



The Secret Aspect: Violence Against Men

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ABSTRACT:

Witnessing the world, our India is one of the developing countries in the world where there are all types of development in progress. Let it be the development of infrastructure, education, sanitation, transport, etc and also in moral terms let it be development of girls, gender equality, safety measures for environment, etc. But observing gender equality is there any gender equality going on, not in India but also throughout the world. Everywhere it is said to giving equality to girls, justice for girls. But is it? Does only girls or women need equality not men? In India men had and in some places have started been a victim of abuse by many means. Let it be physical, emotional and sexual abused by anyone of family members, partners and strangers but mainly by women. They face this challenges due to societal expectations and mindset which has increasing feminism and decrease in masculinity and resulting stigma. The violence against men is mainly under reported and under recognised broader by societal factors. This is long neglected societal issue. This is emphasized critically to dismantle because of harmful stereotypes. It has been more because of influenced factors like race, sexual orientation, socioeconomic status etc. Addressing problems of men should include raising public awareness and research for their situation in society on violence against men, provides support services and promoting healthy relationships and respects. Legal and policy making which ensures support to men victims and strength to them should be made. Government should spread schemes and support as given to women, for men also to share their opinions and giving rights and justice to them in equal manner. While addressing to this issue it will require challenging harmful gender stereotypes, Challenges face by male victims should move towards violence free for all genders in the future.

1. INTRODUCTION:

All say a man must never weep,

Be silent and secrets to be keep,

But scattered hearts and souls,

Leave unseen scars which are beyond control.

In India girls and women are getting more priority and safety measures than a man who nowadays also respect that women why because 'She is a women!'. In last century there were many abuse, violence, trauma to women by the society which led to her insecurity in the society as well as in her house too. Women did not had rights against many things like voting, freedom, education rights, etc. Even if it was given in the constitution in 1950 that everyone is equal before law many women were not given their rights. After that women started to raise their voice against their rights and also justice. After that women started getting rights and justice against many aspects in the society and in their life too. Many men also supported women in their way to justice and rights in all the means possible. It is also given in our constitution, Article 21 which states right to life and personal liberty where every individual of India must be equally treated and have life and personal liberty and also our Article 15 of Indian constitution which states that it does prohibits any discrimination based on religion, race, caste, sex or place of birth which says that everyone is equal in the eyes of law. Women started enjoying their rights and freedom as they started getting rights from all means.

But talking about today or last two decades women are getting rights as per their needs, but some in rural or not so developed parts of India are still not. Averagely more than 70% at present are enjoying their rights in some or the other way. On the other hand, as many girls and women started getting rights, they also started misusing it in many sense. Many girls and women who are getting their rights now are seeking for more power than the women time before who did not had such powers. In many ways they are misusing their rights which is leading their power. In last century women did not get rights and were treated odd, but now men are getting trapped and are feeling odd by women in this 21st century. In the present century men are facing violence or getting abused by women. This shows that rights of men are assaulted. Domestic Violence is a pattern of abusive behaviour by one person towards another, both sharing or having shared a domestic relationship with each-other. It can take many forms-- physical, emotional, sexual, economic, psychological or technological, and can manifest itself by way of physical harm, verbal abuses, intimidation, sexual coercion, or restriction of financial resources.¹

¹ <https://www.tscltd.com/domestic-violence-against-men-india>

2. EXAMPLE OF CASES OF VIOLENCE AGAINST MEN:

Now take of any men or boy travelling in a bus or in general compartment of local train and accidentally if he touches or is struck by a women, women starts hitting and abusing him and no one is by him instead people accuses him from women's side as all have now started knowing that it is only the mistake of men and that of women as they are always right. Instead of examining the situation in which he had been struck, she only thinks of that she is been touched by a bad means. She abuses him eventually even if its her mistake because she knows if she starts hitting and abusing the man all will think its his mistake and too will take initiative in hitting and abusing him also sometimes knowing that it is not his mistake. Is this lawful or correct of hitting and abusing a person on which basis?

When a sister is going to native place or any anywhere with many luggage and her brother comes to leave her to the railway station and wants to departure her in a ladies compartment of the railway and wants to just go inside the compartment for settling her luggage in the coach; some women start knocking him down and start abusing him for he has come in the ladies compartment for which he has only come to settle his sister and he will go away; not also by wrong intention, but the man seek to listen the women and he also can't say anything go them as their power comparatively in today's time has increased in the society. Also a scene of railway in which, someone is in urgent and have to go to the next station but the train had missed and by mistake in hurry get into the ladies coach and if this happens women start saying him what not and also give him to the police on the next station as he climbed in the wrong compartment and that poor man who was already in hurry can't say anything to police or either to women and is also beaten up by police for his activity. This shows that women are misusing their power in wrong ways and without taking his reasons into consideration.

