

**“Domestic Violence – A Disease leading to Crime”**

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What is this kind of patriarchal masculinity which are those ideas about and practices of masculinity that emphasize the superiority of masculinity over femininity and the authority of men over women which has been adopted widely by the people and has become a part of our lives? Why don't we raise our voice against such notion incorporated in our society? As it has been ingrained into our minds since childhood that boys don't cry but do they hold a right to make anyone else cry ?

Domestic violence is not just a crime, it's a disease which slowly could lead to death. The affected person not only suffers physical pain but also undergoes mental imbalance. Is there any cure to this ailment or it is here to stay with us forever? If we want ,we could abolish the disease itself by changing the way people think and act.

Women have always faced some kind of existential crisis as they have been forced in a situation which compels them to question whether their lives have meaning, purpose, or value. There is a hierarchy of expectations attached with a woman since her birth especially in our nation, India. We the women have always been guided to how we are supposed to behave and act. If a particular girl refuses to do certain things which are expected out of her then her character is being questioned as it is directly proportional to the way a girl behaves. Today ,I am going to bring out a very important issue to the notice of the readers which is ignored by the people. If some of you are shocked after hearing this ,then let me enlighten you with the current scenario and update with plethora of incidents occurring around the world. How do we describe this heinous crime? Domestic violence or intimate partner violence, which is committed by a spouse or partner in an intimate relationship against the other spouse or partner, and can take place in heterosexual or same-sex relationships, or between former spouses or partners. The act of domestic violence is supremely perturbing for the ones facing it and also for the ones hearing about it. We should be sensitive regarding this matter as it affects the person mentally and physically.

Marriage is the beginning of a new chapter in life for a woman and every girl wishes it to be a beautiful experience. In India, as a part of the tradition and ritual the girl has to leave her family and live with her husband for the rest of her life. She has to undergo many adjustments and compromises to fit and make her place in the new environment after marriage. All the people around should be cooperative and friendly so she could easily adapt to the changes rather being obnoxious or abhorrent. When a woman does not receive all the love and care over which she has a right rather is being ill treated, physically or mentally abused, beaten up and tortured then it's really devastating for her. Shouldn't we think about how that woman must have felt after

being abused or beaten up by her husband or in laws. Its heart-rending and harrowing even when we just get to hear about a woman facing such an abuse.

Domestic violence has always been an issue but has exasperated in the recent time of Covid'19. Women from all over the word have been adjuring for help and posting requests like Home is not a safe place for me. What can I do? I need medical attention because of violence. Who can help me and where should I go?I am safe, but I am suffering from mental / sexual / social / long-term physical health problems because of violence. Is there anyone who can help me during COVID-19?I want to report an incidence of violence during COVID-19. What should I do?

Violence against women is highly prevalent, and intimate partner violence is the most common form of violence. During health emergencies, such as the COVID-19 pandemic, violence against women tends to increase. Whilst data are scarce, reports from across the world, including China, the United Kingdom, the United States of America, and other countries suggest a significant increase in domestic violence cases related to the COVID-19 pandemic. Reports from other countries suggest a reduction in survivors seeking services due to a combination of lockdown measures and not wanting to attend health services for fear of infection.

The reasons how COVID-19 has exacerbated risk of violence for women are stress, the disruption of social and protective networks, and decreased access to services all can exacerbate the risk of violence for women. As distancing measures are put in place and people are encouraged to stay at home, the risk of intimate partner violence is likely to increase. Access to vital sexual and reproductive health services, including for women subjected to violence, will likely become more limited. Other services, such as hotlines, crisis centers, shelters, legal aid, and protection services may also be scaled back, further reducing access to the few sources of help that women in abusive relationships might have. Social distancing and lockdown has forced everyone to stay home and constrained their movements which has worsened the situation.

Members of the family are not left with any other choice than staying in with each other which leads to an increase in interaction and gradually in fights. Knowing the fact that we have never faced such a situation earlier, people are facing issues like depression, frustration, irritation and mental imbalance causing intolerance and brawl amongst the family members. People need to understand that its not only them who is facing all of this but people from entire world are going through a roller coaster of emotions. Disconnection from social support systems is one of the reasons for an increased risk of domestic violence during these times. As a result, there are fewer options to find safety or help for victims. Normally, the victim could flee a violent situation by staying elsewhere, but that option is not available right now.

The national lockdown has reported more than fifty percent rise in domestic violence. A report prepared by NALSA documents showed that a total of 144 cases of abuse were filed in Uttarakhand alone followed by increasing cases in Haryana and New Delhi. Work, school, and

homes sans the abusers being different mediums of escape for women and children before the lockdown don't exist anymore. Plenty of repercussions and consequences are faced by the victims ,in addition to violation of human rights, victims of domestic violence can face several physical and mental health difficulties such as risk of chronic disease, depression, sexual disorders, PTSD (post-traumatic stress disorder) and substance abuse.

There is a need of self introspection by the perpetrators who have no shame in committing such a atrocious and monstrous crime which annihilates the life of the victim. They should imbibe emotions like compassion, tenderness, humanitarianism and benevolence and act in such a way which is not detrimental to others. Women sacrifice their lives after the well-being and betterment of others and unconditionally love their families without complaining about the discomforts faced by them. They are generally expected to self- sacrifice their wants and needs which is not accepted by the people around her, still manages to put on a smile and function. We need to ponder over the current state and sensitively take an action for the protection of women from injustice and brutality faced by them at different points of their lives. Lets together make this world a better place for women where they could be safe, secure and most importantly happy, contented and carefree.