



Research Article

DOMESTIC VIOLENCE AGAINST WOMEN WITH DISABILITIES

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ABSTRACT

Domestic violence against women with disabilities is a serious and concerning issue that requires attention and action from society, governments, and support organizations. Women with disabilities are at a higher risk of experiencing domestic violence compared to women without disabilities. This is often due to the increased power imbalance that can exist between abusers and individuals with disabilities. Women with disabilities are particularly vulnerable to various forms of abuse due to factors such as dependency, isolation, communication barriers, and unequal power dynamics. Addressing domestic violence against women with disabilities requires a comprehensive approach that recognizes their unique challenges and ensures their safety, autonomy, and well-being. It requires a commitment from society as a whole to create an inclusive and supportive environment for all individuals, regardless of their abilities. The present paper is an attempt by the researcher to understand the dynamics of domestic violence against women with disabilities and to propose the possible strategies to address this menace.

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INTRODUCTION

Domestic violence, also referred to as intimate partner violence or domestic abuse, is a pattern of harmful behaviors that occur within a close relationship where one person seeks to gain power and control over the other through various forms of abuse. This kind of violence isn't limited to physical harm; it can involve emotional, psychological, sexual, and financial abuse as well (Hanna and Rogovsky, 1991). Domestic violence can affect anyone, regardless of their gender, age, socioeconomic status, race, or other factor (Coker, 2016). Domestic violence, also known as intimate partner violence or domestic abuse, refers to a pattern of abusive behaviors used by one person to gain power and control over another person in an intimate relationship. It occurs within various types of relationships, including married couples, dating partners, cohabitating partners, and family members. Domestic violence encompasses a range of abusive behaviors, including physical, emotional, sexual, and financial abuse.

It is important to note that domestic violence can affect individuals of any gender, age, socio-economic status, or cultural background. Both men and women can be victims, and the abuser can be of any gender. Domestic violence is a violation of human rights and is illegal in many jurisdictions (Hanna and Rogovsky, 1991). The impact of domestic violence on victims can be severe, leading to physical injuries, mental health issues, low self-esteem, social isolation, and even death. It can also have long-lasting effects on children

who witness domestic violence, putting them at risk of emotional and behavioural problems.

Domestic Violence: Conceptual Framework

A conceptual framework for understanding domestic violence involves several key elements and perspectives. Here are some components to consider:

- **Power and control:** At the core of domestic violence is an imbalance of power and control within the relationship. The abusive partner seeks to gain and maintain control over the victim through various abusive tactics.
- **Dynamics of abuse:** Understanding the cyclical nature of abuse is important. The cycle typically includes a tension-building phase, an explosive or abusive incident, and a period of remorse or reconciliation. This pattern can repeat unless intervention occurs.
- **Types of abuse:** Domestic violence can manifest in different forms, including physical, emotional, sexual, and financial abuse. Recognizing and addressing each type is crucial for comprehending the full scope of domestic violence.
- **Intersectionality:** Recognizing the intersecting identities and social factors that influence domestic violence is essential. Factors such as gender, race, socioeconomic status, sexual orientation, and disability can intersect and compound the experiences of victims.
- **Trauma-informed perspective:** Understanding the impact of trauma is vital when addressing domestic

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violence. Victims may experience physical and psychological trauma, leading to long-term consequences such as post-traumatic stress disorder (PTSD) and complex trauma.

- **Societal and cultural influences:** Societal norms, cultural beliefs, and gender roles can perpetuate or enable domestic violence. Examining these influences helps to understand how societal factors contribute to the prevalence and acceptance of abusive behaviors.
- **Victim-blaming and stigma:** Addressing victim-blaming and reducing stigma is crucial in supporting victims and breaking the cycle of violence. Shifting the focus from blaming the victim to holding the abuser accountable is essential for creating a supportive environment.
- **Prevention and intervention:** A comprehensive approach includes prevention efforts aimed at promoting healthy relationships and addressing the root causes of domestic violence. Intervention strategies should focus on safety planning, counseling, legal protection, and access to support services.
- **Collaboration and multi-sectoral approach:** Combating domestic violence requires collaboration among various stakeholders, including law enforcement, healthcare professionals, social workers, educators, and community organizations. Coordinated efforts can ensure a holistic response to domestic violence cases.

