

Q. Define Gender based violence?
Explain various forms of violence against women in Pakistan and devise some practical strategies which can be helpful in the eradication of gender based violence from our society?

1. Introduction:

The violence that is done on human due to their specific gender is called gender based violence.

Judith Butler in her book "Gender Trouble"

significantly influence the study of gender based violence.

In this book she discusses how gender identity and norms contribute to violence and oppression.

2. Types of Gender based Violence:

There are two types of gender based violence

a. Direct Violence:

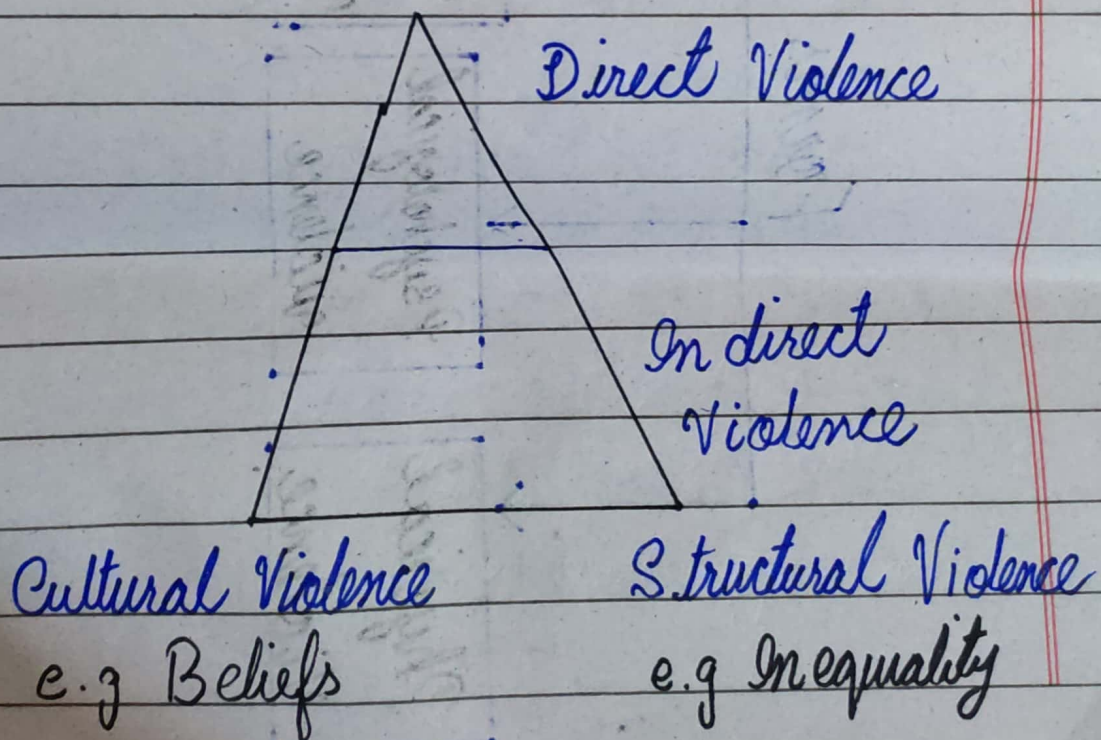
It is visible form of violence. It involves physical assault, verbal abuse, It is characterised by harm or aggression inflicted directly upon the victim by individual or group. Sonam Mehr in her book Sensational life and death of Kandeel explains the direct violence done on Kandeel Baloch that ultimately resulted in death of Kandeel Baloch.

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b. Indirect Violence :

It is the violence that is not perpetrated directly through physical harm or verbal abuse. It does not involve physical force but still have severe psychological, social, Indirect violence include Poverty, illiteracy, Racism, sexism.

