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ARTS & SCIENCES

DEPARTMENT OF PSYCHOLOGY

Graduation Project

Domestic Violence

Submitted by : Arzu KAYDA

Submitted to : Assist. Assoc. Prof. Mehmet ÇAKICI

2001 , LEFKOSA

# ARTS & SCIENCES

## DEPARTMENT OF PSYCHOLOGY



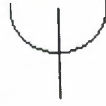
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## INTRODUCTION

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## THANKS

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## INTRODUCTION

In this research , my aim is to determine the perspective of Turkish Republic of North Cyprus population about violence against women in family. Violence is an universal problem and violence against women in family in general form of domestic violence becomes too.

Violence is a feeling of anger or hate. Today many people use violence to resolve things. The dictionary says 'violence is a force used to cause injury or damage ' (1)

I think it means more than a force. According to me , violence means what is happening to day to our people in the streets , in the homes... etc.

Violence divide in two forms. Interpersonal and organized violence. Interpersonal violence consists of those types of violent behaviour that occur between individuals , but are not organized or planned by social or political groups in which they participate. Interpersonal violence can be classified by the victim - offender relationship , the nature of which is key to distinguishing domestic violence , violence among acquaintances and violence between strangers. Even when it is rare , random violence , unexpected and difficult to control , has profound and sustainable effects , creating a feeling and climate of threat.

Organized violence is violent behaviour that is planned to achieve , or motivated by , specific political , economic or social objectives of an or organized social or political group. Organized violence includes , for example , political violence in which

efforts to violently intimidate an opposing political faction may be very carefully planned and executed. (2)

We may define domestic violence as physical abuse directed by one member of the family against another or others. The home is in fact the most dangerous place in modern society. In statistical terms , a person of any age or of either sex is far more likely to be subject to physical attack in the home than on the street at night ( 3 )

Domestic violence occurs in relationship where conflict is the continuous result of power inequality between the partners and one partner is afraid of , and harmed by the other ( 4 )

Domestic violence cases are a special category of civil harassment. Civil harassment occurs when one person annoys harasses , injures or threatens another person. A civil harassment case does not meet the relationship test established for domestic violence. Domestic violence cases are often more volatile than a civil harassment case - the special relationship between the parties in a domestic violence case often result in greater harm caused by one person against the other. In addition to different procedures , the available remedies for a domestic violence case may differ from the remedies available under a civil harassment case. (5)



Many people think that domestic violence happen physically but it include some other forms such as verbal / emotional abuse , economic , sexual and social abuse.

### PHYSICAL ABUSE

This can range from pushing and slapping to punching , hitting , shoving , pulling , hitting shoving limbs , choking and breaking bones etc. Killing of family pets, breaking house hold goods property damage. Also includes using weapons / firearms , denial of basic human needs such as food , sleep medical care money and any acts of violence which are designed to control , hurt , harm or otherwise physically assault a partner.

### VERBAL / EMOTIONAL ABUSE

Any action intended to degrade , humiliate and demean , both in public or private , including threats to injure or otherwise harm , the partner or the children ; blackmail ; putting one partner down and making them feel bad about themselves and their abilities ; treating one's partner like a servant ; abuser making decisions regarding partner's financial status , free time , friendships , work and liesure activities.

### ECONOMIC ABUSE

Where the partner has limited or no access to , or control over , the family in come thus facing the partner to become dependent on the abuser for money and survival.

### SEXUAL ABUSE

This includes any attempt to force a partner to have sex or perform sexual acts against their will ; physically attacking the sexual parts of a partner's body ; treating a partner like a sexual object the meaning and humiliating sexual comments or jokes ; threatening physical violence should partner not comply with sexual demands.



The abuser use violence to provide and maintain control and power in their relationship. The power and control wheel presents the primary tactics and behaviours individual abusers use to establish and maintain control in their relationships. The wheel symbolises the relationship of violence to other forms of abuse and coercion.

The cycle of violence has been used comprehensively as a model for understanding violent behaviour and while it has been useful in moving away from old notions about being caused by communication problems in relationship, it does have limitations.

