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MATRIC NO: 19/LAW01/087

COURSE CODE: GST 122

WORK TO DO: IDENTIFY A PROBLEM AROUND YOU OR IN YOUR ENVIRONMENT.

ANSWER:

**A THREAT TO THE SOCIETY**

**INTRODUCTION**

The first thing that comes to your mind is corona virus, yes it is a threat not just to the society but to the world at large but that is not what we are looking at, we all have failed to look at the one main issue which has been a big threat to the society, now you will be like what is bigger than corona virus. The threat bigger than corona virus is Domestic violence, the question is HOW?

Firstly, the medical literature defines domestic violence as the victimization of a person with whom the abuser has had an intimate, romantic, or spousal relationship. Domestic violence consists of a pattern of coercive behaviors used by a competent adult or adolescent to establish and maintain power and control over another competent adult or adolescent. Traditionally, domestic violence (DV) was mostly associated with physical violence. Terms such as *wife abuse*, *wife beating*, *wife battering*, and *battered woman* were used, but have declined in popularity due to efforts to include unmarried partners, abuse other than physical, female perpetrators, and same-sex relationships. In recent decades, there has been a call for the end of legal impunity for domestic violence, an impunity often based on the idea that such acts are private.

**Types of domestic violence.**

There are numerous types but our main concern will be on the major types which include;

**~** **Physical violence:** is that involving contact intended to cause fear, pain, injury, other physical suffering or bodily harm. In the context of coercive control, physical abuse is to control the victim. The dynamics of physical abuse in a relationship are often complex. Physical violence can be the culmination of other abusive behavior, such as threats, intimidation, and restriction of victim self-determination through isolation, manipulation and other limitations of personal freedom. Denying medical care, sleep deprivation, and forced drug or alcohol use, are also forms of physical abuse.It can also include inflicting physical injury onto other targets, such as children or pets, in order to cause emotional harm to the victim.

**~ Sexual violence**: is defined by World Health Organization as any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to [traffic](https://en.m.wikipedia.org/wiki/Human_trafficking#Human_trafficking_and_sexual_exploitation), or otherwise directed, against a person's sexuality using [coercion](https://en.m.wikipedia.org/wiki/Consent_(criminal_law)). It also includes obligatory [inspections for virginity](https://en.m.wikipedia.org/wiki/Virginity_test) and [female genital mutilation](https://en.m.wikipedia.org/wiki/Female_genital_mutilation). Aside from initiation of the sexual act through physical force, sexual abuse occurs if a person is verbally pressured into consenting, unable to understand the nature or condition of the act, unable to decline participation, or unable to communicate unwillingness to engage in the sexual act. This could be because of underage immaturity, illness, disability, or the influence of alcohol or other drugs, or due to intimidation or pressure. In many cultures, victims of rape are considered to have brought dishonor or disgrace to their families.

**~ Emotional violence (or psychological violence**): is a pattern of behavior that threatens, intimidates, dehumanizes or systematically undermines self-worth.According to the [Istanbul Convention](https://en.m.wikipedia.org/wiki/Convention_on_preventing_and_combating_violence_against_women_and_domestic_violence), psychological violence is "the intentional conduct of seriously impairing a person's psychological integrity through coercion or threats". Emotional abuse includes minimizing, threats, isolation, [public humiliation](https://en.m.wikipedia.org/wiki/Public_humiliation), unrelenting criticism, constant personal devaluation, repeated [stonewalling](https://en.m.wikipedia.org/wiki/Stonewalling) and [gas lighting](https://en.m.wikipedia.org/wiki/Gaslighting).[Stalking](https://en.m.wikipedia.org/wiki/Stalking) is a common form of psychological intimidation, and is most often perpetrated by former or current intimate partners. Victims tend to feel their partner has nearly total control over them, greatly affecting the power dynamic in a relationship, empowering the perpetrator, and disempowering the victim. Victims often suffer from [depression](https://en.m.wikipedia.org/wiki/Major_depressive_disorder), putting them at increased risk of [eating disorders](https://en.m.wikipedia.org/wiki/Eating_disorder), [suicide](https://en.m.wikipedia.org/wiki/Suicide), and [drug](https://en.m.wikipedia.org/wiki/Substance_abuse) and [alcohol abuse](https://en.m.wikipedia.org/wiki/Alcohol_abuse).

The main cause for Domestic violence is power over the victim. There are cycle of this violence to why people engage in Domestic violence.

**Cycles of violence**

**~ Intergenerational violence:** A common aspect among abusers is that they witnessed abuse in their childhood, in other words they were participants in a chain of [intergenerational cycles of domestic violence](https://en.m.wikipedia.org/wiki/Cycle_of_violence). That does not mean, conversely, that if a child witnesses or is subject to violence that they will become abusers. Understanding and breaking the intergenerational abuse patterns may do more to reduce domestic violence than other remedies for managing the abuse.

