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## DOMESTIC VIOLENCE AGAINST WOMEN: A CASE STUDY IN PURBA MEDINIPUR DISTRICT OF WEST BENGAL, INDIA

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### Abstract

This study explores the prevalence and impact of domestic violence against women in Purba Medinipur, West Bengal, through a case study approach. By focusing on individual household experiences, the study seeks to draw attention to the cultural and socioeconomic elements that contribute to domestic violence in rural India. Data were collected through in-depth interviews and observations, revealing patterns of physical, mental, and emotional abuse. The findings highlight the significant role of economic dependence, lack of awareness about legal rights, and societal stigma in perpetuating domestic violence. The study also discusses the challenges faced by victims in seeking help and the inadequacy of institutional support systems. Recommendations are provided for improving legal protections, increasing awareness, and strengthening support networks to combat domestic violence in rural communities.

**Keywords:** Domestic violence, case study, women, Purba Medinipur, West Bengal, household dynamics, legal response.

### 1. Introduction

Domestic violence is a widespread human rights violation that affects individuals across various societies and cultures. The United Nations Declaration on the Elimination of Violence Against Women (1993) defines domestic violence as *"any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion, or arbitrary deprivation of liberty, whether occurring in public or in private life"* (United Nations, 1993). It is often characterized by abusive behaviour aimed at exerting control or dominance over a partner within familial or intimate relationships.

In India, domestic violence disproportionately affects women, cutting across socio-economic, cultural, and geographic boundaries. Despite the existence of comprehensive legal frameworks, such as the *Protection of Women from Domestic Violence Act, 2005*, which aims to safeguard women's rights, domestic violence remains pervasive, particularly in rural areas. West Bengal, known for its complex socio-cultural fabric and economic diversity, provides a critical context for studying this issue. Within the state, Purba Medinipur district stands out as a region where domestic violence persists, largely due to deep-rooted patriarchal norms, economic challenges, and a predominantly rural areas. Women in this region often face limited access to legal and social support, making them more vulnerable to domestic abuse and its long-term consequences.

Domestic violence in India is often sustained by multiple factors, including socio-economic dependency, cultural practices such as dowry, caste-based hierarchies, and rigid gender roles. In rural areas like Purba Medinipur, these factors are often amplified by limited access to education, poor economic opportunities for women, and a lack of institutional support. Women in such areas frequently face abuse in silence, with limited avenues for legal recourse or social support, exacerbated by strong family and community pressures to maintain secrecy about domestic issues.

Domestic violence remains a pervasive issue in many parts of India, with rural areas often experiencing unique challenges. In Purba Medinipur, West Bengal, the situation is particularly concerning due to deeply entrenched patriarchal norms and significant economic challenges faced by women. While previous research has predominantly relied on quantitative data or broad socio-economic overviews, there is a notable lack of qualitative studies that delve into the personal experiences of domestic violence victims in rural districts like Purba Medinipur.



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This study employs a case study approach to explore the lived experiences of women in selected households, aiming to provide a nuanced understanding of domestic violence in this region. By documenting individual stories, the research seeks to highlight the intersection of economic, social, and cultural factors that contribute to domestic abuse. This qualitative focus allows for an in-depth exploration of the complexities surrounding domestic violence, offering insights that are often overlooked in broader quantitative studies.

The paper begins with the objectives of the study, followed by a literature review that presents theoretical frameworks on domestic violence and summarizes existing research in rural India. This is followed by a detailed account of the research methodology, including the case study approach and data collection techniques. The findings section presents insights from the selected households, offering a detailed exploration of each case. Finally, the discussion links these findings to broader socio-economic and cultural trends, concluding with recommendations for policy, legal reform, and further research.

## 2. Objectives of the Study

The primary objective of this study is to examine the prevalence and forms of domestic violence experienced by women in selected households in Purba Medinipur, West Bengal. Specifically, the study aims to:

1. Investigate the socio-cultural and economic factors contributing to domestic violence. Examine the influence of patriarchal norms, family dynamics, and economic dependency.
2. Assess the physical, emotional, and psychological impacts of domestic violence on victims and their families. Explore how these experiences shape their lives.
3. Evaluate the effectiveness of legal frameworks and support systems available to the victims, identifying barriers to accessing help in rural areas and offering recommendations for improving these mechanisms.

