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Domestic Violence and Socio-cultural and Economic Factors: A Case Study of Dar-ul-Aman of Punjab Province

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Abstract

Socio-cultural-economic issues are the main factors behind domestic violence. This qualitative study explores these issues from the women residents of different Dar-ul-Aman shelters in Punjab Province. It uses in-depth interviews to learn the lived experiences of women who seek shelter in these Dar-ul-Amans. A purposive sampling technique was employed to collect data, and those women who had been residents of the center for the last 15 days and were willing to participate were interviewed. Data was collected from three cities Lahore, Gujranwala, and Multan. Further thematic analysis was used to analyze the data. This study, focusing on social, cultural, and economic factors, identifies patriarchy, educational disparity, financial dependency, and social norms and taboos as significant contributors to violence against girls and women. Recommendations include targeted policies, academic enhancement, and economic empowerment initiatives to reduce domestic violence and improve the well-being of women in the region. Moreover, community-based interventions can be used to address this issue effectively and to create a more supportive environment for survivors, ultimately aiming to reduce the incidence of domestic violence in Punjab Province.

Keywords: Socio-cultural, Economic factors, Domestic Violence, Case Study, Punjab

Introduction

Domestic violence is considered a serious pandemic throughout the world. This social phenomenon is mostly silent in nature and poses a serious challenge to any society. Domestic violence is observed as a display of power relations between men and women, which is unequal. This ends up as the supremacy of men over women and perspicacity against women, yet significant prevention to the empowerment of women over the globe (Yeasmeen, 2014).

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Approximately 35 percent of women suffer from one or the other form of violence, making them the most vulnerable population in the world (World Health Organization, 2013). As per the definition of the United Nations (n.d.), violence against women is an act of violence that is gender-based and involves any type of physical, mental, or sexual damage to women. This act of violence can occur both in their personal and private life deprive the women of leading a normal life (United Nations General Assembly, 1993). As mentioned, domestic violence has devastating effects on the physical, mental, and overall well-being of women. In terms of physical violence, domestic violence is linked with sexual violence, too, which is further associated with significant diseases, including sexually transmitted diseases (STDs) and HIV infections among women. Research has reported damage to women's bodies where physical violence is involved, including wounds, cuts, bruises, multiple sexual dysfunctions, and memory loss. (White et al., 2024; Gunarathne et al., 2023).

Similarly, as far as mental health is concerned, domestic violence survivors have poor mental health, reportedly which leads to multiple mental disorders. Such women are diagnosed with anxiety, depression, and severe sleep disorders. Chronic violence often leads to suicidal thoughts. A more significant majority attempt suicide, resulting in loss of lives. Such emotional distress also results in making women habitual of self-harming (Almış, Gümüştaş, & Kütük, 2020). Besides, women facing domestic violence have to bear the heavy cost of it while facing serious implications of domestic violence as it impacts the overall well-being of women. A greater majority of women, in particular the rural women, tend to maintain silence despite being victims (World Health Organization, 2021).

Evidence also reveals that the victims of domestic violence usually do not approach law enforcement agencies and keep family matters personal. In many cases, the survivors return to the perpetrators, considering there is no other place to live for them. This particular thinking and act further towards exposure to violence, resulting in a vicious circle (Ali et al., 2020). What makes domestic violence a horrendous crime when women with disabilities face such acts of violence? Women with mental disorders, speech issues, and any physical disability make them extremely vulnerable to any sexual and mental assault (Walter et al., 2024).

Cases of domestic violence are reported on a large scale every day in Pakistan. According to the National Institute of Population Studies (2019), 34% of ever-married women have experienced spousal physical, sexual, or emotional violence. However, 56% of these women neither sought help nor disclosed their experiences to anyone. Out of these 28% of women aged 15-49 have experienced physical violence, and 6% have experienced sexual violence. Five percent of women have experienced spousal sexual violence (National Institute of Population Studies, 2019). The evidence reveals that understanding the phenomenon of domestic violence in Pakistan

needs a lens of the process of socialization in the country where gender-based stereotype accepts men's supremacy and consider women as subordinate to men. Such facts are more prevalent in rural Pakistan, where the concept of femineity and masculinity is signified in terms of the social construct of subordination and subordination. Females are the silent majority from the cradle to the grave in conservative societies, including Pakistan (Tayyab et al., 2017). About 80 percent of households in Pakistan experience one or more forms of domestic violence in the country. Reports reveal that more than 70 percent of Pakistani women are taught to hide and remain silent in such cases as families will have to face the shame of acts of violence are revealed (Karmaliani et al., 2009; Gennari, Giulian & Accordini, 2017). In rural regions, the prevalence of domestic violence is notably high. A study revealed that 66% of respondents reported physical injuries inflicted by their partners, and 65% experienced physical violence, including being struck, pushed, or choked. Additionally, 55% of women reported sexual violence, and 52% faced emotional abuse, such as regular belittlement by their partners (Soomar & Soomar 2022; Iqbal & Fatmi, 2021).