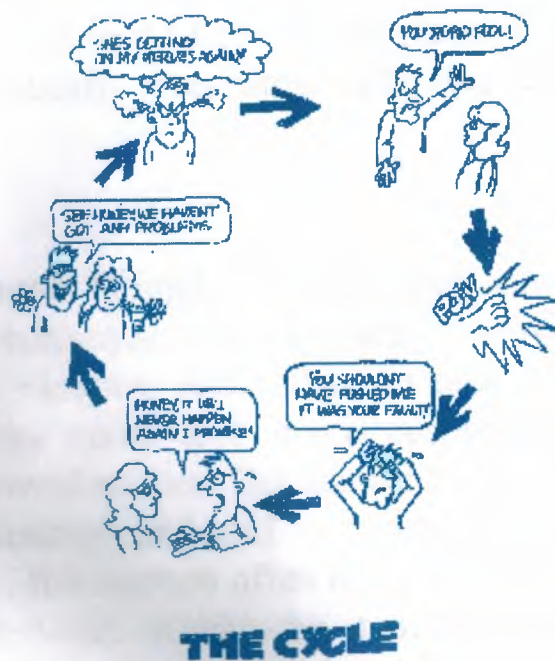
- Even though The Cycle of Violence occurs in most violent relationships, the time between each violent episode may vary from days, weeks months.

- Not all women experience violence in this way. Many women do not experience a Honeymoon Phase at all.

- It focuses only on the violent incidents it self and does not take in to account that controlling behaviour may be occurring all the time.

- It also fails to take in to account all the other forms of domestic abuse such as sexual, verbal, psychological, spiritual, economic or social factors that contribute to a violent relationship.

- It leads to a focus of intervention where the abuser is taught to control his violent behaviour through anger management. This does not address the underlying attitudes and beliefs about the status of women. (4)



1. "She's getting on my nerves again!"
2. "You stupid fool!"
3. POW!
4. "You shouldn't have pushed me. It was your fault!"
5. "Honey, it will never happen again... I promise!"
6. "See Honey, we haven't got any problems..."

The cycle has six phases

**1) Build-up Phase:** Tension builds within the perpetrator for various reasons ( such as family pressures , workstresses or his own thought patterns ) and his behaviour becomes more aggressive and intense regardless of how hard the victim tries to calm him. Other individuals and couples will have range of reactions to this tension which do not include the use of violence , but in the abusive relationship , it leads to the...

**2) Stand – Over Phase:** Because of his physical strenght and his realistic and frightening threats to hurt her , the woman that she is under her husband's control. His verbal attacks will weaken her even further.



**3) Explosion Phase:** A violent outburst occurs which is usually carried out in a fit of self righteous rage. These outbursts are likely to intensify over time. After the assault , the husband enters the...

**4) Remorse Phase:** He may feel ashamed or guilty and afraid of the consequences however , he will usually deny or understate the violence and refuse to take responsibility for his actions. He may claim that she is responsible for the violence because she provoked him. Because she deserved it or because he was out of control and did not realise what he was doing. Unfortunately , the woman often believes this ' reasoning' because to admit otherwise would be to acknowledge to potentially dangerous situation she ( and perhaps the children ) are living in.

**5) Pursuit Phase:** If she leaves him following the violent incident , he will usually try extremely hard to win her back. This is also known as the ' Buy - Back ' Phase because he will try to buy back his partner by showering her with extravagant gifts , being loving and attentive , and promising that he will never hurt her again. She may return , wanting to believe that he has changed. If she still refuses to go back , he may resort to threats and more violence. He may threaten to make life as difficult as possible for her regarding their property , finance , children , relatives etc. This is the time which the majority of domestic murders occur and she may return out of fear. Alternatively , he may become helpless saying that he can not cope without her and threaten suicide if she does not come back to him. Many women return feeling needed or that they must protect him from harming himself. The couple move into the...

**6) Honeymoon Phase:** If a reconciliation occurs ( having come so close to separation and destruction ) the couple may experience a very intense , intimate relationship where neither



wants to remember the pain of the violence and earlier difficulties are denied. He may be communicative and responsive to her needs and she hopes , or believes , that he has changed. Unfortunately , in violent relationships , the cycle inevitably continues as the underlying issue of control reappears and the relationship weakens again under the growing weight of tensions. (4)

