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A Survey Regarding of Domestic Violence Againsts Women

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Abstract

Violence has been turned to be an oftenly applied type of attitude. The violence which is complicated issue, has been continued to be an irrepressible and secret dangerous that effects most of our lives and physical and emotional health negatively. It is being an another discussion issue that we accept violence as an inevitable end as the violence is a widespread issue. The type of family violence is the most seen violence type. Many researches in the world show that woman are subjected to violence. In this respect, it is requested to undermine the thoughts that violence against woman is irrepressible. It is requested to have some preventive measures with psychological help to prevent violence against woman.

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1. Concept of Violence

Violence is a complex and difficult situation which we have been facing in every area of our lives recently. It is a kind of hidden threat that irrepressible and affects many of our lives, physical and mental health as well. While the violence is so common, our understanding of the violence as an inevitable end can be considered as a separate form of discussion (Page and Ince, 2008).

While The World Health Organization (2009) determines the nature of the violence as physical, sexual and psychological and negligence, Piskin and friends determines the violence as having features such as physical, verbal and psychological exclusion, damaging the goods and sexual dimensions (2010).

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According to the World Health Organization; " violence is the use of the physical force or power, aimfully, in a way to increase the physical harm or the possibility of physical harm, psychological harm, death, development problems or poverty to oneself or to any other one or to be used it in real." (World Health Organization, 2002, s.4). In other words, violence is the behaviors lead to the emotional injuries, oppression, anger or emotional stress of individuals (Page and Ince, 2008).

On the basis of the violence is mostly the social values and cultures, for instance "nurture" takes a place. In this case, in the event of facing a violence, this can lead to education of these persons children in same way. The people who were exposed to violence in their childhood, perceive the violence that they have face in their future life as their own faults (Prime Ministry Family Research Council, 2005).

Regarding of any behavior as an act of violence varies from culture to culture. As the social norms and the values change, the perception of the behavior as violence also changes accordingly. For instance, the bastinado which were performed in Ottoman period for the 'nurture' is prohibited today since it constitutes violence against children (Akyuz, 2009).

Although concept of violence is a social fact, they are all kind of forcing behaviors performed in order to harm a living target intentionally. In this context, negative consequences arises on individuals (Yilmaz, 2011).

WHO (2002), describes the violence as "the use of the physical force or power, aimfully, in a way to increase the physical harm or the possibility of physical harm, psychological harm, death, development problems or poverty to oneself or to any other one or to be used it in real." (Karaboga, 2013).

In other words, violence can be explained as destructive, aggressive behaviors, abuse of body power and most important of all it is the psychological-biological energy to harm the society (Baybuga and friends, 2012).

In the surveys performed in the United States of America, the survey with the date of 2010 takes our attention. Just in one minute of time, 24 people becomes a victim of spousal violence by raping, physical violence and stalking 15% of women is exposed to be raped, physical violence and stalking (Black and friends, 2011).

Violence is a problem which can be faced in all steps of life and which harms the society health. The violence which is an oppressed behavior in human nature covers all the behaviors that can harm the people and society. When examining the researches on the violence, the definition of violence varies according to societies and to cultures. While many types of violence is deemed to be normal behavior in some cultures ,they are deemed as violence in other societies. In particular, all kind of violence against women in Turkey, Turkish Republic of Northern Cyprus and other countries has been most common type of violence recently.

Among the causes of the violence; when biological reasons are observed, according to Yildirim (1998), the aggressive behaviors are mostly observed in men and the abundance of androgens are considered as the development of aggression. The surveys performed up to date, indicates that violence has no affect biologically. When psychological-sociological reasons are examined, in the researches of Incecik and friends, it has been observed that the people who were exposed to violence in their childhood, carry great risk of violence in their adult age as well as to be witness of violence exposed to their mother or siblings may affect their future life in same way (Kendirici, 2013).

2. Surveys Performed in Turkey Regarding Violence Against Women

When the applications made to the Istanbul Science Faculty are observed, (1985), the 62% of spousal violence begin in first years of marriage. In other research performed in same years, it has been informed that 43% of poor and divorced women were exposed to beating so often by their husbands during their marriage (Arikan, 1992).

According to Incecik and friends, (1996), it has been determined that the ratio of violence against women in society in Turkey is 22%, and 75% of married women get beating by their husband and 45% of the women who are exposed to violence do not give any effort to get rid of that situation.

The subject of violence was brought to be in agenda in Turkey in 1980's. In 1987, "Walking for No Beating" laid the foundation of these researches (Yildirim, 1998).

