

Effects of Domestic Violence among Dalit Woman in Ghodaghodi, Kailali

A Thesis

Submitted to Department of Health and Population Education

Partial Fulfillment for Requirements of the Master of Education in Health Education

By

Mamta Pant

Tribhuvan University

Faculty of Education

Central Department of Education

Health and Population Education Department

Kirtipur, Kathmandu

April, 2023

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April, 2023

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Declarations

I hereby declare that to the best of my knowledge this thesis is my original work. No part of it was earlier submitted for the candidature of research degree to any university, college or educational institution. All the works in the report are my own and I have not copied any materials from thesis completed earlier.

Date:- 25 April, 2023

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Mamta Pant



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This is to certify that **Mamta Pant** as prepared this thesis under my supervision and guidance for the preparation of this thesis entitled "Effect of Domestic violence among Dalit women in Ghodaghodi Municipality" for the partial fulfillment of Masters of in Health Education. This thesis report is the result of her work. I recommend this thesis for acceptance and final evaluation.

Date: 25 April, 2023

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Approval Sheet

This thesis entitled "Effect of Domestic violence among Dalit women in Ghodaghodi Municipality" Submitted by **Mamta Pant** in partial fulfillment for the requirement of Master's Degree in Health Education has been approved.

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Abstract

Domestic violence is broadly in any act of violence within house. It includes differential treating of girls, wife beating and abuse, torture of daughter and neglect and torture of widowed women in the family. Domestic violence against Dalit women is a pervasive issue in Nepal. Domestic violence compounds their struggles and creates significant challenges for their physical, mental, and social well-being. The Dalit community in Nepal is one of the most marginalized and disadvantaged groups in the country. According to the United Nations Development Programmer (UNDP), the Dalit population in Nepal comprises around 13 percent of the total population and is one of the most socially and economically deprived communities in the country. The effects of domestic violence on Dalit women in Nepal are numerous and devastating. One of the most apparent effects is physical harm.

This research was descriptive and analytical in nature. An interview schedule was used as tool for data collection. The total 181 people have been selected as respondents of the study census method from ghadaghodi, Kailali.

Study found out that among 181 respondents, the total of 88.4 percent women had experienced domestic violence (Physical violence 50.6 percent, mental violence 45 percent, sexual violence 2.5 percent and other violence 1.9 percent). Study found out that this violence basically done by respondent's husband. Alcoholism is main reason to involve in this violence. Women are victims of domestic violence due to alcoholism. Women are physically exploited, psychologically torture sexual violence and socially demoralized by their husbands and his family members such violence causes multiple impacts on their health. The effect of women violence can be devastated to women's physical, psychological, sexual, social as well as reproductive health and well being.

In conclusion, the most of the respondents were victimized by their husband and her family members. The women faced physically and mentally tortured. The major cause of domestic violence of women was alcoholic husband, dowry system. Due to these kinds of violence the women were perceived negative effect in their health. The women faced more violence in joint family. The researcher concluded that the husband was main offender for the violence. Majority of respondent were faced violence multiple times in month.

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Chapter I: Introduction

Background of the Study

Domestic violence is any act of violence within house. It includes differential treating of girls, wife beating and abuse, torture of daughter and neglect and torture of widowed women in the family. Domestic violence against Dalit women is a pervasive issue in Nepal (Khatri, 2021). The Dalit community in Nepal is one of the most marginalized and discriminated against groups in society. They face discrimination and exclusion in various aspects of their lives, including education, employment, housing, and health care. Domestic violence compounds their struggles and creates significant challenges for their physical, mental, and social well-being. Domestic violence means any form of physical, mental, sexual and economic harm perpetrated by person to a person with, whom he/she has a family relationship and this word also includes any act of reprimand or emotional harm. Traditional views and practices are still prevalent in our society. Such traditional views and practices adversely affect the individual, family, society and the nation in order to build an ideal society, it is necessary to bring reforms in such thought and practices. Domestic violence starts from issues like character, manner of speaking respect, rights, approach etc. common cause of domestic violence are dowry, illiteracy, poverty, addiction. Domestic violence against Dalit women in Nepal is a persistent issue that has attracted the attention of scholars and human rights organizations.

The Dalit community in Nepal is one of the most marginalized and disadvantaged groups in the country. According to the United Nations Development Programmer (UNDP), the Dalit population in Nepal comprises around 13% of the total population and is one of the most socially and economically deprived communities in the country (Gyawali, 2020). The UNDP report further indicates that Dalit in Nepal experience multiple forms of discrimination and exclusion, including discrimination based on their caste, gender, and economic status. This intersectional discrimination creates barriers to access education, healthcare, employment, and other basic services that are essential for their well-being.

The Domestic violence against Dalit women in Nepal has a significant impact on their mental health. Studies have shown that domestic violence creates immense stress, fear, and anxiety, leading to depression, PTSD, and other mental health problems among Dalit women. A study conducted by the United Women in Nepal experience some form of domestic violence, including physical, emotional, and sexual abuse (Malla, 2021). The study further reveals that Dalit women face unique forms of violence, including caste-based violence and discrimination, which compound their struggles and create significant barriers to accessing justice and support services. The study highlights the need for targeted interventions and policies to address the specific needs and challenges faced by Dalit women in Nepal. Human rights organizations such as Human Rights Watch and Amnesty International have also documented cases of domestic violence against Dalit women in Nepal. In a report published by Human Rights Watch, the organization documented cases of violence and abuse against Dalit women, including forced labor, sexual violence, and physical abuse. The report further highlights the failure of the Nepali government to protect Dalit women from such violence and to hold perpetrators accountable.

The effects of domestic violence on Dalit women in Nepal are numerous and devastating. One of the most apparent effects is physical harm. Domestic violence often results in physical injuries, including bruises, fractures, and even death. Dalit women who experience domestic violence are at a higher risk of experiencing severe and repeated physical harm than women from other castes. Domestic violence against Dalit women in Nepal is a widespread issue that has numerous and devastating effects. One of the most apparent effects is physical harm. Dalit women who experience domestic violence are at a higher risk of suffering severe and repeated physical harm than women from other castes. Physical harm resulting from domestic violence can take many forms, including bruises, cuts, fractures, and even death. Dalit women who experience domestic violence are often subject to more severe and frequent physical harm than women from other castes. This is because of the pervasive caste-based discrimination that Dalit women face, which can lead to them being subjected to more extreme forms of violence, including sexual violence and torture. In addition to physical harm, domestic violence against Dalit women also has numerous other devastating effects. It can result in emotional trauma, including anxiety, depression, and post-traumatic stress disorder (PTSD) (Subedi, 2022). It can

also lead to social isolation, as Dalit women may be hesitant to seek help or confide in others about their experiences. Domestic violence can also have significant economic consequences for Dalit women, as it can lead to job loss or reduced earning capacity, making it harder for them to support themselves and their families. The effects of domestic violence on Dalit women in Nepal are severe and far-reaching, affecting not only their physical well-being but also their emotional, social, and economic well-being. It is crucial to address this issue through policy and legal measures that protect the rights of Dalit women and provide them with the support they need to escape violence and rebuild their lives.

The impact of domestic violence on Dalit women's mental health is also profound. Domestic violence creates immense stress, fear, and anxiety, leading to depression, PTSD, and other mental health problems. The constant fear of violence and the lack of control over their lives can lead to a sense of hopelessness and Nations Population Fund (UNFPA) in Nepal found that Dalit women who experienced domestic violence were more likely to suffer from depression, anxiety, and PTSD than women from other castes. The study also found that women who experienced severe forms of violence, such as sexual violence or torture, were more likely to experience mental health problems than those who experienced less severe forms of violence (UNFPA, 2013). Another study published in the *Journal of Interpersonal Violence* found that Dalit women who experienced domestic violence had higher levels of post-traumatic stress disorder (PTSD) symptoms than women from other castes. The study also found that women who experienced multiple forms of violence, such as physical, sexual, and emotional abuse, were more likely to suffer from PTSD (Onta, 2013).

The constant fear of violence and the lack of control over their lives can lead to a sense of hopelessness and powerlessness among Dalit women. This can further exacerbate mental health problems and lead to a cycle of abuse and trauma. It is important to address the impact of domestic violence on Dalit women's mental health through appropriate interventions and support services. This includes providing access to mental health care, counseling services, and other support services to help Dalit women heal from the trauma of domestic violence and rebuild their lives. The impact of domestic violence on Dalit women's mental health is profound and far-reaching. It

is crucial to address this issue through policy and legal measures that protect the rights of Dalit women and provide them with the support they need to escape violence and rebuild their lives. Domestic violence against Dalit women also has significant social consequences. It often leads to social isolation and exclusion, as victims may fear seeking help due to stigma and shame. The fear of retaliation from the abuser can also lead to social withdrawal and further exacerbate the sense of isolation. The economic consequences of domestic violence are also severe. Women who experience domestic violence are often unable to work or access education, leading to financial dependence on their abusers. The inability to generate their income also limits their ability to seek legal and medical help. The effects of domestic violence on Dalit women in Nepal are multifaceted and complex, with far-reaching consequences. Addressing this issue requires a concerted effort from society, the government, and other stakeholders to create a safe and supportive environment for Dalit women to access resources and support to prevent and escape from domestic violence. Domestic violence against Dalit women in Nepal is a pervasive issue that poses significant challenges to their physical, mental, and social well-being.

Statement the Problem

Domestic violence is a global issue reaching across national boundaries as well as socio-economic cultural, racial and class destinations. This problem is not only widely dispersed geographically, but its incidence is also extensive, making it a according to the united states department of justice office, the definition of domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another intimate partner. Dalit community is scattered in various district of terrain region of Nepal. They are divided by their own caste Nepali, BK, Sarki etc. Dalit communities are backward in overall sector political, social, financial and educational sector various newspapers, articles and media shows that there exists women's discrimination and violence. Women are threat, beaten, tortured mentally, emotionally in the issue of dowry and gender of child. Parents think that it is useless to give well education for girl so they discriminated to give education daughter and son; instead they are forced to marry at early age. Those domestic violence and women Wright issues are leading major problem of Dalit community. In this context, women violence is a universal problem.

So part from the physical torture, religious and legal coercion should under the category of women violence in different communities.

Domestic violence is a pervasive issue worldwide, and it has severe consequences for women's health, well-being, and livelihoods. Among the marginalized groups, Dalit women are at a higher risk of experiencing domestic violence due to their caste status and gender. In Nepal, where caste discrimination is prevalent, Dalit women often face discrimination, abuse, and violence within their homes and communities. This study aims to explore the effects of domestic violence on Dalit women in Nepal and its impact on their physical and mental health, education, economic status, and social relationships. The study seeks to identify the underlying causes of domestic violence among Dalit women and the challenges they face in seeking help and support. The findings of this study can contribute to developing policies and interventions to address domestic violence and improve the lives of Dalit women in Nepal.

Objective of the Study

The main objective of the study was to find out the cause, effect and domestic violence among Dalit women .The specific objectives of the study are:

- To investigate the causes of domestic violence among the Dalit community
- To identify the effect of domestic violence in Dalit community

Significance of the Study

The significance of the study on the effects of domestic violence among Dalit women in Ghodaghodi, Kailali Nepal is as follows:

- Addressing a critical issue: Domestic violence is a pervasive issue worldwide, and Dalit women in Nepal are at a higher risk of experiencing it due to their caste status and gender. The study can shed light on the extent of the problem and its impact on women's lives.
- Contributing to policy development: The study's findings can contribute to the development of policies and interventions that address domestic violence and improve the lives of Dalit women in Nepal. By identifying the

underlying causes of domestic violence and the challenges that Dalit women face in seeking help, policymakers can design targeted interventions that address the root causes of the problem.

- **Raising awareness:** The study can raise awareness of the issue of domestic violence among Dalit women in Nepal. By highlighting the impact of domestic violence on women's physical and mental health, education, economic status, and social relationships, the study can help to challenge societal attitudes that perpetuate violence against women.
- **Empowering women:** The study can empower Dalit women by providing a platform for them to share their experiences and by validating their struggles. By recognizing the impact of domestic violence on women's lives, the study can help to break the silence surrounding the issue and encourage women to seek support and take action against domestic violence.
- **Enhancing knowledge:** The study can contribute to the body of knowledge on the effects of domestic violence among Dalit women in Nepal. By highlighting the unique challenges faced by Dalit women, the study can inform future research on domestic violence and intersectionality.

Delimitation of the Study

Due to limited time and resources, this study was limited to the following area.

- This study was limited in Dalit community of Varaiya, Ghodaghodi Nagarpalika, Kailali.
- One female in each generation from one house was selected as respondents.
- Only married women were selected for this study.

Definition of Key Words

Gender based violence: Gender-based violence (GBV) refers to any form of violence that is perpetrated against individuals based on their gender or perceived gender (United Nations, 1994).

Dalit: Dalit refers to a group of people who belong to the lowest social caste in India and Nepal. The term Dalit means oppressed or broken and is used to describe

individuals who have faced historical and systemic discrimination and exclusion based on their caste (Action Aid Nepal, 2001).

Victims: Women who have been suffering violence (Action Aid Nepal, 2001).

Domestic violence: A pattern of abusive behavior in any relationship used by one partner to gain or maintain power and control over the other partner. Domestic violence can include physical, sexual, emotional, and psychological abuse (Action Aid Nepal, 2001).

Dalit women: A group of women who belong to the lowest rung of the caste system in Nepal. Dalit, also known as "untouchables," have faced social, economic, and political discrimination and exclusion for centuries (Action Aid Nepal, 2001).

Effects: The consequences or outcomes of an action or event. In the context of this study, effects refer to the impact of domestic violence on Dalit women's physical and mental health, education, economic status, and social relationships (Action Aid Nepal, 2001).

Nepal: A country located in South Asia, bordered by India to the south and China to the north. Nepal is a diverse country with a population of approximately 30 million people, and it has a rich cultural heritage and history (Action Aid Nepal, 2001).

Women: Human beings who identify as female or are assigned the female gender at birth. In the context of this study, women refer specifically to Dalit women in Nepal who are at a higher risk of experiencing domestic violence due to their caste status and gender (Action Aid Nepal, 2001).

Chapter II: Review of Related Literature

A literature review is a critical and systematic analysis of scholarly literature on a particular topic. It involves reviewing and synthesizing existing research, publications, and other sources of information relevant to the topic of interest. A literature review provides an overview of the existing knowledge and identifies gaps and inconsistencies in the research. It helps to identify the key concepts, theories, and methodologies that have been used in previous studies and provides a framework for the development of new research questions and hypotheses. A literature review is an essential part of the research process as it provides the basis for the development of a research design and methodology. It also enables researchers to place their work within the context of existing knowledge and to contribute to the advancement of knowledge in their field.

Theoretical Literature

Theoretical approach is the most important part for a researcher because it helps researcher by giving knowledge about related subject matter. The theoretical framework also provides researcher gains knowledge about different aspect of good study.

Intersectionality Theory

This theory posits that multiple dimensions of social inequality, including race, gender, class, sexuality, and ethnicity, intersect and interact to shape individuals' experiences and social outcomes. In the context of domestic violence among Dalit women, intersectionality theory suggests that the intersection of caste and gender contributes to the unique experiences of Dalit women and their vulnerability to domestic violence (Atewologun, 2018).

Social Learning Theory

This theory suggests that behavior is learned through observation, modeling, and reinforcement. In the context of domestic violence among Dalit women, social learning theory suggests that exposure to violence in childhood, cultural norms that condone violence, and lack of access to resources that support non-violent conflict resolution may contribute to the perpetuation of violence in adulthood. This theory

states that violent behavior is learned through child experience. The nature and behavior of men is shaped by the experience during their childhood. This theory is a theory of learning and social behavior which proposes that new behaviors can be observing and imitating other. According to Bandura (2016), Men show their violent behavior towards their intimate partners because they learned violence in their families as children and that women seek out abusive men because they saw their mothers being abused. This was the 'learned behavior' theory of violence (Koutroubas, 2022).

Feminist Theory

This theory posits that gender is a fundamental organizing principle of social life and that patriarchal systems of power and oppression shape gender roles, relations, and inequalities. In the context of domestic violence among Dalit women, feminist theory suggests that gender inequality and the patriarchal norms that reinforce it contribute to the perpetuation of violence against women (Mohajan, 2022).

Ecological Systems Theory

This theory suggests that individuals' behavior is influenced by multiple levels of social systems, including the Microsystems (family and immediate environment), Ecosystem (interactions between Microsystems), Ecosystem (indirect influences on individuals), and Microsystems (larger cultural and societal factors). In the context of domestic violence among Dalit women, ecological systems theory suggests that factors at each level of the social system, including cultural norms, institutional policies, and economic structures, can influence the prevalence and impact of domestic violence (Crawford, 2020).

Psychopathology Theory

According to this theory, most violent men exhibit characteristics of personality disorder, particularly and antisocial personality disorder. Dobash and Dobash found that patriarchy contributes to wife abuse and it is fostered by the current economic and social system. Our social system has defined the husband on the dominant, strong, authoritarian, aggressive and rational provider for the family while wife has traditionally been assigned to dependence. Passive, subordinate, soft and times

hysterical role in our societies have flourished under this model by dividing labor force in half, encouraging women to remain at home and care for their husband and children and while husbands leave the home to provide a living to their families (Robert, 1986).

Empirical Literature Review

Upreti (2015) in her study found out that domestic violence against women in backward community of Nuwakot district reported that the majority of the respondent 34 percent respondents were suffered from physical violence 60 percent respondents were suffered from mental violence and 6 percent respondents were sexually violated.

Thapa (2015) carried out the study on Domestic violence against women in Gurung community of Lamjung district reported that 50 percent considers violence used by husband to wife, 30 percent by father-in-law or mother-in-law, and 15 percent by the family members as domestic violence against women.

Basnet (2016) in her study entitled " Violence against women in Kathari VDC, Morang district", reported that most of the women were victimized in their lifetime at any form of violence. Even they have a good knowledge on violence. She also found that many women and girls experience the violence in public place. Most domestic violence is gender based violence, which means violence directly by men at women on girls who are the main victims because they have lower status and less power in society than men.

Domestic violence is common in all caste, class, religion, society and country. One study on domestic violence reveals, it is very common in the world. Domestic violence is a leading cause of injury to women. Domestic violence is repetitive in nature about 1 in 5 women victimized by their spouse or ex-spouse.

Paudel (2017) in her study entitled "Domestic violence against women of Madhesi community of Sunsari district" focused to identify the knowledge and awareness of women on domestic violence. The study found that among the 191 respondents, 64 respondents were victimized by domestic violence against women. The study found that the 63 percent women were heard about domestic violence and 38 percent women did not heard about it. Among the victim respondents higher

(62.5%) had verbal assault, similarly, 46 percent psychological torture, 9.3 percent assault, 1.5 percent sexual violated.

Rawal (2017) carried out a study entitled Domestic violence against Dalit married women of Laxmi nagar VDC, Doti district. The study was focused on find out the cause and effect of domestic violence. The study found that 27.5 percent respondents remarked that lack of education could cause various cause of violence against women other 15 percent respondents though' Alcohol/drug addiction was another cause. Each 13.75 percent respondent though dowry system, infertility, 12.5 percent respondents poverty, poor family background were the cause of domestic violence.

Ostia (2017) conducted a study on domestic violence against Bade women and its effects on health at Narayan municipality, Dailekh. The study was focused to find out the cause of domestic violence and its effects on health and wellbeing of Bade women. The study has mentioned that majority of the respondents 82.5 percent told that the major cause of domestic violence is alcoholism, 10 percent told economic dependency, likewise 5 percent told lack of education and 2.5 percent told failure of legislative system is the major cause of domestic violence .As a consequential effect of domestic violence in terms of health and wellbeing of Bade women, most of the respondents have been found to have been suffered from physical health problem than mental health complexities.

Khatri (2020) shows that the root causes of the victim the violence against women was the low status of women in the community and economically dependent on the male .Other factors, unemployment, extramarital relation of husband, suspicious attitude, gambling, dowry and widowhood are cause of violence.

According to Buffarini (2021) the physical and emotional abuse and neglect, sibling abuse and exposure to physical and verbal domestic violence and a drug-related threat Although the likelihood of experiencing sexual abuse was low ,this group was more likely than any other to report experiencing this of victimization. Sexual abuse occurs within the home, violence occurs within several dyads in the family, including between parents towards children and women domestic violence the condone violence against certain family member.

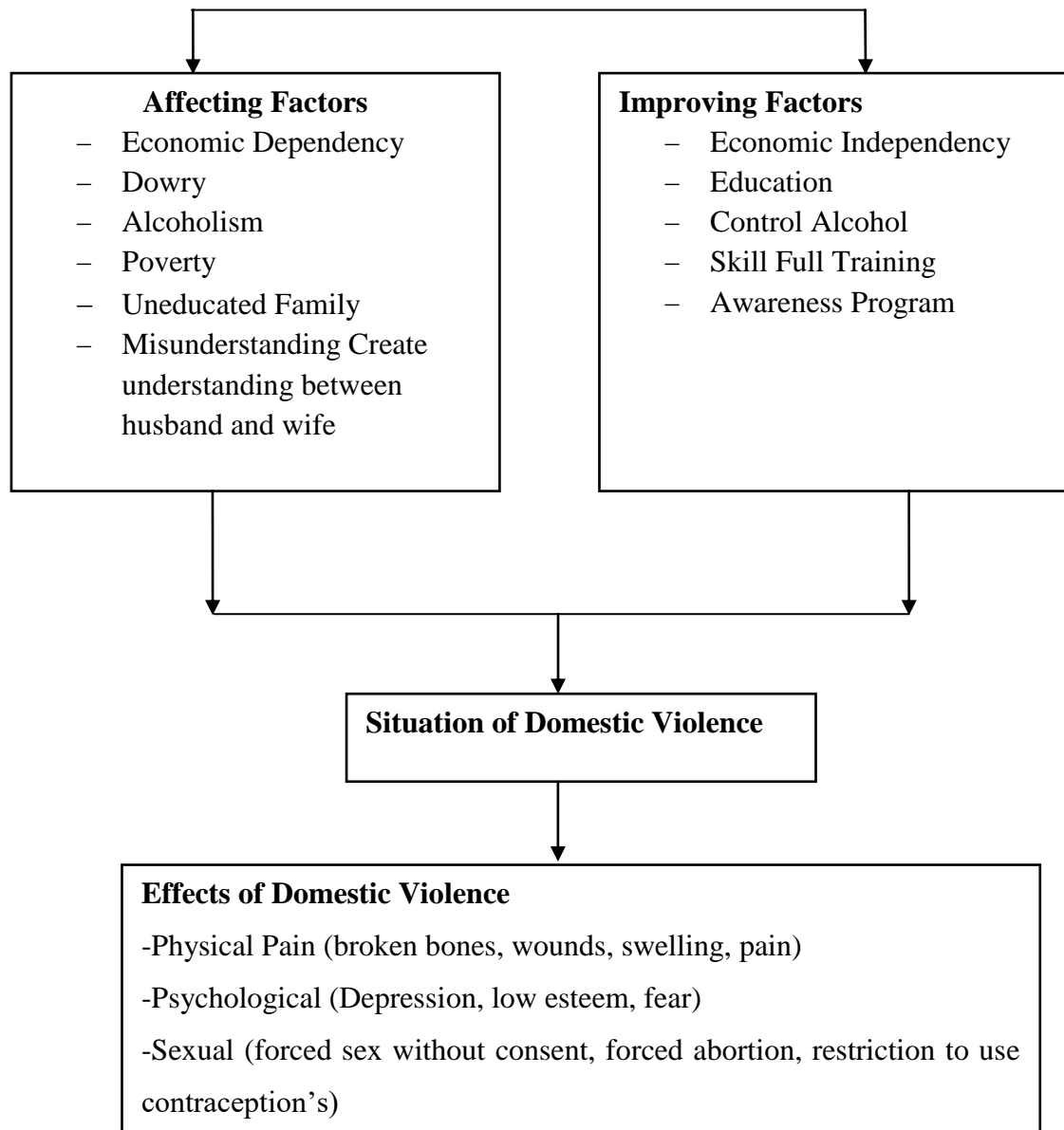
According to World Health organization (2022) lock downs during the covid-19 pandemic and its social and economic impacts have increased the exposure of women to abusive partners and known risk factors, while limiting their access to services situations of humanitarian crises and displacement may exacerbate existing violence, such as by intimate partners, as well as non-partner sexual violence and may also lead to new forms of violence against women.

Smith (2022) had conducted a study "During this time of Corona, people fear each other". There have been lockdowns for long periods of time. As all the family members stay at home all day, there are fights between family members for small issues. There are different types of people in the community. Some are aggressive and quarrel with family members. There has not been any kind of fights and misunderstanding in my family due to covid. But there has been violence in my neighborhood. There have been fights and quarrels among family members in their house.

Conceptual Framework

This conceptual framework has been designed based on the objective of the study and review of related literature. Generally, in the conceptual framework the researcher wants to clear the research-related objectives or variables and give the detail of the interrelationship of research variables. Conceptual framework the clear meaning of the researcher as well as other what the researcher want to study or find out. Therefore, a conceptual framework is as follows:

Figure 1. Conceptual Framework



The above conceptual framework has shown that the relation between independent variables and dependent variables as well as a research variable. Show the interrelationship between research variables and research work as well as the research report. In this above conceptual framework which variables are sub variables, there is an independent variable, and which are main variables. These variables are dependent. When the independents variables have good condition, the main or dependent have also good condition because dependent variables are changing nature and independents variables are affecting factors and improving factors. There are conditions of effects domestic violence are dependents variables and other factors are independents variables.

Chapter III: Research Methodology

The research was mainly focused on obtaining information on knowledge and practice on Effects of domestic violence among dalit women in Ghodaghodi, Kailali. Research methodology determines activities to achieve the main objective of the study. The chapter describes the study area, population, tools of data collection, procedure of data collection, procedure of data collection and method of data analysis and interpretation.

Research Design

The research is designed to analyze the knowledge and practice on effects of domestic violence among dalit women in Ghodaghodi, Kailali. This study was basically field survey was carried out to obtain basic data and information. The required data for this study was form primary source which was based on interview schedule and observation form. This study followed quantitative method.

Source of Data

The main sources of data for this study were effects of domestic violence among dalit women. The study was based on both primary and secondary data. Primary data were collected through the examined with domestic violence women's through interview schedule and observation checklist was also used as primary source of data. Books, journal, articles and research report were be used as secondary source.

Population, Sampling Procedure and Sampling Size

This study was conducted in Ghodaghodi, Kalilali. The respondents of the study were selected by using the census method .The total populations of the study were 181 dalit women selected as the simple size of the study.

Tools of Data Collection

Interview schedule and checklist were used as the main tool of data collected for this study. Interview schedule and observation chick list were applied for the data collection. In the interview schedule the question were included both closed and open ended forms. During the collection of data one effects of domestic violence among dalit women in Ghodaghodi, Kailali. Interview was taken in community with every

dalit women's through examined method. In accordance, the observation form was fulfilled, the interview schedule include questions related to knowledge, practice and attitude about domestic violence. The observation form included condition of physical, psychological, sexual, social, economic, alcoholism.

Standardization of the Tools

Interview schedule was pre-tested among 21 basic dalit women in Kailali. Based on pre-test results and feedback from the supervisor, the questions were changed and standardized.

Data Collection Procedure

First of all, the researcher visited the domestic violence with an authorized letter from the health and population department. Then researcher visited the dalit women and explained the nature and purpose of the study to the ward secretary for the collection of the necessary data. After that, the researcher was taken interview and filled up observation checklist with the help of women's empower.

Data Analysis Procedure

There are many systematic and scientific methods in research for analysis and interpretation of data. It is the backbone of research because it shows the finding of the study. After the collection of data, the data were tabulated in a master chart to make easy and compute it. The data were then presented on tables for the quantitative data.

Ethical Considerations

Any research requires a specific work ethic to be followed to make the research as smooth as possible. Similarly, while doing the research the following ethical considerations were made:

- While preparing interview schedule for this topic, questions that make the respondents uncomfortable were avoided as far as possible.
- During data collection, the willingness of the respondents was kept in consideration.

- Before asking questions the objectives of the research was explained.
- The privacy and atomicity of the respondents was respected.
- In case of unwillingness from the respondents, further prying for information should not be done.

Thus, these work ethics were followed strictly as it makes the process of data collection not only professional but ethical too.

Chapter IV: Result and Discussion

The result and discussion section of a research paper presents and analyzes the findings of the study. It is a crucial part of the research paper where the researcher interprets the data and draws conclusions. This section typically includes statistical analyses, charts, and graphs to help illustrate the findings. The discussion section goes beyond the presentation of data to explain the implications of the findings, explore potential explanations for the results, and suggest future research directions.

Situation of Domestic Violence

Any kind of harmful behavior directed towards women is known as violence against women. Violence towards women is prevailing in the society from the ancient time women violence is the most pervasive yet, least recognized human rights violations so how it has been very necessary to address the women violence to reduce its incidents in the society. It explains about the situation of domestic violence against women in the study area. It deals with the following indications like experience of physical mental, economical and sexual violence with different characteristic like age, education, income. It explains about the recreation shown by the victim women at the time of violence, causes, and effects of the violent behavior. The existing situation of different forms of domestic violence against women in the study areas is discussed under following headings.

Type of Violence Faced by the Respondents

Physical, psychological, economics and sexual violence can be taken as the different from of domestic violence against women. Physical violence refers to such a violence in which physical force is used to hurt or damage some body and that may produce physical effects to victim like injuries, fractures, wounds, swelling and so no.

Psychological violence can be defined as those physical or mental activities that produce mental adverse effects, it includes various types of misbehavior, pressure to bring downy verbal degradation as terror and humiliation, verbal degradation and take accusation restriction on free movement and mental hurt. Sexual violence impedes women form the use of their reproductive right. Sexual violence includes unusual and unnatural sex, coerced sex, not allowing wife to use means of contraceptives etc.

Table1*Distribution of Abused Respondents by the Type of Marriage*

Types of marriage	Yes		No		Total	
	N	%	N	%	N	%
Arrange	130	89.7	15	10.3	145	100
Love	30	80.6	6	9.4	36	100

Table 1 shows that respondents marriage types have been categorized into two categories and were compared with respondent violence their family. It was found that there was significations difference between the two variables. A women who has arrange marriage was high prevalence of violence as compared to love marriage. which was 89.7 percent respondent who has got arrange marriage was faced violence,10.3 percent not faced violence .likewise,80.6 percent respondent who has got love marriage was faced violence and 9.4 percent not faced any violence .when I asked the respondents about the experience of any violence in their family 88.4 percent (160 respondents)affirmed it. I asked them what type of violence they faced the most. Their answers are shown in table 2.

Table 2*Type of Violence Faced*

Type of Violence	No. of Respondents	Percent
Physical	81	50.6
Psychological	72	45.0
Sexual	4	2.5
Other	3	1.9
Total	160	100

Table 2 shows that higher proportion of women 88.4 percent were suffered in different type of domestic violence. Majority of the respondents 50.6 percent respondents experienced physical violence. Likewise 45.0 percent women were suffered from psychological violence and sexual violence faced by only 2.5 percent women and 11.6 percent respondents were not facing any types of violence.

Table 3*Distribution of Abused Respondents by their Family Type*

Types of Family	Physical		psychological		Sexual		Other		Total	
	N	%	N	%	N	%	N	%	N	%
Joint	58	53.2	49	45.0	1	0.9	1	0.9	109	100
Nuclear	23	45.1	23	45.1	3	5.9	2	3.9	51	100

Table 3 shows that women of the joint family are more violated in overall in the study area than that of nuclear family. In each form of domestic violence also women of joint family are found to be more violate.

Offender of Domestic Violence

Women are more likely to be physically assaulted or murdered by someone they know, often a family member or intimate partner. They are also at great risk of being sexually assaulted or exploited, either in childhood, adolescence or adulthood women are vulnerable to different types of violence at different moments in their lives offender of women violence is presented in given table.

Table 4*Offender of Violence*

Offender	No. of Respondents	Percent
Husband	124	77.5
Father in law	18	11.5
Mother in law	3	1.9
Sister and brother in law	7	4.4
Other	8	5.0
Total	160	100

Table 4 shows that the highest number of respondents 77.5 percent was violated by their own husband, 11.5 percent respondents was violated by their father in law and 1.9 percent respondents was violated by mother in law from the above table, the researcher concluded that half of the respondents were victimized by their husband. This clearly shows that woman's inferiority and dominated position comparing with

the men with in the society. The data provides the wide knowledge to understand the violence existing as a social cultural sigma.

Situation of Physical Violence

When I asked the respondents about the situation of physical violence it was brought into light that 59.1 percent respondents were physically violated. I further asked them what kind of activity they had faced under the physical violence. Their responses are as follows.

Table 5

Kind of Physical Violence faced by the Respondents

Kind of Physical Violence	No. of Respondents	Percent
Beating	59	65.6
Hair pulling	14	15.6
Slap and kicking	16	17.8
Burning	1	1.1
Total	90	100

The study shows that most of the respondents 65.6 percent were beaten up, 15.6 percent were slapped and kicked 17.8 percent suffered from pulling hair and only 1.1percent respondent suffered burning. The physical effects occurred on the victim women after the violent to reduce and violence causing element education and awareness program should be conducted. Skill full training for women and men may provide to improve the women's state and their position.

Situation of Psychological Violence Faced by the Respondents

It was tried to know about the situation of psychological violence faced by the respondents. The following table shows the presence of psychological violence among different women according their education.

Table 6
Distribution of Psychological Violence by Education of the Respondent

	Yes		No		Total	
	N	%	N	%	N	%
Illiterate	56	100.0	0	0.0	56	100
Literate only	80	100.0	1	1.2	81	100
Secondary	19	100.0	0	0.0	19	100
Bachelor	3	100.0	1	0.0	4	100
Master and above	0	0.0	0	0.0	0	0.0

The respondent's education type has been categorized into five categories and was compared with the status of the psychological violence. It was found that there was no significant difference between literacy and psychological violence among the woman. When I asked the respondents any psychological violence faced in your family 87.3 percent (158 respondents) affirmed it. That I asked them what kind of activity they had faced under the psychological violence. Their answers are shown in table 7.

Table 7
Type of Emotional and Psychological Violence Face

Type of Emotional	No. of Respondents	Percent
Verbal degradation	72	45.3
Threat to kill	7	4.4
Misbehavior causing mental hurt	39	24.5
polygamy	7	4.4
Threat to expel from home	34	21.4
Total	159	100.0

Table 7 shows that out of 87.8 percent of the respondents who experienced psychological violence, 45.3 percent complained that they were verbal degradation, 24.5 percent complained about misbehavior causing mental hurt, and 4.4 percent complained of threat to kill, threat to expel from home 21.4 respectively.

Situation of Sexual Violence

It was also tried to know about the experiences of sexual violence at home .It was compared with their age found as follows.

Table 8

Type of Women Age Group

Women Age	No. of Respondents	Percent
Below 20 years	1	9.1
20-25 years	5	31.3
25-30 years	13	54.2
30-35 years	14	41.2
35-40 years	13	31.0
40-45 years	4	28.6
45 and above	0	0.0

Table 8 shows that women of age group 30-35 are the most violated. In overall the study area under which 41.2 percent are sexually violated. The women of age group below 20 years are found to be least violated in overall in the study area. Sexual violence impedes women from the use of their reproductive right .sexual violence includes unusual and unnatural sex, coerced sex. Not allowing wife to use means of contraceptives etc. Distribution of respondents by experiences of sexual violence on different forms of domestic violence is given in table below.

Table 9

Type of Sexual Violence Faced

Type of Sexual Violence	No. of Respondents	Percent
Force sex without consent	38	76.0
Forced abortion	5	10.0
Restriction to use contraceptives	6	12.0
Unusual or unnatural Sex	1	2.0
Total	50	100

Table 9 reveals that out 32.1 percent (50 respondents) respondents who experienced sexual violence 76.0 percent said that their partner forced them to have sexual intercourse without consent while 12.0 percent said that their partner restriction

to use contraceptives and only 2.0 percent few respondents were found unusual or unnatural sex.

Frequency of Violence

Regular occurring violence is not good with in the household. It affects the all members of the family as well as child growth and development frequently occurring violence affects the creative work at the family members. Study based data shows that majority of the women are facing violence in their life time in one way or other.

Table 10

Frequency of Violence

Frequency of Violence	No. of Respondents	Percent
Daily	28	17.7
Weekly	27	17.1
Monthly	59	37.3
Occasionally	44	27.8
Total	158	100

Table 10 depicts that the victims were violated monthly by the perpetrator 37.3 percent, 27.8 percent found were occasionally, 17.7 percent found were daily few respondents were 17.1 percent were weekly violence.

In many developing countries like Nepal, a women often agree with the idea that men have right to discipline their wives in necessary by force. In many socio-cultural setting women are expected to look after their home and children and show their husband obedience and respect. If a man feels that wife has failed in her role or over has failed in her role or over stepped her limits and then violence begins, methods of violence.

Causes of Domestic Violence

Violence against women in Nepal can be attribution to the cultural, religious, legislative and economic practices that conspire to keep women in a position of inferiority. In Nepal women lack the right of self-determination from the major causes of domestic violence against women are found to be alcohol and downy women

illiteracy. Ignorance, unemployment .The knowledge possessed by the respondent's women about the cause of domestic violence against women in discussed as follows.

Table11

Causes of Violence against Respondent

Causes of violence	No. of Respondents	Percent
Alcoholic husband	74	46.3
Gambling behavior of husband	3	1.9
Extra marital affaire of husband	7	4.4
Unemployment of husband	4	2.5
Listening to other family	11	6.9
When works are a not done properly	7	4.4
Misunderstanding or doubt on me	6	3.8
Sexual desperation of the husband	16	10.0
Insufficient dowry	3	1.9
Giving birth to daughter	6	3.8
Unlikely	15	9.4
Other	8	5.0
Total	160	100

Table 11 shows that most of the victims become the part of the violence only because those husbands are alcoholic 46.3 percent. Some were violated due to dowry, 10.0 percent 9.4 percent were unlikely. Few respondents 1.9 percent were found experiences violence due to gambling behavior of husband and unemployment of husband. Nepal, an under developed nation, with patriarchal and male dominated family structure, is having diversity in religious customs ,cast / ethnicity and traditional norm and values, which are directly or indirectly violating women. Women are denied form the use of their right and participating in decision making activities which impedes women development, sense of equality and justice of women are discriminated from the customary laws of the state.

Effects of Domestic Violence in Women's Health

The effect of women violence can be devastated to women's physical, mental, emotional, sexual, social as well as reproductive health and well-being .In addition to causing injury, violence increase women's long term risk of a number of other health

problems, including pain, physical disability, drug and alcohol abuse and depression, women with a history of physical or sexual abuse are also at increased risk.

Most often the abuse is a member of her own family. Violence can lead to the high risk on women's health and their children's health. Respondents were asked what kind of effects domestic violence could make on women's health. They said that violence can lead of following effects.

Effects of the Physical Violence

Physical violence refers to such a violence in which physical force is used to hurt or damage some body and may produce physical effects to the victim like injuries, fractures, wound and swelling and soon.

Table 12

Problem Faced after Physical Violence

Problems	No. of Respondents	Percent
Broken bones	6	6.8
Wound	22	25.0
Swelling	17	19.3
Pain	43	48.9
Total	88	100

The research shows that majority of the respondents suffered from pain after violence act 48.9 percent whereas wound 25.0 percent and swelling occur 19.3 percent as a result of physical violence only 6.8 percent complained about broken bones ones. Physical violence leads to physical inquiry and hurt bone fracture, wound, swelling pain or sometimes it may cause even death the physical effects occurred on the victim women after the violence act depicted.