## **GENDER AS A FACTOR IN DOMESTIC VIOLENCE**

Gender as a power argues that women and men are made, not born. They are created by those labels - labels that open some doors and close others. Labeling creates a fictitious being ( " you are ' a woman ' " , " you are ' a man ' " ) but it is a harmful fiction for two reasons. The label denies the commonness that makes us all humans and perpetuates inequalities because the humans carrying one label have more rights or privileges than those carrying the other label. (8)

The political or " public " sphere of elections , voting , and diplomacy has traditionally been associated with men , while women have been associated with the private , personal realm of the home. (8)

Gender - as - power does suggest a generalization that might be true across different cultures and time periods. Women and women's values , orientations and behavior are generally devalued by society. This devaluation is a result of unequal power. Men have power over women. (8)

Thinking of women as objects of world politics can be helpful corrective to assuming that men's experiences are equivalent to human experience. Equally important , if world politics has a differential effect on men and women. What women as actors may want to make of world politics may depend heavily on how they have been affected by world politics. As world

politics feeds back into the lives of women and men , it may create quite different incentives to respond. (8)

Are males more aggressive than females ? When asked whether they have ever engaged in any of wide range of aggressive actions , males report a higher incidence of many aggressive behaviours than do females. ( Harris , 1994 ) Gender differences in aggression becomes more complex. On the one hand , males are generally more likely both to perform aggressive actions and to serve as the target for such behaviour ( Bogard , 1990 ; Harris , 1992 , 1994 ) (9)

Firstly , gender differences in aggression are much larger in the absence of provocation than in its presence. In other words , male are significantly more likely than females to aggress against others when these persons have not provoked them in any manner. ( Betten court and Miller , 1996 ) While males are likely than females to engage in various forms of physical aggression ( hitting , punching , kicking , use of weapons) the opposite seems to be true with respect to verbal aggression and various indirect forms of aggression. Females actually seem to be more likely to engage in forms of aggression that make it difficult for victims to identify who aggressed , or even to realize that they have been the target of aggressive behaviour. ( Archer and Haigh , 1996 ; Bjorkquist , Lagerspetz and Kaukainen , 1992 ) (9)

In sum, there do appear to be some differences between females and males with respect to aggression , but these differences are often more subtle and complex than informal observation might suggest. (9)

Several studies suggest that social and biological factors influence gender differences in aggression. It's important to realize , however , that even if hormonal factors play some role in gender differences in aggression , this in no way implies that males must show higher levels of aggression than females. (9)



## METHOD

**1\_SAMPLE :** This study was planned to protect in five different region of Turkish Republic of Northern Cyprus. It includes Girne Lefkoşa, Magusa, Karpaz and Güzelyurt.

**2\_MATERIALS :** This research include two steps. In first step of the study, " Key person interview form " was applied to key peoples  
In Second step, we think to apply, a semi-structrued question form for the collection of quantitiative information.

**3\_APPLICATION :** This project is a qualitative research and first step of the study. In this step I interviewed with key persons. Keypersons were selected from who were exposed to domestic violence and relcted occupation groups and people. These are;

- |                |  |
|----------------|--|
| . Advocate     | . Teachers                                     |
| . Judge        | . Police                                       |
| . Doctor       | . Women who were exposed to domestic violence. |
| .Nurse         | . Members of women organization.               |
| . Psycholog    |  |
| . Psychiatrist |  |

Interview was done at least two persons in every groups by using " Key person interview form "

Aims of the first step are ;

- 1- Collection data about domestic violence
- 2- To provide infomation for second step question form.
- 3- To provide foundation of second step.



## QUALITATIVE RESEARCH METHOD

The qualitative research methods are especially effective and fast in the studies of groups that are difficult to have access to. It includes the methods which try to thoroughly understand the perceptions, attitudes and interpretations instead of measuring up the amount, frequency and strength.

In the qualitative studies, the researcher tries to understand the opinions, views, values, behaviours of the people in particular groups. The researcher is the person who tries to learn something from the interviewed people and who tries to understand that person. Due to this reason, his / her contact with the person of interview, should be of a complementary quality. He / she listens to, observes and records the person whom he / she interviews. The information which is collected, piecewise, is synthesized by the researcher and then is commented on. Those who are unfamiliar with this method, may value the process of interviewing may ease the understanding and thus bringing together with it a lot of advantages as well.

Qualitative study is a method that is sensitive to changes and cultural characteristics. The changes which appear, in time, as in the form of attitude, can be found out through qualitative method. The differences pertaining to culture can be identified easier than using other methods.