## 3. Review of Literature

The review of literature provides a comprehensive understanding of the existing knowledge on domestic violence, its impact on women, and the socio-cultural factors that perpetuate it. This paper examines past research relevant to domestic violence against women, with a particular focus on rural contexts like Purba Medinipur. The key themes explored include the prevalence of domestic violence, factors contributing to its persistence, the role of socioeconomic conditions, and the effectiveness of existing legal and institutional support systems.

Domestic violence is a pervasive issue in India, affecting women across all regions and socio-economic backgrounds. According to the National Family Health Survey (NFHS-5), approximately 30% of women in India have experienced some form of domestic violence. Rural areas, however, exhibit higher incidences due to cultural norms, lack of education, and economic dependency. Studies by scholars such as Dutt (2018) have shown that patriarchal structures in rural India significantly contribute to the normalization of domestic violence. Women are often socialized to accept violence as part of their marital duties, further reinforcing its prevalence.

A considerable body of literature highlights the role of socioeconomic factors in the perpetuation of domestic violence. According to True (2012), economic dependence on the male partner often traps women in abusive relationships. In rural India, where employment opportunities for women are limited, financial dependence on husbands exacerbates their vulnerability. Studies by Panda & Agarwal (2005) suggest that lower income levels, lack of education, and poor access to employment increase the likelihood of women being subjected to violence. The correlation between poverty and domestic violence is especially pronounced in marginalized communities, where limited resources and opportunities leave women with few options for seeking help or leaving abusive marriages.

Cultural norms and deeply entrenched gender roles also play a significant role in sustaining domestic violence. Research by Tonsing and Sinha (2019) highlights that traditional gender roles, which assign women the responsibility of maintaining



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household harmony, often prevent them from reporting abuse. In many rural communities, women are expected to tolerate abuse to preserve family honour. Domestic violence is frequently perceived as a private issue, which discourages external intervention and diminishes the chances of women seeking legal or social support (Wallace et al, 2019). Numerous studies have documented the physical, psychological, and social impacts of domestic violence on women and children. Physical abuse often results in long-term health issues, while psychological abuse leads to mental health problems such as depression, anxiety, and post-traumatic stress disorder (PTSD). Women who experience domestic violence often face low self-esteem and social isolation, which further complicates their ability to escape abusive situations (Agarwal and Panda, 2007). Children who grow up in violent households are at greater risk of developing behavioural issues, which can perpetuate cycles of violence across generations (Siegel, 2013).

The Protection of Women from Domestic Violence Act (PWDVA), enacted in 2005, was a landmark legislation aimed at providing legal recourse for victims of domestic violence. However, several studies highlight the challenges in its implementation, particularly in rural areas. The lack of awareness about the law among rural women, limits its effectiveness. Furthermore, the local law enforcement agencies often fail to take domestic violence complaints seriously, thereby discouraging women from seeking legal intervention (Epstein, 1999).

Institutional support mechanisms, such as women's shelters and counselling services, are vital in providing immediate assistance to domestic violence victims. However, research indicates that rural areas often lack adequate resources to support victims. Most government and NGO-run services are concentrated in urban centers, making them inaccessible to women in remote areas (Hashmi and Hashmi, 2000). Furthermore, community-based support networks, such as self-help groups, play a crucial role in providing emotional and practical support to victims. (Dadich, 2009). Community involvement is crucial in breaking the silence around domestic violence and encouraging women to seek help.

The COVID-19 pandemic led to a significant increase in domestic violence globally, with rural India witnessing a particularly sharp rise. The lockdowns imposed during the pandemic heightened household tensions due to economic stress, confinement, and increased alcohol consumption (Silverio-Murillo et al, 2023). Many women in rural areas lack access to support services, increasing their vulnerability to abuse (Neill and Hammatt, 2015). The pandemic highlighted the need for more robust support systems that can function effectively during times of crisis.

While considerable research has been conducted on domestic violence, several gaps remain, particularly regarding the rural context. Existing studies often focus on urban settings, overlooking the unique challenges faced by rural women, such as social stigma, lack of access to legal and healthcare services, and economic dependency. Furthermore, limited attention has been given to how cultural norms and gender roles specific to rural areas contribute to domestic violence. This research attempts to fill these gaps by focusing on the experiences of women in Purba Medinipur, a rural district in West Bengal, and exploring the socio-economic, cultural, and legal factors that perpetuate domestic violence in this context.