Psychological Effects of the Violence

Psychological abuse also referred to as emotional or mental abuse is a form of abuse characterized by a person subjecting or exposing another to behavior that may result in psychological trauma, anxiety, depression or post-trauma stress such. Abuse is often associated with situation of power imbalance such as abusive relationships, bullying and abuse in the work place.

Table 13*Psychological Effects to the Women after Violence*

Psychological Violence	No. of Respondents	Percent
Depression	10	6.3
Suicidal tendency	16	10.1
Low esteem	36	22.6
Fear	94	59.1
Other	3	1.9
Total	159	100.0

Table 13 shows that most of the violated women 59.1 percent suffered from fear followed by low esteem 22.6 percent whereas suicidal tendency 10.1 percent and 6.3 percent were depression because of psychological violence. Only 1.9 percent of the respondents complained about other effects.

To behavior that may result in psychological depression, low esteem, fear such abuse is often associated with to reduce such violence and violence causing element education and awareness program should be conducted, skillful training for women may be provided to improve the women's state and their position.

Action taken at the Moment of Violence by the Victim

Domestic violence against women are found to be alcohol and gambling , women illiteracy, ignorance, poverty and unemployment from the study, the perception of the respondent is found that the violence goes on is tolerated or ignored by the victim and may develop into very serious increasing if it from later. The table 14 explains that is to be taken by the victim women offer being violated.

Table 14*Action Taken at the Moment of Violence by the Victim*

Action Violence	No. of Respondents	Percent
Police case	7	36.8
Reply accordingly	2	10.5
Left house	7	36.8
Share with other	3	15.8
Total	19	100.0

Table 14 shows that the various reactions shown by the victim at the moment of violence. Out of the respondents left house, police case most of the respondents 36.8 percent share with other, 15.8 percent very few respondent reply accordingly 10.5 percent.

Reasons for Keeping the Incident Secret

The respondent's perception is that the rate of domestic violence will increase more if it is not reported to the concern body on time. However there are some reasons why the victim women do not report the incidents of domestic violence which discussed as follows.

Table 15

Reasons of Keeping the Violence Secret

Violence Secret	No. of Respondents	Percent
No support of the family and neighborhood to report to the police	4	2.8
Economically dependent lack of confidence	15	10.6
Family affaires	68	47.9
Lack of trust	16	11.3
Ignorance	39	27.5
Total	142	100.0

The table reveals the reasons for keeping the violence secret. Out of 78.5 percent of the victim who kept the incident secret, majority of the victim 47.9 percent took the incident as their family affairs, 27.5 percentage has ignorance the violence case. 11.3 percent victim who thought lack of trust in law, 10.6 percent and 2.8 percent respondent feel that economically dependent to their husband and other family member so they had not confident to expose and very few percentage has no support of the family and neighborhood to report to the police respectively.

Perceived ways to Stop Violence among Dalit Women

Some of the striking recommendation made so far are that the public awareness is to be brought by informal training about violence against women but also for law

and policies are to be adopted to strength women's economic security in such vital area as land ownership. Right in parental properly, descent employment.

Table16

Perceived Solutions to Stop Violence against Women

Violence Against Women	No. of Respondents	Percent
Awareness	89	55.6
Improve status of women	18	11.3
Effective implementation of legal provision	21	13.1
Punish the person responsible for doing violence	32	20.0
Total	160	100.0

Here in the table describes the solutions given by the victim to reduce/stop violence against them. Most of them 55.6 percent agreed to the fact that awareness is the main pillar to stop violence, followed by punish the person responsible for doing violence about the young married women violence 20 .0 percent and few respondents 11.3 percent thought that improve status of women.

Major Findings

The females have their own identify they are violated in every steps of their life by her own family, husband and other member of society, whenever, is the married or single girl. All the traditional practices were discriminated of women and their rights. Domestic violence is when one partner in an intimate relationship abuses the other. The abuse can be physical, social ,emotional mental, psychological, sexual or a combination of all of above, physical abuse can include very aggressive acts, such as beating and forced sexual activities including intercourse social touches or it can take the form of less severe acts like thronging, slapping. In psychological abuse the abuse constantly humiliates and puts down the victim. The weapons of emotional abuse include verbal insults, threats, control of physical activity. Majority of the cases are related with beating and verbal degradation their spouse by drinking alcohol, insufficient dowry, unlikely, listening to other family, misunderstanding and doubt are the major causes of domestic violence in the study area. The social, cultural structure of our society forces them to be shy and tolerant. Their tolerance, shyness and fear make them weak and backward. Them the DVAW has grown so terribly huge and

depth of the society. So, effort should be done from the basic level by education every people, given equity to all sector women and make them aware , firstly , careful and effective efforts should be made in household level, then in families society and national level to gain a satisfactory progress in the cases domestic violence . The findings of the research study based on the analysis and interpretation of the collected data are presented below.

- Among the 181 respondents 88.4 percent have experience domestic violence and 21 respondents 11.0 percent have not experienced domestic violence.
- Various form of violence like physical attack verbal assault , sexual harassment, forced sex, forced pregnancy etc. have been traced out in Dalit women community. It was found that , most of the women had faced physical violence which was 50.6 percent 45.0 percent represent psychological violence, 2.5 percent faced sexual violence and 1.9 percent respondents faced other type of violence, comparatively, physical violence was found more than other violence.
- It was found that 77.5 percent women victimized by husband, 11.3 percent women victimized by their father in law and 1.9 percent women victimized by their mother in law.
- The majority of the respondents 65.6 percent considered beating as one of the most common forms of physical violence, heir pulling 15.6 percent, 17.8 percent slap and kicking and 1.1 percent accepted burning .
- Among the victim respondents higher 45.3 percent had verbal degradation, similarly 24.5 percent misbehavior causing mental hurt, 21.4 percent threat to expel from home and 4.4 percent threat to kill.
- The minority of the respondent 27.6 percent were sexually violated among the majority of the respondent 76 percent force sex without consent, 12 percent restriction to use contraceptive, 2 percent unusual or unnatural sex.
- It was found that, 37.3 percent of the respondents violent behavior, monthly, 27.8 percent respondents faced violent behavior occasionally, 17.7 percent respondent faced violent behavior weekly.
- Majority of the respondents 46.3 percent told that the major cause of domestic violence is alcoholic husband 10 percent told insufficient dowry,

likewise 9.4 percent unlikely and 1.9 percent unemployment and gambling behavior of husband.

- About the women's violence and psychological problem, 159 respondents out of 181 respondents have psychological problems out of 159 respondents 59.1 percent have fear, 22.6 percent have bone pain, 10.1 percent have suicidal tendency and 6.3 percent have depression.
- About the women's violence and physical health problem, 83 respondents out of 160 respondents have physical problem .48.9 percent have pain, 25 percent have wound, 19.3 percent have swelling and 6.8 percent have broken bones.
- The violence secret of 78.5 percent of the victim who kept the incident secret, majority of the victim 47.9 percent took the incident as their family affairs, 27.5 percentage has ignorance the violence case. 11.3 percent victim.
- About the effect of domestic violence the respondents suffered from pain after violence act 48.9 percent where as wound 25.0 percent and swelling occur 19.3 percent as a result of physical violence only 6.8 percent complained about broken bones ones .
- Higher proportion of respondents 89.5 percent did not take any action against violence. Similarly, 3.9 percent police case, left house, 1.7 percent share with replay accordingly.