### ~ Substance abuse: Domestic violence typically co-occurs with [alcohol abuse](https://en.m.wikipedia.org/wiki/Alcohol_abuse). Alcohol use has been reported as a factor by two-thirds of domestic abuse victims. Moderate drinkers are more frequently engaged in intimate violence than are light drinkers and abstainers; however, generally it is heavy or binge drinkers who are involved in the most chronic and serious forms of aggression. The odds, frequency, and severity of physical attacks are all positively correlated with alcohol use. In turn, violence decreases after behavioral marital alcoholism treatment.

### ~Biological and psychological: These factors include [genetics](https://en.m.wikipedia.org/wiki/Genetics_of_aggression) and [brain dysfunction](https://en.m.wikipedia.org/wiki/Brain_lesion_theory) and are studied by [neuroscience](https://en.m.wikipedia.org/wiki/Neuroscience). Psychological theories focus on personality traits and mental characteristics of the offender. Personality traits include sudden bursts of [anger](https://en.m.wikipedia.org/wiki/Anger), poor [impulse control](https://en.m.wikipedia.org/wiki/Impulse_control), and poor [self-esteem](https://en.m.wikipedia.org/wiki/Self-esteem).

The effects of this Domestic violence has gone along way not just on the victims but also on the society. It affects women, children, the family and the community. And it has big personal, social and economic effects. Our main concern will be on the children which will lead to the effect on the society.

## Effects on the victim

* Death, illness, injury and disability
* Emotional and psychological trauma — the devastating impact on an individual’s physical, mental and emotional health including depression, shame, anger and suicide
* Homelessness — nearly one-third of people seeking help from homelessness services say domestic and family violence is an issue
* Use of alcohol and other drugs to deal with the pain which will lead to medical complications
* Physical health injuries and problems, which may not get medically treated

## Effects on the family

* Violence and the threat of violence at home creates fear and can destroy family environments and lead to the break-up of families
* Regular household conflict
* Child protection or police involvement

## Effects on the community

* Children growing up without learning about positive and respectful relationships
* Abusers going to prison
* Higher rates of alcohol and other drug use, and mental health problems
* Domestic and family violence is estimated to cost the NSW economy more than $4.5 billion each year

## Effects on children

Of those women who experience violence, more than 50% have children in their care. Children and young people don't have to see the violence to be affected by it. Studies show that living with domestic violence can cause physical and emotional harm to children and young people in the following ways:

* ongoing anxiety and depression
* emotional distress
* eating and sleeping disturbances
* physical symptoms, such as headaches and stomach aches
* find it hard to manage stress
* low self-esteem
* self-harm
* develop phobias and insomnia
* use bullying behavior or become a target of bullying
* difficulty concentrating
* have less empathy and caring for others

Children and young people need to grow up in a secure and nurturing environment. Where domestic or family violence exists, the home is not safe or secure and children are scared about what might happen to them and the people they love. Children who are exposed to violence in the home may have difficulty learning and limited social skills, exhibit violent, risky or delinquent behavior, or suffer from depression or severe anxiety. Children in the earliest years of life are particularly vulnerable: studies show that domestic violence is more prevalent in homes with younger children than those with older children.Children who are exposed to violence in the home are denied their right to a safe and stable home environment. Personality and behavioral problems among children exposed to violence in the home can take the forms of psychosomatic illnesses, depression, suicidal tendencies, and bed-wetting.Later in life, these children are at greater risk for substance abuse, juvenile pregnancy and criminal behavior than those raised in homes without violence.

**Now to answer the question HOW?**

Children who have been involved in Domestic violence turn to be societal menace such as rapist, armed robbers, kidnappers, in all terrorists to the society. Speaking of the term **rapist** which is now trending in the society.

**~Rape** The term *rape* is sometimes used interchangeably with the term *sexual assault.*It is a type of [sexual assault](https://en.m.wikipedia.org/wiki/Sexual_assault) usually involving [sexual intercourse](https://en.m.wikipedia.org/wiki/Sexual_intercourse) or other forms of [sexual penetration](https://en.m.wikipedia.org/wiki/Sexual_penetration) carried out against a person without that person's [consent](https://en.m.wikipedia.org/wiki/Consent). The act may be carried out by physical force, [coercion](https://en.m.wikipedia.org/wiki/Coercion), [abuse of authority](https://en.m.wikipedia.org/wiki/Abusive_power_and_control), or against a person who is incapable of giving valid consent, such as one who is unconscious, incapacitated, has an [intellectual disability](https://en.m.wikipedia.org/wiki/Intellectual_disability) or is below the legal [age of consent](https://en.m.wikipedia.org/wiki/Age_of_consent). In many jurisdictions, the [crime](https://www.britannica.com/topic/crime-law) of rape has been subsumed under that of sexual assault, which also [encompasses](https://www.merriam-webster.com/dictionary/encompasses) acts that fall short of intercourse. Rape was long considered to be caused by unbridled sexual desire, but it is now understood as a pathological assertion of power over a [victim](https://www.britannica.com/topic/victim). Rape is a serious crime and is treated as a [felony](https://www.britannica.com/topic/felony) in most countries with [common-law](https://www.britannica.com/topic/common-law) systems.

