

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

Adnan Mustafa

LLB (Hons.) Student, School of Law, University of Okara, Pakistan.

Muhammad Ijaz Ahmed

LLB (Hons.) Student, School of Law, University of Okara, Pakistan.

Muhammad Younis

LLB (Hons.) Student, School of Law, University of Okara, Pakistan.

Imran Haider

LLB (Hons.) Student, School of Law, University of Okara, Pakistan.

Received on: 28-10-2023

Accepted on: 02-12-2023

Abstract

This study introduces a multidimensional strategy that integrates qualitative and quantitative research approaches to assess the rapidly emerging problem of domestic abuse in Pakistan. One major societal issue that affects people and communities badly and permanently is domestic violence. The objective of this sequential study is to offer a comprehensive account and comprehension of the kind and severity of domestic violence within the Pakistani set up. The intricacies of domestic violence, including social views, gender dynamics, and cultural norms and traditions will be expressed with the use of this qualitative data. In order to deal with the qualitative approach, statistics data from surveys and questionnaires given to a representative sample of Pakistani citizens will be collected and analyzed using quantitative research methodologies to clarify the intensity of the topic. The researchers will be able to monitor the frequency and severity of domestic violence, spot trends, and evaluate the impact of different factors including education, socioeconomic position, and geography, thanks to the quantitative data for playing such a crucial role in this sensitive topic. The results of this study should support initiatives and evidence-based policies and recommendations targeted at addressing and lowering domestic violence index in our home country.

Keywords: domestic violence, policy recommendations, gender dynamics, cultural norms.

1. Introduction

Women are particularly vulnerable to domestic abuse, which is a pervasive and deeply embedded social issue that cuts beyond country boundaries and cultural divides. In Pakistan, this unsettling development presents a severe danger that continues to jeopardize the welfare and rights of countless individuals residing in their homes. In Pakistan, a domestic

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

attack occurs when one partner in a close marriage uses a continuous pattern of physical and psychological abuse against the other. With far-reaching implications, it's a complicated problem. Despite tremendous progress in many domains, Pakistan grapples with deeply ingrained social norms, patriarchal structures, and socioeconomic disparities that promote the persistence of domestic violence. The lack of comprehension, the remoteness of homes, the quiet surrounding these activities, and the limited access to education

Women are particularly vulnerable to domestic abuse, which is a pervasive and deeply embedded social issue that cuts beyond country boundaries and cultural divides. Pa all have a part in making this issue more common. Comprehending and addressing domestic abuse in Pakistan requires a careful examination of the underlying causes, social dynamics, and legal safeguards for victims (Akram, 2021).

This overview aims to provide insight into the complex nature of the domestic violence problem in Pakistan by looking at the sociocultural factors that contribute to the persistence of household violence and the ongoing efforts to reduce its prevalence. We may better comprehend the struggles faced by Pakistani victims of domestic violence by delving into the nuances of this issue. We can also work to advance a society where everyone's rights and dignity are respected and preserved (Fikree & Bhatti, 1999).

Gender-based violence, which attacks individuals based only on their gender and primarily affects women worldwide, regularly violates human rights. The health of young women is greatly impacted by this kind of violence, which encompasses bodily harm, long-term disabilities, psychological stress, suicide, sexually transmitted diseases, unintended pregnancy, killing of females, unsafe abortions, and even death. The grave situation is shown by the fact that Pakistan, a nation of more than 228 million people, is classified as the fourth most dangerous country for women in 2022. (Bhatti & Associates, 2011)

The level of assault based on gender in Pakistan, especially against women, is shockingly evident from the data. 33% of women (49/160) surveyed at Karachi's medical institutions reported having suffered physical assault. A more thorough study in Punjab, the largest and most populous area of the country, showed that 71% to 92% of married women have, at some point in their lives, been abused by their husbands ((Inayat et al., 2017)The most frequent forms of assault towards women in the country are those committed by spouses and male family members. The problem is made worse by the fact that just 5% (99/2344) of rape cases in Punjab were successfully prosecuted in 2017, underscoring the shortcomings in the judicial system. A lack of governmental funding further hampers assistance for survivors of sexual assault. Women across the country have been energized by recent instances that have resulted in serious bodily wounds and fatalities, drawing awareness to the critical requirement for response. However, the trauma that Pakistani women have endured as a group frequently results in resistance to asking for assistance, which is made worse by the lack of community support and suitable resources (Hussain et al. 2020).