In addition to that, the cycles of violence create gaps for women with their support systems in a country like Pakistan. The less educated and ignorant Pakistani women find it very difficult to seek help in abusive relationships. Evidence-based research has also revealed that women with less education and less knowledge of their rights and legislation supportive of them tend to face frequent violence in their lives (Sattar, Ahmad & Asim, 2022). Such women lose self-esteem and self-independence in life. The environment full of abuse corrodes the sense of being worthy of nothing among women in general. The women deprived of love and care develop a deep internalized sense of shame that leads to helplessness in life. With a diminishing sense of confidence, women's financial and emotional dependency on men adds to their vulnerability in life (Labore et al., 2021).

Moreover, the impact of domestic violence spread its wings to families and communities. The children of such households where women experience domestic abuse are extremely vulnerable. Such children are brutally exposed to toxic environments and develop fear and trauma in their lives. These further result in an increased risk of adopting the same abusive behaviours (Barrett et al., 2024). Domestic violence perpetuates instability and increases social burdens in societies. Such a situation destabilizes the safety, growth, development, and well-being of the communities in any society.

Research Objectives

- To explore the social and cultural factors influencing domestic violence.
- To find out the economic aspects contributing to violence within families.
- To discover the socio-psychological factors associated with violent behaviour and understand the reasons behind women's acceptance of such violence.

Significance of the Study

This research holds paramount significance across academic, public, and governmental spheres. It expands academic knowledge, guides the development of targeted interventions, informs policy decisions, and ultimately enhances women's overall well-being. Domestic violence against women has a profound impact on the lives of millions of individuals who are the victims of such violence. Give an in-depth insight into the real-life experiences of women who face violence at home. Studying domestic violence in women is crucial as it has far-reaching implications not only for individuals and concerned families but for society. By recognizing the causes and concomitant consequences of domestic violence, some interventions can be initiated and implemented towards creating a safer and relatively equitable society for all. It will be helpful to understand the issue of domestic violence in a socio-cultural context and will provide a base for future studies.

Review of the Literature

In a study Zakar, Zakar and Abbas (2016) highlighted that Domestic violence is a deep-seated and pervasive problem that gravely affects individuals across any culture or society). Women, in particular, from undeveloped nations and less privileged backgrounds tolerate compounded susceptibilities and vulnerabilities in the phenomenon of domestic violence. Wake and Kandula (2022) in their study presented certain significant factors that add to the severity of the portent of domestic abuse, including patriarchal norms, social stigmas, social and cultural practices, religious misinterpretations, economic dependency, and less knowledge of legal protection available to women. Tariq (2013) in his study on the Impact of intimate partner violence on the self-esteem of women in Pakistan highlighted that the far-reaching impact of domestic violence leaves devastating consequences on the health and overall well-being of the victims. Domestic violence takes various forms, and each form is proven lethal for the victim. This includes its impact on the victim's physical, mental, social, and psychological conditions.

Khan and Hussain (2008) found that domestic violence remains a prevalent and profoundly entrenched problem in Pakistan that primarily affects women and children in the country. Pakeeza (2015) in her study on Domestic violence laws and practices in Pakistan shared that there is a presence of certain legal frameworks in the country that should help diminish the existence of domestic violence in the country. For instance, the Protection against Domestic Violence Act (2012) is noted in the country. Still, the lack of implementation of laws combating domestic violence has become a real challenge in the country. The gender-based norms and practices in Pakistan favour the narrative where men are heads of the household and demand women to remain submissive. As per a study by Tariq et al. (2023), many victims of domestic violence reported that they think and have a perspective that any form of domestic violence is witnessed because of certain societal pressures and expectations that

presume it is fine for women to endure violence. As per the report of the United Nations Population Fund (UNFPA) (2019), approximately 30% of Pakistani women have faced and bear one or more physical violence in their lifetimes. The UN Women (2020) report on domestic violence and its impact on women revealed that women in rural areas are more likely and prone to face domestic violence as compared to women who live in urban areas. Another significant finding reveals approximately 12% of women experience sexual violence by their spouses.

