

TYPES AND CAUSES OF DOMESTIC VIOLENCE AGAINST WOMEN IN SOCIETY

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Abstract: This article provides a scientific analysis of post-traumatic stress conditions that arise in women as a result of domestic violence, their socio-psychological determinants, and ways to optimize stress states. The study highlights the importance of social support, personal psychological resources, adaptation mechanisms, and the role of the social environment. In addition, various forms of psychological assistance aimed at reducing stress and restoring women's mental well-being are examined.

Keywords: domestic violence, post-traumatic stress, women, socio-psychological determinants, psychological assistance, optimization.

Introduction: Today, domestic violence is considered one of the most pressing socio-psychological problems of modern society. Women are particularly vulnerable to domestic violence, and its consequences leave deep and long-lasting effects on their mental health. Stress conditions caused by domestic violence are often accompanied by post-traumatic stress disorder (PTSD), depression, anxiety, and impaired social adaptation. Therefore, identifying socio-psychological determinants that help optimize and reduce stress conditions is of great scientific and practical importance. [1:22]

In modern psychology and social sciences, domestic violence is studied using a systemic approach. According to this approach, violence is not merely the result of individual behavior, but rather a complex phenomenon influenced by socio-economic conditions, gender stereotypes, cultural norms, and imbalances in family role distribution. Consequently, the analysis of domestic violence requires an integrated examination at the individual, family, and societal levels.

Types of Violence (Scientific and Psychological Analysis)

Violence is defined as a set of intentional actions committed by an individual or a group of individuals aimed at causing physical, psychological, social, or economic harm to another person. [2:56] Violence occurring within family relationships has a negative impact on women's psychological well-being and leads to various stress-related and traumatic conditions. Scientific literature distinguishes the following main types of violence:

Physical Violence

Physical violence manifests through actions aimed at directly harming a person's body. These include hitting, kicking, pushing, strangling, and causing bodily injuries. This type of violence not only results in physical harm but also leads to long-term psychological trauma, including fear, anxiety, and a persistent sense of insecurity.

Psychological (Emotional) Violence

Psychological violence is expressed through systematic actions aimed at destabilizing a person's emotional state and lowering self-esteem. Constant insults, humiliation, threats, intimidation, control, and manipulation are the primary forms of psychological violence. This type of violence is particularly dangerous because it is often invisible and leads to chronic stress

conditions. Research shows that continuous humiliation and threats gradually reduce a woman's self-confidence and contribute to the development of "learned helplessness," limiting her ability to resist violence actively.

Scientific studies also emphasize the intergenerational transmission of domestic violence. Children raised in violent family environments are more likely to perceive violence as a normal form of interpersonal interaction in adulthood. This phenomenon contributes not only to individual trauma among women but also to the continuation of the cycle of violence at the societal level.

Sexual Violence

Sexual violence includes any sexual acts carried out without a person's consent or through coercion. This includes forced sexual intercourse, sexual assault, sexual harassment, and violations of sexual integrity. Sexual violence is considered one of the strongest risk factors for the development of post-traumatic stress disorder and severe emotional disturbances.

Economic Violence

Economic violence is carried out by restricting a person's financial independence and controlling access to material resources. Examples include hiding income, preventing employment, and increasing financial dependency. This type of violence significantly reduces women's social activity, autonomy, and self-confidence.

Social Violence

Social violence manifests through actions aimed at restricting a person's social relationships. Forcing women to cut ties with relatives and friends, isolating them from society, and damaging their reputation are common forms of social violence. These actions intensify feelings of loneliness, social exclusion, and emotional deprivation.[3:146]

Moral (Ethical) Violence

Moral violence involves encroachment on a person's values, beliefs, and personal integrity. Discrimination against religious beliefs, disregard for personal views, and attempts to forcibly change them are key manifestations of moral violence. Such actions undermine a woman's identity and inner stability.

Causes of Domestic Violence

The causes of domestic violence are multifactorial and manifest at individual, family, and societal levels. At the individual level, aggressive behavior, low emotional regulation, and traumatic childhood experiences play a significant role. Family-related factors include lack of effective communication, imbalance in role distribution, economic dependency, and frequent conflicts. At the societal level, gender inequality, cultural norms that normalize violence, and low legal awareness increase the risk of domestic violence.

Domestic Violence and Its Psychological Consequences

Domestic violence may manifest in physical, psychological, economic, and sexual forms. Psychological research indicates that women who experience domestic violence often demonstrate:

- constant fear and anxiety;

- low self-esteem;
- feelings of hopelessness and depressive states;
- withdrawal from social interactions.

These conditions lead to long-term stress and seriously undermine psychological stability and overall quality of life.

Socio-Psychological Determinants of Optimizing Stress Conditions

Reducing and optimizing stress conditions depends on several socio-psychological determinants:

1. Social Support

Support provided by family members, friends, community organizations, and social institutions plays a crucial role in reducing stress. Social support decreases feelings of loneliness and fosters a sense of safety and emotional security.

2. Personal Psychological Resources

Stress resilience, emotional stability, self-awareness, and problem-solving skills function as personal resources that help women cope more effectively with stress.

3. Psychological Adaptation Mechanisms

Constructive coping strategies, such as problem-focused behavior and emotional self-regulation, contribute to stress optimization. In contrast, destructive mechanisms such as denial and withdrawal intensify stress conditions.

4. Social Environment and Cultural Factors

Societal intolerance toward violence, the availability of legal protection mechanisms, and attitudes toward gender equality directly influence women's psychological recovery.[4:87]

Stress assessment is also closely linked to Hans Selye's General Adaptation Syndrome (GAS). According to this theory, women exposed to violence experience stages of alarm, resistance, adaptation, and exhaustion, which determine the severity and duration of stress responses.

Ways to Optimize Stress Conditions

The following approaches are considered effective in reducing post-violence stress in women:

- individual and group psychological counseling;
- psychotherapeutic methods (cognitive-behavioral therapy, art therapy);
- social rehabilitation and increasing legal awareness;
- programs supporting self-development and independence.

The role of applied psychologists in addressing domestic violence is invaluable. Psychologists ensure a comprehensive approach during diagnostic, crisis intervention, and rehabilitation stages. Trauma-focused therapeutic methods, in particular, demonstrate high effectiveness in restoring women's mental health.

Conclusion: Optimizing post-violence stress conditions in women is a complex and multifactorial process that requires the integration of social and psychological determinants. Social support, development of personal psychological resources, and professional psychological assistance play a crucial role in alleviating stress and promoting recovery. Scientific research and practical intervention programs in this field contribute to strengthening women's mental health and well-being in society.

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