We support prompt action to combat gender-based abuse in Pakistan in light of these difficulties, stressing that it should be treated as a humanitarian issue. In light of the country's three-tiered health care infrastructures model, we provide an amended architecture that takes reference to the National Policy on Eliminating Violence towards Women and Girls. In a nation where female security is far from assured, this call to action is essential. Urgent and

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

coordinated action is required to protect and educate women who are victims of the terrible problem of violence against women.

It is of the utmost importance to educate a wide range of participants, including healthcare providers, news organizations, spiritual leaders, and everyone else, on the many types of violence that are committed towards women. Existing studies and publications in the media frequently shine light on the situation of urban women in Pakistan; however, the attention needs to be extended to include nearly two-thirds of women who live in rural regions. This is of utmost importance since these regions are confronted with limitations in terms of staff members, technological resources, and financial resources, which has led to a substantial gap in intervention efforts.

to maintaining enslavement, dehumanization, and the utilization of women as negotiating instruments (Bilal, 2017). In Pakistan, cultural traditions, particularly those that are prevalent in rural areas, frequently contribute. For example, the resolution of family problems through marriage is one example of this. The majority of prejudiced actions are directed at rural women because of their inferior social, economic, and political standing. This is in contrast to metropolitan areas, which have a lower incidence of prejudice against women. As a consequence of this, awareness campaigns may be more successful in urban settings, but grassroots initiatives in rural regions require substantial socio-cultural reforms, such as the provision of work possibilities and education that does not discriminate against individuals.

There is a significant correlation between masculine understandings of religion and the prevalence of sexual assault towards women in Pakistan, which contributes to the dangerously high rates. The protection of women is included in government plans for human rights; nevertheless, there is still a lack of implementation of these plans, especially within areas that are authoritarian and ideologically traditional. There are a number of factors that contribute to the occurrence of assault based on gender, including barriers such as poor healthcare resources, restricted educational chances, societal expectations, and shortages of work options.

Violence against women is frequently regarded as a private affair rather than a legal one in Pakistan which sometimes makes it difficult for the judicial system to respond to cases of domestic abuse. The measure that was intended to highlight the rights of women to safety was met with criticism and ultimately failed to pass. The fact that just 1.5% of police personnel in the country are female is another factor that impedes growth. In Pakistan, there is a shortage of female participation in enforcement agencies.

In order to address those who commit acts of violence against women, there must be a national response from the healthcare system as well as a legislative structure that includes distinct referral mechanisms. Basic health units and rural health centers must have access to teams that have received adequate training. These teams should include both medical personnel and law enforcement officials. The patriarchal system, on the other hand, presents dangers to female health workers who are attempting to address gender-based assault. For the purpose of providing victims with acute treatment, a comprehensive healthcare strategy is required. This approach includes not only medical care but also legal assistance, psychiatric counseling, and rehabilitation, with a particular emphasis on shelter houses. On the other hand, basic health units and rural health centers have a limited supply of resources, which

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

necessitates the provision of additional budgetary funds. In addition to grassroots efforts, treatments for victims who have been socially excluded, forensic exams, genetic testing, and treatment that is trauma-informed are also vital components. When it comes to long-term recovery, women's health should be given priority, and the treatment of mental health sequelae, stigma, and physical deformities should be addressed. The insufficient number of women in decision-making roles contributes to the perpetuation of violence against women, which calls for a policy of zero tolerance and raises questions about the social standards that are prevalent throughout the nation. Domestic abuse is a problem in Pakistan that requires our combined attention and coordinated action. With the use of both qualitative and quantitative research techniques, we want to clarify the complex nature of this issue. We want to capture the real-life tales of survivors via qualitative insights, offering a comprehensive picture of the difficulties they encounter. Quantitative data will also provide: A more comprehensive view. Enabling us to see trends. Prevalence. Possible treatment areas. It is our collective duty as we learn more about this complicated problem to Endeavor to build a society in which every person is valued, feels protected, and is not bound by the chains of domestic abuse.

