

Violence against women

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Violence against women

Introduction:

Violence against females is a major health problem and human rights issue through out the world .One in fifth women has been either physical, sexually or emotionally abuse at sometime in her life, many including pregnant women and young girls.

Violence against women is a manifestation of historically unequal power relations between men and women" and that "violence against women is one of the crucial social mechanisms by which women are forced into a subordinate position compared with men.

Definition:-

The word *violence* comes from Latin "violre" meaning to violate, injure or rape.

- **Violence:** Is the use of physical force to cause injury, damage or death.

"**violence against women**" as "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."

Incidence of violence:

The Egyptian demographic health survey conducted in Egypt 2008 , found that 38% of ever married women had been beaten at least once since marriage. 46% of men had sexual intercourse with their wives even when arguing or refused.

In Middle East area reported that of even married women aged is 15-49 years 35% of women in Egypt and 29% in Canada reported being beater by their husband. In Unit States, one woman is physically abused every eight seconds and one is raped every six minutes. Approximately

25% of women.

WHO multi-country study found that between 15–71% of women reported experiencing physical and/or sexual violence by an intimate partner at some point in their lives.

Types of Violence and Abuse:

1. Physical Violence

Physical violence occurs when someone uses a part of their body or an object to control a person's actions.

Physical violence includes:

- Using physical force which results in pain, discomfort or injury;
- Hitting, pinching, hair-pulling, arm-twisting, strangling, burning.
 - Assault and Threats with a weapon or other object;

Medication abuse

- Inappropriate use of medication, including:
 - withholding medication;
 - Over- or under-medication.

Restraints abuse

- Tying the person to a bed or chair.

2. Sexual Violence

Sexual violence occurs when a person is forced to unwillingly take part in sexual activity.

Sexual violence includes:

- Touching in a sexual manner without consent (i.e., kissing, grabbing, fondling);
- Forced sexual intercourse;
- Beating sexual parts of the body;
- Denial of a person's sexuality or privacy (watching);

- Denial of sexual information and education;
- Purposefully exposing the person to HIV-AIDS or other sexually transmitted infections.

3. Emotional Violence

Emotional violence occurs when someone says or does something to make a person feel stupid or worthless.

Emotional violence includes:

- Name calling;
- Blaming all relationship problems on the person;
- Not allowing the person to have contact with family and friends;

4. Psychological Violence

Psychological violence occurs when someone uses threats and causes fear in a person to gain control.

Psychological violence includes:

- Threatening to harm oneself;
- Threats of violence and abandonment;
- Verbal aggression;
- Socially isolating the person;
- Not allowing access to a telephone;
- Not allowing a competent person to make decisions;
- Treating a person like a child or a servant;

5. Spiritual Violence

Spiritual (or religious) violence occurs when someone uses a person's spiritual beliefs to manipulate, dominate or control the person.

Spiritual violence includes:

- Not allowing the person to follow her or his preferred spiritual or religious tradition;
- Forcing a spiritual or religious path or practice on another person;

6. Cultural Violence

Cultural violence occurs when a person is harmed as a result of practices that are part of her or his culture, religion or tradition.

Cultural violence includes:

- crimes against women in some parts of the world, where women especially may be physically harmed, shunned, maimed or killed for:
 - Falling in love with the “wrong” person;
 - Seeking divorce;
 - Practicing witchcraft; and, Female circumcision.

7. Verbal Abuse

Verbal abuse occurs when someone uses language, whether spoken or written, to cause harm to a person.

Verbal abuse includes:

- Recalling a person’s past mistakes;
- Expressing negative expectations;
- Name-calling;
- Unreasonably ordering around;
- Talking unkindly about death to a person.

8. Financial Abuse

Financial abuse occurs when someone controls a person’s financial resources without the person’s consent or misuses those resources.

Financial abuse includes:

- Not allowing the person to participate in educational programs
- Controlling the person's choice of occupation
- Taking funds from the person without permission for one's own use
- Not allowing access to bank accounts, savings, or other income;
- Opening mail without permission;

9. Neglect

Neglect occurs when someone has the responsibility to provide care or assistance for you but does not.