Altınay and Arat, has conducted a research regarding domestic violence in Turkey in 2007. As result of the information collected from total of 1800 women from different provinces, they have found out that 1 of every 3 women is beaten by their husbands and 1 of every 6 men, who has higher education, applies violence against their wives. The most important findings among the other findings in the research is that as much as the education level of

the husbands increase, as less as the violence gets. For instance, the domestic violence in families who had education is determined to be 12 %, while it has been determined as 43% in families who has low level of education (Page and İnce, 2008).

According to Ozyurt and Deveci, 47% of women are exposed to violence in their childhood, 33% are in their marriage and together with this ratios, 65% of married women are exposed to verbal and psychological violence (2011).

3. Studies regarding violence against women in the Turkish Republic of Northern Cyprus (TRNC)

In TRNC , there has not been many researches performed regarding violence against women since up to date. However, there is not any qualitative researches but the first quantitative research was performed by Cakici and friends (2001).

The study performed by Cakici and his friends has aimed to investigate the missing prevention methods which were never performed previously. As a result of the study, it has been found out that the violence against women is mostly in form of psychological (emotional) and this psychological violence is followed by the physical violence (2001). Women who are exposed to violence is mostly age of between 20-45 and the men applying violence are mostly have low educational level and low income level. It has been found out that the ratio of women experiences violence is mostly live in Guzelyurt region.

The size of the study repeated by Cakici and friends has been repeated in same way and its results were determined as; the violence is more common having early age marriages, women are exposed to violence mostly at age of 20-40, it is not linked to scarcity or abundance of their income and women hide their exposure to violence (2007).

4. Domestic violence

Family can be considered as a whole system where the individuals should be in respect both to each other and the rules in the family (Hakvoort, 2010). According to Ozkalp, the most common definition of family based on consisting of parents and children and blood relatives of parties which has occurred in the form of economic and social institution (1985). It is not possible to make universal definition of family since; considering the sociological, geographical and economical developments and differences, it is not possible to make a general definition of the concept of family (Tolon, 1990).

According to Butvilas, ‘every child needs a family, security, and constant feelings; all necessary instruments should be taken in action’ (2014). On the other hand, according to Hedayati, ‘families should deal with some practical problems such as financial, unemployment, uncaring about themselves, social and communication problems etc’ (2013).

In the survey of Isiloglu, related to domestic violence, the factors increasing the violence can be determined as the low economical situations, exposure to physical violence in childhood, not to flirt before marriage, having problem with spouse's parents, not to be satisfied with the marriage etc (2006).

Domestic violence is a form of behavior, of one family member, which threatens the life, physical integrity, damage the personality of another member of same family. These behaviors can be in form of physical, verbal, sexual, psychological or economical violence (Cakir, 2009).

Domestic violence can be described as “Within a group which determines themselves as family, all kind of violence behaviors reflected from one member to another member in order to force, insult, punish, show strength, discharge of anger and stress” (Ozturk, 2010).

5. Spousal violence against Woman

It has been observed that women are exposed to violence by their husbands in terms of differences in education level, or the differences in social statute or economic conditions or regardless of geographical region discrimination.

All women, whatever their income level, age, marital statuses are, having a risk of exposure to violence (Yavuz and Asirdizer, 2009).

Zolotor and friends describe the spousal violence as a psychological, physical and sexual assault conducted by ex-husband or current husband (2009). Goodman, different from Zolotor, describes the spousal violence as any damage whether considering the marital status without considering the gender (2006).

6. Types of violence against women

6.1. Physical Violence

According to Trevillion and friends, the physical violence contains behaviors aimed to be harmed physically by her husband such as slapping, kicking, punching, battering, bending the arm, pushing, choking, binding, pulling hair, wounding with a firearm, washing with boiling water, extinguishing cigarettes on the body, dragging on the ground, mutilation, force to live in unsanitary conditions or kill etc. The physical violence as being the most obvious type of violence, can be described as the exposure of woman to the physical attacks of her husband (2011). According to Ozturk, the physical violence should be in a form where the man uses his physical power over the physical integrity of the woman (2010).

6.2. Sexual Violence

It consists of many sexual behaviors damaging the women. These are such as forcing women to sexual relation by brute force, intimidation, threaten, in a place and time where she does not want to be; as well as to conduct behaviors such as insulting, underestimating, giving pain or injuring the woman. These mentioned behaviors are only some examples of the sexual violence (General Directorate of the Status of Women, 2008).