To summarize, in order to put an end to assaults on women in Pakistan, it is necessary to have laws, policies, and tactics that are more robust and consistent (Nawaz et al., 2022) with a primary focus on both prevention and reaction. In order to address the norms of culture, strengthen women, and guarantee responsibility for abusers at all levels of society, it is necessary to take a holistic and multidisciplinary approach to the problem.

2. Discussion

Domestic violence, which is a widespread problem on a worldwide scale, causes a great deal of misery to people, families, and communities. This societal issue continues to be buried in secrecy and stigma in Pakistan, frequently being concealed behind cultural standards and the demands of society. The article on "Domestic Violence in Pakistan" sheds light on the unpleasant facts of this topic, revealing its prevalence, the intricacies of the situation, and the tragic effects of it. This chapter goes deeper into the analytical results of the article, studying many elements of domestic violence in Pakistan and critically analyzing the problems and potential solutions to solve this widespread problem. Specifically, this chapter focuses on the challenges that are faced in Pakistan.

The article provides a comprehensive and detailed account of the pervasive nature of domestic violence in Pakistan, including research that indicate worrisome numbers. The prevalence of this problem was highlighted by research that was published in 2017 by Human Rights Watch. The report projected that ninety percent of Pakistani women will be victims of some sort of violence at some point in their lives. For the purpose of highlighting the varied nature of this issue, the article goes on to classify the numerous types of domestic violence, which include physical, psychological, sexual, and economic abuse (Nawaz et al., 2022) The essay dives into the intricate relationship that exists between cultural norms and socioeconomic institutions in Pakistan, which is a factor that contributes to the continued occurrence of domestic violence in the country. Cultural beliefs frequently place a higher value on the unity of the family and male authority, which can result in the victim being blamed and survivors being silenced (Tasbiha & Zaidi, 2023) Furthermore, insufficient legal

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

frameworks and the social stigma that surrounds domestic violence further worsen the problem. These factors discourage victims from seeking assistance and leave them exposed to continuous abuse (Ismail, 2023)

The essay highlights the catastrophic psychological and social consequences that survivors of domestic abuse have as a result of the violence. It illustrates the frequency of mental health conditions such as depression, anxiety, and post-traumatic stress disorder among victims, highlighting the long-lasting psychological scars that are left by abuse (Valadares et al., 2020) The enormous impact that this issue has had on the lives of survivors is demonstrated by the article, which delves further into the social isolation and economic difficulties that survivors have to deal with.

The essay draws attention to the wide range of issues that arise when dealing with domestic abuse in Pakistan. Among the issues faced by survivors are insufficient law enforcement, a dearth of safe havens and networks of support, and cultural barriers that deter victims from getting assistance. (Rapp and associates, 2012)The article also emphasizes the lobbying efforts and raised awareness, though, which are starting to clear the way for positive change. To address this crucial issue, strategies including community awareness campaigns, legislation modifications, and survivor empowerment programs are a few examples of potential solutions that might be put into practice.

In order to effectively address the problem of domestic abuse, the article emphasizes how important it is to improve the legal system. This entails the enforcement of stricter laws against criminals, ensuring quick and efficient legal proceedings, and protecting victims by utilizing restraining orders and witness protection initiatives (Ackerman & Stewart, 1984). The importance of community awareness and education in the fight against domestic abuse is brought to light in this essay. (Ali & Khalid, 2021)programs that teach individuals about recognizing and reporting abuse, challenge negative cultural norms, and encourage healthy relationships can greatly contribute to lowering the prevalence of this issue. These programs can also challenge harmful cultural norms.

The importance of empowering individuals who have survived domestic abuse is emphasized heavily throughout the work. According to Rana et al. (2023) it is imperative that they have access to safe havens, therapeutic programs, and financial opportunities that will enable them to rebuild their lives without abusing them.

Before Pakistani women can attain equality and realize their full potential, they have to overcome a number of obstacles. Despite considerable progress in this area, such as the enactment of laws to promote and protect women's rights, discrimination and abuse against women continue to occur in Pakistan, both in the public and private spheres (Bhatti et al. 2011). In Pakistan, women still face numerous barriers to obtaining a quality education. Less girls than boys attend school, and even fewer women than men graduate, indicating that there is still a sizable gender gap in education. The UNDP provided this information. As per (Fikree & Bhatti, 1999)

This imbalance perpetuates prejudice and violence against women in addition to limiting women's access to economic possibilities. In Pakistan, women face numerous challenges in the workplace, including poor pay, little opportunities for advancement, and discrimination and harassment. Even while there has been considerable progress in adopting legislation to

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

support workplace equality, women are still disproportionately underrepresented in a number of areas, including politics, the judiciary, and business (Imran, 2023) Pakistan continues to be a critical issue in terms of allegations of violence against women (Khan, 2023) Pakistani women continue to face numerous challenges, such as a dearth of resources to assist them in overcoming the trauma of human trafficking, sexual assault, and domestic abuse.

Note that one of the biggest problems is that laws and regulations meant to protect women from abuse are not being enforced. Finally, there are still many barriers that women in Pakistani culture must overcome before they can achieve equality and reach their maximum potential. There has been some success in passing laws to advance women's rights, but there are still many obstacles. For example, women still face high rates of violence, discrimination in the workplace, and poor educational opportunities (Ahmad & Bhatti, 2023) The administration, civic society, and other interested parties will need to put in long hours and plenty of energy to solve these problems. Section 5.1: Urban and Rural Views on the Data Women in Pakistan face vastly different realities in rural and urban regions. No study of women's rights in Pakistan can overlook the reality that the two environments are fundamentally different, even if women face significant barriers to equality and realizing their full potential in both urban and rural communities. Women who live in cities have greater access to educational and career opportunities, and they are more likely to be exposed to progressive ideas regarding women's rights and gender equality. However, Sachs-Ericsson et al. (2013) discovered that women living in metropolitan areas face several significant challenges, including high rates of abuse and harassment as well as limited access to essential services like healthcare. In addition to facing more barriers to employment and education, women in rural areas are also less likely to have access to legal and medical support. Additionally, traditional cultural norms and attitudes that restrict women's rights and keep them from fully engaging in society are prevalent in rural communities.

There is a clear disparity in the difficulties faced by women in urban and rural areas when it comes to violence against women (Waseem et al., 2020) found that domestic violence, sexual assault, and human trafficking are more common among rural women, and that these women also confront significant obstacles when trying to obtain justice and support services.

Ten²³ In conclusion, the reality that women encounter in Pakistan's rural and urban areas varies greatly. While both environments present barriers to women's full potential and gender equality, it's vital to remember that there are significant differences between the two while examining women's rights in Pakistan. Resolving these issues in both urban and rural areas would need persistent effort and commitment from numerous stakeholders, including the government and civil society. Southern Punjab (5.2): The unique cultural and socioeconomic environment of the southern Pakistani province of Punjab presents unique obstacles for women.

Even though things have changed significantly over the past few years, women in Southern Punjab still have a long way to go before they can fully realize their potential and attain equality. For women in Southern Punjab, getting a good education is quite challenging due to a variety of factors including poverty, cultural prejudices, and a lack of resources. According to UNDP data, there is still a significant gender gap in the region's educational achievement, with fewer female students enrolling in and graduating from high school than male students

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

(Luqman et al., 2017). Women in Southern Punjab face numerous obstacles in the workplace, including salary inequity, harassment, discrimination, and limited opportunities for advancement.

Even while considerable progress has been made in adopting laws to promote workplace equality, women in the area continue to experience substantial gender underrepresentation in a number of professions, including politics, the legal system, and business. For women who have experienced violence against them, southern Punjab is a painful place. The area still has high incidence of sexual assault, domestic abuse, and human trafficking, and there are significant barriers to justice and women's support services.

