

Q: Explain the structural and direct form of violence against women in the Pakistani society with special reference to theories of violence in gender studies.

### INTRODUCTION.

In Pakistan, violence against women practiced more than typical types or forms. Structural violence contribute and support direct violence against women. Violence against women can be classified into 4 different categories each of which has numerous types under it. The four basic form of violence against women are: Physical, Psychological, Sexual and Economical. Similarly there are various theories regarding gender-based violence that help us understand the causes behind gender-based violence. These theories include: Social Learning Theory, personality characteristics and psychopathology, Biological Theory, Exchange theory and Resource Theory.

### Structural violence:

Structural violence refers to the systematic ways in a societal structure harms or disadvantage individual. This form of violence manifest through patriarchal norms, gender discrimination and socio-economic inequality. Structural violence is present but cannot be seen such as the denial of education rights, economic independence, access to healthcare and right of decision-making for themselves.

## Direct violence:

Direct violence include Physical abuse, sexual harassment, rape, and honor killing etc. These acts are often justified by cultural norms and considered normal and seen as a means to control women's behavior and maintain male dominance.

There are four basic of violence against women in Pakistan:-

### 1) Physical Violence:-

This includes such as slapping, beating, stabbing, strangling, burning, threats with an object or weapon and murder.

It also includes traditional practices harmful to women such as genital mutilation and wife inheritance.

### 2) Psychological Violence:-

Psychological violence refers to verbal abuse, confinement to the house, surveillance, threats of abandonment or abuse, threats to take away custody of children or divorce, isolation and constant humiliation etc.

### 3) Sexual violence:-

Such as "marital rape", intimidation or physical force, and forcing unwanted sexual acts etc.

### 4) Economic violence:-

Acts such as "denial of funds, refusal to contribute financially, denying inheritance and right to property, health care and employment etc."

## Direct violence theories:

### ① Social Learning theory :-

Social Learning theory concludes that violence is learned behavior and it is learned through exposure and experience. For example, when children witness adults solving ~~their~~ conflicts ~~by~~ by means of violence, they also adopt this behavior later in life.

### ② Personality characteristics and Psychopathology:

According to this theory, individuals who use violence against women ~~are~~ have some sort of personality disorder and mental illness. These individuals act and behave differently from other normal people. Even in some cases, courts declare them less responsible for their actions due to their unstable mental health.

### ③ Biological theory :-

Biological theory suggests that violence against women is related to the process of natural selection. For example,

Rape can be viewed as a response selection pressure on men.

- Exchange theory :-

This theory posits that men use violence against women to maintain their position and dominance in the social structure by maximizing benefits and minimizing losses.

- Resource Theory :-

This theory emphasizes the role of economic resource in shaping power dynamics. In a patriarchal society structure men provide for the family economically hence women become subordinate and subject to violence.

- **Structure violence theories :-**

- ① Feminist Theory :-

Feminist theory posits that violence occurs against women due to male dominated societal structure and socialization practices that teach gender roles for men and women.

- ② Culture Acceptance of violence :-

Violence against is acceptable and considered normal in many cultures.

- ③ Stress :-

Stress is a significant risk factor for violence against women and violence is often used in response to stressful situations.