

**“Domestic Violence: Laceration of Sacramental Union in the name of
“Love”**

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Perfect family life is a myth although to create a perfect matrimonial home needs love, compassion, adjustment and patience but still fights happen among partners. However, Family and relationships play a vital role in our lives as they amount to be a big part of our social unit. But annually thousands of people become the victims of domestic violence. Domestic violence is a worldwide problem which has been prevailing since ages regardless of age, gender, religion, race, also globally known as, ‘intimate partner violence’. It is a serious mental health as well as social problem but people tend to ignore it as to save the relationship or our blindfolded in the name of true love. So what is domestic violence? It is violence or abuse in a domestic setting such as marriage or cohabitation it is committed by the spouses or partners in an intimate relationship, in a nutshell, it contains violence against children, parents, elderly abuse by a member of a household. Globally, women tend to experience more and severe form of domestic violence than men as they are considered to be weaker in terms of strength. So now the question arises what leads to the domestic violence among people. The answer to such question is the abusive relationship among the partners. These are the relationships in which there is disparity of power balance as one of the partner try to dominate or to control another partner either emotionally or physically by using various other methods to control the partner. In these relationships the cycle of abuse keeps on going as the partner’s behavior and belief is justified to oneself and assumes that the violence is condoned. The main reason, why people stay in these types of relationships, is lack of financial independence and cultural acceptance, fueled by shame or to protect children. Cycle of abuse is the ‘root cause’ of the problem and which fuel these relationships towards the domestic violence. This cycle includes three phases that is tension building phase, abusive incident, honeymoon phase. So in the first phase of this relationship the tension among the partner tends to build up and the victim remains constantly in the feeling of fear of the uncertainty in that situation like constantly checking or watching out what to do or what not to do and what would trigger the partner in that situation and always worrying about things, fear, being anxious for small things, the longer this period lasts, more inevitable the abuse becomes. In the second phase Abuse being the choice of the abuser as to keep the control on the partner he consciously decides to do such inhumane acts which seems condoned at that time to the abuser which is the further being backed by the tension build up among the partners this is the crisis or the abusive phase begins and the situation tends to become more worse as the partner becomes the habitual abuser now and thinks the partner bungling always, in turn abuse begins among

them. Abuse can be of many types as all incidents are not equivalent, the frequency may differ from situation to situation, however, all the outcomes are significant in these cases, either these are physical, emotional, sexual or economic. As the dynamics of the relationship are complex in such phases people tend to abuse the partners physically in which partner can be abused in the form of physical suffering or bodily harm, the reason behind such violence is to control the victim through assaulting, kicking, isolating freedom or by apprehending danger on the other targets such as children, family. The list of offences in relation to domestic violence is very long, however, some serious offences includes acts like acid attacks which is a serious issue as such acts of the abuser cannot be anticipated, in maximum cases this may happen when a girl rejects the marriage proposal so the abuser in name of revenge does this inhumane act which leaves a huge effect on the victim's health as it leaves the permanent scars and external damage. Not only acid attack but the dowry deaths are the most common form of violence experienced by women in the south Asia in which the wife is killed at home by the family or the spouse for not bringing the dowry, according to the national crime records around 8618 women are of dowry victims, However the number tends to increase as many of such cases are not even reported.

Sexual violence is also increasing now a days, this includes things like marital rape, reproductive coercion, honor killing, this is the most dangerous kind of violence as it becomes difficult for victims to report or complain as in India marital rape is not even an offence and not only these victims are also afraid to tell about such acts as in our society the topic sex is considered as a taboo and thus becomes difficult for victims to get any remedy form the abuse. Honor killing is also a big issue faced especially in India as honor in the eyes of the world is considered more cardinal than their own family and due to which the homicides happens, this type of offences had gripped their feet deep in our society. Even in this current modern scenario, in many villages in India people commit such offences to protect their honor in comparison to cities. Economic and emotional violence is also a major issue which is faced in every household as men pre -assumed to be the earner of the house tends to establish control over the family as being the feeder of the house and which leads to the huge psychological effect on family as they can be deprived from getting money as the abuser tend deprive them from all the essential services, abuser can also use emotional tactics as by dominating the people around him or destroying one's self worth by cursing them all time this leaves a huge impact on people as abuser trying to make them emotionally weak and which can lead to a lot of serious mental health problems like post-traumatic stress disorder and suicidal tendencies and clinical depression. Now the honeymoon phase arises as the abuser feels the guilt for the amount of destruction done and says to the victim that it will not be repeated again but as abuse is the conscious choice of the abuser though one can control

