

Emotional trauma as a fearful fact among rural women of Haryana

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ABSTRACT : According to a recent G20 survey, India is the worst place to be a woman. Female foeticide, domestic violence, sexual harassment, and other forms of gender-based violence constitute the reality of most girls' and women's lives in India. In a typical Haryana family, violence is central to the discipline required for maintaining the rule of authority and male is the undisputed head of the family. Besides bearing a disproportionate burden of household work, women from Haryana suffer the most from domestic violence. Emotional abuse further aggravates the situation. Emotional abuse is a kind of abuse that may include anything from verbal abuse and constant criticism to more subtle tactics, such as intimidation, manipulation and refusal to ever be pleased due to which the victim may experience severe psychological trauma. This may involve the tactics of brain washing that may constitute psychological abuse as well but emotional abuse principally consists of the manipulation of the victim's emotions. The victims' emotions are controlled by the abuser to a point where they lose any feeling for themselves. Their self-esteem and independence are 'systematically taken away' from them. It is estimated that 14 per cent of Indian women have experienced emotional abuse at some point in their lives. All sorts of violence against women are on increase as is clear from the statistics of some parts of Haryana. The Women and Child Welfare Society Haryana (WCWSH) reported 3,500 cases of domestic violence registered with Women Cells in 2009, with a sharp rise in the number of cases in a span of five months (April-August, 2010) to 2181. Out of these, most of the cases (292) of domestic violence were from Hisar district, 94 were from Kaithal and 16 from Panchkula. Keeping in view an abysmally large number of cases of violence against women in Haryana, a study was planned to have a preliminary assessment of prevalence of domestic violence against women in the Hisar district of Haryana. Sixty respondents, who had encountered domestic violence in one form or the other, regularly visited Protection Officer and could be telephonically contacted easily were purposively selected for the study from Hisar and nearby villages. The respondents were personally interviewed at the office of Protection Officer, Hisar in 3-4 meetings with each respondent. Majority of the respondents comprised the age group of 20-30 years, belonged to weaker socio-economic strata and had a low family education status. Five per cent of the respondents faced first violence within 1-3 years of marriage followed by those during 2-5 years (10 %) and 5 years after the marriage (11.67 %). Data clearly reflected that in 91.67 per cent of the cases domestic violence was perpetrated by husband, followed by those involving mother-in-law (66.67%). Respondents faced a variety of domestic violence after marriage; emotional (100%), verbal (96.66%) and physical (95.10%), whereas majority of the respondents complained of cases pertaining to violence on economical/financial ground (88.33 %) and sexual ground (58.33 %). Data pertaining to nature of emotional violence revealed that among the different types of emotional violence, cent per cent respondents faced wife battering (silent crime), followed by those who faced accusation on character and denial of basic facilities (90 %), constant criticism (89 %), ignorance (86.67 %), denied help when injured/sick (85 %), insult for not bringing dowry and denial to meet any

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person (81.67 %), insulting, belittling and accusations or breach of trust (75 %). Regarding the extent of emotional violence, 27.78 per cent respondents faced it daily in the form of accusations on character, while 46.30 per cent and 25.92 per cent faced the same frequently and occasionally, respectively. The 54 respondents reported denial of basic facilities; 55.55 per cent faced denial daily, while 27.78 per cent and 16.67 per cent faced the same frequently and occasionally, respectively. Constant criticism was faced by 53 respondents with 62.26 per cent facing that daily, followed by those facing frequently (26.41 %) and occasionally (11.33 %). Overall prevalence shows that the major emotional violence faced by respondents was in the form of constant criticism followed by ignorance, dismissal and denial of the basic facilities.

KEY WORDS : Emotional, Fearful fact, Rural women

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INTRODUCTION

Domestic violence is not only a national social issue but also a universal problem. Violence within the four walls of home is taking place everywhere irrespective of economic status, culture, religion, class and ethnicity and can be seen sadly in every corner of the streets, at homes and at workplaces. Domestic violence can be defined as violent or controlling behaviour by a person towards a partner, usually a wife, girlfriend or love interest. Although the partner is the primary target, but it is often directed towards children, family members, friends and even bystanders with an attempt to control them. Despite widespread prevalence, violence is not customarily acknowledged and remains invisible. 'Gender Violence' is defined as "any act involving use of force or coercion with intent of perpetuating promoting hierarchical gender relations" (Waghmode *et al.*, 2013). In Haryana, the authority of male as the head of household is unquestionable. Violence is perceived as part of the discipline essential for maintaining authority within the family. Respecting mother and motherhood is very much the part of Haryanvi culture we boast of lavishly. But what is happening to our women, girls and children today is a blot on our culture and Haryana's conscience. The argument that violence is happening everywhere in the world is no justification, rather it makes us all hang our heads in shame. Haryana is now in a transition phase. Besides bearing a disproportionate burden of household work, women from Haryana suffer the most from domestic violence. Emotional abuse further aggravates the situation. All sorts of violence against women are on increase as is clear from the statistics of some parts of Haryana.