In addition, the study of Chatha, Ahmad & Sheikh (2014) highlighted the financial insecurity and economic dependency of Pakistani women. This primarily reflects gender discrimination in the country and exacerbates the tendency of women towards violence. Such women take abuse in their lives as normal daily routines. This reflects the overall status of Pakistani women who have good education, health facilities, and other necessary provisions to have an independent life. Similarly, lack of legal enforcement combined with societal pressures where the element of shame while reporting any incident of violence becomes a grave issue for a typical Pakistani family. Hadi (2020) in his study mentioned that domestic violence gets moral and legal support in societies where men control and subjugate women in the name of culture and religion.

Besides that, Habib, Naveed and Akhtar (2024), suggest that most of the abusers in a country like Pakistan demonstrate characteristics of narcissism and emotional childishness or report childhood trauma. The abusers, in return, become responsible for the existence of mental and psychological disorders among victims. White et al. (2024) revealed in their study that investigations of suicide cases, in particular among women, reveal incidents of domestic abuse in families. Further, Carr & Packham (2021) found that children witnessing incidents of domestic violence from their childhood have greater chances of experiencing an imbalance in their emotional needs and psychological conditions. This eventually results in these children becoming perpetrators of violence within their family relations. Besides, researchers have also linked domestic violence with other grave social issues, including divorces among couples, families trapped in vicious cycles of poverty, usage of drugs, etc.

Research Methodology

This was qualitative research based on the in-depth exploration of the views of Dar-ul-Aman residents who were victims of violence. In Punjab province, there are dar-ul-a man or women protection centers in different cities; however, as per the availability of resources and convenience to reach the respondents, three cities were approached: Multan, Gujranwala, and Attock. The population of the study was the women who were victims of domestic violence and resided in Dar-ul-Aman for their safety. Five women from each dar-ul-aman were approached for the said purpose. A purposive sampling technique was used to approach the respondents. Purposive sampling enables the deliberate selection of participants who possess the necessary knowledge

and experience related to the research topic. There was Dar-Ul-Aman for women in each city, and the registered women who stayed at this center were selected. The women who did not report the case to the center were not part of the study. The interview guide was used as a tool for data collection. The interviews were recorded for the participants who voluntarily agreed to the request. The demographic characteristics of the participants, like age, education level, and socio-economic status, were sought. Information like types and the extent of the violence was recorded, and awareness of the participants. Thematic analysis was done, and different emergent themes are presented in the result section. Due to the sensitivity of the issue and limited availability, the sample remained limited to fifteen, moreover, in Dar-ul-Aman women are not used to staying permanently so it was also difficult to get a big number for the interview.

Data Analysis

During the familiarization stage, researchers read through the transcripts several times to become familiar with the data and understand the participants' experiences. In the second stage, we generated initial codes by identifying keywords or phrases representing concepts within the data. These codes were based on the participants' experiences and perspectives regarding the research topic. During the third stage, we searched for themes by reviewing the initial codes and identifying patterns or connections between them. In the fourth stage, we compared themes to ensure they were coherent and meaningful. This stage helped to clarify and refine the themes identified during the third stage. In the fifth stage, we defined and named themes by providing a clear and concise definition of each theme based on the participants' experiences and perspectives regarding domestic violence. Finally, in the last stage, we produced a report by summarizing each theme, providing examples from the data to illustrate each theme, and discussing their implications for policy and practice.

Ethical Consideration

A preliminary visit was carried out at the Dar-Ul-Aman, and the official authorities were contacted to get approval for the research. Informed consent was sought from each of the participants who were the victims of domestic violence and residing at Dar-Ul-Aman. The participants were informed of the importance and purpose of this study, written consent was obtained, and they had the right to withdraw from the research at any time. The participants were assured that the information they shared was kept confidential and anonymous.

Results

Social Demographic Profile

The social demographic profile of the respondents highlights significant patterns of domestic violence among women from various villages and cities. Out of fifteen

women, twelve were married, and three were unmarried. The age bracket of women ranged from 16-45 years. Out of these 15 respondents, two had graduation-level education, 3 were intermediate, 7 were illiterate, and 3 had a primary level of education. Six women belonged to urban settings, and rest nine women were from different villages.