## 4. Methodology

### 4.1 Research Design

This research adopts a case study-based approach to investigate domestic violence against women in Purba Medinipur. A case study approach was selected because it allows for an in-depth understanding of the lived experiences of individuals within specific contexts. By focusing on real-life cases, this methodology offers a detailed exploration of the dynamics of domestic violence, including its causes, consequences, and how it is managed by women in various socio-economic settings. This method is particularly useful for examining complex social phenomena, such as domestic violence, which involves a variety of factors like gender relations, economic dependence, and cultural norms.

### 4.2 Study Area

Purba Medinipur is a coastal district located in the state of West Bengal, India. The socio-economic background of this district is predominantly rural, with agriculture and small businesses forming the economic backbone. Despite gradual urbanization, a significant portion of the population remains below the poverty line (BPL), and educational attainment is



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relatively low in certain areas, especially among women. The district is culturally diverse, but patriarchal norms continue to dominate societal structures. These conditions make Purba Medinipur a relevant location for studying domestic violence, as issues like economic dependence, gender inequality, and limited access to legal and social support are prevalent.

### 4.3 Sample Selection

The research concentrated on identifying households where women had encountered domestic violence. Participants were chosen according to a set of specific criteria, including:

- **Victimization:** The primary criterion was that the woman had experienced domestic violence, whether physical, mental, or both.
- **Socio-economic Diversity:** Households were selected from a range of socio-economic backgrounds to provide a comprehensive view of how economic status affects the nature and experience of domestic violence. The sample included women from BPL households, small business families, and those with varied educational backgrounds.
- **Marital Status:** Only married women were selected for this study to explore the dynamics of domestic violence within marital relationships.

### 4.4 Data Collection Techniques

Qualitative data collection methods were employed to capture the depth and complexity of the participants' experiences:

- **In-depth Interviews:** These were conducted with the women to gather detailed accounts of their experiences with domestic violence, its impact on their lives, and their coping mechanisms.
- **Observations:** Observational techniques were used to understand the social context of the households and interactions within the family.
- **Questionnaire Responses:** Structured questionnaires were used to collect demographic information and specific details regarding the nature and extent of violence experienced.

### 4.5 Data Analysis

The data collected through interviews, observations, and questionnaires were analyzed using thematic analysis. This involved identifying recurring themes and patterns in the experiences shared by the participants. Common themes, such as the role of economic dependence, the impact of substance abuse, and the influence of social isolation during the COVID-19 lockdown, were categorized and analyzed to provide a structured understanding of domestic violence in the selected households. The analysis also considered individual experiences to highlight unique aspects of each case, offering a holistic view of the issue.

## 5. Case Studies: Insights from Households in Purba Medinipur

This section presents a detailed analysis of case studies based on the data collected from victims of domestic violence in Purba Medinipur. These cases highlight the socio-cultural and economic contexts that shape the experiences of domestic violence in the region. The names and specific details have been anonymized to protect the privacy of the individuals involved. Each case demonstrates various forms of abuse, including physical, emotional, and economic, illustrating the multi-faceted nature of domestic violence.

### Case Study 1: Latarani's Story

Latarani Maity is a 26-year-old woman living in Nandigram, Purba Medinipur, West Bengal. She belongs to the Scheduled Caste (SC) and is married to a small business owner. Despite her limited educational background (up to eighth grade), Latarani manages household responsibilities as a homemaker. Her husband has studied up to the tenth grade and earns ₹1,50,000 per year, classifying the family in the Above Poverty Line (APL) category. Latarani's personal income is negligible, and she fully relies on her husband for financial support.



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## **Nature of Abuse:**

Latarani has been a victim of domestic violence since the early months of her marriage. Within the first six months, she started facing physical abuse, especially when her husband, who is addicted to alcohol, would come home intoxicated. This abuse has continued over time, but Latarani did not experience any specific increase in violence after the birth of their children, especially since she did not face abuse related to gender expectations for a male child.

## **Family Dynamics and Support:**

Latarani shared her experiences of abuse with her parents, but they urged her to "adjust" to the circumstances, referencing societal traditions. Despite her struggles, Latarani has not sought help from authorities under the Domestic Violence Act. Her relationship with her in-laws is strained, and they do not provide any support during conflicts with her husband.

