

International Journal of Innovative Research in Science, Engineering and Technology

(An ISO 3297: 2007 Certified Organization)

Vol. 4, Issue 6, June 2015

A Study on the Link between Traumatic Bonding and Domestic Violence

Dr. Surender Kumar

Associate Professor, Dept. of Psychology, Govt. College Hisar, India

ABSTRACT: With this research, we want to learn more about what factors contribute to traumatic bonding in violent marriages. It aims to shed light on the many reasons battered women struggle to break free from their abuser. The many layers of domestic violence as a multifaceted problem are also addressed in the course of the research. To this goal, 11 abused married or formerly married women (aged 20-49) were interviewed using a semi-structured format. Their findings revealed a complex web of interrelated characteristics that contribute to married women's vulnerability to abuse in intimate partnerships.

KEYWORDS: Spirituality, gratitude, demographic variables, students .

I. INTRODUCTION

Domestic violence is one of the most pervasive types of violence, yet it is seldom spoken about or addressed because of the stigma attached to it. Domestic violence is a problem in every community, however the specific patterns and trends may differ from one area or nation to another. Violence against women has been an ongoing issue for quite some time. The protection of women has become an urgent political and social issue worldwide. Over and over, the public comes up with plans to make the world a safer place for women. Gender awareness, education, and feminism are receiving a boost from a wide variety of sources, including national governments, non-governmental organisations, educational institutions, and individual citizens. What about the women who don't feel secure in their own homes, though? What about the ladies whose husbands and relatives commit crimes against them? Abuse inside the home is on the increase alongside other types of violence. Domestic abuse is the most prevalent type of violence against women. It's the worst kind of human rights abuse a woman can face. Few people realise that domestic violence often has its roots in dangerous family dynamics. Abuse inside the home is more widespread than we think. But it's not to say that signify that it has to be adjusted to the norm. The public has a narrow understanding of domestic violence since most people assume that only "wife-beating" constitutes domestic violence. Domestic violence covers a wide range of behaviours.

Domestic violence affects people of all ages, ethnicities, socioeconomic backgrounds, faiths, social circles, gender identities, and sexual orientations. It is not biased in any way. Domestic violence may also originate from other close family members, including parents, children, and siblings. Domestic violence may also include acts of violence in romantic situations when the couple shares a home or lives together. However, the scope of this research is limited to women in India who are now married or have previously been married and who have suffered domestic violence at the hands of their husbands or in-laws.

Domestic abuse is defined as "a pattern of behaviour in any relationship that is used to gain or maintain power and control over an intimate partner" by the United Nations Organisation (UNO). It goes by the names "domestic violence" and "intimate partner violence." Any action that causes fear, intimidation, terror, manipulation, pain, humiliation, blame, injury, or wound is considered to fall under this category. (2) * (International, 2014)

"Intimate partner violence or other abuse that occurs in a domestic setting, such as a marriage or cohabitation," is how Wikipedia describes domestic violence or domestic abuse. The site claims that this kind of violence occurs in all kinds of relationships, including those between people of different sexes and those between ex-spouses or partners. It

International Journal of Innovative Research in Science, Engineering and Technology

(An ISO 3297: 2007 Certified Organization)

Vol. 4, Issue 6, June 2015

emphasises the breadth of the concept by including attacks on children, parents, and the elderly as part of domestic violence.

It must be understood that violent behaviour is endemic to abusive relationships. Abuse inside the home often occurs in cycles, each of which might be more severe than the last. The intensity of the episodes may rise with time, and they may fluctuate between violent outbursts and displays of contrition or make-up love.

Domestic violence is seen as a private issue in India. No outside force really seems to oppose to it. This is because the public's perception of domestic abuse is so negative that they feel they must "cover up the matter." The belief that wives should be submissive to their husbands is widespread. Abuse inside the home is accepted as the norm. Society's acceptance of domestic violence is based on the belief that the problem has been there for ages. Due to social expectations, many women are reluctant to discuss their experiences.

Theoretical foundations of the study

Investigating what triggers domestic violence is important because doing so might help us stop or anticipate such atrocities. However, discussing domestic violence is difficult. Therefore, it cannot be reduced to a single explanatory explanation. Various hypotheses have been offered, all of which seek to do the same thing. In this chapter, we'll look at some of the most widely-held hypotheses on what causes domestic violence and how to stop it.

