



Risk Factors of Interpersonal Violence in South Punjab: An Empirical Analysis

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Abstract:

Since centuries women are victim of violence in different ways. Several reasons have been attributed to it and several suppression methods have been introduced, yet domestic violence is still prevalent in South Asian countries generally and in underprivileged regions within the country specifically. This study analyzed the factors attributed to interpersonal violence (IPV) in the South Punjab as a Dera Ghazi Khan Division case study. Through primary survey analysis, 259 sample data was collected. By applying Univariate and multivariate techniques, study finds out that psychological violence is more dominant and prevailing in the region than physical violence, which is due to the backwardness of partner and their family backgrounds. The family status of respondent, her education, and income profile were insignificant in the study in reducing the violent act against her. Hence, it is suggested that instead of instruction to the women and campaigning for woman's rights, male partners should be offered the education and knowledge to provide due rights to women. Moreover, the society norms should be restructured in favor of woman's esteem, whether she is daughter or wife.

Keywords: Interpersonal violence, psychological, physical, risk factor, domestic violence.

INTRODUCTION

Violence is the use of physical force to injure, abuse, damage, or destroy others. None of the single factors can explain why one person and not another behaves in a violent manner (Krug, et al., 2002). Intensity and factors of violence differ across globe; vary from country to country and society to society due to difference in culture, level of income, education, awareness, and family norms. Nevertheless, World Health Organization (WHO) and Newfoundland Labrador segregated violence into three broad categories: Self-directed violence; where a person acts upon himself or herself that is a suicide attempt, suicide thoughts, abuse himself and others. Interpersonal violence (IPV): it is inflicted by another individual or small group of individuals, for example, child abuse, women abuse, mistreatment etc. Collective violence: it is experienced from a community or country e. g. war, state violence etc. As far as violence in Pakistan is concerned, it is strongly related to

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women. Once one hears about violence, the first thinking that comes in mind is about women. Even the most fundamental challenge women face in Pakistan and social stigma deeply rooted in the society is IPV. More than often this violence ends in serious physical, psychological, social, and emotional implications for the victim and adjacent (Ali & Gavino, 2008).

Physical violence is the use of physical force (body) against woman to control her actions or compel her to obey someone. Physical aggression, kicks, slaps, pushing, or hitting by objects are included in physical violence. One big reason for violent behaviour against women by a current or former partner or in-laws is dowry, one of the common reasons of physical violence. The Human Rights Commission of Pakistan (HRCP) reported that about four women are killed every day, by either family members or husbands. Use of acid against women is also a form of physical violence. According to the Acid Survivors Foundation, up to 150 attacks occur every year. Honour killing is also a form of physical violence. Honour killing is committed by husband, brother, or father. A reason behind such violent behaviour is extra marital affairs and doubts of indulging in some immoral activities that may harm family honour and respect. One in five homicides in Pakistan is attributed to honour killings. A possible explanation of the high rate of honour killings towards married women could be attributed to the generally high statistics of domestic violence in Pakistan. Besides high statistics of domestic violence, women in Pakistan are facing psychological violence. Psychological abuse is the use of threats or creating fear to gain control of their life. General forms of such abuse are insulting, yelling, mental torture, humiliating behavior, and others. The common perception behind such violent behavior is that being a woman, her only duty is to follow partner rules (Zakar, et al., 2011). There is no prescribed reason of violent attitude; however, several factors are attributed e.g. poverty, patriarchalism, early marriage, marriage within the extended family, increased isolation inside families, etc.