A major obstacle in the fight against violence against women is the inaction of current laws and regulations (Uriburu Wilder, 2023). Finally, there are still many barriers that women in Southern Punjab must overcome before they can be considered equal to males and reach their maximum potential. There has been some success in passing laws to advance women's rights, but there are still many obstacles. For example, women still face high rates of assault, discrimination in the workplace, and poor educational chances. Gove recent officials, members of civil society, and other interested parties in the area will need to work together persistently to find solutions to these problems (Afrouz, 2023). In order to fully address the ongoing issue of domestic violence in Pakistan, it is required to conduct a comprehensive analysis that takes into consideration both qualitative and quantitative factors. Prevalence rates have evolved as an essential indication within the area of quantitative analysis. These rates are usually obtained via surveys and official publications. The Pakistan Demographics and Health Survey, in addition to prior research, offers light on the widespread nature of domestic violence by discovering that a large number of women are victims of a range of abuses. These finding shines light on the fact that domestic violence is rampant in Pakistan. This quantitative viewpoint not only helps in determining geographical differences, but it also makes it possible to track changes over time, which provides governments and campaign organization with data that is extremely important.

Attempting to appreciate domestic abuse requires taking into consideration a number of significant quantitative factors, one of which is the domestic abuse legal framework. Counting the number of recorded cases, the number of indictments, and the total number of protective law cases are examples of quantitative measures. It may be possible to learn more about the effectiveness of legal actions in reducing the frequency of domestic abuse cases and guaranteeing that victims receive justice by examining this data. Using quantitative data to assess the effects of legal actions could lead to a better informed discussion about the advantages and disadvantages of the current legal frameworks (Ali et al., 2022). An empirical study on the impact of domestic violence on an individual's health would be a valuable contribution to the conversation as it

gives the topic a more concrete feel. Hospitalizations, behavioral disorder diagnoses, and reproductive health issues can all be quantified, making it possible to get insight into the psychological and physical toll that victims endure. Quantitative health data highlights how vital it is to address family violence. This is because abuse is not just a social issue, but it also poses a serious threat to public health and has far-reaching effects. In this regard, it is essential that action be made right away (Ayaz, 2022).

Individually, the majority of women in Pakistan are prepared to put up with abuse and

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

demonstrate, which is the Arabic word for patience as a means of embracing their kismet which is the word for fate."14" A portion of the cause is the low educational level, since it was shown that women with a lower educational level suffered more than those who were able to speak up for their rights24. Additionally, a portion of the reason is related to the fact that women were exposed to violence in their homes when they were growing up. In addition, women have normalized the predetermined gender roles by seeing males as superior. As a result, they have accepted themselves as inferior and given men the permission to be abusive by their behavior. When it comes to males, on the other hand, they misuse the authority that is bestowed upon them by women and society, resulting in aggressive and violent behavior. Boys who are exposed to physical abuse from their parents as children may view the beating of their wives as appropriate. In addition, men have expectations of their wives that are not realistic, and when those expectations are not realized, they can lead to arguments.8. In addition to restricting their wives' interactions with people of the opposite gender, they require their wives to wear pardah, which is a full covering from head to toe."14" At the level of the family, it was discovered that in-laws, particularly the mother-in-law and the sister-in-law, play a significant role in the continuation of violent behaviour.33rd In addition, the relationship is also weakened when there is a lack of communication between the couples and when the husbands are the only ones who make decisions. The children in the household are raised without a good sense of moral principles, and the guys believe that it is to damage girls. On the other hand, the girls are raised to be obedient and tolerant of violence. On a communal level, the shame that is associated with divorce is a significant element that contributes to the continued confinement of women who are in violent relationships (Hussain)As a result of the enormous amount of pressure that society puts on women to maintain the integrity of their marriages, even educated and self-sufficient women choose to remain silent in order to preserve their respect and image in society.15:20 It was discovered that one of the reasons men avoided getting a divorce was because they were reluctant to relinquish the dowry, which is considered to be the property of a woman under the law. The rights and possibilities available to women in the workplace are severely restricted on a macrosocial level. Men who engage in intimate partner violence (IPV) are given encouragement by religious leaders and the media, which gives them more authority to do their wrongdoings. Female empowerment is criticized by these leaders because they consider it to be a "modern" concept that, in their view, is not acceptable in Islam.26. In addition to this, they advocate for the practice of "light beating" carried out on spouses, which is a word whose bounds are not precisely defined. Another thing that was seen was that the majority of people connect traditional conventions with religious views, and as a result, they mistakenly believe that this is the Islamic way of life (Hamid & McCants, 2017)

