

**THE EFFECTS OF PSYCHOLOGICAL DOMESTIC VIOLENCE ON THE
QUALITY OF LIFE OF THE CHILDREN**

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ABSTRACT

The study was conducted in Dir lower, the universe of the study specifically comprises of four village councils. A sample size of 269 respondents was proportionally allocated to each village council and then randomly selected. The data was collected through interview schedule. The study was evaluated by using inferential and descriptive statistics to find out the association between dependent and independent variables. The association results of psychological violence (independent variable) and quality of life of children (dependent variable) shows that a highly significant association was found with harassment, screaming and oppression are psychological violence ($p=0.000$), humiliation and public ridicule ($p=0.000$), carelessness as psychological violence ($p=0.000$).with quality of life of children. The study concluded that psychological violence prevailed in the study area in the shape of harassment, screaming and oppression, partner disobedience results in various mental depression, humiliation and public ridicule. In addition, due to violent environment the adolescent doesn't take interest in their studies, decreases confidence level, minimizes the creativity, involved in drug addiction, and due to domestic violence the children leave their parents, and it also cause other psychological problems such as tension, anxiety and have negative effects on their cognitive growth. The study suggests that religious leaders, community, government and non-government should play their role to sort out the issue.

Keywords: Domestic Violence, Psychological, Effects, Quality of life, Verbal Abuse

INTRODUCTION

Domestic Abuse Project reported that domestic violence can be defined as the stepwise pattern of abusive behavior which is used to gain or keep control and power over others. This may be in the shape of physical abuse, psychological abuse, financial abuse and verbal abuse. Domestic Abuse Project also concluded that domestic violence is the main outcome of injury to women. Mostly, 30 percent women were suffered of domestic violence in all over the world after every six hours. After every 15 minutes the women are under attacked, this violent behavior not only impacts a family but also the children among the family (Domestic Abuse Project, 2016).

World Health Organization, 2009 defines domestic violence as “a chain of sexually, physically or mentally abusive operations of different kinds, practiced against women of any age by their current partner or intimate partner, Pakistani women are passing through different kinds of violent behaviors of men due to strict family norms like, financial restrictions, strict behavior, separation from society, sexual exploitation and the most practicing one is physical violence which includes beating and slapping.

(Huang, J. L., Postmus, J. H., Vikse, and L.-R. Wang, 2013; Weaver, C. K. Sanders, Campbell C, and M. Schnabel, 2009) argued that physical, psychological are not the only types of violence rather economic violence is also the main factor which effects the quality of life of children, it is also a common way of control in domestic violence that is as common as psychological, verbal and physical abuse. Economic violence is a common tactic which controls the ability of women to acquire use and maintenance of economic resources, thus destroying her potential for self sufficiency and economic security; it is a barbaric behavior which makes her partner economically dependent on relatives or parents, which leads to more threat of domestic violence. Economic violence is a disaster for a woman who leads to lack of economic independence and economic security.

LITERATURE REVIEW

INTERNATIONAL STATUS OF DOMESTIC VIOLENCE

(Berry, 2001) stated that people have different assumptions and ideas toward domestic violence. Some of the philosophers and scientists were of the opinions that violence has been increased with the passage of time while the others do not accept this statement.

They highlighted that the decrease occurs in the ratio of domestic violence with time but reporting the violence has been increased. Which proves that domestic violence is present out there and happening all around the globe.

Similarly, Deal & Wampler 1986 and Makepeace 1983 were of the opinions that domestic violence is not limited to married couple rather it exists among the people who lives together, like girlfriend and boyfriend. In regard of both aspects the research is now expended for the exact assessment of the extent to which this issue is present. In this regards, Walby & Allen, 2004: Krug et.al, 2002 and Thoennes & Tjaden 2000 described that women are more vulnerable to violence as compare to men. In a survey 10 to 69 percent women confess that they are facing domestic violence. In the survey domestic violence is considered a problem which is related to sex. In which 22 percent women reported the male regarding this problem while 7.4 percent male in the survey reported that they had been attacked by women partners. Thoennes and Tjaden, 2000, say that the situation of United states regarding domestic violence quite alarming, nearly two million women are passing through domestic violence every year.