Poverty is one of the major causes of violence. Poverty itself gives birth to many other social issues. One is illiteracy that purely comes from poverty and considered a major cause of violence. Another concept that owed to poverty and illiteracy is patriarchalism. According to this belief, women must perform the whole household duties, and if she does not fulfill her duties, her mother in-law may seek to punish the woman through her partner. Partner has full right to beat his woman with the mindset that she is his property. Such concepts have led many women to believe that domestic violence is, customary, and even justified. Another factor of violence also originates from poverty, is early marriages, child marriage before the age of 18. Child marriage has led to spouse violence. The Pakistan Demographic and Health Survey conducted from 2012 to 2013 reported that 47.5 percent of currently married women aged 15 to 24 had been married before 18 years. Moreover, of those child marriages, one-third of women reported spousal violence. Whatever is the violence category; each type carries its effect: for example, Physical violence brings acute injury, chronic pain, chronic illness, disability, infertility, and sometimes death. Whereas, psychological violence ends in depression, anxiety, substance abuse, loss of esteem, and shame. Violence is deep rooted in each society in its way. To surmount, real causes must be known first. Each cause must be wiped out according to the background and creed of that society.

The present study aims to explore the factors of domestic violence in the region of Dera Ghazi Khan. This study endeavors to explore the potential risk factors contributing to domestic violence in the region, either it is physical or psychological or both? The region is poor and backward as compared

to the other regions of Punjab. Therefore, the study area is consequential to explore the current situation of violence, as it is expected to be higher there.

REVIEW OF LITERATURE

Among several causes of violence that have been countenanced in human history, religious violence is the second principal reason after IPV. Ida and Saud-a (2020) explored the expressions in how the local Shi'as Muslim women refugees define and interpret their religious identity and gender citizenship in post-authoritarian Indonesia. The study discussed the cases of Shia women from the Sampang Regency, East Java, Indonesia, in the aftermath of the 2012 conflict that made them internally displaced persons (IDPs, Indonesian: *pengungsi*). The study argued that religious identity and gender citizenship are constructed by these displaced Shia women concerning their belief in what is considered "true" in Islam, acquired from the "Islamic traditions" of their local Islamic teacher(s). Their loyalty to a religious belief did not arise from any independent search for the "true Islam" rather from the doctrine of the teachers/spiritual leaders. The study inferred that enforced loyalty to Shi'as in their everyday communal ritual practices had influenced the formation of these displaced women's religious identity as Shi'ias. Similarly, in another study, Ida and Saud-b (2020) explored the existing practice of female circumcision among the ethnic Madurese in the East Java province of Indonesia that is also considered one of the violence categories. The practice has long been believed to be part of the Islamization process protecting the cultural traditions of the ethnic society in Madura. The study investigated two major issues: the prevalence of female circumcision in three districts on Madura Island, using a quantitative survey; and the cultural construction of female sexuality, using a qualitative method focused on observations and in-depth interviews with women, community leaders, and religious teachers. The findings of the study showed that a greater number of females have been circumcised from as early as infants (under the age of one) to those in adolescence. The traditional views on the female body and sexuality have strongly influenced the continuity of the cultural practice. Moreover, observational analysis showed that Madurese society continues to believe that women who identify as Muslims are required to be circumcised. Women who are not circumcised are considered to have betrayed their religious, ethnic, and cultural identities. Furthermore, women cannot refuse or ask not to be circumcised, as many traditional families and religious leaders believe that the practice is required to purify the woman's body and her sexuality.

The reason of the mental health issues of women found in a study by (Pico-Alfonso et al., 2006). This case study comprised face-to-face structured interview of 132 abused women and compared it with 52 non abused women. Study indicated higher cases of post-traumatic stress disorder (PTSD), anxiety, and suicide attempts associated with abused groups of women. In a similar fashion, (Islam, et al., 2013) conducted research to determine the effect of socio-economics and demographic variables, such as respondent occupation, wealth, and type of education, respondent age, religion, age at marriage, on ever born children of those women who had faced domestic violence and women who had not faced domestic violence. The study collected secondary data of 10,146 currently married women out of 10,996 ever married women in which 4214 experienced domestic violence and 5932 had not experienced domestic violence. A similar study by (Uzuegbunam, 2013) projected to examine the domestic violence on women accomplished background information of respondents like sex, age, religion, education, and others. Categories of women were widows,

childless, and poor women. The existence of violence on women by fellow women was confirmed. Time series data on poverty, locality, economic share, age, dowry, age at marriage, and different addictions of husband was used for analysis to find the increasing trend of domestic violence against women despite passing bills. Findings depicted that domestic violence varies from society to society depending on socio economic and cultural status of society (Choudhury & Deb, 2015). Similarly, (Khatri & Pandey, 2013) found that most women under the age of 30 face violent behaviour of partner due to illiteracy, economic dependency, inter-caste marriage, and low status.