## **Coping Mechanisms and Impact:**

Latarani's husband typically returns to his daily activities after violent incidents, further isolating her emotionally. The violence has negatively affected her relationships with family members, particularly with her children, who are also suffering emotionally as a result of the domestic violence. She has considered divorce but has hesitated due to her financial dependence on her husband and the social stigma associated with divorce in her community.

## **Social and Cultural Context:**

Latarani believes that the economic dependence on her husband is a significant factor in the continuation of the abuse. She is also aware that many women in her community are unaware of their legal rights, which prevents them from seeking help. She feels that women are unsafe not just inside their homes but also in public spaces, and believes that the incidence of domestic violence increased during the COVID-19 lockdown.

## **Support Networks and Legal Awareness:**

Despite the ongoing abuse, Latarani has not sought support from NGOs or women's organizations. She believes that victims of domestic violence are not receiving adequate support from authorities, which is one reason why many women, including herself, try to hide their suffering. Latarani has received information about domestic violence through media sources, but she has not yet taken any action, partly due to fear and partly due to a lack of trust in the system.

Latarani's case highlights the multiple layers of challenges that rural women face in tackling domestic violence, including financial dependence, lack of family and institutional support, and fear of social ostracism. Her story reflects a common narrative in many parts of India, where women continue to endure domestic abuse due to entrenched societal expectations and a lack of effective mechanisms for protection and redress.

## **Case Study 2: Susmita's Story**

Susmita Jana, aged 33, is a homemaker from Nandigram, Purba Medinipur, West Bengal. She belongs to the General caste and completed her higher secondary education. Susmita is married to a small business owner, and while her husband earns ₹20,000 per year, her personal income is only ₹5,000, placing their family in the Below Poverty Line (BPL) category. She is financially dependent on her husband, who suffers from alcohol addiction.

## **Nature of Abuse:**

Susmita has been a victim of physical abuse at home. The violence began after one year of marriage and escalated after the birth of a girl child. Her husband's addiction to alcohol exacerbates the situation, as he becomes violent under its influence.



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Despite enduring severe abuse, Susmita has never informed anyone about her suffering, fearing societal judgment and familial repercussions.

### **Family Dynamics and Support:**

Susmita's family, particularly her parents, are the only ones she turns to for support during times of crisis with her husband. However, she has not openly shared details of her domestic situation, believing that hiding the abuse is preferable to facing societal judgment. Her relationship with her in-laws is strained, and they offer no assistance.

### **Coping Mechanisms and Impact:**

The abuse has severely impacted Susmita's family dynamics. Her children have also been affected by the violence, experiencing emotional trauma as a result of witnessing the abuse. Despite the challenges, Susmita has not considered divorce, possibly due to her financial dependence on her husband and the fear of further ostracism.

### **Social and Cultural Context:**

Susmita believes her economic dependence on her husband is a key reason for the continuation of the violence. She is aware that women in her community lack awareness of their legal rights, and this ignorance contributes to the cycle of abuse. She also believes that women are unsafe, not only in their homes but also in public spaces, and she observed an increase in domestic violence cases during the COVID-19 lockdown, as the restrictions worsened the environment for victims.

### **Support Networks and Legal Awareness:**

Although Susmita has not sought help from authorities under the Domestic Violence Act or reached out to any NGOs or women's organizations, she has received some information about domestic violence through media sources. However, the lack of institutional and community support leaves her feeling trapped in her situation, and she continues to endure the abuse in silence.

Susmita's case is an illustration of the hidden struggles many rural women face when it comes to domestic violence. Financial dependence, lack of legal awareness, and the social stigma associated with exposing abuse perpetuate her suffering. Susmita's reluctance to report the abuse or seek help highlights the barriers that women from marginalized and economically vulnerable communities face in escaping the cycle of violence.

### **Case Study 3: Manisha's Story**

Manisha Pramanik, aged 38, is a homemaker from Nandigram, Purba Medinipur, West Bengal. She belongs to the Scheduled Caste (SC) community and has completed education up to the 8th standard. Manisha is married to a small business owner whose annual income is ₹60,000, placing their family in the Below Poverty Line (BPL) category. She does not have any personal income and is entirely dependent on her husband.

### **Nature of Abuse:**

Manisha has been subjected to mental abuse, which started within six months of her marriage. Unlike many cases where abuse escalates after the birth of a girl child, Manisha did not face such issues. However, the emotional toll of the abuse has been severe, and her husband does not exhibit remorse or attempt to mend the relationship after episodes of torment. He does not suffer from any addictions, but the mental strain on Manisha persists.