In other words, some other examples can be also sexual violence such as deliberately withheld to sexuality, excessive jealousy, forcing to abortion, conducting sexual content bothering behaviors by telephone, orally or by telephone (Watson, 2002). Sexual violence mostly takes place together with physical violence.

6.3. Psychological Violence

Psychological violence consists of some specific violent behaviors, which humiliate, restricts freedom, causing pain to other person. From the perspective of psychological violence against woman, it contains all the behaviors such as humiliation, intimidation, giving fear, swearing, nicknaming, revealing weakness of the woman when together with friends or alone, abandon, home confinement, ignoring woman's feelings and emotions, continuously criticisms, comparing with other women, making pressure when to eat and sleep and all other terrifying behaviors as well (Coalition for Woman Abuse Policy and Protocol in Prince Edward Island, 2001).

Even though the physical violence or sexual violence decrease, psychological violence (emotional violence) mostly continues. Therefore, psychological violence which is used as a passage to sexual or physical violence remind the women all the time that they can be beaten (Cakir, 2009).

6.4. Economic Violence

In content of economic violence some behaviors are such as not giving or giving limited money to woman, restriction of basic needs such as health disorders, taking possession of woman's earnings, forcing the woman unwillingly for job, or preventing the woman from work, having no knowledge or contribution of woman for the home expenditures or throwing the woman out of the house etc (manual for combating violence in family, 2010).

Economic violence is an issue which restricts the economic freedom of woman and making her to be dependent to her husband and causing poverty as well. As long as the economic violence exists, seems to be more risk factors for the growth of women's psychological distress (Gurkan and Cosar, 2009).

7. Psychology of Women Who Are Exposed To Violence

Given the psychological nature of men, it has been observed that the men who conducts violence have more aggressive character than the ones who do not conduct violence and therefore they show aggressive behaviors as well (Eckhardt and friends, 1997).

Domestic violence contains a large proportion of unestimated mental distress and emotional depresses on women. In deterioration of womens' mental health significant factors such as the type, duration, severity, life cycle, the combating mechanisms of otther party and social support etc (Stewart and Robinson, 1998). Initially, women exposed to violence are going through a shock phase than it continues with numbness feelings. The violence can cause different emotional reactions if it continues longer; there occurs situations such as lose in confidence, helplessness and hopelessness, los of controland self-blame etc (Stewart and Robinson, 1998).

In the research performed in USA, it has been observed that during one year 59% of women exposed to violence are having serious problems. Besides, the risk factor of central nerve system and stress related problems increase at 60% of the women who are exposed to sexual and pyhsical violence (Campell and friends, 2002).

In survey conducted among newly married couples, it has been reported that the level of the male partners to conduct violence to their female partners in the first years of marriage is higher in male partners who conducted violence to their partners prior to marriage than the ones who do not conduct violence before (Leonard and Senchak, 1996). In addition to this, conducting of men an emotional violence to their wife constitutes a high risk factor (Krahe and friends, 2005).

In a survey made by Golding (1999), the following examples were observed in women who were exposed to domestic violence such as depression at %48, suicide risk at %18, stress disorder after trauma at %64, misuse of alchole at %19 (Page and Ince, 2008).

Exposure to violence is deemed as a risk factor in terms of memory loss, suicidal thoughts, cigarette and drug addiction, depression, physiological stress symptoms and possibility to have mental diseases in women (Bonomi and friends, 2009; Vung and friends, 2009).

In a survey performed in 2013, there is a great corresponce between the degree of the violence and personality disorders in women wxposed to violence than the women who were not exposed to spouse violence. It has been emphasized that the name of the occured sypmtoms are turned into post-traumatic stress disorder (Torres and friends, 2013).

8. Prevention of Violence

Psychological counselling is a preofession which is regard to empower normal people in psycholocial, social, occupaitonal and educational subjects that can be performed with structured sessions, and containing the process of teaching how to think more effective and having many sub-branches as well. Prevention, development and remedy are also consist in the roles of it. Studies of prevention in the sense that without anything, initially performed in the field of public health (Korkut, 2004).

According to Korkut, being aware of environmental stimulus that evokes anger and conflict, being physically and orally aware of the reactions against anger and its results, expressing feelings and emotions by body language when getting angry are the targets of the prevention (2004).