Lenore Walker, a psychologist, put up a theory of domestic violence called the cycle of violence in 1979. It aims to shed light on the dynamics of abusive relationships and the challenges women face in escaping them. Many psychologists and intellectuals have found inspiration and direction from this approach.

Psychological or Psychopathological Theories

These theories provide a psychological framework for understanding why males commit violent acts and why women become victims. They claim that guys who often resort to violence have underlying mental health issues. Childhood abuse or trauma, shaming, dysfunctional parenting, insecure or disorganised attachment style, personality disorders, anger, depression, emotional difficulties, substance abuse, or low self-esteem are just some of the factors that have been studied in relation to male partner abuse (Hamburger & Hastings 1993, Dutton 1995, Cunningham et al. 1998, Heise 1998).

A child's formative years occur in infancy and early childhood. The impressions made during these formative years last a lifetime. According to psychological theories, violent males are more likely to exhibit symptoms of psychopathology such as personality disorders, anger management difficulties, and drug abuse than nonviolent men. Men have different psychological requirements for experiencing authority. Men attempt to gain a sense of authority by imposing their will on women when they are feeling helpless. Some males who become aggressive may have had a traumatic upbringing (Holtzworth-Munroe et al., 1997). For some reason, the same historical context appears to make women more tolerant of violence. Women's worldviews may be shaped throughout their formative years by environmental factors and societal attitudes towards women and violence.

Abuse perpetrating males benefit greatly from cognitive-behavioral and insight-oriented psychotherapy techniques. These treatments may be administered one-on-one or in a group setting. These methods are very useful for managing one's emotions and dealing with stress in a constructive manner. They can see into the minds of violent guys and help them work through the pain they experienced as children. References: (Saunders 1993, Hamberger & Hastings 1993, Cunningham et al. 1998, Saunders 2001). Insights into the psyche of abusive males may be gleaned from these beliefs and viewpoints. Cultural elements such as sexism and other types of social inequality, however, are obscured by this concentration. Many unsolved questions remain, such as "why do men who engage in violence beat their wives and not other people in authority outside the home if they suffer from mental disorders?" This has been shown to be the case (DeKeseredy & Schwartz, 2011). It has been argued that interventions based on individual models fail to address the underlying interpersonal, sociocultural, and structural factors that contribute to men's violent and dominating behaviour.

International Journal of Innovative Research in Science, Engineering and Technology

(An ISO 3297: 2007 Certified Organization)

Vol. 4, Issue 6, June 2015

Women may be held accountable for their own victimisation if domestic violence is addressed by making the women liable for the offenders' mental health issues. (Joshi, 2014)

Social Learning Theories and perspectives

Bandura's ideas and theories provide the foundation for a social learning viewpoint. These theories propose that domestic violence has its roots in a child's formative years and is explained by the child's exposure to and imitation of violent role models and environmental factors such as cultural norms and attitudes. The victim's tolerance of the abuse is explained by their own experience of abuse as a kid, according to these views (Lewis & Fremouw, 2001). Victims of domestic abuse often see it as a necessary evil if they want to keep the peace in their own homes. Numerous research on generational violence have shown parallels between childhood maltreatment and later victimisation, lending credence to this theory.

From a social learning standpoint, a kid needs a safe and nurturing environment that not only does not expose them to violence but also encourages them to take a stand against it. Education that promotes alternative ways of thinking, feeling, and acting is proposed as a kind of intervention. Cognitive behaviour therapy is one kind of intervention that may be used to help men change their violent mindsets. An successful therapy plan will also include teaching patients to deal with their emotions and communicate effectively with others by learning how to solve problems, deal with conflicts, and practise active listening. To wit: (Cunningham et al., 1998). The principles put out by social learning theories have received a lot of praise. Some males who have watched or suffered abuse as children go on to participate in violent behaviours as adults, but this theory doesn't explain why. The lack of accountability for the abuser's actions has also been cited as a criticism of the concept. Finally, therapies grounded on social learning theories do not take into account the abuser's use of power and control. To wit: (Hamberger & Hastings, 1993).

