclear families (42.5%), with joint families making up the remaining 57.5%. Families might be nuclear or joint and everyone lives with them. For the purposes of this study, a joint family is defined as a couple's spouse, their children, mother- and father-in-laws, brothers and sisters-in-law. Only the husband-wife and their children make up a nuclear family. Table 4 makes it evident that the majority of respondents are from nuclear families. It might be related to young couples moving to the area in search of employment.

Table 3

Types of Families among the Study Area

S.N.	Number of Houses	Percentage
Nuclear Family	17	42.5
Joint Family	23	57.5
Total Family	40	100 (99.9)

Source: Field Survey, 2021

Table 3 presents that majority of respondents are from nuclear families and minority of the respondents live in joint families i.e. 42.5% and 57.5% respectively.

Educational Status of the Respondent

In the study area only few people have educational attainment upto S.L.C. level. There is nobody with higher than S.L.C level of education. Illiterate 50% that shows better literacy among the slum dwellers than national average, the national average illiteracy rate is 50% percent. There is a school in the slum area (the study area) thus, almost all the school age children go to the school. But children are not seems to go for higher studies beyond class ten. It may be due to family tension, economic problem and the environmental factors.

Table 4*Educational Composition of the Respondents*

Level of Education	Wife		Husband		Children				Total	
	Freq.	Per	Freq.	Per	Girls		Boys		Freq.	Per
					Freq.	Per	Freq.	Per		
Grade 1-5	19	100%	35	66.00	24	53	75.49	53	77	
Grade 6-10	-		18	33.96	7	6	12.14	7	13	
SLC +	-				2	10	11.76	10	12	
Total	150	100.0	150	100.0	194	100.0	204	100.0	698	100.0

Source: Field Survey, 2021.

Domestic Violence against Women*Dispute in the Family*

There are different types of dispute from husband and other family members of the house but this study based on physical and psychological dispute only. According to field survey of squatter settlement, majority of the respondents dispute with any family members than husband, which shown in table 5.

Condition of Abuses during Violence Act

Most of the abuses respondent's husbands were under the influence of alcohol, i.e. 47.5 percent after cost in gambling i.e. 52.5 percent alcohol makes the person excited leading violent act and the loss in gambling makes person irritate due to loss of money so it leads to violent act in their family.

Table 5*Cause of Violent Behavior*

Cause of violent	Frequency	Percentage
After taking alcohol	19	47.5
After gambling	21	52.5
Total	40	100

Source: Field Survey, 2021.

Above table 5 shows that majority of the abuse was under the influence of alcohol, i.e. 47.5 percent and violent after losing from gambling i.e. 52.7 percent. According to the key

informants, local mother's group doctors and lady police most of this abusers were found under the influence of alcohol during violent act.

Types of Violence

Mostly there is psychological violence than physical violence. Traditional violence like dowry related violence was not reported in the study area.

Table 6

Types of Violence in terms of Abusers

Types of violence	Frequency	Percentage
Physical violence (Beating)	3	7.5
Psychological violence (Verbal assault)	37	92.5
Total	32	100

Source: Field Survey, 2022

Frequencies of Violent Act Shown by the Abusers

Most of the people work as a daily wages basis in the study area. Respondent's husbands (abuser) get drunk daily but they get drunk during weekend. Thus most of the abuses get violent and show violent acts in weekends; because some drivers service holders and some of the coolies also Lake Day off is weekends.

Table 7

Violent at Respondents Husbands

Frequency of violent	Frequency	Percentage
Daily Violence	18	45
Weekly Violence	11	27.5
Monthly Violence	11	27.5
Total	40	100

Source: Field Survey, 2022

Table 7 presents that most of husbands shows violent act weekly i.e. 45 percent daily i.e. 27.5 percent and monthly 27.5 percent.

Importance of Reporting Psychological Violence

Most of the respondents stated that reporting about psychologist violence is very important and only few respondents stated that. It is not important to report psychological violence."

Table 8*Respondents Reporting Physical Violence*

Respondents reporting of Psychological violence	Frequency	Percentage
Very important	20	50
Important	11	27.5
Non important	9	22.5
Total	40	100

Source: Field Survey, 2022

Above Table 8 shows majority of respondents stated very important to report psychological violence are 50 percent and respondents stating not important is 22.5%. Only few key informants had seen the cause of psychological violence. E.g. local mothers and lawyers.

Different Types of Helps Needed for Victims of Domestic Violence

Most of the respondents expressed to help counseling is needed to help victims of domestic violence and the minority of the respondents expressed need of medical facilities for protection and help to the victims of domestic violence.