There exist various qualitative research methods. Among these interviewing key people, and discussing in depth, life story, observation, focus groups and putting in order, can be counted.

In the key person interview, finding out the persons who are thought to be having information about the group whom information is being gathered and interviewing them, constitute the bases of the study. Usually these interviews are carried out by the questionnaire forms which are semi-structured. Apart from the questions prepared for the subject study, the information that

the interviewed person may add onto the subject, is also recorded. Through the key person interviews, the intended information can be reached, quickly.

Although the key person contacts do not give much more information, they can not be accepted as sufficient, either. Those information should also be confirmed through other research methods. (10)



## **REPORT OF THE CENTER OF LEFKOŞA**

This report has been prepared through face to face interviewing a total amount of 23 people from different professions and who either have experienced violence or closely related to the violence towards woman; being 3 doctors, 1 psychologist, 1 sociologist, 1 psychiatrist, 2 members from women counselling unit, 2 police officers, 3 advocate, 1 judge, 2 teachers, 2 persons who experienced violence and 1 pharmacist.

### **GENERAL DEFINITION OF THE VIOLENCE TOWARDS WOMEN IN THE FAMILY**

The violence in the family against woman has been defined as the attempt and practice of the two people who got married with the intention of dedicating themselves toward common objectives, of performing power exertion upon woman through forming of the type of pressures such as physical, psychological (verbal emotional), economic, sexual and social. It has been shaped up in the family as being other from male towards female and children. It has also been mentioned that, a little bit of violence is being also practised in the family, from woman and children toward men. More over, it has been found out that most of the violence types are in the form of psychological (verbal) type.



## **THE PREVALANCE OF THE IN FAMILY VIOLENCE IN THE TRNC SOCIETY**

The violence in family is not accepted by the society in Turkish Republic North Cyprus ,as a prevailing problem.However,there exists a wide-spreaded opinion that such problem exits at more than predetermined seriousness and even it is from time to time used as an element of educational tool,so öit has to be tackled as an issue in the society because of the effects on social psychology and social existence.

## **THE TYPES OF IN FAMILY VIOLENCE IN THE TRNC**

It is mentioned that,in general,women experince pyhsical and psychological violence. It is mentioned that they are physically beaten as in the from of slap onto face and punching,mostly;but rarely through they experience the from of violence being throwing an ash tray,ornaments,fork,spoon,knife and the like objects caught in hand at that instance.It is also expressed that women experience verbal violence more frequently than physical types,almost everyday.It is thought that women also experience sexual related violence types however due to the privacy and confidentiality this type of violence is always kept cinfidential and there for not much information is known about it.

## **TERRITORIES WHERE IN FAMILY VIOLENCE AGAINST WOMAN IS EXPERIENCED**

There exists a prevailing opinion that much more violence are being experienced in the rural areas of living where women are not working, have no opportunities at all, have very low educational, socio economical and socio-cultural levels.

It is very well known situation that, in the areas such as Arap Ahmet, Çağlayan, Gönyeli, Ortaköy, Hamitköy, Yenişehir, Haspolat and especially as more out standingly, in the areas such as Inner City Wall of Lefkoşa where more migrants, people of low level of economic position and education are living, the violence appears to be relatively more than yhe other territories.

### **AGE**

There does not exist any different character istics between the age group of women experiencing violence and the age group of people applying violence with in the family. Although violence is observed more extensively among the youth who are said to be inexperienced it is mentioned on the other hand that there also exists violence, but little among middle age and more elderly people. The age group which intensified violence is experienced in seen to be the ages between 20 and 45 ages.



## **LEVELS OF EDUCATION**

The opinion that the people from every educational level experience violence and apply violence, is prevailed. However, it is believed that women at primary school educational level experience more widespread violence than the women at lyceum educational level. Because, in connection with their educational levels, women can not express themselves, can not defend themselves, adequately and together with this situation, those women having no economic income experience more violence.

Again, among the people who apply violence types, it is widely known that, those at primary school educational level and secondary school educational level experience more physical type of violence rather than psychological type, whereas those women at university level of education is known to have experience of psychological type of violence. Although, a clearcut generalization can not be done, the opinion that violence is merely experienced and observed among the people of low level of education, illiterate people and those having no culture or low level culture, is significantly stressed.