By considering these elements within a conceptual framework, it becomes possible to understand the complexities of domestic violence and work towards effective prevention, intervention, and support for victims and their communities.

Types of Domestic Violence

Domestic violence is not only physically harmful but can also have severe psychological and emotional effects on the victim. It often occurs in cycles, with periods of escalating tension leading to explosive incidents, followed by reconciliation and a period of calm-this cycle can make it challenging for victims to leave the abusive relationship. Here are the different forms of domestic violence:

- **Physical Abuse:** This involves using physical force to cause harm, injury, or pain to the victim. It can include hitting, slapping, pushing, choking, and other forms of bodily harm.
- **Emotional and Psychological Abuse:** This form of abuse is aimed at manipulating the victim's emotions, self-esteem, and mental well-being. It may involve constant criticism, humiliation, isolation from friends and family, gaslighting (making the victim doubt their reality), and controlling behavior.
- **Financial Abuse:** This occurs when the abuser controls the victim's finances and economic resources, making it difficult for the victim to be financially independent. It can include withholding money, restricting access to funds, and preventing the victim from working.
- **Digital Abuse:** With the rise of technology, digital abuse has become a concern. It involves using technology to harass, control, or manipulate the victim, such as monitoring their online activities, sharing private information without consent, or using social media to belittle and degrade.
- **Stalking:** Stalking involves persistent unwanted attention and behaviors that make the victim feel unsafe,

harassed, and fearful. This can include following the victim, sending threatening messages, and invading their personal space.

- **Emotional or Psychological Abuse:** Emotional abuse aims to undermine the victim's self-worth and manipulate their emotions. It can include verbal insults, threats, humiliation, gaslighting, isolation from friends and family, controlling behavior, and constant criticism.
- **Sexual Abuse:** Sexual abuse involves any non-consensual or forced sexual acts, unwanted sexual advances, coercion, or manipulation. It can also include sexual harassment, withholding sex as a form of punishment or control, or forcing the victim to engage in sexual activities against their will.
- **Financial Abuse:** Financial abuse occurs when the abuser controls the victim's financial resources or restricts their access to money. This can include preventing the victim from working, controlling their finances, stealing money, or sabotaging their efforts to gain financial independence.

Domestic Violence against Women with Disabilities

Domestic violence against women with disabilities is a serious and pressing issue that demands attention, awareness, and action. This form of violence involves the intersection of gender-based violence and disability-related discrimination, creating a unique set of challenges and vulnerabilities for the women affected. Women with disabilities often face a heightened vulnerability to domestic violence due to various factors (Chenoweth, 1996). They rely on others for care and support, which can be exploited by abusers who have control over their access to essential services. Abuse against women with disabilities can take various forms, including physical, emotional, psychological, sexual, and financial abuse (Aiello, 1986). Abusers might take advantage of the woman's dependency or use disability-related needs as tools of control. Many women with disabilities face communication barriers that can prevent them from seeking help or reporting abuse. This includes those with speech impairments, sensory disabilities, or cognitive impairments that affect their ability to communicate effectively. Abusers isolate women with disabilities from their support networks, leaving them with limited options for help. Isolation can be physical, emotional, or social, making it difficult for victims to reach out for assistance (Chenoweth, 1996). Accessing support services, shelters, and legal resources can be a challenge for women with disabilities. Physical accessibility, communication accessibility, and other accommodations are often lacking in many service providers. Women with disabilities who are dependent on caregivers or family members might face additional challenges in leaving abusive situations. Abusers can manipulate this dependency to maintain control and discourage the victim from seeking help (Aiello, 1986). Institutional attitudes and practices can further exacerbate the vulnerability of disabled women. These include stereotypes, stigma, and a lack of understanding about the experiences and rights of disabled individuals. Reporting abuse can be particularly difficult for disabled women due to fears of not being believed, concerns about repercussions, and a lack of accessible reporting mechanisms.

