

Awareness Regarding Domestic Violence among Married Women in Nawalparasi, Nepal

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ABSTRACT

Background: Violence is among the leading cause of death worldwide widely for people aged 15-49 years. Domestic violence is a common global problem, which is usually hidden from the public view that affects every individual. World widely, 40-70% of females are murdered by their intimate partner. **Methods:** A descriptive cross-sectional study design was used and eighty married women were selected using probability systematic sampling technique from Kawasoti-13, Nawalparasi. Data was collected by using a structured interview schedule to find out the awareness regarding domestic violence. Data entry was done by IBM SPSS version 20. **Results:** The overall finding of the study revealed that the mean age of the respondent was 37.64±8.973 years, 97.5% of respondents followed Hinduism, 76.3% were literate. Among literate 31.14% had completed basic education, 58.8% respondents were involved in agriculture and 60 % respondents belong to nuclear families. Only 31.3 % participated in the awareness program. About 47.5% had previously experienced domestic violence. Women's knowledge was higher on meaning higher knowledge on causes, types, and management of domestic violence whereas lower knowledge on laws of domestic violence. More than half 57.5% had adequate awareness regarding domestic violence. **Conclusion:** Based on the finding it can be concluded that nearly half of the married women had inadequate awareness regarding domestic violence. Therefore domestic violence awareness programs should be conducted at the community level for women to upgrade the level of awareness regarding domestic violence.

Keywords: Awareness, Domestic violence, Married women.

1. Introduction

Domestic violence mentions any violence, abusive behaviour, whether physical, sexual, psychological, emotional, verbal, or financial, in which one person controls and dominates another within an intimate relationship. Domestic violence has not only a devastating societal problem but also a severe medical and mental health problem worldwide [1]. The term "violence against women" encompasses many forms of violence, including violence by an intimate partner (intimate partner violence) and rape/sexual assault, and other forms of sexual violence perpetrated by someone other than a partner (non-partner sexual violence), likewise female genital mutilation, honour killings and the trafficking of women. The data shows that lifetime physical and sexual intimate partner violence among ever partnered women in Africa is 36.6%, America is 29.8, Eastern Mediterranean is 37.0%, Europe is 25.4%, South Asia is 37.7%, and Western Pacific 24.6% [2]. In Mumbai at urban health centre among 105 women most common violence faced by women was verbal violence 71.42%, physical violence among 48.57%.

The perceived risk factors for violence were addiction (27.61%), poverty (29.52%), son preference (18.09%), childlessness (1.9%), dowry (3.8%), husband's extramarital relationship (12.38%), unemployment of husband (13.33%), chronic illness of husband (3.8%) and other (23.8%) [3]. Among women of reproductive age in the village development committee in two districts, Sindhuli and Mahottari of Nepal, out of 355 women the prevalence of physical violence was 29.6%, sexual violence was 6.8% and psychological violence was 31%. Furthermore, 12.4 % of women were experiencing all forms of violence [4]. Around 70% of Muslim women in India are victims of domestic violence, 60% of children face their mother's enmity. The main causes: demanding dowry, torture by

husband and in-laws, arguing with the partner, refusing to have sex with the partner, neglecting children, going out of home without telling, indulging in extramarital affairs, not looking after in-laws, not cooking properly. Women who are mainly suffering from physical, psychological, and emotional conditions [5]. The prevalence of domestic violence was high among less-educated women than in highly educated women i.e. 8 out of 50 in college teachers and 50 out of 50 in sweepers respectively [6].

In Nepal, 2348 cases of violence against women and 700 cases of violence against girls were recorded this year. Among 2348 victims, 1569 are victims of domestic violence. A statistical representation of women victimization as per region showed, 303 cases of domestic violence in the Eastern Development Region, 651 cases in Central Developmental Region, 206 cases in the Western Developmental Region, 253 cases in Mid-Western Developmental Region, and 156 cases in Far Western Developmental Region {Informal Sector Service Centre [7]. Nepal ranks 112 of 136 countries in gender equality. About 22% of women aged 15-49 years have experienced physical violence at least once since age 15. Nearly 2 in 3 women have never told anyone about the violence they have experienced [8].