his or her behavior. Mainly in this phase, abuser tends to fix the situation by saying that it will not happen again but the reality differs as the cycle of abuse continues as again the tension building phase begins and the vicious cycle of abuse keep rotating. From the above situation the manifest question arises that how to identify if a person is suffering from domestic violence and what should one do if one is suffering? There are certain pattern behaviors which people tends to follow due to domestic violence abuse but it can be hard for people to recognize that they are in an abusive relationship. Help is always available to save the rights of sufferer as no one is deserved to be abused. However victim's behavior may be indifferent and include emotions such as experiencing anxiety due to the terror of the partner and one may receive frequent harassing phone calls or texts due to which their whole behavior changes or they may discuss about their partner's temper or jealousy or there could be signs of physical violence as bruises or dressed as to hide the bruises or psychological signs as personality change or suicidal or having low self esteem. So what to do now as to cope up with this situation and how can one collect evidence so as to get the remedy from the court. So first of all find a safe location or home where one can reside safely from the abuser as according the statistics around 31% of the married women tends to face violence in which 27 % face physical violence so as to be safe from the violence one should find a safer place and chalk out an escape plan or one can join shelters of the NGO's as they can help a lot by providing the legal help also and another important necessities at that time and help to file the complaint against the abuser or one can go to a trustworthy friend for moral as well as emotional support to win over this crisis so as to take action to change the adversity of life and reach out to sources so as to seek the remedy to punish the abuser . Now the question arises as how a person can collect evidence for domestic violence say for example: in case of force feeding poison or feeding some other drugs, to do some harm to the victim so in order to collect the evidence one way is to go to the hospital and get medico legal certificate done and keep copy of the report with yourself or the another safest solution is that one could go to the nearest police station and get the medico legal certificate done which is not very difficult now a days or even if there is an apprehension of the above event, same could be done or if physical violence is done say for example attempt to murder to the victim firstly one should call the 100 number and register a complaint and then file the first information report as a dairy number is registered at the control room which can be used as an evidence that the event happened, or say if FIR is not lodged due to any circumstances, one would be having the call record at control room where dairy number on the call is registered and can be used as an evidence in the court for proving it . Using technology can also be a big help as one could record the conversation with the abuser or screen shot the message conversation to prove oneself innocent during the trial.

In the end, it depends on the victim also as for some victims a mere slap is also a big incident and for some it's just a slap, and something I have observed, is that people tend to ignore such incidents or say get habitual to it and blames it on the destiny, however such behavior should not be appreciated and we as a society should encourage both the men and women to stand for themselves and for their dignity as an individual but during these days people tend to mediate situation with the abuser and avoid to reach the courts and other legal remedies .In fact the main reason, why people ignore or mediate because many of the people in our society are ignorant about their rights and available remedies one may feel ashamed to go to police as assumes as dishonor due to which some people get advantage of the victims. So as to solve this problem awareness camps and educational programs should be organized as such programs can provide necessary awareness about domestic violence or certain changes in education system about domestic violence can be done by teaching people about the violence as it is best way to teach adults and kids as what is it? and what to do, how to tackle such situations in life so as to make world a better place, with this a drastic change in the traditional concept of domestic lives of the people will come and moreover the crime may be reduced. The traditional concept of what is acceptable and what is not, will change for both the genders in a relationship. And in the end don't get fooled in the name of true love as abuse is not about love it's all about control. With this awareness, the silence would break and become the voice of victims .