Domestic violence against women with disabilities is a significant concern in India, where the intersection of gender-based violence and disability-related discrimination can lead

to unique challenges and vulnerabilities for these women. While progress has been made in recognizing and addressing domestic violence in general, there are still several issues specific to women with disabilities in India:

- **Underreporting:** Domestic violence is often underreported in India, and this is even more pronounced for women with disabilities due to barriers like communication difficulties, lack of awareness about their rights, and fear of retaliation (Mahdzir et al., 2016).
- **Lack of Accessibility:** Many support services, shelters, and helplines may not be accessible to women with disabilities. Physical barriers, lack of sign language interpreters, and absence of materials in accessible formats can prevent these women from seeking help (Young, 1990).
- **Dependency:** Women with disabilities might depend on their abusers for care, mobility, or financial support, making it difficult to leave abusive situations. Abusers can exploit this dependency as a means of control.
- **Stigma and Stereotypes:** There's a prevailing societal stigma around disability in India, and women with disabilities might face double discrimination – for being women and for having a disability. Stereotypes about their capabilities can lead to their experiences being dismissed.
- **Legal Challenges:** While there are legal provisions against domestic violence, women with disabilities might face difficulties in accessing justice due to lack of awareness about disability rights among legal professionals and a lack of accessible legal procedures.
- **Limited Support Services:** While there are organizations working to address domestic violence and disability rights, the availability of services that cater specifically to women with disabilities is limited (Cattalini, 1993).
- **Cultural and Traditional Norms:** Cultural norms and patriarchal attitudes can perpetuate violence against women, and these norms might be further amplified when women have disabilities, leading to their marginalization and abuse (Young, 1990).

Forms of Domestic Violence Faced by Women with Disabilities

Women with disabilities can experience various types of domestic violence, which intersect the dynamics of gender-based violence and disability-related vulnerabilities (Mahdzir et al., 2016; Young, 1990). Here are different types of domestic violence that women with disabilities may face:

- **Physical Abuse:** This includes any form of physical harm, such as hitting, slapping, pushing, or causing bodily injury. Women with disabilities may be particularly vulnerable due to mobility issues or dependence on caregivers (Chenoweth, 1993).
- **Emotional and Psychological Abuse:** Emotional abuse involves manipulating, belittling, or undermining the victim's self-worth. Abusers exploit disabilities to create feelings of worthlessness, using derogatory terms related to the disability or isolating the woman from social interactions.
- **Sexual Abuse:** Sexual abuse includes any unwanted sexual activity or coercion. Women with disabilities may have difficulty resisting or communicating non-consent,

making them more vulnerable to sexual exploitation (Ashman, 1990).

- **Financial Abuse:** This involves controlling or exploiting the victim's financial resources. Abusers might misuse disability benefits, control access to funds needed for medical care, or prevent the woman from making financial decisions.
- **Isolation and Restriction:** Abusers may isolate women with disabilities from friends, family, and support networks. This can be especially effective if the woman relies on the abuser for care or transportation.
- **Neglect and Withholding Care:** In cases where women with disabilities rely on caregivers, neglect can involve intentionally withholding necessary care, medications, or assistance with daily living activities as a form of control.
- **Gaslighting and Manipulation:** Abusers manipulate the woman's perceptions of reality, making her doubt her own experiences. This can be particularly effective when the woman's disability might already affect her understanding of the world around her.
- **Forced Medication or Treatment:** Some abusers force women with disabilities to take medications or undergo treatments against their will, often in an attempt to exert control or subdue the victim.
- **Digital and Online Abuse:** With the rise of technology, digital abuse has become a concern. This can include the use of social media to harass, track, or manipulate the woman, as well as controlling her online interactions.
- **Intimate Partner Violence:** Women with disabilities can experience violence from their intimate partners, including spouses, romantic partners, or family members. This violence can take many forms, affecting physical and emotional well-being.
- **Forced Marriage or Coercion:** Some women with disabilities might be coerced into marriages, often for financial gain or as a means of controlling them further.
- **Stalking:** Stalking involves unwanted attention and behaviors that make the victim feel unsafe and harassed. Women with disabilities may be particularly vulnerable to stalking due to difficulties in recognizing and responding to threats.