In 20 victims in Guriya municipality-8, Bardiya district of Nepal, the study shows that the root causes of the victim the violence against women was the low status of women in the community and economically dependent on the male. Other factors: unemployment, extramarital relation of husband, suspicious attitude, gambling, dowry and widowhood are causes of violence [9]. One study shows that 107 women were murdered by their husbands.

Out of those only 74 cases are filed. The paternal family members murdered 30 women, and their family members murdered 26 women. Among them, only 33 cases were filed [10]. The prevalence of domestic violence experienced by women was 28.9%. All types of violence are more common in rural areas than the urban area. Mostly, spousal, emotional, and physical violence was the common type of violence [11]. The study conducted in India and the result shows that the domestic violence among women and its association socio-economic factors like marital age, education level and decision making power [12]. A study conducted on “Effects of Societal/Domestic Violence on Health of Women.” which reveals that almost 1-20 percent of women has been victims of Domestic Violence even during their pregnancy. The major causes for domestic violence were marriages at early age, alcoholism, unemployment, and poverty [13].

Most of the areas of Bangladesh have domestic violence and internalized social norms and practices. Even domestic violence issues occurred victims are sent back to their abusive husband's homes. The victims are again faced with the same domestic violence problem likes the previous [14].

2. Material and methods

2.1. Study Period

The present study was done in the 2018 year (16 June–15 July) one month period. Study design, participants, and data collection a descriptive cross-sectional research design was used. The population of the study was married women who are involved in different women’s groups (mothers group) of Kawasoti-13, Nawalparasi. There were a total of 7 women’s groups and among the total population were 203.

2.2. Sampling Technique

The sampling technique was the Probability systematic sampling technique. The required sample size (n) was 80. The total population (N) is 203. So, the sampling interval (K) was $203/80 = 2.5 \sim 2$. The first respondent was between 1 and 10 which was selected by simple random sampling technique. The second respondent was selected by adding the value of K to the first number and so on until the desired sample was obtained.

2.3. Instrumentation

The instrument for data collection was a structured interview schedule through the face-to-face interview method which was developed by the researcher herself reviewing the related literature and consulting with subject experts.

2.4. Inclusion criteria

married women who are involved in different women's groups and living in the community of Kawasoti -13, Nawalparasi, willing to participate in the study and available during the data collection period.

2.5. Ethical committee approval

Ethical clearance was obtained from Chitwan Medical College-IRC Bharatpur, Chitwan, Nepal. Data collection permission was obtained from the Kawasoti municipality office, Nawalparasi. The purpose of the study was explained to the participants. Verbal consent was taken from all respondents before the data collection. Privacy was maintained by using code numbers for each respondent. Confidentiality was maintained by not disclosing the information to others and assured that the information will be used for study purposes only. Respondents were allowed to leave anytime if they wish.

2.6. Data management and statistical analysis

The collected data was checked, reviewed, and organized for accuracy, completeness, and consistency. All collected data were analyzed by using a statistical package for social sciences (SPSS) version 20.0. Descriptive statistics were used to calculate (frequency, percentage, mean/median, and standard deviation) for socio-demographic variables and inferential statistics (chi-square) was used to find out the level of awareness regarding domestic violence and selected variables.

3. Results

Out of 80 respondents, the majority 36.3% were from the age group of 30-39 years, only 13.8% were from the age group ≥ 50 years. The mean age of the respondents was 37.64 years with an 8.97 standard deviation.

Table 1. Socio-demographic Characteristics (n=80)

Variables	Frequency	Percentage (%)
Age group (in years)		
20-29	17	21.1
30-39	29	36.3

40-49	23	28.8
≥50	11	13.8
Mean age ± SD=37.64±8.973, Minimum=23 years, Maximum=59 years		
Ethnicity		
Brahmin/Chhetri	25	31.3
Janajati	50	62.5
Dalit	5	6.2
Religion		
Hindu	78	97.5
Christian	2	2.5
Education status		
Literate	61	76.3
Illiterate	19	23.7
Education qualification(n=61)		
Can read and write only	13	21.3
Basic education	19	31.18
Secondary education	17	27.86
Higher education	7	11.47
Bachelor and above	5	8.19
Occupation		
Agriculture	47	58.8
Business	11	13.8
House maker	8	10.0
Daily wage	5	6.3
Service	9	11.1

Table 1 shows that 62.5% were Janajati and 6.3% were Dalit. