

MENTAL VIOLENCE CAUSES MAJOR DISCRIMINATION IN SOCIETY: A SOCIOLOGICAL STUDY

Dr. Ali Murad Lajwani¹
Mr. Syed Waqar Hussain Shah²

Abstract

This paper presents the research paradigm related to mental violence which is extremely hurtful abuse of feeling and behaving inelegantly. This is an ill-treatment creates major discrimination, and violence for both female and male alike. The causes and consequences of mental violence are mentioned, in connection with addressing the circumstances of intolerance and unfairness. The issue of mental violence was investigated for addressing social discrimination while promoting associative interactions and good behavioral practices. The 357 respondents from different working backgrounds were involved. Almost 75 percent responses were in yes on mental violence exist at the workplace within offices etc. Undeniably, the issue of mental violence has been deep-rooted in the present time which causes internal and external threats within families, institutions and social spheres. The primary data revealed that all age groups are victims of mental problems like trauma, anxieties, chronic depressions, and mental disorders. Sadly, the issue of mental violence has touched the communities widely. The secondary data presented that every year more than 1.6 million people worldwide lose their lives due to violence. A large number of populations face severe mental violence in shape of insults, threats, inappropriate languages within families, in academic and

¹ Assistant Professor, Center for Sufi Studies, Research & Publication (CSSRP), University of Sufism and Modern Sciences, Bhitshah, Sindh, Pakistan

² Custodian (Sajjada-Nasheen) Shrine of Hazrat Shah Abdul Latif Bhittai, Bhitshah, Pakistan

non-academic institutions, and at other workplaces. This research paper presents the mixed methods research on symptoms of behavioral issues which cause destructions of relationships. The factors of sensitizations and realizations are researched comprehensively on promoting healthy behaviors.

Key words: *Mental violence, Trauma, Anxieties, Psychological Abuse, Distress*

1. Introduction

Many scholars have mutually agreed that mental violence is a condition which creates troublesome circumstances in the society. Claudia Garcia and Anita Riecher viewed that mental violence takes place when social, cultural and economic factors above all the gender inequality including the low status of women in any society causes the major violence. This affects the mental health of women as well (Claudia Garcia Moreno, & Anita Riecher –Rossler 2013). Further, it takes place when people behave subjecting to exposing trauma, depression, and stress disorder. It is a kind of verbal aggression, unnecessary domination, jealous behavior that causes depression and social problems. Generally, women are victims of mental violence issue in all class levels but more common in the lower class (Patten, 1978). The most commonly reported motivations for involvement in gender based violence (GBV) prevention included concern for related social justice issues exposure to the issue of violence through work, hearing moving story, disclosures about domestic or sexual violence (Richard M. Tolman 2019). In 1996 health department from Canada declared through health reports that mental violence is an emotional abuse that includes rejecting the idea of someone immediately disrespecting, degrading, terrorizing, exploiting, denying, and isolating. Andrew Vachss said the “mental violence or emotional abuse is a systematic diminished characteristic of another person intentionally or sub-conscious. It is not only a single event at all but course of conduct which occurs many times unnoticeably in the society”. Many people are victims of such behaviors within families, at workplace and in professional departments where such conducts are un-noticed. The report of National Coalition against Domestic Violence (NCADV) reveals very alarming figures – it states at the interval of every 9 seconds a woman is beaten and assaulted in the country like United States, and nearly 20 women are physically abused. This figure reaches at 10million people including both female and male. It further highlights around 20,000 phone calls are placed to domestic violence, 15 percent violence takes place in intimate partners, even women between the ages of 18-24 are also abused

by the life partners. The weapons are used in percent domestic violence; almost 46.7 percent female are rape victims³. National Intimate Partner and Sexual survey held in the year of 2010 that highlights; there is factor of psychological aggression where female and male partners use unacceptable language while in daily family related controversies. It reveals 64.3 percent female and 63.1 percent male are the victims of mental violence. Even 58.0 percent women and 57.9 percent men are insulted with the act of anger and with use of abusing language like fat, ugly, stupid or etc. Below is the table showing studies of mental violence:

Table 1:1
Studies showing mental and psychological violence

S#	Type of violence	Figures %	Study Name
1	Family	<ul style="list-style-type: none"> • 10.5% victims of emotional abuse • 70% were female abused • 59% psychological abuse • 42% material/financial abuse 	<ul style="list-style-type: none"> • Choi and Mayer performed study on elder abuse (harm or distress to an older person) (2002-2004 1201 individuals, 42 couples, 45 groups)
2	Workplace	<ul style="list-style-type: none"> • 31% women mentally violence • 21% men were victims of mental violence 	<ul style="list-style-type: none"> • Namie's study of workplace emotional abuse
3	Intimate Relationships	<ul style="list-style-type: none"> • 21% agreed that women are distressed while leaving the husband in married life • 26% agreed with the statement that wives are more sufferers in intimate relationships 	<ul style="list-style-type: none"> • A survey of protestant clergy in United States by Jim M Alsdurf