PAKISTAN SCENARIO

(WHO,2009),concluded that domestic violence is rapidly increasing in the developing countries like India, Sri Lanka, Bangladesh, Nepal, Bhutan, and specifically Pakistan. Annual Report of HRCP, 2004 concluded that in Pakistan 65 percent of the total domestic violence was physical violence while 30.5 percent was sexual abuse.

Anderson, 1997 in his research study have concluded that in the developing countries people having low economic status due to which they get themselves in pressure, they cannot show themselves superior then others because of low income. So they try to show their dominancy by other methods like showing violent behavior to coworker, peer group or even to women or life partner. The South Asian fact sheet of domestic violence, 2005 argued that approximately 32.8 percent of the male in population of Pakistan are involved in physical violence with their wives by at least slapping and other physical harms. Furthermore, 77.1 percent of the male population who admitted to engage to any kind of forced sexual behavior with their wives.

Aurat Foundation, 2009, studies showed that domestic violence is spreading all over the country, the situation of domestic violence in the Punjab province is increasing rapidly. According to the survey that in 608 total cases of domestic violence, the numbers of cases happening in Punjab was 271, while in Islamabad the ratio of domestic violence was 18, the ratio in Khyber Pakhtunkhwa (KPK) was 163, the number of domestic violence occur in Sindh was 134 and the Baluchistan have 22 reported cases of domestic violence.

The daily Dawn, Feb, 2016 report that due to Protection of Women against Violence Act, 2015 the Punjab assembly passed a bill recently. Which gives an incredible relief to women, majority of the people were against of this bill but definitely it was a great step toward women empowerment. The bill references many kinds of violence, includes cybercrimes and stalking but fails to give clear explanation and indication of what those term means demand, as compare to these the new terms were added “psychological violence” and “economic violence” which is further explained in greater length.

PSYCHOLOGICAL VIOLENCE

World Health Organization, WHO, 2006 reported that violence against women will be consider psychological when there is harassment, screaming, abusive injury, humiliation or public ridicule, intimidation, pornography or abusive injury, threats, oppression, comparing women negatively with others, unrealistic and extreme and luxurious demands, repeated verbal abuse and allowing the victim to witness physical, sexual or psychological abuse of a member of the family and carelessness of women will be consider psychological violence as well as it hurts the male ego.

(Dutton,1992) argued that psychologically shocking experiences within domestic violence can be described in three steps: (1) cognitive changes, including attitudes and attributions; (2) psychological symptoms like, psychological distress and dysfunction as well as post-traumatic stress disorder PTSD; and (3) disturbances in relationship skills beyond those used within an abusive relationship. In some cases due to domestic violence the parents do not give proper attention to the children like avoiding proper diet, academic career, proper interaction and health care.

Wolfe *et al.* 2003; Kitzman *et al.* (2003; Edleson, 1999; Humphreys & Mullender 1999; Laing 2000) detected that 50 out of 51 studies confirmed a significant negative impacts

on children's emotional and behavioral outcomes which was suffered by domestic violence. Kitzman studied and analyzed that which outcome of children is strongly affected by domestic violence. However, the research shows that youngsters experience negative impacts to the same degree for Externalized behavior, Academic problems, and internalized behavioral and social problems. The research explained with arguments that children are likely to experience many interlinked negative impacts, limiting the ability of researchers to isolate and study individual negative outputs. According to Edleson's review of 42 researches, the outcome of majority studies was emotional and behavioral hurdles. The research shows that the majority of the children were exposed to the externalized behavior hurdles, like social incompetence, aggression and anti-social behavior. While internalized hurdles in the context of psychological and emotional effects are trauma symptoms, problem with temperament, anxiety and depression. The research also has noted some cognitive and academic negative outputs but they are controversial.