It's important to note that these forms of violence are not mutually exclusive and can often occur in combination.

Impact of Domestic Violence on Women with Disabilities

Domestic violence has a significant impact on women with disabilities, exacerbating the challenges they already face due to their disability. Domestic violence has huge impact on women with disabilities. Women with disabilities who experience domestic violence are at a higher risk of physical injuries, including disabilities resulting from the abuse. The abuse can also cause psychological harm, leading to mental health issues such as depression, anxiety, post-traumatic stress disorder (PTSD), and low self-esteem. Domestic violence can further increase the dependency of women with disabilities on their abusers. They rely on their abuser for personal care, mobility assistance, or other daily activities, which can make it more challenging for them to leave the abusive situation (Mahdzir et al., 2016). Women with disabilities face unique barriers when seeking help or reporting domestic violence.

These can include communication barriers, lack of accessible support services, limited transportation options, and a lack of awareness about their rights and available resources. It often leads to social isolation, and this is particularly true for women with disabilities. They are more vulnerable to social exclusion and may have limited access to support networks, making it harder for them to seek help or escape the abusive relationship (Doucette, 1986). Abusers may exploit the financial vulnerabilities of women with disabilities, further exacerbating their dependence and limiting their options for escape. Financial abuse can include controlling their finances, limiting their access to money, or using their disability benefits for the abuser's benefit. Women with disabilities who are mothers face additional challenges in the context of domestic violence (Mahdzir *et al.*, 2016). The abuse can affect their ability to care for their children and may lead to custody battles, further complicating their situation. Additionally, domestic violence can have severe health consequences for women with disabilities. The stress and trauma of abuse can worsen existing health conditions, lead to new disabilities or impairments, and impact their overall well-being.

Strategies to Combat Domestic Violence Against Women with Disabilities

Addressing the issues of domestic violence against women with disabilities requires a comprehensive approach that addresses their specific needs and challenges. Here are some strategies and considerations to help address this issue:

- **Raise awareness:** Increasing awareness about domestic violence against women with disabilities is crucial. This involves educating the public, disability service providers, healthcare professionals, law enforcement, and other relevant stakeholders about the unique experiences and challenges faced by these women.
- **Improve accessibility of support services:** Ensure that support services, such as shelters, helplines, counseling, and legal aid, are accessible to women with disabilities. This includes providing physical accessibility, communication support (such as interpreters or accessible information), and training for service providers on disability-inclusive practices.
- **Enhance collaboration:** Foster collaboration among disability service providers, domestic violence organizations, healthcare professionals, law enforcement, and policymakers. This collaboration can help create a coordinated response, improve information-sharing, and enhance the effectiveness of support and intervention efforts.
- **Empower women with disabilities:** Empower women with disabilities to assert their rights and exercise autonomy. This involves providing accessible information about their rights, promoting self-advocacy skills, and supporting their decision-making processes.
- **Train professionals:** Provide training for professionals in recognizing and responding to domestic violence against women with disabilities. This includes healthcare professionals, disability service providers, law enforcement, and legal professionals. Training should cover disability-specific issues, communication strategies, and trauma-informed care.
- **Enhance legal protections:** Advocate for and work towards the development and implementation of laws and policies that protect women with disabilities from domestic violence. These laws should address the specific challenges faced by these women and ensure access to justice, protection orders, and legal remedies.
- **Foster inclusive and accessible environments:** Promote inclusive and accessible environments that prevent and address domestic violence against women with disabilities. This includes creating accessible information and resources, providing disability-inclusive education and prevention programs, and addressing ableism and discrimination within society.
- **Support networks and peer support:** Facilitate the establishment of support networks and peer support groups for women with disabilities who have experienced domestic violence. These networks can provide a safe space for sharing experiences, offering support, and promoting empowerment. Establishing shelters, helplines, counseling services, and legal aid for survivors of domestic violence is crucial in providing them with a safe space and resources to rebuild their lives.
- **Research and data collection:** Conduct research and collect data on the prevalence and impact of domestic violence against women with disabilities. This information is essential for understanding the issue, developing evidence-based interventions, and advocating for policy changes.
- **Engage women with disabilities:** Involve women with disabilities in decision-making processes and policy development related to domestic violence. Their voices and experiences are crucial for creating effective solutions and ensuring that their needs are met.
- **Community Involvement:** Engaging communities, religious leaders, and local organizations can foster an environment of zero tolerance for domestic violence and provide support to those affected.
- **Promoting Gender Equality:** Addressing the root causes of domestic violence often involves challenging traditional gender roles and promoting equality between partners.
- **Prevention Education:** Schools, colleges, and workplaces can play a role in preventing domestic violence by incorporating education about healthy relationships, consent, and respectful behavior.
- **Media and Entertainment:** The media can promote positive portrayals of relationships and address the issue of domestic violence responsibly.
- **Intervention and Accountability:** Police, courts, and social services should work together to ensure that perpetrators are held accountable and that survivors are protected.
- **International Efforts:** Collaborative efforts between governments, NGOs, and international organizations can help share best practices, resources, and strategies for combating domestic violence.