Source: www.wikipedia.org/wiki/Psychological_abuse

According to the article 19 of UN CRC, violence includes “all forms of physical or mental violence, injury and abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse”. Mental violence is due to emotional response which includes any shocking gesture, anxiety situation, depression feeling, terror and guilt etc. In such situation the cognitive response become odd like impairment, confusion, losing self-control, self-blame, lowered self-efficacy, sleep disturbance i.e. insomnia, social withdrawal, interpersonal stress and often a sense of helplessness is maintained. In Pakistan 8th March an international women day is observed every year. The events held where the issue of mental violence,

³Source: Reports National Coalition Against Domestic Violence (NCADV) <http://www.ncadv.org/learn/statistics>

domestic violence is addressed through various activities. The resolutions are passed and it is clearly demanded that violence against women must be stopped. In a declaration, following human rights demands were made. (a) End of all kinds of discrimination against women, (b) declaration to end all kinds of torture and abuse against women, (c) termination of all cruel and inhuman punishment against women, *women year book of Pakistan (194-95 p. 45)*.

2. Literature Review

The issue of mental violence is harshly observed within families, and at the work places. The research reports and published work is explored regarding the mental violence and its terrible consequences. There is domestic violence –also called intimate partner violence occurs between people in intimate relationship. Abusers use intimidating, hurtful words and behaviors to control the partner, insult put down, prevents from outdoor work and discourages in the field of education and professional development (Mayo Clinic 2017).

The Quranic verses are witnessing on maintaining relationships between women and men, because the root-cause of mental violence issue is in equality of relationships. Similar concept of liberation deals with relationships between men and women within the family and in the society at large, bounded by the laws for justice, kindness dignity, decency and modesty directed towards the ideal of fraternity. In reality the rights are given to the women by God, not by men. These rights and duties are stated explicitly in the Quranic laws and injunctions. That being so, why should women ask? Men or fight with them in order to secure their rights and privileges? Let us recognize our wisdom and act wisely. If the men have conditioned us over the year to doubt our wisdom in order to secure their own narrow ends. We have a great philosopher like Rumi who elevates the status of women. The prophet (peace be upon him) has said that women is dominant over the wise; she establishes her ascendancy over the men heart, Sheeba Hafeez (1991 p. 227-228).

The concept of feminism is also focusing on liberty and equal rights for women. It clearly states equal rights and opportunities for both sexes by ending patriarchy system of stratification. The liberal, socialist, and radical strive to bring equality between men and women through legal measures and reforms. When there is equality in both the genders; then the issue of mental violence is addressed in successful manner (Amal Sajjad, Jawad Tarique 2015 p184). In case there are no equal rights for both the genders then frustration and mental disorder takes place which is a serious social problem. Figurative estimates state that as much as one-third of population is in need of help to maintain or restore their mental health.

Earnest R. Hilgard wrote that the mentally healthful person has made a satisfactory adjustment to the environment of things and other people. He has a productive outlook on life, and he lived with zest. He further defined the methods of social readjustment recognize the social nature of the individual and try to improve his mental health through changing the environment or through giving him the social skills that will increase his acceptability among those with he works and lives. Whereas, a frustration event is where goal-directed activity is block, slowed up, or otherwise interfered, Earnest R. Hilgard (1953, p176-227). In-fact, self-aware, goal-striving organism with remarkable properties for adjustment and endowed with powers of communication and cooperation. Individuals are continually compelled to maintain intra-individual balances which involve the resolution of impulses and desires F.L Marcuse (2004, p. 153).

Jackson Toby suggests after research says girls are supervised more closely than boys and that behavior consisted with legal code is stressed more consistently and uniformly with girls than with boys (Alvin L. Bertrand, p246). Honor killing is gender based violence against a woman. From cultural and sociological studies it has become clear that honor of a man is related to the wealth, land and properties he possessed and not only a woman. In this situation a woman is also considered as a property of a man. Therefore, in this context, according to social and anthropological researchers, honor killing is seen as dominance of men over women (Baker, 1999; Ruggi, 1998). The issue of mental violence is found in broken families and people involve in deviant behavior become delinquent. In adulthood become criminal that causes for the mental violence, Abdul Hameed Taga (2010, p200). Emotionalized and violent opposition in major concern is to overcome the opponent, conflict causes for mental violence. Gender inequality in poor societies keep women from holding jobs, which typically means they have unawareness about gender, balances laws and consequences. Many analyses conclude that raising living standards in much of the world depends on improving the social standing of women, Muhammad Sohail Bhatti (2014, p552). Mental violence is found in all class levels but is far more common in the lower classes Paul B. Hunt and Chester (1984, p257).