In contemporary society, women have started driving and some are also good at it. But some cases seen from that some women can't drive properly but still drive that they know that no one will ask them or they will act emotional, dump or stronger when caught. If a man is going on his motorcycle and a women also comes driving a scooty from behind and give left or right indicator and go to right or left respectively and both the motorcycle clashes each other but after this even if its women's mistake men will say sorry and listen to the women for she will not except her mistake. And she will insult him in gathered street of people, also some abuse him and use violence on him and he has to listen to her, why because she is a women!?. One of the case was very a taxi driver was beaten up by women even if itb was not his mistake, he can't say anything and he stays up with his mental stress and thinks of that, 'In current times, if I do anything to women everyone will be by her side I shall be alone ad the case will stand in the police and courts, so he stays quiet and listens to her'.

In present marriages, women seek more attention by man that if any small things happens and frustration of a man is come up and given up on a women, she start to make stories of small things which leads to divorces now and then in many cases of marriages. For example, a research shows A 35-year-old man reported having got into an argument with his long-term life partner regarding him using his mobile phone. When he wanted to leave the flat, the argument escalated. She knocked the mobile out of his hands, struck his back with her fists, and scratched him. He reported several prior incidents of a similar nature; she often "lost it."²

1. UNDERREPORTING:

When a man is been abused or women has been violent on men in any sense he will not go to police and say anything because they know nowadays case of women are seen more upon than men. Even if 2 of 100 go to the police the police itself will say or suggest them that, 'don't make any case against women, it will come back to you and you will only be trapped in it by yourself'. This leads to underreporting of the cases of many men in which they are literally been abused and harassed by women in many means. In a country like India, which has been male-dominated for centuries, people find it hard to believe that men can be victims of domestic violence just like women. So, there may be a reason why domestic violence against men is not recognized in any law in India. However, contrary to popular belief, the number of men, being psychologically and physically abused by women is increasing.³

2. TYPES:

There are many types of violence which are done against men. It can be mental, physical, psychological or sexual assault of violence. As women are getting victims of these violence also men are victims too. This can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- economic/financial
- emotional

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

² <https://pmc.ncbi.nlm.nih.gov/articles/PMC7658679/#s5>

³ <https://timesofindia.indiatimes.com/readersblog/my-thoughts-on-paper/an-indian-perspective-on-domestic-violence-against-men-50632/>

Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.”

Psychological/Emotional: Psychological abuse involves the regular and deliberate use of a range of words and non-physical actions used with the purpose to manipulate, hurt, weaken or frighten a person mentally and emotionally; and/or distort, confuse or influence a person’s thoughts and actions within their everyday lives, changing their sense.

Economic/Financial: Controlling finances, stealing money, coercing someone into debt, restricting/ exploit/sabotaging their partner’s access to money and other resources, such as food, clothing, transportation and a place to live. ⁴

3. IMPACT:

Impact of this violence against men leads to mental stress, physical and mental disorders , etc. They start feeling insecure and feel no one is besides him, for him to support and starts feeling lonely and goes into depression. Already men have their own problems of societal life, studies, job pressure, family pressure, financial problems, handling problems of himself and also family and in this comes abuse and harassments which leads them to depression. And this depression after it is not been handled or kept into control by them, men end up in giving life and attempt to suicide and decide to finish their life.

4. NEED OF SUPPORT:

There should be support to them also as for women. Men should also be paid attention as women and gender equality and respect for all the sex should be given to each other. Also a special contact should be created as it is for women and men who have been harassed should be given chance to raise their voice too and should be given justice. Men can also cry as they have emotions. They also need someone by whom he can share his feelings and emotions and cry upon their shoulder. Also who would give him a round of applause for his outstanding efforts. This kind of support to them will bring a drastic change in lives of men and also in the society.

5. SOCIAL FACTORS:

There are many societal factors too by which men are stressed and feel insecure and caught up. Society feels that if he is a man he should never cry and keep his feelings with him. Men always should take care of their family and should be responsible for them. Society feels that if he is a man he will not cry like women and he should not be emotional and said that men do not have emotions. This factors set up by society has made insecurity and a burden of responsibility on men by which they end up to depression. It has been observed in a study that less income, education up to middle class, nuclear family setup, and the influence of alcohol were risk factors for violence against men. An earning spouse with education up to graduation was found to be the risk factor for bidirectional physical violence. Caste and socioeconomic status were not found significantly associated with violence against men. It was observed that the couples where the spouse is earning and educated up to graduation, the physical violence can be committed by both the spouses against each other.⁵

6. CONCLUSION:

Men are always been into picture that they are responsible, have to face to everything in their life. But this should be now, Now everyone even men and women both be equal chance and rights to live their lives. Ultimately, preventing violence against men should and requires by addresses to the cause violence, should support victims men and help them to grow emotionally and also promoting the culture of respect and equality for all of our sex.

⁴ <https://mankind.org.uk/help-for-victims/types-of-domestic-abuse/>

⁵ <https://journals.sagepub.com/doi/10.1177/2631831819894176>