According to (Zakar *et al.*, 2011), religious beliefs regarding the status of women also played a role in violence act. For this purpose, qualitative analysis was carried out through in-depth interview of fourteen religious' leaders. The study found that religious leaders from different schools had different perspectives regarding the status of women, marital parity, status of husband and their perspective on the phenomenon of spousal violence. Surprisingly, violence is an act that depends on perception and beliefs towards violence. Hassan, *et.al.*, (2016), by using cross sectional data and focusing on variables like men's belief, level of education, age, residency, and occupation of 440 male of age between 18 to 92 years found that majority of men considered domestic violence justified and 91 percent of them practiced in real life. There exists inverse relationship between men's education, income, age, residency, occupancy, and home violence.

Hussain *et.al.* (2020), investigated a relationship between religious schemas and quest among young Pakistani Muslim adults. Religious quest means search and openness in religion. Incorporating questions relating to human existence and religious schema was the framework of the study that traced an experience in a religious context for its understanding. Religious schemas of the truth of texts and teachings (TTT), fairness, tolerance, and rational choice (FTR) and xenosophia (Xenos) corresponded to religious styles distinguished into fundamentalist, mutual, individualistic-systemic, and dialogical types (Streib *et al.*, 2010). Quest Scale and Religious Schema Scale was administered to a convenient sample (N = 400) of 179 young Muslim men and 221 women. The study revealed a significant negative relationship between TTT and religious quest, and partially support a significant positive association of quest with FTR and xenos. Proposal to moderate religious tolerance through education was discussed. It is believed that economic empowerment a higher education and modified cultural norms women protect women from violence (Dalal, 2011). According to (Eisner, 2008), IPV is increasing with historical perspective. Priya *et.al.*, (2019) made a report on IPV faced by pregnant women and indicated that pregnancy might increase the risk of violence and the chances of multiple sites of injury and injury on the abdomen. Rasoulia et al., (2014), indicated the women living in urban areas had the highest prevalence, while women in the capital city had the lowest prevalence of violence. Similarly, a comprehensive study by Muthami, et. al., (2017), highlighted the factors associated with violence against women and girls. The findings showed that all the respondents (100 percent) had been exposed to violence, each facing different forms. The outcome demonstrated that the most common victims of violence were expectant mothers and children who were under the care of irresponsible persons. The factors that trigger violence were previous assaults, cultural expectations, alcohol abuse and other drugs, poor communication skills, poor problem-solving skills, and unemployment. In a study by Tariq *et.al.*, (2018), 373 randomly selected married women of reproductive age were interviewed in Pakistani hospitals. Mostly (60.8 percent) reported as current victims of severe psychological violence, with 15 percent having been victims in the past. The percentage of women

going through current psychological violence far surpassed the percentages of women going through current sexual (27.3 percent) and physical (21.7 percent) violence.

In crux, the number of studies that analyzed the IPV among women is many; every study has taken different data set and bounty of variables as a hypothesized cause of violence.

Nonetheless, it is evidenced from each study that violence against women is widespread, and it has shown an increasing trend despite several efforts by government agencies. All these factors indicate a lack of training and awareness about woman's rights and respect due to less income, less education, and less ethical and religious wisdom. Almost every woman has experienced violence. The difference in intensity and nature of violence is due to the cultural norms, childhood experiences, education and training, job, income level, family status, and more common personal beliefs formed by society. There is no single solution that can be suggested to overcome the issue.

It is evidenced from the literature that number of studies that focused on physical violence is countless, whereas most of the time psychological violence is ignored by the researchers. Psychological violence is harder to estimate; therefore, only a few studies have taken notice of it. The current study focuses on exploring psychological violence and its main causes to help bridge the gap in the literature in this area.

METHODOLOGY

The objective of the present study, is to deeply examine the factors of psychological violence faced by married women. Therefore, study employed primary data analysis techniques.