Neglect includes the following:

- Failing to meet the needs of a person who is unable to meet those needs alone
- public setting and Physical neglect
- failing to provide adequate or necessary nutrition or fluids, shelter, clean clothes and linens
- Medical neglect
- Not providing needed medications;
- Not calling a physician, not reporting or taking action on a medical condition, injury or problem.

WHO's typology table:

Throughout the life cycle

Phase	Type of violence
Pre-birth	Sex-selective abortion; effects of battering during pregnancy on birth Outcomes
Infancy	Female infanticide; physical, sexual and psychological abuse
Girlhood	Child marriage; female genital mutilation; physical, sexual and psychological abuse; incest; child prostitution and pornography

Adolescence and adulthood	courtship violence (e.g. acid throwing and date rape); sexual abuse in the workplace, forced pregnancy
Elderly	Forced “suicide” or homicide of widows for economic reasons; sexual, physical and psychological abuse

❖ **Risk Factors of Violence against Women**

I- Social Factors

1. Lack of family and support
 - a. Single parenthood
 - b. Divorced, separated or unmarried
2. Early, frequent, unintended pregnancies
3. Lack of, education.
4. Involuntary job loss
5. Poverty
 - a. Homeless or housing insecurity
 - b. limited food choices
 - c. Lack of reliable, culturally and sensitive medical care

II- Environmental Factors

1. Unhealthy, substandard living conditions
 - a. Toxins
 - b. Crowded
 - c. Noisy

2. Lack of transportation
3. Lack of green space

III- Medical Factors

1. Little or no health care (including mental, oral health, vision)
 - a. Limited or no access
 - b. No preventive health care
 - No preconception care

2. Inadequate treatment for chronic conditions

VI- Other Factors

1. Substance abuse including tobacco and alcohol

2. Depression

3. history of childhood abuse

4. history of antisocial behavior

2. Current unemployment

Sings and symptoms

A-physical sings abuse can include:-

- Bone fracture.
- Injuries on different part of the body
- Unexplained cuts, head in injuries or bruises.
- Problems with walking
- Difficulties with daily activities
- Reduced physical functioning

B-The emotional sings of abuse the victim may have this: -

- Anxiety, Depression, Low self-esteem, Stress, Suicidal gestures, Sleep disturbance

C- Sexually abused

Violence increases risk for other gynecological problems, A history of sexual violence has been associated with:

- a. Vaginal bleeding, vaginal discharge and painful menstruation
- b. Sexual dysfunction
- c. Pelvic inflammatory disease

Sexual offence are classified into:

Natural sexual offences: rape and incest.

Unnatural sexual offences: sodomy, and bestiality

Sexual perversion \deviation.

Increases women's risk of HIV/AIDS directly and indirectly

- Violence can prevent women from accessing HIV/AIDS information, treatment and care.
- Fear of violence is a barrier to HIV testing and appearing.
- Violence affects women's ability to mitigate the impact of HIV/AIDS on themselves and their children.

Cycle of violence:

The cycle theory of violence was developed by (**Walker 1979**) who explains a common abusive pattern of violence against women. This theory contains the following three phases:

- 1- Tension or build-up phase.
- 2- Acute phase or incident phase.
- 3- Reconciliation or "honeymoon" phase.

Characteristics of Victims and Abusers

1- characteristics of battered women (victims):

- Many were raised to be submissive, passive, and dependent and to seek approval from male figures.
- Some battered women were exposed to domestic violence between their parents, others first experience it from their husbands,
- battered women are likely to accept the traditional female role in their marriage, and believe their husbands will love and protect them.
- Many women suffer from low self-esteem and may have histories of domestic violence in their families of origin.
- Majority of battered women remain in an abusive relationship, several factors contribute to their stay in the relationship. Among

these factors, ignorance, love, fear, pride, loyalty, financial dependence, low self-esteem, and children.