The psychological motivations of rapists are more complex than was formerly thought. They may include the desire to punish, to gain revenge, to cause pain, to prove sexual prowess, and to control through fear. The psychological reactions of victims of rape also vary but usually include feelings of shame, humiliation, confusion, fear, and rage. During the assault, a person will respond with [fight, flight](https://en.m.wikipedia.org/wiki/Fight_or_flight_response), freeze, friend (sometimes called fawn), or flop. Victims may react in ways they did not anticipate. After the rape, they may be uncomfortable/frustrated with and not understand their reactions. Most victims respond by 'freezing up' or becoming compliant and cooperative during the rape. These are common survival responses of all mammals. This can cause confusion for others and the person assaulted. An assumption is that someone being raped would call for help or struggle. A struggle would result in torn clothes or injuries. Dissociation can occur during the assault. Memories may be fragmented especially immediately afterwards. They may consolidate with time and sleep. A man or boy who is raped may be stimulated and even ejaculate during the experience of the rape. A woman or girl may orgasm during a sexual assault. This may become a source of shame and confusion for those assaulted along with those who were around them. Trauma symptoms may not show until years after the sexual assault occurred. Immediately following a rape, the survivor may react outwardly in a wide range of ways, from expressive to close down; common emotions include distress, anxiety, shame, revulsion, helplessness, and guilt. Society's treatment of victims has the potential to exacerbate their trauma. People who have been raped or sexually assaulted are sometimes blamed and considered responsible for the crime. The WHO report describes the consequences of sexual abuse:

* [Reproductive disorders](https://en.m.wikipedia.org/wiki/Reproductive_system_disease)
* [Pelvic inflammatory disease](https://en.m.wikipedia.org/wiki/Pelvic_inflammatory_disease)
* Acquiring [sexually transmitted infections](https://en.m.wikipedia.org/wiki/Sexually_transmitted_infection), including [HIV](https://en.m.wikipedia.org/wiki/HIV)/[AIDS](https://en.m.wikipedia.org/wiki/AIDS)
* Increased risk of [suicide](https://en.m.wikipedia.org/wiki/Suicide)
* [Depression](https://en.m.wikipedia.org/wiki/Depression_(mood))
* [Chronic pain](https://en.m.wikipedia.org/wiki/Chronic_pain)
* [Psychosomatic disorders](https://en.m.wikipedia.org/wiki/Somatic_symptom_disorder)
* [Unwanted pregnancy](https://en.m.wikipedia.org/wiki/Unwanted_pregnancy)

One-third of the people involved in such acts are known to be people who have been involved in Domestic violence and now are filled with anger, rage, wants to take revenge and so on.

Above all, let us also try to help our society in the best way we can by helping stop domestic violence.

**How to prevent and stop domestic violence**

**~**Prevent future violence by obtaining, renewing and enforcing protective orders in court, providing resources to law enforcement and making perpetrators accountable through legal remedies, including incarceration.

~Secure or modify child custody orders so that a mother and her children can legally and safely leave the batterer.

~Counsel victims about safety and other legal concerns.

~Provide holistic legal services to break the links between victim and abuser, such as in matters related to separation and divorce proceedings, employment, immigration status, and financial and housing problems.

~ Ensure that immigrant victims come forward and report crimes by seeking immigration relief such as U-visas or T-visas, specially designed visas for victims of crime such as domestic violence and trafficking.

~Resolve identify theft and other forms of financial exploitation perpetrated by abusers against survivors of domestic violence.

~Strengthen and stabilize families by mitigating needs for medical and mental health services, special education and counseling for affected children, and reduced workplace absences.

**Conclusion**

In all, Domestic violence is a burden on numerous sectors of the social system and quietly affects the development of the nation. These does not only affect the present generation; what begins as an assault by one person on another, reverberates through the family and the community into the future. So the early we step up to such treat the better for the society and the country at large.

References: https://en.m.wikipedia.org>domesticviolence, effects of domestic violence available on <https://www.facts.nsw.gov.au>, <https://www.medicalnet.com>> domestic violence facts, types & effects, <https://www.unicef.org> PDF> behind closed doors the impact of domestic violence <https://www.acesdv.org>> types of domestic violence how to prevent domestic violence available on https://www.justice.gov>PDF www.helpguide.org> domestic violence and abuse