Learned Helplessness

This hypothesis, first proposed by Martin Seligman in 1975, posits that a person develops a sense of helplessness when subjected to an unpleasant and undesired environment from which they are unable to escape. Originally developed by Seligman to provide light on clinical depression, the theory's applicability has now been broadened.

According to Walker (1979), this idea was used to explain why battered women who have no way out of their abusive relationships with their husbands feel powerless. As a result, they give up trying to flee the abuser and the harmful environment in which they find themselves. They believe they are destined to endure this and that any effort to escape would be in vain.

Traditional gender roles in society further reinforce these ideas. Women go farther into depression due to emotions of powerlessness and the belief that there is no way out. Women victims might benefit from receiving assistance and encouragement to help them believe that their circumstances can improve.

Women's concerns about the future, financial reliance, a lack of social support, etc., are all factors that have been argued to keep women in violent relationships but which are ignored by the critics of this theory. The perseverance of women in the face of assault is often criticised. According to this theory, "survivors" don't appear when victims give up and do nothing to stop the abuse; rather, they appear when victims actively try to stop it and get out of the situation. They might resort to violence or report the incident to authorities. They may feel even more helpless if do not get the expected aid, but this does not mean that women just take it without fighting back.

Feminist perspectives

According to feminist theory, society protects and sustains patriarchal power. Feminism's ultimate goal is to improve the state of genders generally. This equality applies to all spheres of life, including those traditionally dominated by men or women socially, politically, economically, or personally. Feminists argue that the status quo benefits male dominance at the expense of women. Women's fundamental liberties are systematically dismantled by this worldview.

This theory uses men's need for power and control as its pivot point to draw attention to the discrimination and inequalities women face. The judicial system, the healthcare system, the educational system, and the family unit are all affected by patriarchy in a culture. How women are treated and seen in society are both influenced by this.

International Journal of Innovative Research in Science, Engineering and Technology

(An ISO 3297: 2007 Certified Organization)

Vol. 4, Issue 6, June 2015

Feminists argue that patriarchy shapes how we think about and talk about the world and how we define social problems. Feminism is a social movement that promotes the equal treatment of women and men in all spheres of society. Interventions with a feminist lens aim to prioritise women's safety and empowerment. It seeks to confront cultural norms that see women as victims, inform women of their rights and available services, and provide a safe space where they may find the strength to break out from abusive relationships. Women who have been abused often feel hopeless and powerless, but interventions aim to change that by highlighting their strengths.

Abuse prevention programmes for males often focus on teaching them about gender roles and the complexities of patriarchy and the dynamics of power and control. Feminist theories have been criticised for many reasons, despite the fact that they focus on women and make important contributions to the field. To begin, it leaves out the abuser's and the abused's individual perspectives on the dynamics of an abusive relationship.

Other questions that arise include how feminist theory would account for domestic violence between women of the same sex, and why some males but not all perpetrate violence against women. Dutton (1995), Mullender (1996); Healey et al. (1998); Heise (1998). Therefore, feminist explanations are criticised for being one-sided and dogmatic, and for failing to take into account other important elements such as culture, class, socioeconomic standing, educational attainment, etc.

Clearly, domestic violence is too complex for a single explanation. Abuse in relationships is a complicated issue that calls for individualised solutions. The opposite is true; theories must be flexible enough to accommodate cases. The next part presents a United Nations Organization-approved model for analysing the dynamics of power and control and the strategies used by abusive males in their violent acts against women.

Types of Domestic Abuse

The phrase "domestic abuse" has always been linked with physical abuse. This is a conservative viewpoint, though, as shown by the past. Several attempts have been made throughout the years to expand the meaning of this term. Domestic violence may take many shapes. Various forms of violence may coexist with one another, and they may even serve as a catalyst for one another. Different types of abuse exist, and the dynamics of one abusive relationship may be different from another. There is no one pattern of abuse that applies to all abusive relationships.

Financial/Economic abuse: Assaults on a person's financial well-being, social position, or personal freedom may be classified as economic abuse. The abuser may try to make the victim dependent on them by taking away their financial independence. You may do this by restricting your partner's access to money, savings, bank accounts, assets, properties, deposits, etc. You can also do this by keeping tabs on your partner's spending, forbidding them to work, demanding a dowry, refusing to give them a monthly allowance, and so on.

