

Marital Violence And Its Impact On Mind And A Therapeutic Perspective

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Abstract

In the wide range of life human life is very much undergo stress and pressure to achieve targets or goals that has been set for too long. Violence is becoming inseparable part of our life, and day by day its going on its peak level. There might thousand possibilities for our violent behavior, but the most violence we face in our life is Marital violence, its reaction to provocation or an unexplained illegal act, causing physical or psychological injury, almost all the marital violence is targeted at the woman but it should be considered 100% truth cause violence can be happen in any case irrespective of gender, ethnicity, and religion. Simultaneously it is also true that women fall under this category than men do.

Marital violence or domestic violence affect many part our life and aspects as well like children, adolescent, interpersonal relationship of the partners, surroundings, their image in the society, and self-esteem as well. If the episodes of the violence tend to happen on regular basis the only out come of it can cause is psychological trauma and social isolation of the individual which ultimately results in depression, stress, anxiety and in the last suicidal thoughts.

Thought some invention technique can be proven very helpful in managing violence in married or domestic life for example psychodynamic therapy, behavior therapy, assertive therapy and participant modeling, cognitive therapy, social skill training, client centered therapy, family therapy, and marital therapy or psychotherapy may prove beneficial for developing healthy patterns of communication and focus on positive aspects of their relationship and life

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I. Therapeutic perspective

In much simpler language what we mean by violence is signifies an attack or assault resulting destructive consequences. In generalization family violence has been described as that inflicted on a relative or blood or marriage, individually or collectively, is either contained within the walls of family, we may say that individual showing aggressive behavior since childhood may more evolve in violent personality as an adult. it may be reaction to provocation or an unexplained illegal act, causing physical or psychological injury to other individual. May times oral abuse is not considered as violent behavior but according to psychology it put lots of effects on the mind and can results in lack of confidence, anxiety, stress, fear of facing people/phobias, in severe conditions may results in suicidal thoughts. according to website www.pathfinder.org globally 1 in 3 (30%) women have been subjected to either physical or sexual intimate partner violence or non-partner sexual violence in their life. According to the view of Kausik (1988) Parihar (1990) Sriram(1991) family violence include physical, verbal, social, and psychological, physical violence includes all those acts that may cause bodily harms or bruises. There are main three kind of physical violence. They are as follows.

- **Abuse:** it is using force or object to hurt the victim
- 1. **Physical abuse:** it's when some on hurt physical on intention of hurting someone like hitting, shaking, burning, pinching, biting, choking, throwing, beating and other action that cause physical damage, pain leave marks to an individual.
- 2. **Sexual abuse:** it includes any type of sexual contact adult and younger than 18 year of age, or between significantly younger or older child, most probably sexual abuse cases don't come in light because of fear of darkening the social image of child or their guardians.
- 3. **Emotional abuse:** it happens when yelling and anger goes too far to control. When two adult individual constantly criticize, threatens or talk down to kids or teens until it damages their self-esteem and it affects their self-perception. Emotional abuse can damage individual more than sexual or any other abuse.
- **Neglect:** as we all know there are 3 basic needs of human life to live sustainable life that is food, shelter, and clothes. Negligence is happened when inadequate physical care is taken which results in starvation, malnutrition, lack of proper medical attention, not providing clothing needs.

- **Bullying:** threatening someone or ragging someone is as much abusive as beating someone up. Usually, it has been observed that people who bully others were the victims of being bullying in their past as well

Effects of Marital Violence

Basically, the effects marital or domestic violence is seen on three main aspect or parts of life, namely emotional, social and psychological. The emotional effects occur first and over a period of time they percolate in to the social sphere, ultimately compounding in to our own psychopathology, there for the mental balance is collapse and affects interpersonally on each family member who are victim of violence. The family members or the victims may feel insecure and that linked with mistrust. Similarly, a common social effect is isolation and a psychopathological effort is depression (Srinivasan 1987) marital violence emotionally shakes up the inner being of both the adults directly involved, as well as on their children.