3. Research Methodology

The quantitative as well as qualitative (Mixed Methods) research design was chosen for the present study. In qualitative paradigm the content analysis technique was carried out. Through the effective prescribed technique, the secondary data in form of some official reports were used with necessary consents of the public and private departments. In this way the unpublished facts were used along with content analysis. A baseline data was also included that was conducted

by a local NGO in Sakrand, District Shaheed Benazirabad. This helped a lot and the valid information was included in the current research that will address the issue of mental violence.

Table 1:2
Mean Score in Percentage of Respondents on mental violence
 Rating (yes-2, to some extent -1, and Not at all- 0)

S#	Mental violence	Respondents involved	Field category	Mean Score		
				Yes	To some extent	Not at all
1	Mental violence	60	Government Employees	71%	29%	0%
2	Mental violence	60	Private Job Employees	62%	28%	10%
3	Mental violence	60	Agriculture (landlords/feudal)	20%	40%	40%
4	Mental violence	60	Agriculture (Peasants)	80%	19%	1%
5	Mental violence	60	Brick kiln workers	80%	20%	0%
6	Mental violence	57	Laborers	94%	4%	2%

Source: Survey by conducted by local NGO in Sakrand, District Shaheed Benazirabad.

4. Results and Discussions

Above given table presents mean score of respondents' perceptions and regarding the issue of mental violence. The government employee respondents responded yes 71 percent some extent 29 percent and not at all 0 percent. Respondents who were selected from private sector jobs responded yes 62 percent, some extent percent, and not all percent. However, feudal/landlords responded differently yes percent, some extent percent, and 40 percent because the data was collected from the area where women have very less opportunities in all respects. Moreover, they were of low education profiles too and having dominating behaviors over the peasants and laborers. The laborers from brick kiln and other industries respondent yes 94 percent, to some extend 4 percent, and not at all 2 percent. Women and men both are in deplorable conditions – they have been facing issue of mental violence at their workplaces and residential areas as well.

The respondents from different professional fields and study backgrounds were involved in the current research study. The key question was “Does the issue of mental violence exists in our society?” The responses from respondent were noted the mean score was calculated accordingly. The language of unethical words was used within families, or at workplace. Besides some shameful gestures were observed where men and women work together. The government employees’ men and women, private sector employees, and people working agriculture sector and industries were involved. They all responded in “yes” – whereas landlords (feudal) did not agree with idea and they said there is no any issue of mental violence, particularly in case of women. The laborers were found more victims both female and male were largely and openly agreed that the issue of mental violence is found our society. It is unnoticed and no proper laws are recognized or implemented on addressing issue of mental violence.

The research findings proved that mental violence involve isolation, economic threat, and emotional abuse to victims. Due to serious issue an unconstructive behavior is seen like the feeling of guilt and severe anxieties. Mental violence causes cognitive disturbance and mental disorder, a high intensity rage, severely damaged sense of self, and an inability to true bond with others in the society.

Due to mental violence people become withdrawn, non-verbal and exhibit regressed behaviors such as clinging and whining. Eating and sleeping difficulty, concentration problems, generalized anxiety, and physical complaints e.g. headaches are commonly observed.

5. Conclusion

Every men and women have a right to live in an environment that is peaceful, friendly, and free of violence. The grim reality denotes mental violence against women and men is prevalent throughout the world with varying degree. It is all around us, but we prefer to turn a blind eye and show the gesture of let it happen. It is seriously observed that much violence against women, men and children inside homes, schools, institutions, workplace, or the implicitly socially condoned. Mental violence impact adversely on emotional and psychological health, academic and social performance and generally ruins as human being. Women particularly are at the receiving end of the mental violence as well as in many cases issue of sexual exploitation and language abuse. There is urgent need to explore this issue and protect women, children and men from mental violence within families, at workplace. The victims of mental violence must be socially and morally supported within the framework.

6. Recommendations

- Women protection law, child labor law should be implemented at gross root level.
- The issue of mental violence must be highlight through print and electronic media.
- The lessons of using good language for women and children should be incorporated in the syllabus.
- The peasants and laborers should be protected with self-awareness training courses within their residential premise.

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