

YOGA: A CONTROLLING FACTOR OF DOMESTIC VIOLENCE

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ABSTRACT

Domestic violence happens among all sectors of society. Domestic violence can include physical assault, sexual assault, emotional abuse, economic abuse and verbal abuse. Domestic violence never stops on its own. Once it starts, it gets progressively worse in frequency and severity. . This paper is divided in to two parts (1) "analyze the term Domestic violence and (2) its prevention and intervention through Yoga proved by an empirical data" and seek remedies for the following queries What is domestic violence? How many kinds of abuse are there? How do abusive relationships start? How do things go wrong? Are men more violent than women? What do you do if you're in an abusive relationship? Counselling for affected persons. Counselling for offender. Prevention and remedies. Yoga plays a very important role for controlling Domestic violence. Yoga especially the Ashtanga yoga of Maharishi Patanjali guides to live an ideal and peaceful life. The Ashtanga yoga comprises of eight steps i.e. yama, niyama, asana, pranayama, partyahara, dharna, dhyana and samadhi. Patanjali explains all these in details for yoga practitioners and basically provides practical guidelines for adopting an ideal life style. Results indicated that practice of yoga increases the spirituality level and plays a significant role in the psychological management and prevention of domestic violence.

INTRODUCTION

In the simplest possible terms, it's violence that occurs at home. The people involved can be married, single, black, white, young or old. They don't even have to be heterosexual. In fact, the National Coalition on Domestic Violence estimates that a third of same-sex relationships are violent. The only thing that abusers necessarily have in common is an interest in controlling another person through violent, abusive acts. That used to mean acts of physical aggression only. But in recent years, the definition has expanded to include not only physical violence, but various forms of verbal, emotional, sexual, and financial abuse, and other violations of personal rights. Domestic violence is the use of abusive tactics and physical force to obtain and maintain power and control over a partner. Domestic violence happens among all sectors of society. It happens to people of all racial, economic and religious groups. Domestic violence can include physical assault, sexual assault, emotional abuse, economic abuse and verbal abuse. Domestic violence never stops on its own. Once it starts, it gets progressively worse in frequency and severity.

Yoga plays a very important role for controlling Domestic violence. Yoga especially the ASHTANGA YOGA of Maharishi Patanjali guides to live an ideal and peaceful life. The Sutras outline eight limbs or foundations of yoga practice are:

1 Yama: (moral behavior) these are the universal moral commandments. Perpetual Yama curbs the tendency towards violence and possessiveness. It inspires truthfulness, trustworthiness, goodness, honesty and non-stealing.

2 Niyama: (healthy habits) this is the restraint of the mind by means of its own rules and regulations. It is purity, self contentment, self study and above all, the surrender of the self to God, self purification through discipline. It is also the study of scripts, self and holy texts.

3 Asanas: (physical postures) these are body postures which develop inner awareness and aid in calming the mind. There are so many asanas that can be executed by lying, by sitting and by standing positions.

4 Pranayama: (breathing exercises) this is the rhythmic control, prolongation and restraint of the breath. Its aim is to discover a subtle psychic

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force or a subtle cosmic element. Some important pranayamas are Anulom-vilom, Nadi-shodhan, Sheetli, Sheetkari, Bhastrika, Bhramari, Surya-bhedan, Chander-bhedan, Murchha and Plawani.

5 Pratyahara: (sense withdrawal) this entails control of the senses of the human body. It is important to give up all emotions, sentiments and pleasures. The mind must be completely withdrawn from external attractions and objects.

6 Dharana: (concentration) this is the Sanskrit word for "to hold". It is an intense, deep concentration which enhances the selected mental state.

7 Dhyana: (contemplation) this is meditation, contemplation and poised awareness.

8 Samadhi: (higher consciousness) profound meditation leads to a state of super consciousness. This state is called Samadhi. It is the union of the individual aspirant (sadhaka) with the object of his meditation.

DOMESTIC VIOLENCE

Domestic violence is "the inflicting of physical injury by one family or household member on another, also: a repeated / habitual pattern of such behavior" (Merriam-Webster dictionary). The term "intimate partner violence" (IPV) is often used synonymously with domestic abuse/ domestic violence. Family violence is a broader definition, often used to include child abuse, elder abuse, and other violent acts between family members. The U. S. Office on Violence against Women (OVW) defines domestic violence as a "pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner". The definition adds that domestic violence "can happen to anyone regardless of race, age, sexual orientation, religion, or gender", and can take many forms, including physical abuse, sexual abuse, emotional, economic, and psychological abuse (Govt. definition).

TYPES OF ABUSES

Some examples of the main types of abuse:

Physical: Pushing, hitting, slapping, battering, rape or sexual violence, kidnap, or neglect.