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## **Family Dynamics and Support:**

Manisha's mother is no longer alive, leaving her with no direct family to turn to for emotional or practical support. Despite enduring mental abuse, she has never sought help from anyone else, either within the family or from external sources. Her relationship with her in-laws is strained, and they do not assist in mitigating the situation.

## **Coping Mechanisms and Impact:**

The ongoing abuse has affected Manisha's relationship with her children, who are also emotionally impacted by the hostile environment at home. Despite the challenges and suffering, Manisha has not considered divorce, possibly due to her financial dependence on her husband and the lack of external support systems. She believes her dependence on her husband for survival significantly contributes to the continued abuse.

## **Social and Cultural Context:**

In her community, women lack awareness of their legal rights, and Manisha feels that there is little to no support for women who face domestic violence. Like many women in similar circumstances, she finds herself trapped in the cycle of abuse with no one to rely on for help. Manisha has noted that domestic violence cases increased during the COVID-19 lockdown, as isolation and economic difficulties worsened the situation for victims like her.

## **Support Networks and Legal Awareness:**

Despite suffering for years, Manisha has not sought help under the Domestic Violence Act or reached out to any NGOs or women's organizations. She feels that victims of domestic violence are not adequately supported by authorities, which further discourages her from seeking help. Media has been her only source of information regarding domestic violence, but even that has not motivated her to take any action.

Manisha's case highlights the mental and emotional strain many women face, particularly in rural, economically disadvantaged communities. The absence of familial support, combined with financial dependence and a lack of awareness about legal rights, perpetuates her suffering. Manisha's reluctance to seek help reflects the isolation experienced by many women in such situations, further exacerbated by a lack of institutional support and community awareness.

## **6. Discussion**

The case studies in Purba Medinipur highlight the complex nature of domestic violence, revealing patterns that reflect both universal and context-specific elements. This section interprets the results in light of existing literature, focusing on key themes such as economic dependence, social isolation, the impact of substance abuse, and the role of societal norms in perpetuating domestic violence. Additionally, the discussion addresses the lack of institutional support for victims and the long-term implications of violence on women and children.

### **6.1 Economic Dependence and Domestic Violence**

One of the most prominent themes that emerged from the study is the link between economic dependence and domestic violence. In both Case Study 2 (Susmita Jana) and Case Study 3 (Manisha Pramanik), the women's dependence on their husbands' income played a significant role in perpetuating their victimization. Economic dependence not only limits the women's ability to leave abusive situations but also contributes to a power imbalance within the household, where men maintain control over financial resources. This finding is consistent with broader studies on domestic violence, which suggest that women with fewer economic resources are more vulnerable to abuse and less likely to seek help. Despite Manisha Pramanik's husband earning a relatively higher income, the complete lack of her own earnings emphasized the heightened vulnerability created by financial dependency. In the context of rural areas like Purba Medinipur, where



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employment opportunities for women are limited and social norms often discourage women's participation in the workforce, economic independence remains a significant barrier to addressing domestic violence.

## 6.2 Social Isolation and COVID-19

The increase in domestic violence during the COVID-19 lockdown, as reported in both cases, highlights another critical aspect—social isolation. Both women indicated that the lockdown exacerbated their already difficult situations, as they were confined to their homes and cut off from external support systems. This is aligned with global reports that indicate a rise in domestic violence during the pandemic due to increased household stress, limited mobility, and reduced access to social and institutional support systems. Social isolation, both during and beyond the pandemic, was a recurring theme. In Manisha Pramanik's case, she mentioned that she had no one to turn to for help, with her mother no longer alive and her relationship with her in-laws strained. This sense of isolation, combined with the stigma attached to domestic violence, results in women staying silent about their abuse and remaining trapped in abusive relationships.

## 6.3 The Role of Substance Abuse

Substance abuse, particularly alcohol addiction, emerged as a contributing factor to domestic violence in the case of Susmita Jana. Her husband's alcoholism was directly linked to his abusive behaviour, a pattern that is well-documented in both local and international studies on domestic violence. Alcoholism not only exacerbates aggression but also reduces the abuser's ability to regulate emotions and behaviours, leading to heightened instances of violence. While Manisha Pramanik's case did not involve substance abuse, the contrast between the two cases shows that domestic violence can arise from multiple risk factors. However, the presence of substance abuse is often a catalyst for the escalation of physical violence, as seen in Sita's experience.