The Women and Child Welfare Society Haryana (WCWSH) has reported 3,500 cases of domestic

violence registered with Women Cells in 2009, with a sharp rise in the number of cases in a span of five months (April-August, 2010) to 2181. Out of these, most of the cases (292) of domestic violence were from Hisar district, 94 were from Kaithal and 16 from Panchkula. Son preference is very deep rooted in Haryana which is at the cost of girl child. Murdering a girl in the womb of the mother has been an accepted practice in most of the homes. The declining sex ratio in Haryana is a testimony to this crime. Beating of wife is a common practice. Rape by known persons and relations in the families is increasing, though the studies on Haryana society are difficult to be traced in this regard. Patriarch Monarch like behaviour is a very common feature of the society here. Bride burning is very common. Most of the women admitted in the PGIMS Rohtak with serious burns are married between the age group of 15-35. Dowry deaths, dowry torture and sexual harassment are on increase in the families. 'Honour Killing' of young girls and boys in families has persisted since long but is on increase these days. Janwadi Mahila Samiti has case studies of 18 such cases (Dahiya, 2004).

Violence in the domestic sphere is usually perpetrated by males who are or who have been in positions of trust and intimacy and power from amongst husbands, boyfriends, fathers, fathers-in-law, step-fathers, brothers, uncles, sons or other relatives. Women still is naive in family bonds and her resistibility and tolerance to the members of same sex is also a matter of question. This is supported by the fact that the dowry related violence/death are catalyzed by elderly females of the household. Well, in all the situations, if woman is deprived of her right and jeopardized by a woman, it is imperative for the woman to change her attitude and respect herself, since she is the soul of family and society,

and if this change is observed many related stigmas will evaporate in no time. The National Family Health Survey, NFHS-2 (Anonymous, 1998-99) reports about the inequality and violence pervading in our country. Sixty eight per cent of married woman need the permission of their husbands/in laws to go to market, 76 per cent to visit relatives and friends, 40 per cent to spend any money and 20 per cent are subjected to domestic violence. In addition, one in every five women experienced domestic violence from the age 15 onwards. Globally, violence within the home is universal across culture, religion, class and ethnicity. Despite this widespread prevalence, domestic violence is not customarily acknowledged and has remained invisible – a problem thought unworthy of legal or political attention. For many decades, the magnitude of the problem has been hidden behind a cultural emphasis on the privacy and sanctity of the family and on self sacrificing womanhood, as well as generally conservative and insensitive judiciary. Nevertheless, the few studies available on the subject of domestic violence in India indicate that physical abuse of Indian women is quite high ranging from 22 per cent to 60 per cent of women surveyed.

The phenomenon of domestic violence is basically rooted in the socio-cultural fabric of India and is the epitome of unequal power relationship between women and men. Domestic violence is emotional, psychological, physical, sexual that one person in an intimate relationship uses in order to control the other (Chawla and Kang, 2007). Women subjected even to extreme physical and psychological violence do not ordinarily seek divorce and suffer the onslaughts in silence, as they feel that their and their children's trauma is the price they have to pay for the sake of the family. The National Family Health Survey, NFHS-2 (Anonymous, 1998-99) also pointed to this fact. Domestic violence is one of the greatest obstacles to gender equality and securing for women their fundamental right to equal protection under the law and right to life and liberty. It damages the quality of life not only of the victims but also the whole family. Children become silent sufferer of this violence. Keeping in view all the above facts the present study was conducted to find out the nature and extent of emotional violence among rural women of Haryana.

METHODOLOGY

Locale of the study :

Hisar district of Haryana state was selected

purposively for the present study as the researchers have an easy access to social system of this area.

Selection of blocks :

Hisar district consists of 9 blocks. All the blocks were selected purposively due to the availability of respondents in all the blocks.

Selection of villages :

Fourteen (14) villages, viz., Alipur, Satrod Kalan, Satrod Khas, Satrod Khurd, Sikarpur, Dhansu, Kaimri, Amardeep Colony, Gangwa, Mayyar, Mangali Mohabbat, Gandhi Nagar, Niyana, Mirzapur from block Hisar-I; 14 villages, viz., Kirtan, Shishwala, Arya Nagar, Bir Hisar, Dhiranwas, Rawalwas Kalan, Ludas, Kazla, Mingni Khera, Neoli Kalan, Matar Shyam, Peeranwali, Panihar; from block Hisar-II, 13 villages, viz., Dhani Gujran, Hazampur, Kumbha, Sindhar, Sisai Kalirawan, Umra, Sultanpur, Prem Nagar, Dhani Piran, Dhani Pirawali, Rajiv Nagar, Chanot and Rampur from Hansi-I, 3 villages Madanheri, Thurana and Jitpura from block Hansi-II, 2 villages Milakpur, Lohari Ragho from Narnaund block, 4 villages Rajli, Matloda, Sarsod, Balak from Barwala block, 6 villages Durjanpur, Mirpur, Agroha, Chikanwas, Landhari and Kalirawan from Agroha block, 2 villages Budhakhera, Sahoo from Uklana block and 3 villages Shishwal, Dhani Shishwal and Mandi Adampur from Adampur were selected purposively.

Selection of respondents :

During 2009-2010, a total of 499 cases were registered with Protection Officer (Special Cell), appointed under the Protection of women from Domestic Violence Act, 2005, at Mini Secretariat, Hisar. Out of 499 cases, 274 cases were solved by the court itself. Out of the remaining 225 cases, 77 cases were legally solved through counselling. Further, the remaining 148 cases were considered by the researcher for the study. From these 148 cases, seeing the availability of the respondents through telephonic contacts and their regular visits to the Protection Officer, 60 respondents, who were residing in Hisar and nearby villages, were finally selected purposively for the study.

The study incorporated a set of independent and dependent variables. Independent variables were studied under the subheads: Socio-demographic, Communication, Psychological and Economic variables. The dependent variables were consequences of domestic violence at

personal level, viz., physical and mental level outcomes, at family level and at societal level outcomes.

The secondary data was collected from the Protection Officer, Hisar and a well-structured interview schedule was also developed. The investigator personally interviewed the respondents, who made 3-4 visits at the office of Protection Officer, Mini-Secretariat, Hisar.

After the collection of secondary data and by means of interview, a print media package consisting of a chart, four posters, a leaflet and a booklet were prepared to educate the respondents about the coping up measures to overcome domestic violence. The material on this topic was collected from various journals, books, internet and Protection Officer (Domestic Violence, Hisar). It was then translated and arranged in easy and understandable language. The whole package went through many revisions before the final package evolved. This package was then exposed to respondents and healthy discussions were held with the Protection Officer. Tabulation and quantification of the data was done as per standard procedure, with frequency and percentage being the statistical tools included.

OBSERVATION AND ASSESSMENT

The results obtained from the present investigation are summarized below :

Socio-demographic profile of the respondents :

Socio-demographic profile of the respondents (Table 1) showed that most of the respondents were of age group of 20-30 years, illiterate, had joint family system comprised of 4-6 members in family size, belonged to low caste and having a low family education status. Majority of the respondents were house wives.

Communication profile of the respondents :

A vast majority of the respondents (95%) were not member of any organization and had low level of exposure to mass media and urban contact. Majority (63.33 %) of respondents had low mass media contact followed by respondents (25.00 %), who had medium level of mass media contact and only 11.67 per cent had high level of mass media contact. Majority (58.33%) of respondents had never visited the city. As far as visits to neighbouring and camping outside villages were concerned, the visits were negligible. Cent per cent respondents relied on relatives as major sources of information.

Economic and psychological profile of the respondents :

Monthly income of the respondents :

Data pertaining to Table 2 shows that 80.00 per cent of the respondents were totally dependent on their husband to fulfill their day to day basic needs. A few (15.00 %) had earning between Rs. 5,001-10,000, followed by those (5.00 %) who had monthly income upto Rs. 5,000. No respondents belonged to the income brackets of Rs.10,001-20,000 and Rs. 20,001-50,000.

Monthly income of the family :

Table 3 indicates that 31.67 per cent of the respondents had monthly family income between Rs.10,001-20,000 followed by those (28.33 %) who had monthly income between Rs. 5,001-10,000. The monthly family income of 21.67 per cent respondents was upto Rs. 5,000 while 18.34 per cent of the respondents had monthly family income between Rs. 20,001-50,000.

Psychological profile of the respondents :

Decisions regarding financial matter on purchasing animals (83.33 %), medical treatment (66.67%), agricultural goods (81.67%), marriage of the children, renovation of house (33.33 %), starting an entrepreneurship (66.67 %) and utilization of income (83.33 %) from various sources were taken either by husband or by husbands and in-laws together. Thus, it can be concluded that financial exploitation of the respondents was clearly perceptible as all the decisions over access and control of money were taken either by husband or by husband and in-laws together. Wives had no role in decision making pattern. A large number of the respondents were facing personality disorders of their husband. They had no faith in them, had no control on their habit of staying outside home or habit of taking liquor and also suspected their fidelity. These were the major personality traits, as reported by most of the respondents, which triggered violence in the family. A majority of the housewives were dependent as they did not indulge in any work.

Nature and extent of domestic violence :

The majority of respondents were living separately and those who had left their husbands still favoured out of court resettlement with their family. Maximum respondents had 10-20 years' span of marriage and an equal number had less than 5 years' span of marriage.

Table 1: Socio-demographic variables				(n=60)	
Sr. No.	Variables	Category	Frequency	Percentage	
1.	Age (Chronological age)	Low (20-30)	35	58.33	
		Medium (31-40)	19	31.67	
		High (41-50)	6	10.00	
2.	Education	Illiterate	12	20.00	
		Primary School	11	18.33	
		Middle School	4	6.67	
		High School	12	20.00	
		Senior Secondary	12	20.00	
		Graduate	7	11.67	
		Post-graduate	2	3.33	
3.	No. of children	No child	10	16.67	
		Only daughters	14	23.33	
		Only sons	7	11.67	
		Both	29	48.33	
4.	Caste	Low (Chamar, Bhangi, Doom, Jhimar, Dhobi, Badai, Balmiki)	34	56.67	
		Medium (Lohar, Kumhar, Sunar, Ahir, Saini, Arora, Khati, Darji, Nai)	12	20.00	
		Upper (Brahmin, Jat, Rajput, Bishnoi, Bania)	14	23.33	
5.	Family type	Nuclear	19	31.67	
		Joint	41	68.33	
6.	Family size	Small	17	28.33	
		Medium	24	40.00	
		Large	19	31.67	
7.	Occupation - Respondents	Housewife	48	80.00	
		Labour	3	5.00	
		Agriculture	-	-	
		Caste occupation	-	-	
		Business	2	3.33	
		Service	7	11.67	
8.	Occupation - Husband	No work	18	30.00	
		Labour	8	13.33	
		Agriculture	11	18.33	
		Caste occupation	7	11.67	
		Business	10	16.67	
		Service	6	10.00	
9.	Family education status	Low (<2.0)	35	58.33	
		Medium (2.0-4.0)	20	33.33	
		High (>4.0)	5	8.34	

Table 2: Monthly income of the respondents				(n=60)	
Sr. No.	Monthly income (Rs.)	Frequency	Percentage		
1.	No income	48	80.00		
2.	Upto 5,000	3	5.00		
3.	5,001-10,000	9	15.00		
4.	10,001-20,000	0	0.00		
5.	20,001-50,000	0	0.00		

Maximum respondents had faced first violence in less than 10 days and between 8 months -1 year of their marriage.

Majority of the respondents complained that husband was the violence creator in family, followed by mother-in-law and brother-in-law. As regards form and extent of violence, cent per cent respondents faced emotional violence and almost an equal majority of the respondents reported physical and verbal type of violence. Sexual violence in the form of degrading the victim's dignity was reported by cent per cent respondents. The problem of economic crisis was found to be the most prominent among majority of the respondents. In a study carried out by Chitashvili *et al.* (2010), it was reported that 35.9 per cent of the women experienced acts intended to control their behaviour by their husbands/partners.

Perpetrators who caused violence to the respondents :

As indicated in Table 4, the data clearly shows that 91.67 per cent of domestic violence was perpetrated by husband, followed by mother-in-law (66.67%), brother-in-law (55.00%), father-in-law (43.33%), sister-in-law (40.00%), other relatives (30.00%) and the least (25.00%) by neighbours.

It can be concluded that the three major perpetrators were husband, mothers-in-law and brothers-in-law.