Data collection in social research is based on human nature that is very sensitive. While collecting data, all aspects of data quality were kept in mind. For the present study, a questionnaire was made, which included open-ended, rank scale, and closed questions. This was a basic data survey analysis from the families visited in 2020. Noticeably, this assessment was based on cross-sectional data; reviewed sample comprised around 300 nuclear families using a random sampling and convenience sampling methodology. These families were picked for an interview and to fill the surveys questionnaire to evaluate IPV. Informed approval was obtained at the beginning of the individual interview, and at the beginning of the questionnaire, additional information was given.

Among the families, selected for data collection and survey, married women were taken as stakeholders. Never married women and participants with missing data were excluded. Researcher attained a model size of 259 women to assess risk factors for IPV against ever married women.

Variables in the study

Domestic Violence is an outcome variable in the study created by combining physical violence and psychological violence. The event of no domestic violence was coded as 0 for participants who did not experience either physical or psychological violence. For those who experienced only psychological violence, only physical violence and both physical and psychological violence, a code of 1 was assigned to represent the event of ever experienced domestic violence. Covariates considered as risk factors were selected based on causal assumptions derived from subject matter knowledge. These included age of respondent, residence, educational level of respondent and partner, wealth index, family background of husband, employment status of both responded and partner and number of daughters, etc.

The following seven questions were used to create the variable for physical violence: Did your husband/partner ever i. Slap you? ii. Twist your arm or pull your hair? iii. Push you, shake you, or throw something at you? iv. Punch you with his fist or with something that could hurt you? v. Kick you, drag you or did beat you up? vi. Try to choke you or burn you on purpose? vii. Threat or attack you with a knife, gun, or any other weapon? A yes = 1 to any of these questions constituted physical violence. If a woman scores from 1 to 7, then physical violence was coded as 1 to represent an event of physical violence, and if a woman scores 0, then physical violence was coded as 0 to represent an event of no physical violence. Psychological violence was measured similarly, using the following set of questions: (Did) your husband ever: i. Say or did something to humiliate you in front of others? ii. Threat to hurt or harm you or someone close to you? iii. Insult you or make you feel bad about yourself? iv. Have extra martial affairs? v. Give no importance in decision making? vi. You feel lower status as a daughter in law or wife? vii. Forced to live with family in laws? viii. give no permission to go shopping or anywhere? ix. Husband shout at you? x. blame for his problems? xi. Not bother the feelings? xii. Not care for sadness or illness? xiii. Use bad language? xiv. Threaten due to any reason? A yes = 1 to any of these questions constituted emotional violence. Scoring from 1 to 13 was coded as 1 to represent the event of psychological violence. Otherwise, a code of 0 was assigned to represent the event of no psychological violence.

DATA ANALYSIS

Distribution of categorical variables was reported as frequency counts while associations were tested using chi square or fisher's test. Univariate logistic regression analysis was initially performed to evaluate the ability of each co-variate to predict the event ever experienced domestic violence. Predictors with some degree of association from the Univariate analyses ($p < 0.25$) were entered into a preliminary multivariate logistic model, either as continuous variables or categorized as quartiles. Those that showed some degree of association ($p < 0.25$) were added one by one until no remaining variable produces a significant F statistic (forward selection).

The forward selection model was chosen over the simultaneous model as this study was designed to select from a group of independent variables, the one variable at each stage which makes the largest contribution to R. To ensure that the predictor variables included in the model were independent of each other, variance inflation factor was used as measure co linearity. None of the predictor variables in the final model was highly associated with each other. Data were analyzed using software STATA, and all statistical tests were two tailed and a $p < 0.05$ was considered statistically significant.

EMPIRICAL FINDINGS

Socio-demographic characteristics of the 259 ever married women in this study indicated that 12.66 percent had ever experienced domestic violence (some form of physical or psychological violence) and 87 percent were currently in marital relation facing violence. The most frequently reported violence against women was psychological violence, followed by physical. The median age of the women in this study is 30 years, and the majority (87 percent) are currently married. Table I, depicted that educational level is higher for men (spouse/ partner) than women. About 30 percent of the women are in the lowest quintile of the wealth index. The most common duration of marriage

was reported on average 20 years or less (Table I). There is more proportion of participants for place of residence in rural areas 60 percent, educational level only until 10 years.