(Zerk,2009; Carpenter & Stacks, 2009; Zerk, Mertin & Proeve 2009; Laing's, 2008) concluded that many of the children who experience post-traumatic stress disorder are taken for treatment many of them have the problem of recalling of traumatic arousal symptoms, traumatic avoidance and traumatic events. Many of the children have the symptoms of post-traumatic stress disorder symptoms through loss of developmental skills, high level of crying and irritation, sleeping disorder and problems in eating. In a research study Zerk get sixty children whose age limit was one to six years, in which majority of the children have clinical levels of externalizing and internalizing behavior hurdles, like high level of general distress, post-traumatic stress disorder, depression and anxiety. While post-traumatic stress disorder symptoms include poor concentration, high level of anxiety in separation from parents, fear, aggression and hyperactivity.

PSYCHOLOGICAL OUTCOMES

(Roberts 1998; Doniels 2002; Bailey 1997; Rosales 1999) suggest that those women who are abused by their partner they are more suffer from depression, anxiety and phobias than those women who are not the habitual of abused, according to studies in Australia, Nicaragua, Pakistan and United states. Research also suggests that women abused by their partner they are mostly inclined to suicide attempts and are at high risk for suicide

(MHCC, 2012; Manion, 2010) were the proponents of the view that 14-25% of youth child and youth facing mental health challenges and at least in one mental illness symptoms were diagnosed. In adolescent age, in two third of adult's mental illness symptoms indicated. The term mental illness is an umbrella term it covers multi-facets and multi-dimensions of life including emotions, thinking and behavior and that subsequently impacts other aspects of life like physical impairment. These vulnerabilities due to mental illness further leads to permanent illness and disabilities throughout lives and impacts their social economic and interpersonal lives.

(Lane, Oakes, Carter, Lambert, & Jenkins, 2013; Liu, 2004; Mikolajewski, Allan, Hart, Lonigan, & Taylor, 2013; American Psychiatric Association's 2013) Mostly, the researchers found the exposure of the children domestic violence that internalize and externalize the social problems. The externalization of the inner violence will be express in the form of aggression, hyperactivity and defiance that affect the external milieu. The deregulated behavior among the children and youth observing in professional works place. Statistical Manual of Mental Disorders and the American Psychiatric Association's Diagnostic, the clusters of externalizing symptoms are commonly categorized as; attention-deficit hyperactivity disorder, conduct disorder and oppositional defiant disorder.

Moffit 2006 concluded that those children whose parents fought one another are more exposed to child abuse then other children. Children living in a charge or violent household are likely to be more separated and have negative implications then those children having a positive household, their mental and physical grooming will be lesser then their contemporary child. The presence of frequent domestic abuse can lead to various issues like victim/adult might not be able to understand the emotional and physical supervision of other children being a caretaker. Such adults can also cause a kind of injury while treating them as an instructor or controller.

JUSTIFICATION OF THE STUDY

The effects of domestic violence on women are in the history record. But we are trying to known about the consequences or impacts of domestic violence on children who are the victims of seeing a parent or caregiver being subjected to physical, psychological, financial and verbal violence. These children are the victims who did not get attention from their

parents. Moreover, patrilineal and patriarchy cultures, where male are dominant have high ratio of violence, Domestic violence supports the cultural values, traditions and customs. Due to lack of access of the expert to report the real cases of domestic violence. The other reason of not reporting is mostly the violent person is head of the family or community and children and women are frightening from him and don't expose his plight situation. In Pakistani society and especially in Pakhtun society there is male dominancy and women are considering the subordinate or suppress human in Pakhtun culture and mostly they become the victims of domestic violence. This study is an effort to understand and know about the domestic violence in Pakhtun society and its impacts on the quality of life of children.