Chapter V: Conclusions and Recommendations

Conclusion

The study entitled with effects of domestic violence among Dalit women of Ghodaghodi municipality was conducted and after analyzing. The finding of the study some conclusion can be drawn following.

Due to evil social norms, values, superstition and customs, women's lives are directed towards as second-class citizens. But expect these; there is no any other specific reasonable logic. Mainly women are only limited inside household work like cooking washing, cutting grass, take caring the children etc. they do not have any opportunities for involving in income-generating work and outside work. Due to this there is not access of women to various services like health education etc. This condition has kept them any from the track of mainstream of development. Most of the respondents were victimized in their husband and his family member. Those women faced physically tortured and mentally problem. The major cause of domestic violence of women was alcoholic husband dowry, unlikely, doubt; due to cause of violence it was perceived effect in their health. Most of the joint family structure of the marriage was not good in this community. The researcher concluded that husband was main offender of violence. Majority of respondent were monthly and occasionally faced violence. Coming through the conclusion domestic violence is increasing among Dalit women, which results the serious problems in their health and livelihood.

Recommendations

Recommendations are a back bone of the research work to initiate the program to hunch in the selected area. It can play a great role in concerning to success of program. It also provides the root for further study and research. At the end of study finding following recommendations are suggested.

Recommendations for Practice

- Gambling and alcoholism have to be stopped by mass awareness.
- Women experiencing violence both private and public should raise their voice with confidence against it without keeping the incident secret.

- It should be carried out the special skillful training program like, skill development, capacity building, life skill management, earning based programs to Dalit women for self-confidence and self-motivation. Public awareness is to be brought by informal training about government base violence not only for women but also for man.
- Education is a key source of behavior modification of the people. So women education status should be improved. Media is strong part of empowerment. It can play important role to eliminate domestic violence. It is recommended to mass media to launch of effective program on such issues. Women's violence and health are directly link with each other. So, the knowledge about women's right should be included in the school and college level classes' curriculum. Local pressure group, mother's group, trade union, NGOS, Local health workers, Female teacher should be mobilized to awareness, prevents or eliminates domestic violence.

Recommendation for Policy Level

- Women are deprived in many sectors of their life due to lack of legal provisions and suitable national policy. The government and concerned authorities should development a clear provision and working policies for controlling the discrimination and violence against the women. Therefore the following recommendations are made for the policy level.
- Policy administration and local body should seriously take the complaints of domestic violence providing protection to the victim and punishment to the offered. Immediate protection and action by the concerned authority should made mandatory in such type of complaints.

Recommendations of Further Studies

- A similar study could be launched considering broader areas, such development all areas of Nepal or geographical region of Nepal.
- A comparative study can be conducted on different caste of Domestic violence.
- A comparative study can be conducted between literate and illiterate family on Effects of domestic violence among dalit woman.

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Appendix
Tools(Interview Schedule)

Namaste, I am Mamta Pant I am doing a research on "Effects of domestic violence among Dalit women in Ghodaghodi municipality" in order to find out to find out the present situation of the violence against women of Dalit community, to explore the causes of domestic violence and to identify the effects of domestic violence. I expect your true and sincere responses. I assure you that the data will not be used elsewhere except the thesis writing and you will not be harmed in anyway due to this research. Your name is kept hidden.

Ward:.....Household No:.....

PartI: personal profile

Q.N.	Questions	Option codes
1	Age	a) 20 below b) 20-25 year c) 25-30 year d) 30-35 year e) 35-40 year f) 40-45 year g) 45 above
2	Education	a) Illiterate b) Literate only c) Secondary d) Bachelors e) Master or above
3	Religion	a) Hindu b) Buddhist c) Muslim d) Christian
4	Marital status	a) Married b) Unmarried c) Window d) Divorce

5	Duration of marriage	a) Below one year b) Above one year
6	Types of marriage	a) Arrange b) Love
7	Type of family	a) Joint b) Nuclear
8	Occupation of respondents	a) Agriculture b) Office/service c) Housewife d) Others.....
9	Annual family income	a) Less than 50,000 b) Up to 4lakh c) 4 to 5 lakh d) More than 5 lakh
10	Occupation of husband	a) Foreign country b) Office/services c) Agriculture d) Others.....

Part II: Situation, cause and effects of domestic violence

- 1) Have you ever seen any violence in your family, friends and neighbors?
 - a) Yes
 - b) No
- 2) Which type of violence have you seen?
 - a) Verbal assault
 - b) physical attack
 - c) Sexual harassment
 - d) violence due to alcoholism
- 3) Have you ever faced any kind of violence in your family?
 - a) Yes
 - b) No
- 4) If yes, from whom do you suffer more?
 - a) Husband
 - b) father-in-law
 - c) mother-in law
 - d) Sister or brother-in -law
 - e) other
- 5) What type of violence have you faced the most?
 - a) Physical
 - b) Psychological
 - c) Sexually
 - d) Others

- 17) What level of violence have you faced?
 a) Deep/severe b) Moderate c) Slight
- 18) Your sexual relationship is forceful or based on understanding?
 a) Never forceful b) Sometime forceful
 c) Most of time forceful d) Always forceful
- 19) Who dose household works when you fall sick ?
 a) Children b) Parents c) Husband d) Self
- 20) What do you think, the main causes of violence against you?
 a) Alcoholic husband b) Gambling behavior of husband
 c) Misunderstanding or doubt on me d) Sexual desperation of the husband
 e) Insufficient dowry f) Giving birth to daughters
 g) Others.....
- 21) What effects are there on your health?
 a) physical effect b) Psychological effect c) Both
- 22) Do you take my action against violence?
 a) Yes b) No
- 23) If yes, what kind of action you took?
 a) Police case b) Reply accordingly c) Left house
 d) Called society e) Share with others
- 24) If you have kept the violence on you secret. Why?
 a) No support of the family and neighborhood to report to the police
 b) Economically dependent lack of confidence
 c) Family affaires
 d) Lack of trust in law
 e) Ignorance
- 25) Are other members of family co-operate you while one violated you ?
 a) Yes b) No
- 26) If yes, especially who co-operates you?
 a) Husband b) Father-in-law c) Mother-in-law
 d) Others
- 27) What are the solutions to stop violence against you?
 a) Awareness
 b) Improve status of women
 c) Effective implementation of legal provision
 d) Punish the person responsible for doing violence