Emotional/Verbal: Shouting, taunting, verbal

insults, obscenities or demeaning language, sarcasm, belligerence, contempt, and other psychological ploys.

Financial: Misuse of money or other financial resources by a person in a relationship.

Personal Rights: Denial of needed medical care to an incapacitated person, or refusal to provide adequate nutrition or shelter.

Even though all forms of abuse are serious. The factors that lead to violence are more alike than different in intimate relationships, and ways of preventing them are similar, too.

HOW DO ABUSIVE RELATIONSHIPS START?

The way all relationships start with two people falling in love. Abusiveness on the part of either partner or both may be there from the start. But, more often, it only emerges later, after the romance has worn off and the stresses of everyday life begin to mount. A first episode can erupt over a trivial matter, and cool down as quickly as it heated up. For this reason, the person on the receiving end of the violence may rationalize it, thinking that he or she somehow provoked it or assume that their partner was just having a "bad day." An abuser often helps such rationalizations along by being apologetic, charming, minimizing the incident, or swearing it will never happen again. The problem is that once a pattern of abuse begins, it can recur and escalate in intensity, and even follow a predictable cycle.

HOW DO THINGS GO WRONG?

In lots of ways. Because lots of factors - biological, psychological, and cultural shape violent relationships. But in general, abusive partners share common traits: They tend to misread other people's actions, act impulsively, and focus on negative emotions. In addition, many abusers attribute hostile intent where none exists. Also, partners in an abusive relationship typically don't know how to back down from conflict and conflict is inevitable in all relationships, violent or not. One of the most striking characteristics of domestic violence is that it often springs out of feelings of powerlessness on both fronts. Because even though marital violence often reflects the

receding patriarchy (or male domination) of our culture, both men and women, victim and aggressor, see the use of force as a loss of control. And, abusers don't like to be out of control of their feelings, their actions, or their homes.

ARE MEN MORE VIOLENT THAN WOMEN?

Not necessarily. In fact, according to several researchers, women initiate violence at least as often as men: slapping, poking, or otherwise physically provoking their man to violence. One problem seems to revolve around perception of threat: Men generally don't fear a woman's violent acts, and women do fear violence from a man. As a result, men are less likely to label a woman's aggression as "violent" or report it to police. That doesn't mean that all acts of violence are equal or equally dangerous. According to the U.S. Justice Department, a woman is 11 times more likely to be injured through domestic violence than is a man.

WHAT DO YOU DO IF YOU'RE IN AN ABUSIVE RELATIONSHIP?

Begin by stopping the violence. Because even though violence can be a symptom of a lot of other problems - both internal and external - once it gets started it is the problem. And the only way to deal with it is to deal with it - not with any of the other issues that your partner may believe is contributing to it. That means that if violence is happening to you, you have two real choices: get help or get out. Don't think you can change an abuser by an act of will alone. It will take time, and some form of outside help, to save your relationship if you want it saved.

RISK FACTORS

Although domestic violence can happen in any family, it's a lot more common in some families than others. Main risk factors include:

1. Male or more assertive partner is unemployed.
2. Male uses illegal drugs at least once a year.
3. Partners have different religious backgrounds.
4. Family income is below the poverty line.
5. Partners are unmarried.
6. Either partner is violent toward children at home.
7. Male did not graduate from high school.
8. Male has a blue-collar job, if employed.
9. Male's age is between

18-30 years. 10. Male saw his father hit his mother.

Homes in which two of the above risk factors apply are twice as likely to be violent than homes with none. In homes with seven or more factors, the risk is 40 times higher.

COUNSELING FOR AFFECTED PERSON

Due to the extent and prevalence of violence in relationships, counselors and therapists should assess every client for domestic violence (both experienced and perpetrated). If the clinician is seeing a couple for couple's counseling, this assessment should be conducted with each individual privately during the initial interview, in order to increase the victim's sense of safety in disclosing domestic violence in the relationship.

COUNSELING FOR OFFENDERS

The main goal for treatment for offenders of domestic violence is to minimize the offender's risk of future domestic violence, whether within the same relationship or a new one. Treatment for offenders should emphasize minimizing risk to the victim, and should be modified depending on the offender's history, risk of reoffending, and criminogenic needs.

PREVENTION AND INTERVENTION

There are many community organizations which work to prevent domestic violence by offering safe shelter, crisis intervention, advocacy, and education and prevention programs. Community screening for domestic violence can be more systematic in cases of animal abuse, healthcare settings, emergency departments, behavioral health settings and court systems. Tools are being developed to facilitate domestic violence screening such as mobile apps.