RESEARCH METHODOLOGY

The study was conducted in the four village councils of District Dir Lower, Tehsil Adenzai, UC Chakdara i.e. Ali mast, Gul Muqam, Jaffar Abad and Shaheed Abad, which are purposively selected. The data was collected from male and female respondents respectively. The sample size of 269 was taken from the total 900 population of married couples who have at least 15 years of marriage and have school going children. The sample size was proportionally allocated to each stratum (Village council) by using proportional allocation method as given in equation no. 1.

The formula of proportional allocation method is given below:

$$n_i = (N_i/N) \times n \text{ (Chaudry, 1996).}$$

$$n_i = (N_i/N) \times n \dots\dots\dots 1$$

n = Total sample size required for study.

N = Total population in study area.

N_i = Total population in each village council.

n_i = Sample size required for each village council.

Sample taken from each village Council

S.No	Name of the Village Council	Number of married couple (N)	Sample Size(n)
1	VC. Ali mast	390	117
2	VC. Gulmoqam	250	75
3	VC. Jaffar Abad	145	43
4	VC. Shaheed Abad	115	34
	GRAND TOTAL	900	269

Source: *Pilot survey, 2018.*

DATA COLLECTION

The data was collected through well-furnished interview schedule, comprised of three parts. The first part deals with demographic or background variables, the second and third based on dependent and independent variables respectively.

DATA ANALYSIS

The data was analyzed through descriptive or inferential statistics in the form of frequency and percentage and also the Chi-square test was used to find the association between dependent and independent variables.

BIVARIATE ANALYSIS (CHI SQUARE TEST)

Chi-Square (χ^2) test will be used while adopting the procedure outlined by McCall and Robert (1975).

$$\chi^2 = \sum_{i=1}^r \sum_{j=1}^c \frac{(O_{ij} - e_{ij})^2}{e_{ij}}$$

Where, “ O_{jk} ” was the observed frequency in the cell corresponding to the intersection of the Jth row and Kth column, “r” the number of rows “c” the number of columns. The formula simply directs one to take squared formulation of frequencies for each cell, divided by the expected frequency. The resulting value is distributed as Chi square with relevant degree of freedom, calculated as follows.

RESULTS AND DISCUSSION

PSYCHOLOGICAL VIOLENCE

Table no. shows that familiarity with psychological violence was found highly significant ($p=0.000$) with quality of life of children and these results are similar to the findings of (Domestic abuse project 2016). Moreover, Harassment, screaming and oppression are the components of psychological violence was found highly significant ($p=0.000$) with quality of life of children and these results were found similar to (world health organization 2006). In addition, Humiliation or public ridicule are the agents of psychological violence was found highly significant ($p=0.000$) with quality of life of children and the results are similar to the findings of (world health organization 2006). Moreover, Unrealistic, extreme and luxurious demands leads to psychological violence was found highly significant ($p=0.000$) with quality of life of children and the results are supported by the findings of (world health organization 2006). Furthermore, carelessness is a kind of psychological violence was found highly significant ($p=0.000$) with quality of life of children and the results are supported by the findings of (world health organization 2006). In addition, showing dominancy and superiority on others are a kind of psychological violence was found highly significant ($p=0.000$) with quality of life of children and the results were supported by the findings of (). Moreover, Violent family causes psychological problems like anxiety, tension and depression was found highly significant (0.000) with quality of life of children and the results are supported by the findings of (Dutton 1992). Furthermore, Disobedience of women hurt male ego was found highly significant ($p=0.000$) with quality of life of children and the results are supported by the findings of (world health organization 2006). In addition, Unusual laugh at someone may cause psychological problem was found highly significant ($p=0.000$) with quality of life of children and the results are supported by the findings of Moreover, Verbal abuse portray mental health problems was found highly significant ($p=0.000$) with quality of life of children and the results were supported by the findings (Triechel 2010).