Nature of emotional violence :

Data pertaining to nature of emotional violence presented in Table 5 reveal that among different types of emotional violence, 100.00 per cent respondents faced wife battering (silent crime), 90.00 per cent faced

Table 3 : Monthly income of the family

Sr. No	Monthly income (Rs.)	Frequency	Percentage
1.	Upto 5,000	13	21.67
2.	5,001-10,000	17	28.33
3.	10,001-20,000	19	31.67
4.	20,001-50,000	11	18.34

Table 4: Perpetrators who caused violence to the respondents

Sr. No.	Relation	Frequency	Percentage
1.	Husband	55	91.67
2.	Mother-in-law	40	66.67
3.	Sister-in-law	24	40.00
4.	Brother-in-law	33	55.00
5.	Father-in-law	26	43.33
6.	Neighbours	15	25.00
7.	Other relatives	18	30.00

*Multiple responses

Table 5 : Nature of emotional violence

(n=60)

Sr. No.	Type of violence	Frequency	Percentage
1.	Not having male child	24	40.00
2.	No child	10	16.67
3.	Accusation on character	54	90.00
4.	Not allowed to attend school/college	29	48.33
5.	Denial to meet any person	49	81.67
6.	Insult for not bringing dowry	49	81.67
7.	Denial of basic facilities	54	90.00
8.	Insulting, belittling and blaming the victim	45	75.00
9.	Refusing to help when injured/sick	51	85.00
10.	Ignoring, dismissing	52	86.67
11.	Constant criticism	53	89.00
12.	Breaking promises and breaching of victims' trust	45	75.00
13.	Wife battering (silent crime)	60	100.00

*Multiple responses

accusation on character and denial of basic facilities and 89.00 per cent faced constant criticism. In a study carried out in Norway, it was found that every eleventh woman ever married had been a victim of physical violence and according to the majority of respondents, the person who committed the acts of violence against them during pregnancy was the child's father (Chitashvili *et al.*, 2010).

The data further revealed that 48.33 per cent of the respondents faced emotional violence for not being allowed to attend school/college and 40.00 per cent for not having male child and 16.67 per cent having no child.

Extent of emotional violence :

The extent of form of emotional violence faced by

the respondents is delineated in Table 6. Among the respondents who faced emotional violence in the form of accusation on character, 27.78 per cent faced that daily, 46.30 per cent frequently while 25.92 per cent faced that occasionally. Off 54 respondents who reported denial of basic facilities, 55.55 per cent faced that daily, 27.78 per cent frequently while 16.67 per cent faced it occasionally. Constant criticism was faced by 53 respondents; 62.26 per cent faced that daily, 26.41 per cent faced frequently and 11.33 per cent faced that occasionally.

The Table 6 further revealed that ignorance as an emotional violence was faced by 52 respondents, 57.69 per cent faced it daily, 34.62 per cent frequently and 7.69 per cent occasionally. In case of 51 respondents

Table 6 : Extent of emotional violence

Sr. No.	Extent of form of emotional violence	n	Daily	Frequently	Occasionally	Wt. score	Rank
1.	Accusation on character	54	15 (27.78)	25 (46.30)	14 (25.92)	1.81	IV
2.	Denial of basic facilities	54	30 (55.55)	15 (27.78)	9 (16.67)	1.91	III
3.	Constant criticism	53	33 (62.26)	14 (26.41)	6 (11.33)	2.21	I
4.	Ignorance, dismissal	52	30 (57.69)	18 (34.62)	4 (7.69)	2.16	II
5.	Refused to help when sick or injured	51	-	30 (58.82)	21 (41.18)	1.35	VI
6.	Denial to meet any person	49	10 (20.41)	20 (40.82)	19 (38.77)	1.48	V

Table 7: Physical outcomes at personal level

(n=60)

Sr. No.	Categories	Frequency
1.	Physical injuries	18 (30.00)
2.	Gynecological problems	4 (6.66)
3.	Headache	10 (16.66)
4.	Miscarriage	8 (13.33)
5.	Decreased efficiency to work	6 (10.00)
6.	Unwanted pregnancy	4 (6.66)
7.	Irritable bowel syndrome	3 (5.00)
8.	Asthma	2 (3.33)
9.	Sexual dysfunction (frigidity and phobia about sex)	5 (8.33)

Table 8 : Mental Outcomes at personal level

(n=60)

Sr. No.	Categories	Frequency	Rank
1.	Depression symptoms	20 (33.33)	I
2.	Anger outburst	2 (3.33)	VII
3.	Anxiety	14 (23.33)	II
4.	Fear and insomnia	2 (3.33)	VII
5.	Isolation	4 (6.67)	V
6.	Low self esteem	3 (5.00)	VI
7.	Eating disorders	8 (13.33)	III
8.	Suicidal ideations	7 (11.67)	IV

refused help when sick/injured, 58.82 per cent respondents faced it frequently and 41.18 per cent faced occasionally. Out of 49 respondents facing the problem of denial to meet any person, 20.41 per cent faced it daily, 40.82 per cent frequently and 38.78 per cent faced occasionally. Overall extent showed that the major emotional violence faced by the respondents were in the form of constant criticism followed by ignorance, dismissal and denial of the basic facilities.