3. Recommendations

Several important recommendations have emerged as a result of the complete examination of domestic violence in Pakistan, which utilized both quantitative and qualitative research approaches. To begin, it is indisputable that legislative reforms are necessary to strengthen safeguards for victims and guarantee responsibility for those who commit crimes. At the same time, information efforts should be conducted across the country to challenge cultural practices that contribute to the perpetuation of domestic assault. These initiatives should

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

emphasize gender balance and the promotion of respect in partnerships. It is necessary to build community-based treatments, such as safe places and counseling services, to help survivors and encourage a sense of camaraderie among participants. In addition, curricula in educational institutions ought to prioritize the development of positive interpersonal interactions, early conflict resolution, and interaction. To respond competently and empathetically to cases of domestic abuse, police personnel need to undergo specialized training. Cooperation between authorities, non-governmental organizations (NGOs), and community organizations is necessary for a coordinated response. Furthermore, the creation of support services and helplines ensures that immediate assistance will be given while preserving anonymity. When implemented collectively, these recommendations aim to address the variety of forms of domestic abuse in Pakistan and help create a less dangerous and more supportive environment for perpetrators.

Government institutions, non-governmental groups, and community organizations must work together to implement a comprehensive and effective plan. The findings of the investigation provide opportunities for targeted interventions and recommended policies aimed at lowering.

3.2 Conclusion

In-depth knowledge on the intricate and multifaceted nature of this pervasive issue is provided by the qualitative and quantitative approaches used to conclude the comprehensive investigation of domestic violence in Pakistan. In addition to enabling statistical correlations with socioeconomic variables, quantitative data reveal the prevalence and patterns of domestic abuse. Qualitative research elucidates cultural peculiarities and personal narratives that contextualize quantitative data through focus groups and in-depth interviews. Because domestic abuse stems from power dynamics in relationships, cultural norms, and income inequality, the integrated strategy highlights the complexity of this problem. The research highlights the need for a comprehensive strategy that incorporates laws that are changed, community-based treatments, outreach programs that challenge cultural norms, educational programs, and improved training for violating the law at home and promoting safety in Pakistan.

References

1. Ackerman, B. A., & Stewart, R. B. (1984). Reforming environmental law. *Stan. L. Rev.*, 37, 1333.
2. Afrouz, R. (2023). The nature, patterns and consequences of technology-facilitated domestic abuse: A scoping review. *Trauma, Violence, & Abuse*, 24(2), 913-927.
3. Ahmad, M. F. A., & Bhatti, S. H. (2023). Assessing Women's Rights in Pakistan: An Analysis of Legal & Social Challenges with Potential Solutions. *Pakistan Journal of Humanities and Social Sciences*, 11(2), 1014-1026-1014-1026.
4. Akram, N. (2021). Household factors forcing women to accept domestic violence in Pakistan. *Violence and gender*, 8(4), 208-217.
5. Ali, M. A., Hussein, S. K., Khalifa, A. A., El Amin Ali, A. M., Farhan, M. S., Ibrahim Amin, A. A., & Mohamed, E. A. (2022). The Ifng antisense RNA 1 (IFNG-AS1) and growth arrest-specific transcript 5 (GAS5) are novel diagnostic and prognostic markers involved in childhood ITP. *Frontiers in Molecular Biosciences*, 9, 1007347.
6. Ali, R., & Khalid, A. (2021). COVID-19 and domestic violence in Pakistan: an analysis of the media