2- characteristics of abuser:

1- Controller:

The controller strives for autonomy through the control of others. He is not emotionally reciprocal in his relationships; he usually gets his way and is never to blame when things go wrong.

2- Defender (Protector) :

Having a spouse to harm, love and forgive is a fundamental need of the defender. His fear is that he will be harmed, and he strikes out before he is struck. He needs a wife who is totally dependent on him, clings to him, and is defenseless so that he can protect her.

3- Approval seeker: Continued reaffirmation of self-esteem is required by the Approval seeker. He has a low self-image and expects rejection. He may even participate in rejection by his mate through his behavior, violence occurs when he feels the most criticized.

4- Incorporator:

The need of the incorporator is to draw another individual's strength into his own psyche to fill his emotional gaps. His desperation can be observed in several ways. Any attempt by the wife to withdraw from the situation increases his desperation and may lead to violence .

Consequences of Domestic Violence:

- 1- Health consequences
- 2- Social and economic consequences
- 3- Consequences on family
- 4- Consequences on children

Strategies for Eliminating violence against women

- 1- Empowering women and girls
- 2- Raising the cost of abuser"
- 3- Providing for the needs of victims
- 4- Coordinating institutional and individual responses
- 5- Involving Youth:
- 6- Reaching out to men:
- 7- Changing Community Norms

The role of the nurse who cares for abused women

Nursing Management

Nursing play a major role in assessing women who have suffered some type of violence. Often, after a woman is victimized, she will complain about physical harm that will give her the opportunity to visit a health care setting. A visit to a health care agency is an ideal time for women to be assessed for violence.

1)Assessment:

- 1- Routine screening for intimate partner violence is the first way to detect abuse
- 2- Screen for abuse during Every Health Care Visit Screening for violence takes only a few minutes.
- 3- Injuries: bruises, scars from blunt trauma, or weapon wounds on the face, head and neck
 - Injury sequelae: headaches hearing loss, joint pain, sinus infections, teeth marks, clumps of hair missing, dental trauma, pelvic pain, breast or genital injuries
- 3-Mental health problems: depression, anxiety, substance abuse, eating

disorders, suicidal ideation or suicide attempts

4- Frequent health care visits for chronic, stress-related disorders such as chest pain, headaches, back or pelvic pain, insomnia and gastrointestinal disturbances.

5- Partner's behavior at the healthcare visit: is unwilling to leave her alone with the health care provider, answers questions for her, and attempts to control the situation

6- The nurse should build rapport by showing an interest in the concerns of the woman, listening and creating an atmosphere of openness.

1- Educate the women about Community Services available to meet the needs of victims of violence

Role of the Nurse through level of prevention

A- Primary prevention

B- Secondary prevention

C- Tertiary prevention.

A) The goal of primary intervention in an abusive situation is to decrease the incidence of violence and abuse of women.

Primary prevention of abuse includes strengthening women and families such as

- Education of women in schools about healthy family, non violence methods of conflict resolution, what's violence, its causes, consequences and prevention.
- Premarital counseling about family life, roles, and method of conflict resolution.
- Use the mass media programs to increase the community awareness about the problem and its prevention.
- Use community resources as (telephone number- shelter).
- Provide gender equity and equality in the important aspects of social life.

B) Secondary intervention includes assessing the abused women and implementing an appropriate plan of care.

- Routine screening for early case finding
- Assessment of the victim includes:
 - History taking
 - Complete physical examination
 - Psychological assessment through communication skills

C) Tertiary Helping the abused women in the making long-term plans, providing continues support for her decisions, and making effective referrals are all a part of tertiary intervention.

- Helping the abused women in the making long-term plans, providing continues support for her decisions, and making effective referrals are all a part of tertiary intervention.
- Facilitate the women establishment of support network of maternity, pediatric, community health nurses and appropriate referral system
- Provide social support group
- Involve the whole family in teaching program including conflict resolution methods
- Provide psychological care to all family members