Addressing domestic violence against women with disabilities requires a collaborative effort that addresses the intersecting factors of disability, gender, and violence. By implementing these strategies, we can work towards a society that supports and protects all women, including those with disabilities.

Legal Provisions to Protect Women with Disability from Domestic Violence in India

In India, several laws have been enacted to protect women with disabilities from domestic violence (Panchal et al., 2023). Here are some key laws which have provisions to protect women with disabilities from domestic violence:

1. The Protection of Women from Domestic Violence Act, 2005: This law provides a comprehensive legal framework to protect women from domestic violence, including women with disabilities. It defines domestic violence broadly to include physical, sexual, emotional, verbal, and economic abuse. The law allows for the filing of protection orders, residence orders, monetary relief, and other forms of assistance for victims (Bhatia, 2012).
2. The Rights of Persons with Disabilities Act, 2016: This law aims to protect and promote the rights of persons with disabilities, including women. It recognizes the right to live a life free from violence, abuse, and exploitation. It also mandates the provision of support services, accessibility, and reasonable accommodations to enable women with disabilities to access justice and support systems (Nanda, 2019).
3. The Indian Penal Code, 1860: Various sections of the Indian Penal Code provide legal protection to women with disabilities against domestic violence. For example, Section 498A criminalizes cruelty by husbands or their relatives and can be applied to cases of domestic violence against women with disabilities (Kumar, 2012).
4. The Criminal Law (Amendment) Act, 2013: This amendment to the Indian Penal Code introduced several provisions to address crimes against women, including women with disabilities. It recognizes offenses such as sexual harassment, stalking, and voyeurism, which can be applicable to cases of domestic violence (Bhattacharyya, 2013).
5. The Mental Healthcare Act, 2017: This law aims to protect the rights of persons with mental illness, including women with disabilities who may experience mental health issues due to domestic violence. It emphasizes the right to access mental healthcare services and the prohibition of cruel, inhuman, or degrading treatment (Jha, 2020).
6. The National Trust Act, 1999: This act provides for the legal framework to protect the rights of persons with autism, cerebral palsy, mental retardation, and multiple disabilities. It establishes the National Trust for the Welfare of Persons with Autism, Cerebral Palsy, Mental Retardation, and Multiple Disabilities, which works towards the welfare and protection of persons with disabilities, including women.

CONCLUSION

To conclude, it can be stated that, domestic violence is a serious crime that involves the physical, emotional, psychological, or economic abuse of one person by another within a domestic setting. It's a violation of human rights and can cause immense harm to the victims involved. Stopping domestic violence is a critical goal that requires collective efforts from individuals, communities, organizations, and governments. Laws and regulations in the country recognize domestic violence as a crime and have established legal measures to prevent, address, and punish those responsible for committing such acts. However, it's important for societies

and legal systems to treat domestic violence as the crime that it is with more serious note and sensibility, ensuring that perpetrators are held accountable and that victims have access to protection, support, and justice. It is important to note that despite the existence of these laws, implementation and enforcement can be a challenge. Awareness, sensitization, and training of law enforcement officials, judiciary, and service providers are crucial to ensure effective implementation and access to justice for women with disabilities who experience domestic violence.

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