NEED OF THE STUDY

Now a day's even in metro cities domestic violence is a common problem. Women are at high risk in this matter. It may be due to differences in ideas, objectives, vision, targets and due to age gape, income, other money matters. To control the domestic violence, development of religious attitude, music, spiritual lectures, practice of yoga and games etc can play

a significant role. Yoga guides to live an ideal and peaceful life. Especially the ashtangayoga in which there are eight steps i.e. yama, niyama, asana, pranayama, partyahara, dharna, dhyana and samadhi. Patanjali explains all in detail for yoga practitioners, how to live and how to behave. A practice of initial level (Yama and Niyama) of yoga has a significant positive role in change of attitude. This study is to find out the role of yoga in managing such type of violence.

OBJECTIVES

1. To study the religious attitude of the adult persons.
2. To compare the religious attitude of male and female persons.
3. To compare the religious attitude of yoga-practitioners and non-yoga-practitioners.
4. To find the effect of practice of yoga in change of attitude towards domestic violence.

HYPOTHESIS

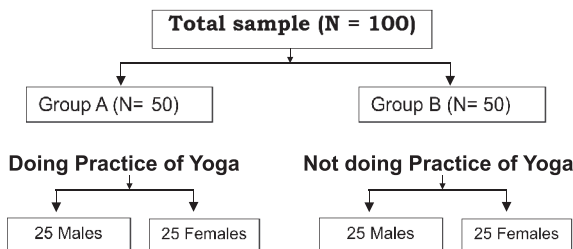
1. There would be no difference in religious attitude of male and female adult persons.
2. There would be significant positive effect of yoga-practice in attitudinal change towards domestic violence of adults.

METHODOLOGY

The present study is based upon descriptive survey method.

SAMPLE

A Sample of 100 adults (male and female) was chosen randomly and stratified into two groups (group-A and group-B) on the basis of who were making use of yogic practices and who were not making use of yogic practices. Group A was taken from Yoga-Centre's of Chandigarh and Group B, was taken from other institutions of Chandigarh.



TOOL

A Religious Attitude Scale (RAS-R) by Rajamanickam was used to gather the data. This scale covers six of religious areas through sixty items. It is standardized on adults.

PROCEDURE

After selecting the sample and test, it was planned to collect the data, test was administered on the sample of 100 adults (male and female) practicing and not practicing yoga. When, the data collection was over; the test was scored as per the scoring pattern prescribed in the respective manual of test. The data was analyzed through computer.

STATISTICAL TECHNIQUES

Descriptive statistics viz. mean, standard deviation, skewness and kurtosis of scores with respect to chosen variable were used and t-test was applied to find out significance of the difference of mean scores of practicing yoga and not practicing yoga (male and female adults).

RESULTS AND DISCUSSION

Table-Showing Mean, Standard Deviation, Skewness, Kurtosis and t- ratio of Religious Attitude of adults (male & female) practicing-yoga and not practicing yoga

Variable	Adults	Mean	S.D.	Skewness	Kurtosis	t- ratio
Religious Attitude	Male	18.03	4.01	0.71	0.062	4.91*
	Female	25.42	3.22	0.83	0.081	
	Practicing yoga	21.66	3.83	0.81	0.054	3.84*
	Not Practicing yoga	16.54	4.44	0.28	0.705	

* **significant at 0.01 level.**

Table 1. represents comparison of mean, standard deviation, skewness, kurtosis and t-value of Religious Attitude of adults (male and female) between practicing yoga and not practicing yoga.

t-ratio between the male and female persons towards religious attitude is 4.91, which is significant at 0.01 level. The difference is in favor of female adults which means the female have higher level of religious attitude as compared to male adults. So hypothesis - 1 "There would be no difference in religious attitude of male and

female adult persons" is rejected. The main reason behind this the 'basic nature' of females. Females are basically religious mind, god fearing, responsible, having more tolerance, higher moral values etc. Secondly the 'environment', which was given to them in such a way from the very beginning of their childhood level. So these types of traits are develop more in the females as compare to males.

t- ratio between the mean scores of practicing yoga and not practicing yoga for the variable Religious Attitude is 3.84, which is significant at 0.01 level. Hence the hypothesis - 2 "There would be significant positive effect of practice of yoga in attitudinal change towards domestic violence of adults" is accepted.

The findings of the present investigation are quite in the line with the finding of Sahu and Bhole (1983), Garret (2000), Dodd and Lynda Warren (2009). They concluded in their studies that practice of yoga definitely plays an important role in attitudinal change towards peaceful life and controlling the domestic violence. Margaret Kirlin (2010) also supported the results and suggests yoga as a treatment for mental disorders and its use as a therapy. Practice of yoga increases the spirituality level and plays a significant role in the psychological management and prevention of domestic violence. Yoga works on all aspects of personality; viz. the physical, mental, emotional, psychological and spiritual. Yogic activities make the life positive and harmonious.

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