Perception of Domestic Violence

Respondents were asked about the concept of domestic violence. They were enquired about their perception of the concept in literal terms. A majority said (12 out of 15), it involves physical violence as well as mental abuse. In most cases, this violence is perpetuated by the male members of the family, including husbands. A few said that just physical violence is not included in it emotional abuse was also found to be a significant contributor to violence in this regard, as one of the respondents said:

> *Maar sirf hath say nhi hoti, Lafzon ki maar bhi utni hi takleef daitui ha.*

In the same vein, another respondent said that *emotional abuse is as dangerous as physical abuse.*

The reported cases in Dar-ul-aman, either married or unmarried, were physically, emotionally, and sexually abused by family members as well as intimate partners.

Reasons Behind Domestic Violence

On enquiring about the reasons for the perpetuation of domestic violence, different reasons were reported by the respondents against domestic violence, such as one of the respondents stated.

> *I could not bring a dowry, so my mother-in-law used to curse me all the time. My husband used to try to kill me and used to beat children, too.*

The poor socio-economic state of the parents was also a reason for violence.

> *The husband used to beat me for little things. He used to curse and abuse me all the time.*

The low status of women in society can lead to violence against women. Violence against women is a major factor in homelessness. He left his home due to constant psychological torture and a stifling environment.

Few respondents reported that the suffocated and strict environment of the house where male members were decision makers and saw all our acts with suspected eyes were reasons for the violence. The males in traditional rural settings have a norm of dominance; even that, they have a common perception of beating younger siblings,

particularly sisters. It is taken as a right in most of the settings, as one of the respondents said,

> *My brother used to beat all my sisters at home; we were not allowed to go outside, even for education. On raising my voice against it, I was punished even more several times.*

The patriarchal structure is so ingrained in the mindset of the males of our society, either as fathers, husbands, or brothers, that they assume females are their subordinates and all the decisions regarding females are taken by them.

> *A woman cannot live alone because a woman is always weak.*

The majority said the main reasons were Poverty, unemployment, low income, reasons of high inflation, financial stress, economic instability, mental health issues, drug addiction, lack of education awareness, unhealthy relationship dynamics, lack of boundaries, jealousy, and possessiveness. Economic disparities can create tensions within relationships and contribute to feelings of frustration, inadequacy, and powerlessness, which may be manifested as violence.

Financial Dependence of Females on Male Members of the Family

A majority recognized the lack of access to resources such as housing, employment, education, and financial support networks as a significant reason behind the violence. So economic dependence treats women as,

> *A woman was a Pawan's shoe, or a woman was equal to a man's shoe.*

Men take it as their prerogative to control and dominate women. Male dominance in domestic violence is a power imbalance, where the abuser maintains control over the victim using social norms and gender stereotypes. Women who are less educated than their husbands or other male family members face abuse.

As one of the respondents said we are not allowed to get an education so for any necessity, we are dependent on the male members of the family, and while asking for any need, they scold us and make us realize that:

> *You don't need money as you stay home; we don't have rupees to fulfill your lavish lifestyle.*

As a matter of fact, the fulfillment of the basic needs of women is considered lavishness, and they are not allowed to ask for any financial favour.

Patriarchal Mindset and Acceptance of Domestic Violence

The reasons for accepting the violence behind male dominancy, power, patriarchal beliefs, male importance, and our outdated traditions and customs. In our society, boys are always given importance from childhood. Every legitimate and illegitimate thing is accepted; everything he says and everywhere is given importance. Sweets were distributed when a boy was born. Man considers himself a ruler. They flee from their homes due to violence and gender discrimination.

Women females face discrimination from their birth. With financial disability, husbands beat their wives in anger. In the patriarchal culture, men were aggressive and powerful, and women were weak, though the media portrays. As one of the girls reported,

> *My brother used to abuse me for being a female, I was not allowed by him to even cross the house door so I decided to run away.*

In many cases, the suffocated environment compelled girls and women to look for some options to get relief in life. The ruling nature of male members, violence, and even beating in the name of honour makes them so insecure in the house that they think to get rid of this situation and may get protected in some government institute.

Family Values are Promoting Domestic Violence

Family values can greatly influence attitudes and behaviours within a household. While many family values promote love, respect, and harmony, some values or beliefs can inadvertently contribute to the normalization or tolerance of domestic violence. Factors such as illiteracy, traditional gender norms, and early marriage practices perpetuate violence against women, limiting their autonomy and perpetuating cycles of abuse. Social taboos further reinforce harmful stereotypes, while limited access to education hinders efforts to challenge these norms. As one of the respondents said,

> *Vata Satta ritual is common there; girls were married off early and that too to old men. I was used to being beaten by my aged husband in the name of honour.*

Moreover, in societies influenced by patriarchal structures, and feudalism, domestic violence often thrives due to ingrained gender inequalities and harmful traditions.