Effects on children

In such violent families' children's do not have any normal living conditions for fairly long period of time, they are confused about their parents' behavior and they live in constant fear and anxiety of violence in their day to day living conditions. In their social sphere, children often lack confidence to face society and unable to make friends with their contemporaries and they are avoided and same behavioral problems which may occurs in future.

Effects on Adolescents

It might possible that at this age teen may go under identity crisis and may find difficulty to arrive at a self-understanding and may not be able to engage their full energy in carrier building. The adolescents may face problems such as isolation from peers, parents or the close relatives. Great possibility of developing unhealthy or hatred relation with opposite sex. It all can happened because of identification of negative role model wrong image due to violence.

Effects on family

In presence violence the regular and healthy relationship should be present in family is unable to form, and unhealthy and negative atmosphere is aided to develop. According many study children from this families start judging the parents and become confused. Expressing violent emotions may triggered dysfunction of family and create major psychiatric problems. Many times, it has been observed that children imitate the violent parents and siblings fights in between.

Effects on both partners

They may feel rejected towards each other and sexual tension may start rising amongst them. This is very crucial time that one of the or both the partners starts cheating on each other. Psychological depression leads them in to substance induced habits, many time victims attempt suicide.

Effects on connected society

The people surround them starts avoiding any kind of contact with such people/families results social isolation of such families or persons again leads them in to further depression. May time economical losses needs to be carried out,

Remedies or Intervention of family violence

In all nations across the world victims of domestic violence got protection from law and order, victims may take legal action against the violent partner. Now a days lots of platforms are available for their aid, like Psychiatrist, clinical psychologist, counsellors, medical social worker, para-professionals like community workers and nonprofessional like employees at women's shelter and friends and relatives could help in intervening the violence.

- Psychotherapeutic or counselling techniques which may be applicable in the situation of marital/domestic violence.
- Psychodynamic therapy: uses free association, dream analysis, analysis of transference and counter transference which influences in their behavior.
- Behavioral techniques may be useful with both partners and can beneficial in gaining control over anger, teach alternative communication styles and problem-solving skills.
- Assertive training and participation molding. The victim can be taught to alter their behavior patterns that linked with the violence, and help them to gain grater sense of control over the situation with these techniques.

- Cognitive therapy: this therapy can be useful for gaining beneficial information processing for to alter their cognitive schemata and to raise their self-esteem.
- Social skills training: involve the identification of deficits or excesses in social behavior and analyzing the context of their occurrence.
- Client centered therapy: can be used to help the victim's self through unconditioned positive regards and resolving the conflicts between the ideal and real sense.
- Family therapy/marital therapy or psychotherapy may be required to restore balance or to treat any family pathology resulting from violence. Marital therapy can only be undertaken with a therapeutic contact that the violence stops. The couple is often encouraged develop healthy patterns of communication and focus on positive aspects of their relationship.

II. Conclusion

There has been need of promising, dominant efforts and important advancements in India that could have build in for prevention of violence they are as follows

Firstly, we should actively engage men and boys to increase their awareness and commitment to respectful communication with opposite gender. The approach of men and boys not only change the and increase the impact but also will make man accountable and responsible for their behavior and avoiding violence. Prevention of use of any substance may be beneficial for avoiding any violence as well.

It has been observed that woman also have made violence as their part of life and many incidences is been happened or left unnoticed by the tolerance by the victims. Usually, woman thought that if the violence is not life threatening then they try to neglect the violence. Even more research is been needed in this field.

Finally, if we consider our customs and rituals then we can make out that accepting dominant and violent nature of man has to be tolerate by the wife, so ultimately some traditions need to be get altered, such alterations need to focused on social norms of acceptability, accountability and opportunity to change spouses who perpetrate violence. Basically, ongoing marital violence against women, and gender-based violence against recessive partner as whole, is built on devaluation of woman and girls in our society.

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