

## **Violence Against Women**

Violence is the use of physical force to injure, abuse, damage or destroy. A person threatens another person or a group or uses physical force intentionally; This situation may result in injury, death, psychological harm or deprivation.

### **Types of Violence**

#### **Physical Violence**

It's the type that most people think of when they hear the word "violence." It may include behaviors such as punching, hitting, slapping, kicking, choking, or physically restraining the partner against their will. It may include reckless driving, invading someone else's physical space, or making someone feel physically unsafe in any way. In addition to these, pushing, manhandling, pulling hair, locking people in the house or room, harming their bodies with cutting and hitting tools or caustic substances, forcing them to live in unhealthy conditions, preventing them from benefiting from health services are some examples of violence physical.

#### **Sexual Violence**

Although sexual violence or abuse is a type of physical violence, it constitutes a category on its own because it can include both physical and non-physical components. It includes rape or any forced sexual act or the use of sexuality as a weapon. The abuser may be a spouse, partner or a complete stranger. A person may also use sexuality as a tool to judge their partner. This may include criticizing or saying that someone is not good enough at sex, or saying that sex is the only thing they are good at. Because sex can be loaded with emotional and cultural overtones, there are many ways the emotions around it are uniquely used for power and control. Some other examples of sexual violence are inappropriate touching, any sexual act that occurs without the consent of one or both persons, any sexual activity in which a person lacks the capacity to consent, sexual teasing or innuendo or sexual harassment, forced use of sexual photography or pornography, or witnessing sexual acts.

#### **Psychological/Verbal Violence**

It involves attempts to intimidate, control, or isolate a person. It is as much about the abuser's words and actions as about his persistence in those behaviors. The abuser may be a spouse or romantic partner, or it may be an individual the person does not know. This type of violence occurs when one person, through a series of actions or words, erodes the mental well-being and well-being of another. It can often result in the victim doubting their own sanity. "My ex-husband used words like weapons". His words would cut like shards of glass. I was slowly draining my life away until I had almost nothing left. I didn't think I was being abused because he didn't hit me. I was starting to believe his terrible lies. "How worthless I was, how stupid, how ugly and no one would ever want me" are examples that can be given to a situation. Shouting, insulting, humiliating, comparing with other women, being extremely jealous, neglecting, ignoring, saying that she is ugly, intimidating, mocking. Threatening to hurt or kill someone, preventing them from improving themselves, and holding them responsible for the violence they are exposed to are examples of psychological violence.

#### **Economic Violence**

It is the taking away of the individual's economic freedom. It is the use of economic resources and money as a means of sanction, threat and control over a person. Not allowing him to work or forcing him to work, making decisions on his own without asking the other person's opinion on economic matters that concern the family, preventing him from having money, taking away his personal belongings of material value, making him indebted by forcing him to take out a loan, placing restrictions that will hinder his career, ensuring his dismissal, allowing him to find a job. Preventing people from participating in activities where they will gain skills is an example of economic violence.

## **Digital Violence**

Abuse of digital dating is bullying, harassing, stalking or intimidating via messaging and social media platforms. People who commit digital violence can tell you who you can or cannot be friends with on social media. They may send you negative, derogatory, or even threatening emails, texts, tweets, DMs, or other messages online. Facebook, Twitter, foursquare etc. to follow you constantly. They can use the sites. They may send you unsolicited, sexually explicit images and ask you to send similar ones in return. They may pressure you to send inappropriate videos. They may insist you give up your passwords or they may steal them. They may constantly text you and make you feel like you can't leave your phone for fear of being punished. They may look at your phone frequently, checking your pictures, texts, and calls.

## **Dating Violence**

It is the use of verbal, sexual, emotional, economic and/or physical violence by couples against each other during dating. It often occurs between individuals in close emotional relationships. In addition to the individual problems of the aggressor, gender roles, family structures and socio-cultural norms are also effective in the emergence of dating violence. It may be possible to control the behavior of another person and put pressure on him through violence. It is one of the types of violence in which acts of murder are most frequently encountered.

## **Violence Against Women**

It is also known as gender-based violence or gender-based violence. They are mainly acts of violence against women or girls. This type of violence is often considered a form of hate crime committed against individuals simply because they are women. Violence in the law on protecting the family and preventing violence against women; "Physical, sexual, psychological, verbal or physical actions occurring in the social, public or private sphere, including acts that result or are likely to result in physical, sexual, psychological or economic harm or suffering to a person, threats and pressure to do so, or arbitrary deprivation of freedom." or any economic attitude and behavior." It is defined as.

## **Physical Violence Against Women**

The scope of this type of violence includes actions such as forcing someone to do something, forcibly preventing someone from doing something, involuntary physical harm, hitting, damaging the body with a tool, slapping, bending the arm to hurt it, kicking, pulling hair, etc. It is more aimed at the body. It is based on physical strength. It is aimed at situations such as controlling, causing pain and fear. It covers a wide range from actions that cause minor injuries to murder.

## **Psychological Violence Against Women**

Underestimating the woman, making accusations that she cannot or will not be able to do a job, disregarding her personality and ideas, shouting, calling her names, constantly criticizing her behavior, barking orders, sulking, constantly checking her behavior and actions, confronting the woman in business and social life. Obstructing opportunities is an example of psychological violence against women.