Marriage and Family Life Affect the Incidence of Domestic Violence

Society's expectations for marriage and family life can significantly influence the incidence of domestic violence. These expectations often encompass traditional gender roles, marital norms, and beliefs about family dynamics, which can mitigate the risk of domestic violence.

In our society, marriage is done based on greed. There is no right to speak about anything.

> *Women may feel embarrassed or ashamed about being in an abusive relationship*.

Victims of domestic violence may fear judgment, shame, or social ostracization if they speak out about their experiences. A woman was considered *a costly 'object'. e. daughters* were considered a liability/burden. Forced marriage and lack of trust were the reasons behind the incidence of domestic violence.

Family issues cause negative emotions that include anxiety, depression, and anger. The women reported their husbands had experienced violence and their fathers assaulting their mothers as many had witnessed during their childhood.

Experience of Facing Domestic Violence and Women's Silence Over the Issue

There are several reasons for women's silence over the issue of domestic violence. Not a single women raise their voice on it and tolerate violence. They remain silent because they want to save the marriage. As one of the respondents said about her sister,

> *She stays silent because of her children. Due to her low status, she was forced to bear the abuses of her husband.*

Respondents tell me about their experience of facing domestic violence. One respondent said,

> *her husband used to doubt my character and alleged that I have illicit relations with other men.*

We live in a conservative society with bad customs and outdated traditions, and women are oppressed.

> *My husband would start beating me for having an affair with him. He used to verbally and physically abuse me in front of others, including my children, family, and neighbours*.

Gender Discrimination and Bias and Domestic Violence

Violence against women was often rooted in gender inequality and discrimination, which are pervasive issues in many societies around the world. Pakistani females face challenges in accessing education, and limited career opportunities. They are subject to discriminatory cultural practices like child marriage and honour killings, attacks often perpetuated by deep-rooted patriarchal attitudes. Women were not treated as equals in society, restricted mobility, unequal pay, and lack of representation in leadership roles. No share was given in the property, and her words were not given any importance. They were not allowed to work. The birth of a son was considered a blessing, while the birth of a daughter was a problem.

Gender bias towards females undoubtedly plays a significant role in perpetuating violence in society. Females were not tortured for a single thing; she was tortured for bringing dowry, threatening to end the marriage, abusing her, saying nasty things to her, doubting it, and beating her like an animal. Gender bias can lead to harmful stereotypes, unequal power dynamics, and societal norms that perpetuate violence against women. Psychological stress, offensive language, damaging women's self-respect. Weak legal frameworks or ineffective enforcement of laws related to gender-based violence can embolden perpetrators and discourage victims from seeking justice.

Discussion

This qualitative investigation of socio-cultural and economic factors contributing to domestic violence against women has received several critical insights. The participants shared that the experiences highlighted the multifaceted nature of domestic violence, where both psychological and physical aggression were common. These results align with Abraham (2000), who observed similar trends of spousal violence among South Asian migrants in the United States. The understanding of domestic abuse is firmly rooted in patriarchal beliefs that grant men more authority and influence. Consequently, there exists a societal endorsement of gender disparities, with men predominantly steering decision-making processes and women being required to conform. Bagshaw and Chung (2000) also stressed that domestic violence is frequently justified within cultural frameworks where gender roles are strictly delineated. Within such environments, the acceptance of male supremacy and female submissiveness fosters a climate where mistreatment is accepted and, in some cases, even anticipated. Informants identified several reasons for domestic violence, including socio-economic challenges, economic instability, and low-status women. The poor socio-economic state of the parents was also a reason for violence. The inferiority of women in society can lead to violence against women. Other reported causes include poverty, mental health issues, drug addiction, unemployment, financial stress, and

lack of education. Economic disparities and Traditional gender roles often worsen domestic violence. Hussain et al. (2020) found that financial stress and economic instability significantly contributed to domestic violence; these conditions create feelings of powerlessness and frustration. The Asia Foundation (2017) similarly documented those economic challenges as major risk factors for domestic violence in Asia.