S.NO	Statements	Perception	Yes	No	Don't Know	Total	Chi-square (p-value)
1	Are you familiar with psychological violence.	Yes	154(57.2)	22(8.2)	0.0	176(65.4)	116.636 P=(0.000)
		No	0.0	40(15.3)	0.0	40(15.3)	
		Don't know	0.0	39(14.9)	13(4.8)	52(19.7)	
2	Harassment, screaming and oppression are the components of psychological violence	Yes	154(57.2)	27(10.0)	0.0	181(67.3)	158.853 P=(0.000)
		No	0.0	58(21.6)	0.0	58(21.6)	
		Don't know	0.0	17(56.7)	13(43.3)	30(11.2)	
3	Family quarrels and partner disobedience give rise to mental depression.	Yes	150(55.8)	0.0	0.0	150(55.8)	133.143 P=(0.000)
		No	4(1.5)	102(37.9)	4(1.5)	110(40.9)	
		Don't know	0.0	0.0	9(3.3)	9(3.3)	
4	Humiliation or public ridicule are the agents of psychological violence.	Yes	154(55.98)	39(4.5)	0.0	193(71.7)	243.969 P=(0.000)
		No	0.0	63(23.4)	7(2.6)	70(26.0)	
		Don't know	0.0	0.0	6(2.2)	6(2.2)	
5	Unrealistic , extreme and luxurious demands leads to psychological violence.	Yes	154(57.2)	47(17.5)	0.0	202(74.7)	137.469 P=(0.000)
		No	0.0	9(3.4)	0.0	9(3.4)	
		Don't know	0.0	46(17.1)	13(4.8)	59(21.9)	
6	carelessness is a kind of psychological violence.	Yes	135(50.2)	0.0	0.0	135(50.2)	292.605 P=(0.000)
		No	19(7.1)	102(37.9)	9(3.3)	130(48.3)	
		Don't know	0.0	0.0	4(1.5)	4(1.5)	
7	Show dominancy and superiority on others are a kind of psychological violence.	Yes	127(47.2)	0.0	0.0	127(47.2)	282.268 P=(0.000)
		No	27(10.0)	83(30.8)	0.0	110(40.9)	
		Don't know	0.0	19(7.1)	13(4.8)	32(11.9)	
8	Violent family causes psychological problems like anxiety, tension and depression	Yes	148(55.0)	0.0	0.0	148(55.0)	160.000 P=(0.000)
		No	6(2.2)	102(37.9)	13(4.8)	121(45.0)	
		Don't know	-	-	-	-	
9	Disobedience of women hurt male ego	Yes	154(57.2)	76(28.3)	0.0	230(85.5)	132.325 P=(0.000)
		No	0.0	26(9.7)	0.0	26(9.7)	
		Don't know	0.0	13(4.8)	0.0	13(4.8)	
10	Unusual lough at someone may cause psychological problem.	Yes	154(57.2)	12(4.5)	0.0	166(61.7)	206.009 P=(0.000)
		No	0.0	89(34.5)	8(3.1)	97(37.5)	
		Don't know	0.0	0.0	5(1.9)	5(1.9)	

CONCLUSION AND RECOMMENDATIONS

The study concluded that domestic violence prevailed in the study area in the shape of harassment, screaming and oppression, family quarrels and partner disobedience give rise to mental depression, humiliation and public ridicule, unrealistic, extreme and luxurious demands, carelessness, dominancy and superiority on others, violent family, disobedience of women hurt male ego and unusual laugh at someone may cause psychological problem. Many researchers have found a link between childhood experiences of aggression behind the domestic walls and violence and abuse in adulthood. Phenomenon was called as intergenerational transmission of violence. Important part of such process is learning through modeling. Social learn theory suggests that a child learns not only how to commit violence but also learns positive attitudes about violence when he/she sees it rewarded. So he/she learns destructive conflict resolution as also patterns of interpersonal communication. The study suggests that various measures like introduction of courses regarding the prevention of violence in educational institutions be introduced, awareness must be created among the community, and Imam of mosques should include teachings of Prophet against domestic violence in their sermon of Friday prayers. Also government and non-governmental organization should play their role at community level in shape of counseling and awareness programs through mass media.

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