Table 9*Different Types of Protection and Help Needed for Victims of Domestic Violence*

Different protection and help needed for the victims of D.V.	Frequency	Percentage
Counseling	20	50
Family mediation	20	50
Total	40	100

Source: Field Survey, 2022

Table 9 presents majority of the respondents expressed opinion on "Counseling" to help the victims of domestic violence i.e. 50 percent followed by i.e. 50 percent.

Finding of the Key Informants Interview

Medical personnel who walk in emergency unit of Bheri hospital Nepalgunj, NGOs, lady police personnel who work in children and women cell under district police, lawyers, and local mother's group were identified as key informants as they are most likely to come into frequent contact with victims of domestic violence. Different interview schedules were used for different

categories of key informants. The information provided by the key informants are according to their perception. Understanding knowledge, observations and experiences on domestic violence against women focusing the study areas

Medical Personnel

Two physicians; one gynecologist/abstraction, one psychiatrist was interviewed to get relevant information. Every day doctors see 3-5 cases that they think cases of domestic violence. Among them some cases from squatter settlements of Nepalgunj. Most of the medical personnel reported encountering small injures to poison cases. 75 percent of the doctors reported that victims of domestic will tell the truth type of domestic violence most of the respondents reported that mostly will tell the truth.

Most of the respondents reported that mostly they had seen the cases of physical violence secondary psychological violence (verbal assault). Fortunately here in Nepalgunj rarely seen the cases of traditional violence i.e. Dowry related violence.

Causes of Domestic Violence against Women

According to the medical personnel information the causes of domestic violence are alcohol abuse, poverty, illiteracy and marital problems are the main causes of domestic violence. 75 percent of medical personnel expressed need of special training to dial with the cases of domestic violence. 50 percent of the medical personnel expressed that they had experienced political pressure while handing the cases of domestic violence.

Lawyers

25 percent of the lawyers seen the cases of domestic violence from the squatter settlement of Nepalgunj. Because they are mostly illiterate and they do not have economic access to see the lawyers. 100 percent of the respondents stated that they give free legal service to the poor clients. 75 percent of the respondents have seen the cases of physical violence and psychological violence only 25 percent of the respondents have seen the cases of traditional violence.

Women Police Personnel who worked in Child as Women Cell under District Police

They had seen few cases of domestic violence from slum areas of Nepalgunj. The respondents will remove the abuse from the place of incidence and take the abuser to the police station for further inquiry. First the respondents mediate the case out of court by counseling they take help of local mother's group too. Police personnel have seen cases of physical violence. Causes of domestic violence according to the respondents the causes of domestic violence are alcohol abuse and polygamy. The respondents know about CWIN (Child Worker in Nepal Concern). The respondents expressed they had training on "Investigation of crime against women and children." The respondents expressed need of special training to deal with the cases of domestic violent.

Local Mother's Group

There is prevalence of domestic violence in their area. The main causes of domestic violence according to the respondents are alcohol abuse ganja abuse, gambling, marital problems and economic problems. Kind of help needed for victims of domestic violence. Most of the respondents stated that counseling and family mediating will help to solve and help the victim of domestic violence. According to the respondents the solution for prevention and elimination of domestic violence are stop or control alcohol and stop gambling.

Conclusion

The issue of violence against women is a global one. Domestic abuse of women has a very long history in Nepal. Only domestic violence in squatter settlements is the subject of this study. Despite how widespread domestic violence is, I have focused my attention on one squatter community in Nepalgunj. These studies were carefully chosen, and respondents were available. For this study, the researcher selected 40 respondents. 42.99% of the population is under the age of 14, which is more than any other age group. 2.6% of the population, or those older over 59, make up the majority. A majority of the women in the economically successful population—54.35 percent—are housewives. There are 52.8 percent more men than women, or 47.2 percent more men than women. In the study area, there were both domestic and other problems. It aids in our ability to recommend sources for the prevention and eradication of domestic violence. Through the introduction of more effective family planning and extension education programs, which also encourage and counsel women, the population rise should be controlled. To raise people's knowledge of domestic abuse and its eradication, adult literacy classes and awareness campaigns should be held. Through education using role-play, drama, and music, it should be possible to stop people from using alcohol, drugs, and gambling. In order to avoid and end violence, the vocal government should employ coercive power to halt these actions by mobilizing the police. Through counseling and raising awareness of the value of a harmonious family life, an unsatisfactory marriage connection should be maintained. Social professionals that are interested in these issues can assist effectively.

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