Male dominance and control over women further perpetuate the violence that assigns traditional gender roles. These roles were deeply ingrained, with women often viewed as dependent or inferior to male family members, such as dowry demands, reinforced by societal norms and cultural practices and early marriages. Addressed economic disparities promote financial independence. Additionally, promoting gender equality through community education can help dismantle traditional roles that contribute to violence. There was a lack of effective support systems, including safe shelters, counseling, and legal aid. Statements such as "There was no one to turn to when things get bad" and "I didn't know where to go or who could help me" emphasize this gap. This aligns with findings from Tutty et al. (1999) on the efficacy of shelter services and Ali and Gavino (2008), who identified similar issues in Pakistan.

In Pakistan, Ali and Gavino (2008) also identified the absence of robust support systems as a critical issue. The limited availability of resources for victims of domestic violence worsens their plight, leaving many women without the means to leave or access necessary support for abusive relationships. This gap in services underscores the need for accessible and comprehensive support systems. Underscore the absence of strong support systems and the need for accessible and comprehensive services. Promoted and established these services can offer long-term and immediate relief to victims. A systemic response involving government, NGOs, and community organizations was essential.

Respondents specify that patriarchal beliefs and societal norms significantly contributed to the acceptance of domestic violence. Traditional values and customs, such as the preference for male children and the normalization of male dominance, perpetuate a cycle of abuse. One Respondent stated, "In our society, boys have always been given importance from childhood." These findings were consistent with research on patriarchal societies, where gender inequality was institutionalized, and violence against women was often justified. The Asia Foundation (2017) documented similar patterns of gender discrimination and violence in South Asia, where traditional values and norms reinforced male authority and female subservience. Jibeen (2014) highlighted the challenges women who seek refuge in shelter homes face, emphasizing societal pressure to conform to traditional roles and the fear of social expulsion. Media campaigns and educational programs can play a vital role in changing and reducing the

acceptance of domestic violence and public attitudes. Efforts should focus on promoting gender equality and encourage critical reflection on harmful traditions.

Many women who face domestic violence go through a very difficult time, made worse by personal situations and societal pressure. The women we spoke to said they stayed silent about the abuse for several reasons, including wanting to save their marriage, feeling powerless in society, and protecting their children. One woman shared that her husband would publicly accuse her of physically cheating and verbally abusing her. This kind of abuse was not only severe but also happened in public, making it even more traumatic. Societal norms and the fear of being shunned by society often force women to put up with abuse. Many women did not know what a healthy relationship looked like or how abuse works, which makes it harder for them to leave. Society also puts a lot of pressure on women to keep the family together, even if it means staying in a dangerous situation. This is especially true in places like Pakistan, where traditional gender roles and expectations are stringent.

To address this issue, we need to take a multi-step approach. We need to educate people about what abuse looks like and how it works and provide robust support systems for those affected. This can include teaching about self-worth and healthy relationships in schools and making mental health services readily available. Women feel safe speaking out and seeking help, and we also need to work with communities to change the way people think about abuse; respondents stressed that policymakers played a crucial role in preventing domestic violence. They recommended that justice should be swift, and perpetrators should face severe consequences.

Conclusion

The study concluded that domestic violence was caused by cultural norms, a lack of understanding about healthy relationships, and women's financial dependence on men. Women often stay quiet and afraid because of their abusive behaviour and what society thinks, worried about their children's well-being and being shunned by their community. Gender discrimination was an important factor in the perpetuation of domestic violence. Cultural practices, deep-rooted patriarchal attitudes, and weak legal frameworks worsened the issue, creating an environment where violence against women was normalized. Financial stress and economic disparities contributed to tensions within relationships, leading to violence and frustration—family values and Traditional gender roles further entrenched male dominance and the normalization of abuse. The lack of social support services, such as shelters and legal aid, worsens the situation, making it harder for women to seek help. The study emphasizes the need for education and awareness, particularly among women, to challenge social and cultural factors that perpetuate

gender inequality. It also calls for transforming societal attitudes, reshaping gender roles, and breaking the cycle of abuse. Policymakers and state institutions play a crucial role in enacting laws, providing resources for support services, and promoting gender equality to prevent domestic violence.

Recommendations

To improve the situation of women and to combat violence against them, it is very important to think of how community-based programs can change the frame of mind towards domestic abuse. Moreover, we must create programs that challenge harmful cultural norms and promote gender equality. Function with community leaders to support these efforts. Similarly, arranging job training, employment opportunities, and small business loans for women can be helpful. Educate them on how to manage their money. Lastly, the government and NGOs must provide access to legal help, counseling, and protection for victims. It is necessary to ensure people have information about these resources and can get them effortlessly.

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