Investigating the Role of Gender Based Domestic Violence in the Punjab Province

- perspective. *Journal of International Women's Studies*, 22(12), 98-114.
7. Ayaz, M. (2022). NON-PROVISION OF RIGHT TO DIVORCE UNDER CLAUSE 18 OF MARRIAGE CONTRACT: A CAUSE OF DOMESTIC VIOLENCE. *Pakistan Journal of Women's Studies= Alam-e-Niswan= Alam-i Nisvan*, 29(2), 125-149.
 8. Bhatti, N., Jamali, M. B., Phulpoto, N. N., Mehmood, T., & Shaikh, F. M. (2011). Domestic violence against women: A case study of district jacobabad, sindh Pakistan. *Asian Social Science*, 7(12), 146.
 9. Bilal, H. (2017). *The Origins of Contemporary Slavery in Pakistan* Swinburne University of Technology].
 10. Fikree, F. F., & Bhatti, L. I. (1999). Domestic violence and health of Pakistani women. *International journal of gynecology & Obstetrics*, 65(2), 195-201.
 11. Hamid, S., & McCants, W. (2017). *Rethinking Political Islam*. Oxford University Press.
 12. Hussain, E. I. H. The Relationship of Domestic Violence and Spousal Control with Female Voter Participation in Pakistan.
 13. Imran, R. (2023). *Work-Family Responsibilities and Support for Women Academics in Pakistan* The University of Waikato].
 14. Inayat, S., Pirani, S., Ali, T. S., Khan, U. R., & Särnholm, J. (2017). Physical violence and its associated factors among married women in Multan, Southern Punjab, Pakistan. *Pakistan Journal of Public Health*, 7(1), 38-47.
 15. Ismail, F. (2023). Acid Attacks against Women in Pakistan: A Literature Study.
 16. Khan, S. (2023). *Voicing Violence: An Ethnography of Rural Punjabi Women*
 17. Luqman, M., Shahbaz, B., Shiewi, X., & Wen, Y. (2017). Factors Contributing to Gender Disparity in Education in Rural Areas: Evidence from Three Districts of Punjab, Pakistan. *Journal of Development Policy, Research & Practice (JoDPRP)*, 1(1), 1-14.
 18. Nawaz, S., Kiran, A., Shabbir, M. S., Koser, M., & Zamir, A. (2022). Does domestic violence affect the freedom of women life in Pakistan. *Journal of Public Value and Administrative Insight*, 5(2), 440-454.
 19. Rana, F., Rafiq, W., & Shahid, A. (2023). Understanding the Dynamics of Domestic Violence against Women.
 20. Rapp, D., Zoch, B., Khan, M. M. H., Pollmann, T., & Krämer, A. (2012). Association between gap in spousal education and domestic violence in India and Bangladesh. *BMC public health*, 12(1), 1-9.
 21. Sachs-Ericsson, N., Cromer, K., Hernandez, A., & Kendall-Tackett, K. (2013). A review of childhood abuse, health, and pain-related problems: the role of psychiatric disorders and current life stress. *Trauma, Dissociation and Health*, 42-60.
 22. Tasbiha, N. S., & Zaidi, A. U. (2023). The psycho-social factors that escalate intimate partner violence (IPV) among South Asian women in North America: An intersectional approach and analysis. *Journal of Human Behavior in the Social Environment*, 1-49.
 23. Uriburu Wilder, S. (2023). *The Cyclical Nature of Violence: Examining the Relationship Between Exposure to Violence as a Child, Violence Against Women and Gender Norms in Pakistan*
 24. Valadares, G., de Oliveira Neves, E., Moreira, C., de Almeida Costa, P., & Mendes, S. (2020). Violence and women's mental health. *Women's Mental Health: A Clinical and Evidence-Based Guide*, 291-322.
 25. Waseem, F., Jibeen, T., & Iqbal, W. Z. (2020). Determinants of life satisfaction: role of living arrangements, social status, and perceived satisfaction in women. *Journal of International Migration and Integration*, 21(2), 335-349.