## **FAMILY RELATIONS**

The in-family violence is also observed among the local people of that area of living. However, it is said that violence is observed much more among the migrant families. Especially the widespread opinion that the violence is more prevailing among the people who immigrated from Turkey, attracts more attentions. It is believed that the intensity of violence among these people is due to their migration from different parts because of economic reasons, their being grown up in different cultural environments, their coming from a patriarchal society and their educational levels being relatively lower.



The home environment or position of the women who experience violence by their spouses, is usually evaluated as being on unhappy, stressful and of no dialogue, also as being a place where human being is able to renew himself/herself, where there is no mutual respect and internal peace.

In some environment or position of the women who experience violence can direct their suppressed emotions towards children by applying violence against them. On the other hand, in some families, women display resistance by showing concern and love for their children and parents, which they could not find from their spouses. However, usually those women can quit their resistance after a completely loose their concern and loving towards their spouses, children and parents.

## **MEDICAL TREATMENT**

The attempt of the women who experience violence, for having medical treatment is low, in general. Especially their attempts for having psychological treatments are relatively lower. Most of the people usually do not think of this situation as a psychological problem. The people who experience violence, try to solve their problems with the participation of their parents, children and close friends, thinking that the in-family problems should have been confidential and stay in the family.

Among the restrictive reasons for the treatment attempts, the society being a small one, the wish not to disclose the issue, the lack of financial opportunities, not being self-sufficient, the educational level being relatively lower and being afraid of their spouses, carry important roles.

## **DIVORCE RELATIONS**

There is a prevailing opinion that there existed a rise in the ratio of divorced people, among the women who had faced violence. The event of divorce is thought as the most extreme remedy or solution as woman has no sufficient education, as she has inadequate financial income to rely on as the family structure does not change and due to the attitude of the society towards a divorced woman, also due to nonexistence of any other place for sheltering woman after being separated. However, in our times today, with the help of the changing in the economic conditions and the society's looking upon the divorce more tolerantly and not giving huge reactions against it couple with the new generations' toleration towards violence, have made the people directly think the divorce without giving any tolerance.

It is also believed that there does not exist any attempt of the women who experience violence, for getting legal aid other than applying for getting divorce. It is said that the lack of an institution giving legal advice in this respect, constitutes a big gap in these sort of social matters.

## **LEGAL ASPECT OF THE IN FAMILY VIOLENCE IN TRNC**

There is a general opinion prevailed in TRNC that the rules and regulations towards woman are inadequate. Especially, the lack of the law related to "In-Family Violence" is considered to be a big gap in the society. In this connection, it is mentioned that in case of any violence notified to the police, no effective actions could be taken upon the complain but the police, under opportunities in hand, could only try to bring the parties together for peace.



So, it is believed and thought that the women experiencing violence could not adequately be protected from the violence applying people.

It is also known that the fine given to the people who apply violence was 500.000TL in 1980. As they mention that this was a great deal when one considers that time's conditions, but unfortunately this figure now has been carried out until the conditions of today where it is seen as not even inadequate but negligible amount. Also, although the existence of one year imprisonment is also a fact, there has been no implementation of such penalty so far.

The place which the women facing violence are to inquire, has not been publicly known yet. It is also mentioned that woman can look for her legal rights and for this she is expected to hire and advocate, in order to take the care to the court where the state has a social power. Besides, it is also stressed that women could get free advice and rehabilitation and where they can be sheltered under such circumstances.

## **MEDIA**

There is a widespread opinion that neither the publishing media or the audio-visual media gives adequate space and significance for the in family violence issue. Although from time to time, this takes its place in media, it is only given as a mediatic incidence which has no discouraging quality what so ever. But on the contrary it is believed that this sort of mediatic events may possibly encourage the attitude of physical violence by, its 'adding fuel to the flame' effect.

## APPENDIX





## ANAHTAR KİŞİ GÖRÜŞME FORMU

Görüşme yapılan kişi formu

- 1-) Görüşmenin yapıldığı merkez.....
- 2-) Görüşmeyi yapan kişi.....
- 3-) Görüşme yapılan kişi.....
- 4-) Görüşme yapılan kişinin mesleği.....