## **Digital Violence Against Women**

People who commit digital violence can tell you who you can and cannot follow or be friends with on social media. They may send you negative, derogatory or threatening messages or emails. They may use social media to follow your activities. They may insult or humiliate you in their online posts, including posting abusive photos or videos. They may send you unwanted, obscene photos or videos, demand the same from you, and put pressure on you. They may steal account passwords and insist on not giving them back. They can send messages constantly. They may make you feel like you can't leave your phone for fear you'll piss him off. They may look at your phone frequently or check your pictures, messages, and phone records. They can use all kinds of technology (like spyware or GPS on the phone) to track your activities. They may use smart home technology, smart speakers, or security cameras to monitor your movements, communications,

and activities. They may create fake social media profiles with your name and picture as a way to embarrass or isolate, or use your phone or email to send messages to others pretending to be you.

### **Sexual Violence Against Women**

It occurs more frequently in societies where female sexuality is taboo and concepts such as honor and dignity are defined through female sexuality. It is often seen together with physical violence. It is associated with traditional roles of femininity and masculinity. Sexuality and sexual violence, which are seen as taboos in society, are often hidden and cannot be detected.

Establishing a relationship against a woman's will, verbal and actual harassment, causing her to contract sexually transmitted diseases, hurting her during sexual intercourse, forcing her to have sex with other people, refusing birth control methods, and damaging her genitals are examples of this type of violence.

### **Economic Violence Against Women**

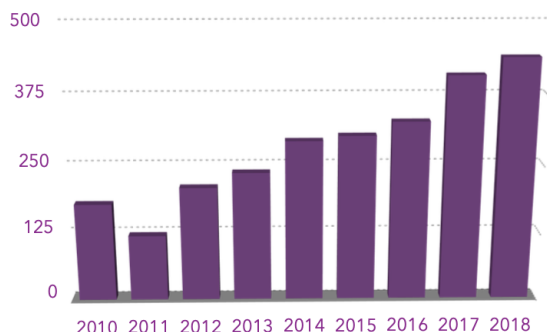
Forcing a woman to work against her will, preventing her from working, controlling her money, giving insufficient money to run the house when she is not working, confiscating her credit card, making property rights exclusive to herself, and preventing a woman from getting an education are examples of this type of violence.

### **Misconceptions about violence against women**

- Violence against women within the family is only the problem of that family.
- Perpetrators of sexual violence are often people we do not know.
- It is caused only by substance and alcohol use.
- Violence against women within the family is a problem for women with low income and education levels.
- Women lie and slander about sexual violence.
- Women provoke men and come out violently.
- Men cannot control or prevent violence.
- If there are children, violence will end.
- Sexual violence occurs in dark, secluded places, mostly outdoors, late at night, on the streets and in public spaces.
- Sexual violence or childhood sexual abuse can make a person gay, lesbian, or transgender.
- Sexual violence does not occur between spouses within marriage.
- The woman who is subjected to domestic violence has done something to deserve it
- People with a high level of education do not use violence.

### **Femicide**

### **Data Between 2010 and 2018**



### **Child in Domestic Violence**

If there is violence against women within a family, there is also violence against children in this violent environment.

The health and DNA structure of the baby who encounters stress while in the womb may deteriorate and this may be passed on to subsequent generations. It is also known that violence can be transmitted from generation to generation through social learning.

### **Psychological Effects of Violence on Women**

Decrease in the woman's self-esteem, self-worth and sense of self-sufficiency, reluctance to take any responsibility, difficulty in emotional relationships, problems in relationships with other individuals, feeling inadequate and incompetent, suicidal ideation, tendency to knowingly harm herself physically, stress-based physiological complaints. Post-traumatic stress disorder, depression, anxiety disorders, alcohol/substance use, eating disorders, psychosomatic symptoms, shame, guilt, anger, loneliness, failure, difficulty in trusting people and denial are among the most common effects.

### **Preventing Violence**

Violence against women is a social problem. In order to achieve a solution, social institutions must work in cooperation. Ensuring "equality between men and women"  
Studies should be carried out in this direction. It should not be forgotten that violence against women is a problem for all people. Women need to be empowered in the fields of education, economy and political participation. It should be ensured that women participate in working life and have an economic income. The quality and quantity of shelters and women's counseling centers should be increased. Training programs should be organized and relevant programs should be created in visual and written media. Employment should be provided to women by local governments. Textbooks should include information about violence against women and gender discrimination. Elements that reinforce gender roles and violence against women should be removed from books and television programs. Deterrent measures must be taken legally. Domestic violence needs to be recognized as a serious public health problem. Mental health service providers should be trained on this subject. Violence against women and gender studies should be integrated into medical and nursing education curricula and training for existing practitioners. Medical examinations of sexual assault victims should be performed by female doctors. It is necessary to conduct research and allocate resources in this field.

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To get therapy or counseling support, you can send an e-mail to [psychologicaldestek@altinbas.edu.tr](mailto:psychologicaldestek@altinbas.edu.tr) with your name, surname and department, or contact us via the link below.

<http://www.altinbas.edu.tr/tr/ogrenci-rehberi/saglik-kultur-ve-spor/psikolojik-destek-birimi/basvuru--randevu>

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