Efforts to prevent the domestic violence has rapidly increase nowadays and positive results have been achieved continously. Efforts to prevent the violence can be evaluated in three levels. The primary measure, requires the prevention prior to the occurenceof problem, for instance, to inform people regarding the methods of alternative conflict solution in domestic violenceand create awareness for the services that the women exposed to violence can apply.; The secondary mesaures are the attempts to reduce the frequency of occurrence of problems when it already occurred , for instance, prevention programs (such as misuse of drugs, sexual harressment etc.) for the university students; The third measures includes to start an action when the prevalence of violence problem reaches to level of awareness and harming, for instance, determining the people who conducts the domestic violence and who are exposed to this violence and to determine the results and the opportunitites that can be provided to help as well (World Health Organization, 2002; Wolfe and Jaffe, 2006).

According to Altınay and Arat, it is discussed that the domestic violence issues can have a solution method by various communication vehicles and the books and can be spread to the society as well (2007). These can be performed, in order to reduce the violence, by using the media, prohibition of showing the violence content materials, and prohibition of physical punishment methods (Jewkes, 2002).

As communicated through the National Action Plan for Combating Violence Against Women (2013-2015), in the UN Declaration in Preventing Violence Towards Women with date of 1993, the violence against women is expressed as "whether occurs in public or private life, the conducting any action based on giving physical, psychological, sexual pain to women or threatening, by these actions or forcing or restricting of freedom as well" (Turkoglu, 2013).

9. Prevention Efforts in Turkey

According to Korkut, there is not so much surveys in Turkey regarding prevention of violence and negotiating capabilities in conflict. Even though there are individual efforts to prevent conflict between people, there is not any effort to aim solving the problems in the society (Page and İnce, 2008).

The first attempt in Turkey to prevent domestic violence was the 'Purple Roof Women's Shelter Foundation'. This Foundation supplies mostly psychological support to women exposed to violence as well as helps them to get a job and most of all, provides a safe environment and place to stay. Afterwards, the institution which followed the actions of the Purple Roof Women's Shelter Foundation, was the Women Solidarity Foundation and Women's Status and Problems General Management, which was established in Ankara in 1991. Following to this, Women Guesthouses and emergency help line was established. After these, the Women's Solidarity Center (KAMER), which still continues its activities is established (Page ve İnce, 2008).

Primarily supplying their life safety, providing relief from feelings of ashamed, helping them to find jobs by developing their self-trust are the most important services of these foundations. If internalized as the objectives of stopping the domestic violence, protecting the victims exposed to violence and preventing the violence; then there should be ways for prevention such as emergency line in case of danger, police, providing support and shelters as well (Altınay and Arat, 2007).

In recent years, due to increase in violence cases, many institutions were placed under the Family and Social Policy Ministry. Prevention and Monitoring Center (SONİM) was established. "Prevention and Reduction of Violence in Education Environments Strategy and Action Plan, which was a five years of survey from 2006 up to 2011, has started and reached to positive results (Journal of Hacettepe University Education Faculty, 2014).

In order to reduce the violence events, there are significant attempts including the prevention of violence. Most important attempt is to examine what the risk factors of violence, the frequency of facing a violence and the results of the violence are (Avci and Yildirim, 2013).

10. What Can be Done To Prevent Violence? Discussion and Conclusion

In many surveys performed in world, there is presence of the violence against women, however, there is no violence against some regions in world as well. The presence of such places confutes that the violence is irrepressible. In respect to prevention of violence and to protect each woman against violence, there should be scheduled programs in accordance with the cultures to be made including psychological help. The risk factors in peculiar to the society should be investigated and there should be scientific studies made for these risk factors and sub-cultures and all the society should be aimed in order to perform the change. Women should be thought how to handle with the violence, educations should be given and the problems should be tried to be prevented in advance. Awareness of women will have positive affect in other fields of the society as well. This will help to increase the life quality and more peaceful and comfortable society.

Psychological counselling lecturers should focus on more about the prevention of violence issue in their lectures since it will cause a positive reaction towards the subject. Giving to students as compulsory lecture instead of selective lecture will be more efficient and appropriate for the students and individuals. To begin the prevention measures in early ages of the individuals will be more efficient as well.

While other studies are made regarding the violence issue, it is required to consider the sufficiency and the culturel aspects should be considered as well.

11. Epilogue

Even though violence against women is a crime, it is observed in surveys that tfor prevention nowadays. It is a wrong attitude doing nothing and just accepting the domestic violence, therefore necessary measure should be taken. In order to supply healthy environment for women, all kind of support should be given to deem and make it to be deemed this issue as a crime and to supply the punishment of the people who conduct violence as well.

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