Görüşülen kişi ile ilgili bilgiler:

- 5-) Cinsiyet: (1) Erkek (2) Kadın
- 6-) Yaşı:
- 7-) Eğitim gördüğü yıl sayısı:.....
- 8-) Medeni durumu:.....
- 9-) Çocuk sayısı:.....
- 10-) Geçen hafta içinde gördüğü aile içi şiddete maruz kalan kişi sayısı:.....
- 11-) Geçen ay içinde gördüğü aile içi şiddete maruz kalan kişi sayısı:.....
- 12-) Geçen yıl içinde gördüğü aile içi şiddete maruz kalan kişi sayısı:.....
- 13-) Şimdiye kadar gördüğü aile içi şiddete maruz kalan kişi sayısı:.....

## Anahtar Kiři Görüşme Soru Formu

"Tüm KKTC çapında aile içi şiddete maruz kalanların özelliklerini tanımak için araştırma yapılıyor. Ben de bu amaçla sizinle görüşmeye geldim. Size aile şiddete maruz kalan kişiler hakkında bazı sorular sormak istiyorum. Sorulara tamamen kendi deneyimleriniz ışığında yanıt veriniz".

1. Aile içi şiddeti birkaç cümle ile tanımlarmısınız? Aile içinde kadına yönelik şiddeti tanımlarmısınız?

2. Sizce toplumumuzda aile içi şiddet yaygın bir problem mi?

3. Aile içi şiddete maruz kalan kişilerle ne sıklıkta karşılaşıyorsunuz?

4. Genelde çevrenizdeki kadınlar ne tür şiddete maruz kalıyor?

5. Çevrenizde erkeğe yönelik şiddet uygulanıyor mu?



6. Sözel şiddete kadınlar ne sıklıkta maruz kalıyorlar?

7. Aile içinde kadınların sıkça fiziksel şiddete maruz kaldıklarını düşünüyor musunuz? Bir cisimle veya aletle dövüldükleri oluyor mu?

8. Aile içinde kadınların sıkça cinsel şiddete maruz kaldıklarını düşünüyor musunuz?

9. Aile içinde kadına karşı şiddet bölgenizde daha çok nerelerde görülmektedir?

10. Sizin karşılaştığınız aile içinde şiddete maruz kalan kadınlar daha çok hangi yaş grubu içerisinde?

11. Aile içinde şiddete maruz kalan kadınların eğitim düzeyleri nedir?

12. Aile içinde şiddet uygulayan kişiler daha çok hangi yaş grubu içerisinde?

13. Aile içinde şiddet uygulayan kişilerin eğitim düzeyleri nedir?

14. Sizce kadına karşı şiddetin yaşandığı aileler bulunduğunuz bölgenin yerlileri mi?

15. Sizce Kıbrıs dışından gelenler arasında aile içinde kadına karşı şiddet var mı? Daha çok hangi ülkelerden gelenler arasında var? Sizce bunların özel nedenleri var mı?

16. Eşleri tarafından şiddete maruz kalan kadınların ev ortamını nasıl değerlendiriyorsunuz? Eşlerine ve çocuklarına bakıyormu? Kendi anne babalarıyla ilgileniyorlar mı?



17. Şiddete maruz kalan kadınlar tedavi olmak için girişimleri oluyor mu? Psikolojik tedaviye baş vuruyorlar mı? Daha çok nerelere başvuruyorlar? Tedavi girişimleri olmuyorsa neden başvurmuyorlar?

18. Eşleri tarafından şiddete maruz kalan kadınlar arasında boşanma oranı nasıl? Sizce bunun özel nedenleri var mı?

19. Kadına yönelik yasalar K.K.T.C'de yeterli mi? Polis görevini yapabiliyor mu? Şiddete maruz kalan kadınlar şiddet uygulayıcıdan yeterince korunabiliyor mu?

20. Aile içinde şiddete maruz kalan kadınların herhangi bir hukuki yardım almak için girişimleri oluyor mu? Eğer yardım talep etmiyorlarsa bunun nedeni sizce nedir?

21. Sizce şiddet uygulayana verilen ceza K.K.T.C'de yeterli mi?

22. Sizce şiddete maruz kalan kadınların başvurmaları gereken yer neresidir?

23. K.K.T.C'DE şiddete maruz kalan kadınların sığınacağı bir kuruluş var mı?

24. Sizce medya aile içi şiddete yeterince yer veriyor mu?



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