Sexual abuse: Sexual abuse occurs when an individual is coerced into sexual activity against their will. The research elaborates on the idea of marital rape, which refers to the forced performance of sexual acts between spouses. The abuser may force the victim to dress provocatively and engage in sexual activity just as if they were copulating with them.

II. CONCLUSION

Abuse inside a household is more widespread than we may think. The victim's life is always threatened since it usually takes place in secret. The detrimental effects of traumatic attachment in an abusive marriage are exacerbated. If the victim justifies their spouse's abusive behaviour or refuses treatment, it might be difficult for a "outsider," such as a neighbor or family, to intervene in the abusive couple's relationship. In this way, traumatic connection in an abusive partnership makes it hard for one partner to seek or accept outside aid.

International Journal of Innovative Research in Science, Engineering and Technology

(An ISO 3297: 2007 Certified Organization)

Vol. 4, Issue 6, June 2015

REFERENCES

1. Nations, U. (2014). *What Is Domestic Abuse?* | United Nations. United Nations. Retrieved 8 April 2014, from <https://www.un.org/en/coronavirus/what-is-domestic-abuse>.
2. *Violence against women*. Who.int. (2014). Retrieved 8 April 2014, from <https://www.who.int/news-room/fact-sheets/detail/violence-against-women>.
3. *Devastatingly pervasive: In 3 women globally experience violence*. Who.int. (2014). Retrieved 8 April 2014, from <https://www.who.int/news/item/09-03-2014-devastatingly-pervasive-1-in-3-women-globally-experience-violence>.
4. *Devastatingly pervasive: In 3 women globally experience violence*. Who.int. (2014). Retrieved 8 April 2014, from <https://www.who.int/news/item/09-03-2014-devastatingly-pervasive-1-in-3-women-globally-experience-violence>.
5. Krishnamoorthy Y, Ganesh K, Vijayakumar K. (2014) Physical, emotional and sexual violence faced by spouses in India: evidence on determinants and help-seeking behaviour from a nationally representative survey. *J Epidemiol Community Health* 2014; 74:732-740.
6. Stark E, Flitcraft A. Violence between intimates: an epidemiological review. In: Van Hasselt VB, Morrison RL, Bellack AS, Hersen M, eds. *Hand book of family violence*. New York: Plenum Press; 1988. pp 293-317.
7. Sultana, G. (2014). *The Protection of Women from Domestic Violence Act 2005 Its Implementation in The Aligarh District*. Handle Proxy. <http://hdl.handle.net/10603/70225>
8. Dalal K. (2011). Does economic empowerment protect women from intimate partner violence?. *Journal of Injury & Violence Research*, 3(1), 35-44. <https://doi.org/10.5249/jivr.v3i1.76>
9. Kalokhe, A., Rio, C., Dunkle, K., Stephenson, R., Metheny, N., Paranjape, A. & Sahay, S. (2014) Domestic violence against women in India: A systematic review of a decade of quantitative studies, *Global Public Health*, 12:4, 498-513, DOI: 10.1080/17441692.2014.1119293
10. Yadav, C. (2014). *Violence against Women Inside the Family with reference to the Protection of women from domestic violence act 2005*. Hdl.handle.net. Retrieved 9 April 2014, from <http://hdl.handle.net/10603/347320>.
11. Ruth Andina, J., Tanara, M., & Putra Wirahman, D. (2014, December 13). *The Correlation between the Covid-19 Pandemic and Domestic Abuse Against Women: A Comparative Study Between Australia, Indonesia, and India*. *Jurnal Sentris*. Jurnal Online Universitas Katolik Parahyangan. <https://journal.unpar.ac.id/index.php/Sentris/article/view/4291>
12. Taskin, B. (2014, February 9). *Increased work, domestic abuse—how Covid lockdown was especially hard on women in India—ThePrint*. ThePrint; <http://facebook.com/ThePrintIndia>. <https://theprint.in/india/increased-work-domestic-abuse-how-covid-lockdown-was-especially-hard-on-women-in-india/601328>