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## **An Exploratory Study of Domestic Violence in India**

*Abhiram G. Nair*

Kristu Jayanti College

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### **ABSTRACT**

A full-scale issue in India, domestic violence affects people from all social levels. This exploratory study examines the character, causes, and effects of domestic violence in India alongside with the felony and social reactions. The paper stresses the frequency of intimate accomplice violence, mental and physical abuse, and the way cultural standards support the continuation of violence. It also considers contemporary legislation including the effectiveness of the 2005 Protection of Women from Domestic Violence Act. The have a look at calls for more strong criminal enforcement, public awareness, and community-based interventions mostly based on to fight home violence.

**Keywords:** Domestic violence, India, gender-based totally violence, criminal framework, socio-cultural factors, intimate accomplice violence, women rights

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### **Introduction**

Deeply rooted in socio-cultural values and routinely accepted inside homes, domestic violence remains one of the most often violated human rights issue in India. Many cases cross unreported due to stigma, anxiety, and ignorance of knowledge-how, even in criminal systems meant to protect sufferers. This paper looks at the elements causing domestic violence, how it affects victims, and the success of social and prison interventions. Women—especially in rural and underdeveloped areas—are more vulnerable due of their financial dependence, gender inequality, and inadequate control of laws. Apart from psychological and physical suffering, domestic violence affects children long term and reinforces generational cycles of violence. Legal laws like the Protection of Women from Domestic Violence Act (2005) exist, but limited help systems and demanding conditions in execution keep to prevent advancement. This summary of objectives seeks to expose the flaws in present policies and support strategies for even more effective prevention and guiding systems.

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### **Review of Literature**

Studies stressing its psychological, legal, and sociocultural features have helped India to see a lot of research on domestic violence. Dobash and Dobash (1979) assert that domestic violence is firmly rooted in patriarchal society in which men subjugate women using violence. Heise (1998) advances this by including an ecological viewpoint linking structural and social inequalities to domestic violence. The National Family Health Survey (NFHS-five, 2019–21) notes that almost 30% of married girls in India have experienced domestic violence, albeit incidence in rural areas is better. Agnes (1992) looks at the Indian prison system in relation to domestic violence, especially with reference to the Protection of Women from Domestic Violence Act (2005), stressing its relevance and the challenges in application.

Furthermore rather well-documented are the psychological and social consequences of domestic violence. The World Health Organisation (2013) notes that often affected survivors are long-term mental fitness effects including anxiety, despair, and publish-disturbing strain disease. Analyzing the intergenerational consequences of domestic violence, Das et al. (2018) find that children who go through such abuse are much more likely to enjoy trauma and engage in competitive behaviors later in life. Moreover quite crucial in tackling domestic violence are NGOs and civil society groups. Sen (2005) and Kishor & Gupta (2009) argue network interventions, felony resource, and consciousness campaigns will empower survivors. Although there are criminal laws, studies show that efficient fight of domestic violence in India depends on a mix of criminal, social, and psychological help.

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### **Exploring the Reality of Domestic Violence in India**

#### *Forms of Domestic Violence*

Domestic violence in India manifests itself among other forms as bodily, emotional, financial, and sexual abuse. Physical abuse—which includes attack, hitting, and beating—is the most obvious form; usually, this results in too severe injuries for the victims. A victim's mental health suffers greatly from

emotional and psychological abuse including verbal threats, humiliation, and isolation. By means of economic abuse, the abuser establishes the victim when he limits employment opportunities, controls financial resources, or withholds basic needs. Another vital difficulty, although not usually discussed because of social taboos, is sexual abuse—including marital rape. These types of violence taken together help to explain the oppression and slavery experienced by sufferers—mostly women.

### ***Causes and Risk Factors***

Many socioeconomic and financial aspects help to explain why domestic violence is so better in India. Deeply ingrained patriarchal norms support male supremacy and sometimes justify the mistreatment and control of women in households. Since many women lack financial freedom and find it challenging to leave abusive relationships, economic reliance is rather crucial. Lack of felony awareness aggravates the issue even more since victims will not be aware of their rights or the accessible criminal treatments. Moreover linked to better times of domestic violence are drug and alcohol abuse; intoxication usually leads to aggressive behavior. Many victims avoid getting treatment because of these components mixed with social shame and fear of reprisals.

### ***Legal and Policy Responses***

India has laws against domestic violence, but their implementation still presents challenges. The Protection of Women from Domestic Violence Act (2005) makes plenty of civil remedies including safety orders, residence rights, and financial compensation for sufferers. Section 498A of the Indian Penal Code punishes cruelty against women helped by their husbands or in-laws. Social stress, fear, and poor control enforcement cause many cases to cross unreported in spite of those clauses to occur. Usually slow, the legal system offers difficulties for victims seeking justice because of lost sources and support. Ensuring fast court action and strengthening control enforcement systems will help to greatly increase the effectiveness of these laws.

### ***Role of NGOs and Civil Society***

Supporting home violence survivors mostly depends on civil society and non-governmental organizations (NGOs). Many NGOs provide victims legal assistance, counseling, refuge homes, and rehabilitation facilities as well as Companies like Jagori and SNEHA paintings nearer to Self-assist groups and surrounding support networks make up community-based totally interventions, which have also proved successful in helping sufferers and preventing similarly violence. Through programs for developing consciousness and empowering women via education and talent development, companies like Jagori and SNEHA paintings nearer. Though better cooperation among the authorities, NGOs, and society is desired to enable a more safe environment for sufferers and uphold responsible offenders.

### ***Need for Social Change and Awareness***

Beyond legislation, addressing domestic violence calls for society to see things differently. Starting initiatives for consciousness and education will help to question gender stereotypes and promote equality. Changing attitudes can benefit much from the way the media presents girls as empowered persons rather than victims. Gender sensitivity courses must be taught in schools to foster from early on awareness and equality. Encouragement of bystander intervention and network participation also helps to lower domestic violence. Good control of this problem depends on a thorough plan combining financial, social, and criminal help.

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## **Conclusion**

Deeply ingrained in cultural standards and systematic inequalities, domestic violence in India still presents a major social and criminal issue. Legal guidelines similar to the Protection of Women from Domestic Violence Act (2005) let many cases pass unreported due of fear, stigma, and ignorance. Dealing with this issue requires effective application of felony clauses, community guide, attention campaigns, and economic empowerment of survivors. Strengthening law enforcement, advancing gender equality by education, and promoting society interaction will help to reduce domestic violence and provide a more safe surroundings for victims. By means of a combined effort among the government, civil society, and people, break the cycle of violence and guarantee justice for persons affected.

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