## 6.4 Cultural and Societal Norms

The study also highlights the role of entrenched patriarchal norms in perpetuating domestic violence. In both cases, the women adhered to traditional gender roles, with both Susmita and Manisha being homemakers entirely dependent on their husbands. The expectation that women should remain submissive, combined with the stigma surrounding divorce, creates a cultural environment where victims feel pressured to stay in abusive marriages. The belief that women should not speak out against their husbands and the lack of awareness about legal rights exacerbates the problem. Both women expressed that they had not sought help from authorities, largely due to a lack of trust in the system and fear of societal backlash. This reflects a broader issue in rural India, where the intersection of gender, caste, and economic status contributes to the silencing of domestic violence victims.

## 6.5 Lack of Institutional Support

The cases reveal a severe gap in institutional support for victims of domestic violence in Purba Medinipur. Neither of the women had sought help from authorities, NGOs, or women's organizations, and both expressed a lack of confidence in the available support systems. This finding underscores the need for more robust mechanisms to address domestic violence, particularly in rural areas where access to legal, medical, and psychological support is limited. Despite the existence of the Domestic Violence Act and other legal frameworks in India, the awareness and implementation of these laws remain weak in rural contexts. Victims, especially those from lower socio-economic backgrounds, often face barriers in seeking help due to the absence of effective local institutions and societal stigma.

## 6.6 Impact on Children

Another important aspect discussed in the study is the effect of domestic violence on children. Both Manisha, Susmita & Latarani mentioned that their children had been affected by the violence, though the exact nature of this impact was not fully elaborated. Existing research suggests that children exposed to domestic violence are at higher risk of developing emotional and psychological issues, including anxiety, depression, and behavioural problems. The long-term consequences



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for these children, both in terms of their mental health and their future relationships, are a matter of significant concern and warrant further exploration in future research.

## 7. Conclusion and Recommendations

The case studies from Purba Medinipur highlight the persistent and deeply rooted issue of domestic violence, driven by economic dependence, social isolation, substance abuse, and cultural norms that discourage victims from seeking help. Despite legal frameworks and policies aimed at protecting women, the lack of awareness, societal stigma, and ineffective institutional support systems perpetuate the cycle of abuse. The study highlights the urgent need for interventions that address both the immediate safety of victims and the underlying socio-economic factors contributing to domestic violence.

The findings of this study emphasize the need for targeted interventions to address the multifaceted issue of domestic violence in Purba Medinipur, as well as in similar rural areas. One of the primary recommendations is the economic empowerment of women. The study revealed that many victims remain trapped in abusive marriages due to financial dependence on their husbands. Creating opportunities for skill development and vocational training can empower women economically, allowing them to break free from abusive relationships. Local governments and NGOs can collaborate to implement training programs tailored to rural women's needs, offering them alternative sources of income.

Another critical recommendation is the need for awareness campaigns aimed at educating women about their legal rights under the Domestic Violence Act and other relevant laws. Many women in the study lacked awareness of the legal protections available to them, which further isolated them from seeking help. Utilizing local media channels, including radio, posters, and community meetings, can be an effective way to spread information in rural areas. Involving community leaders in these efforts can also help overcome cultural barriers that prevent women from seeking help.

The study also underscores the importance of strengthening institutional support systems. Victims of domestic violence often face challenges when accessing legal, medical, and psychological services, particularly in rural areas where such services are limited. There is a pressing need for more accessible and coordinated support from law enforcement, healthcare professionals, and legal aid organizations. The establishment of more women's shelters and crisis centers in rural districts can offer immediate protection and guidance to victims.

Additionally, fostering community-based support systems is essential in addressing domestic violence. Victims often feel isolated and ashamed, which prevents them from reaching out for help. Encouraging the formation of women's self-help groups or community support networks can provide emotional support and practical assistance. These groups can also work as safe spaces where victims can share their experiences and receive advice on how to access services or take legal action.

Lastly, the study recommends addressing the issue of substance abuse, which is often a trigger for domestic violence. Many of the case study participants reported that their husbands' alcoholism was a key factor contributing to the abuse. Interventions such as alcohol rehabilitation programs, counseling services, and awareness drives about the harmful effects of substance abuse can help reduce the risk of violence in households. By addressing the root causes of domestic violence, including economic stress and substance abuse, there is hope for creating safer and more supportive environments for women.

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