Table 1: Demographic Distribution (Median)

Age	Median	30 years
Age/partner	Median	40 years
Place of Residence	Urban/Rural	40%/60%
Educational Level	No. of years	10 years
Educational level-partner	No. of years	16 Years
Respondent currently employed	Yes /No	20%/ 80%
Partner Currently Employed	Yes/No	90%/10%

Table 1a: Family Information

Total Children born	5
Years of marital life	Less = < 20years
Marital decision (Forced/ Love/ Family/ Out of family with permission)	10% / 5%/50%/35%
Relation with own family (Low/ Middle / high)	20%/30%/50%
Relation with in-laws (Low / Middle/ high)	50%/40%/10%

Table 1b: Wealth Index

Poorest	below- 25k	10%
Poorer	25k-50k	20%
Middle	50k-100K	40%
Richer	100K-150k	20%
Richest	150k-above	10%

Table-2 presents the risk factors of violence. Higher the level of education of partner from the Univariate analysis independently lowered a woman's risk of domestic violence by 55 percent whilst women who had higher education was only 15 percent less likely to experience domestic violence (p-value < 0.05; Table 2). After adjusting for other potential risk factors, women residence either in urban or rural areas did not play any role in violence affliction. The educational level of partner conferred a protective effect against domestic violence. The higher the educational level of a partner, the lower a woman's risk of ever experiencing domestic violence. The risk of ever experiencing domestic violence was 55 percent lesser for women whose husbands had higher education than women whose husbands had lower qualifications. However, the respondent's own education does not play a significant role in reducing the domestic violence.

Similarly, the profession of partner has a significant role in reducing the act of violence, however respondent's own profession has an insignificant role in saving her from domestic violence. Marital status more than 20 years are playing a significant role in reducing violence by 65 percent as compared to less than 10 marital years. Respondent features (e.g., her status as daughter, her wealth, and age) and her parental status have no role in reducing chances of violence. However, partner age, partner's mother education, and family values have a significant role in improving married woman's status and reducing violence.

Table 2. Odd Ratios Univariate Analysis

	Odd Ratio	Confidence Interval	P-Value
No. of daughters	0.20	0.23-0.95	0.013
Place of residence urban/rural	0.14	0.93-1.40	0.2176
Partner's education	0.55	0.22-0.99	0.0259
Partner Job/profession	0.45	0.33-0.82	0.034
Education level of respondent	0.15	0.45-1.95	0.350
Respondent Job/profession	1.00	0.95-1.45	0.387
No. of year in Marital life	0.65	2.24-7.31	0.001
Wealth index/status	0.90	0.65-1.23	0.5077
Status as daughter	1.10	0.81-1.48	0.8397
Status as daughter in law	1.25	0.99-1.58	0.0626
Age of respondent at marriage	1.00	0.99-1.022	0.562
Husband age	1.55	0.22-0.83	0.0039
Education of mother-in-law	1.04	0.99-1.08	0.0440

Domestic violence is estimated in the study by the factors that have already been reported. The factors cited in one country or region may not certainly give rise to the possibility of woman's risk of domestic violence in any other region. This study focuses on determined explicit factors that give rise to possibilities of women's risk of domestic violence as noted by the model sample of married women in a specific region that was Dera Ghazi Khan in South Punjab. In the study, psychological violence was reported more as compared to physical violence. Despite the fact, physical violence is easy to evaluate than psychological/emotional as reported by (Johnston, & Naveed,, 2008) in a study of Bangladesh. It is evidenced that psychological violence is more common and destructive. However, more detailed data are needed to understand emotional hurting due to its complexity. Similar findings are extracted from the current study. Emotional violence is more prevalent in marital life. Most interesting fact is that psychological violence is more common in educated families and not tumbling even though women are getting more education and financial empowerment. However, it was reported less when the husband was educated, had better job status, and educated family background. Family background was estimated by mother-in-law education, hence, here an important inference can be drawn that mother of a husband has a very important role in folk's composition and plummeting the act of violence. If mother in laws will be educated and deliver appropriate guidance to their sons, the violent act will be reduced. Surprisingly, in this study, the residential area rural/urban has no role in reducing or increasing