Consequences of domestic violence :

In an abusive relationship, the abuser may use a number of tactics other than forms of violence to maintain power and control over the partner. Data also pointed out that social, cultural and economic causes responsible for triggering violence in the family were found to be inter-related. Singer (1971) emphasized upon the fact that “the greatest personal violence that occurs within the family suggests that aggressive behaviour is more closely tied to the emotional consequences of frustration of hopes, images and day-to-day stress among persons who have important complex relations. Cent per cent of the respondents faced both physical and mental consequences of domestic violence at personal level.

Physical outcomes at personal level :

As far as physical outcomes (Table 7) are concerned, out of total 60 respondents, physical injuries were faced by 18 (30.00%) respondents, followed by headache (16.66%), miscarriage (13.33%), decreased efficiency to work (10.00%), sexual dysfunction (frigidity and phobia about sex) (8.33%), unwanted pregnancy and gynaecological problem (6.66 % eah), irritable bowel

syndrome (5.00%) and asthma (3.33%) as domestic violence outcomes.

It is observed that the consequences do not vary among victims of different types of violence. Rank-wise the major consequences were found to be at physical level. The worst physical outcomes were physical injuries, headache and miscarriage followed by decreased efficiency to work.

Mental outcomes at personal level :

So far as mental outcomes (Table 8) are concerned, it can be concluded that majority of the respondents faced symptoms of depression followed by anxiety and eating disorders while suicidal ideations (11.67 %), isolation (6.67 %), low self esteem (5.00 %) and anger outburst and insomnia (3.33 %) were the other outcomes. More than 20 per cent of woman in South Asian countries have reported of being abused by the man with whom they live. A close correlation between domestic violence and suicide has been established based on studies in India, Bangladesh and Sri Lanka. Suicide is 12 times as likely to have been attempted by a woman who has been abused than by one with whom they live (Waghamode *et al.*, 2013).

Outcome at family level :

Regarding the outcomes at family level (Table 9), it was revealed that the respondents’ attachment was badly affected in the form of lack of interaction among family members (33.33 %), lack of intimacy with husband (25.00 %), unsuitable atmosphere for children in home (20.00 %), fear of kidnapping of children/ causing harm to children (16.67 %) and denial of human rights/basic needs (5.00 %).

Table 9 : Outcomes at family level

Sr. No.	Categories	Frequencies	Rank
1.	Lack of intimacy with husband	15 (25.00)	II
2.	Lack of interaction among family members	20 (33.33)	I
3.	Unsuitable atmosphere for children in home	12 (20.00)	III
4.	Fear of Kidnapping of children/ causing harm to children	10 (16.67)	IV
5.	Denial of human rights/basic needs	3(5.00)	V

Table 10: Outcomes at societal level

Sr. No.	Outcomes	Frequencies	%	Rank
1.	Neglected by friends and neighbours	12	20.00	II
2.	Humiliating or undermining remarks by society	38	63.33	I
3.	Deprived of leading a normal life	10	16.67	III

Outcome at societal level :

The consequences of domestic violence at the societal level were experienced by a majority (63.33 %) of the respondents in the form of humiliating or undermining remarks by society, neglect by friends and neighbours (20.00 %), deprivation of leading a normal life (16.67 %) (Table 10).

In addition to the above mentioned consequences faced by the respondents, post-traumatic stress disorder (PTSD) was observed as the major consequence in all the respondents.

Conclusion :

Haryana is going through a phase of transition. Despite bearing a disproportionate burden of household work, women in Haryana suffer the most from domestic violence. Constant criticism, ignorance, dismissal and denial of basic facilities are some of the leading causes of the emotional violence against women. The curriculum in our educational institutes including elementary and secondary school, colleges, universities and other training institutes should focus on teaching non-violence, human rights and gender issues. Though the State Government is making lots of efforts by way of launching the “Domestic Act”, deputing of protection officers and compulsory

constitution of committees to cater to the problems of women, yet a lot remains to be done to alleviate the suffering of women on account of domestic violence. As individuals and responsible citizens, we should take up the cause to spread awareness and report any act of violence against women around us.

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