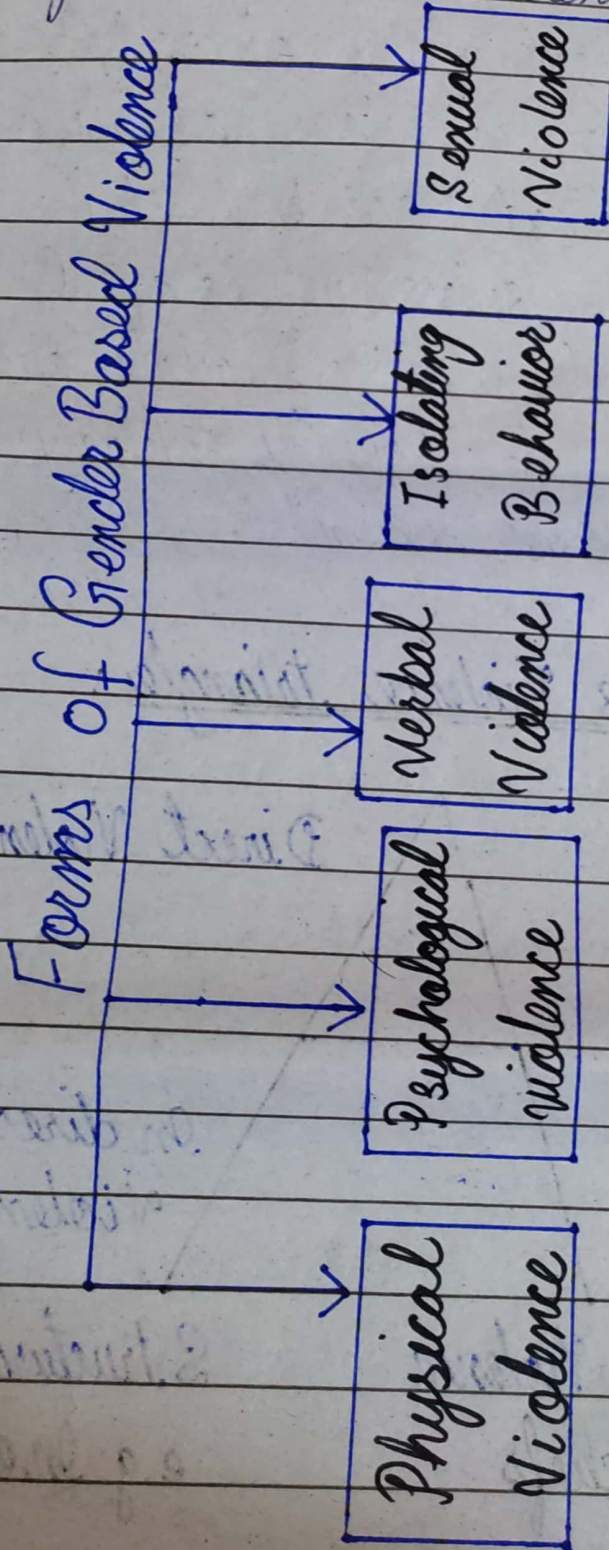
3. Galtung's Violence triangle :



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3. Forms of Gender Based Violence:

There are various forms of gender based violence



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4. Violence against woman in Pakistan:

Woman in Pakistan is prone to gender based violence. Woman of Pakistan faces following violence

i. Physical Violence:

Most common form of violence that a woman faces is physical violence.

According to United Nations Population Fund

32 pc of women have experienced physical violence in Pakistan

in 2012-2013. Around

40 pc of ever-married women have suffered from spousal abuse

at some point in their
life (The Pakistan Demographic
and Health Survey 2012-13)

This shows that women
have been victims of
Physical violence. The
case of Noor Mukadam
shows that woman
is victim of extreme
violence.

ii. Psychological Violence:

Women
of Pakistan also faces
psychological violence.
According to Pakistan
Demographic and Health
Survey 2017-2018 20.6
% of women of Pakistan
faces psychological violence.
Pakistan woman
face psychological

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violence in the shape of dowry. She is mentally traumatized along with her family. She also face psychological violence when she gave give birth to baby girl. She also has to go through emotional labor in work place.

iii. Verbal Violence:

Woman in Pakistan face numerous incident of a verbal violence. In home she face verbal violence. in work place she also feel marginalized. She also face Verbal violence

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at work place. From home to work place she faces verbal violence that also include catcalling, verbal abuse

iv. Isolating Behavior:

Isolating behavior is a form of gender based violence faced by women in Pakistan. Isolation is the tactic used by abusive individuals to gain control over their partners and limit their independence. It involves cutting off social connections, monitoring activities, and restricting access to

resources which has long-lasting effects on a woman's mental and emotional well-being. Isolating behavior is the violation of a person's autonomy and freedom.

V. Sexual Violence:

In Pakistan sexual violence has become very common. In Karachi, Lahore sexual violence has become very common.

According to the demographic and health survey 2017-2018 6 pc of the woman have experienced sexual violence and 5 pc of the woman face

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spousal sexual violence

Thus, in home woman has to face marital rape.

5. Practical Strategies
to eradicate
Gender
Based
Violence:

i. Social Awareness:

One of the most important step required to eradicate gender based violence is social awareness

Noam Chomsky in his book "Manufacturing Consent" explains how mass media

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System in liberal democratic societies shapes public opinion and promotes the interests of those in power.

ii. Religious teaching:

Interpreting the role of woman on religious ground and people misinterpret the religion. Muhammad Kutub in his book

"Islam the misunderstood religion" explains that true interpretation of religion can help reduce gender based violence. Thus, religion can be used to eliminate gender based violence.

iii. Addressing Root Causes:

Tackling the factors that leads to gender-based violence such as gender inequality, poverty, and social norms that condone violence.

Promoting gender equality in every sphere can help eradicate the gender based violence.

iv. Legal Framework and Policies:

Devising and enforcing laws that protect genders and hinder in the way of gender based violence.

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Government can take strict action against those that violate gender based violence laws.

v. International Cooperation:

Seeking international cooperation and exchange of best practices in addressing gender-based violence. Support of global efforts can also help reduce gender-based violence.

6. Conclusion:

Woman has always been the victim of violence. Woman faces gender-based violence. She faces domestic

go through emotional violence. In work place she experience marginalized behavior. Gender-based violence has been increased in Pakistan. Every day there are new reports of gender based violence. Government should take serious action on gender based violence issue. To resolve them

Conclusion