domestic violence that again indicated that violence is an individual feat that might be intrinsic, residential vicinity cannot transform the mindset. However, if a person is well educated, taught by mother, and well-informed regarding women's rights, he will not indulge in any unconstructiveness whether he is poor or rich, living in rural areas or urban. Though the current study results are at odd concerning many previous studies, e.g. Sinha et al., (2012) one of the Indian studies reported, high prevalence of domestic violence among women living in slums yet this study findings are contradictory to it.

Another most exciting finding significant in the study was the number of daughters a woman has or had given birth to. More daughters more is the probability to counteract the domestic violence, which might be due to family pressure. More daughters signify more responsibilities that presage mother captives father.

There are hundreds of other factors that are contributing toward violence especially for psychological aggression. Whereas only a few factors are carrying out positive results. In the present study husband age, (maturity), and number of years after marriage has shown some positive indication in lessening the violence. In a nutshell, the current study demonstrated that violence act is more related to male background, earning status, education, family norms, and mother education. Women's family background, education, job, family status, and wealth cannot save her from facing the violence either physical or psychological, if she must uphold the marital life.

CONCLUSION

Violence in its different form has been prevailing in human history since the origin of this world. However, with time, the intensity of violence and victim of violence get changed. The most common form of violence that still exists and has a more devastating effect on human life and society is domestic violence. That has a long-lasting impact at the individual level and at family, community, and national level. Domestic violence may cost health (mental and physical) issues to the leftover and on children. The probability of having emotional and behavioral problems in violent family children is more than others. The prevalence of domestic violence undermined efforts to realize the Millennium Development Goals (MDGs) as it is a barrier to a developed mindset. It also undermined women's reproductive rights with heavy impacts on maternal and child health. On account of findings, partner education and family background act as a protective shield against domestic violence. Hence, the focus should be laid more on male training and awareness about the woman's rights rather than giving awareness to women about their rights. The present study disclosed that educational status of partners and their mother played a vital role in reducing violence. The study inferred that husband and mother-in-law should be informed about their responsibilities for a new entrant in their home rather than married women about their rights. Similar results were reported in India that higher than secondary education of both the woman and her partner build a protective effect against violence, pointing out the role of education in lowering violence against women. Women and/or partners with higher than secondary education may have fewer chances to be abused because they respect each others feelings and take each other as precious. It indicates that women education has lesser role in protecting her from violence, however, husband education really matters.

The nature of the data was cross-sectional that has confined ability to expose causal inferences. Also, collected data were solely rested on respondents' self-reports and have possibilities to be gross underestimates or overestimates the results that can erode the true picture of domestic violence. Despite these impediments, data for this study gathered from the model survey and personal interview of the researcher with number of women. The bitter truth and reality are that women are victim of domestic violence, and exposed psychological violence is one of the grave issues in family tree. There is need to restructure the society norms to overcome this dilemma.

Recommendations

The search for possible solutions and tools to fight domestic violence always ends up searching for the causes of this negative phenomenon. To answer what causes domestic violence turns out as a challenging issue. Knowing the causes of domestic violence could be the key to eliminating domestic violence from our society. Etiology is a partial component of criminology that focuses on the discovery and investigation of the causes of criminal behaviour in individuals. Knowing the causes of crime as such is in itself a very demanding process. The cause creates a casual relationship between phenomena that are unchangeable. The causes of violent behaviour in domestic violence have never been accurately and unequivocally proven. For this reason, it is more appropriate to identify and investigate criminogenic factors of criminal behaviour. These are factors, which in them, or in a combination of them, support, enable, incite, and facilitate the emergence or development of criminal behaviour (Tittlová & Papáček, 2018).

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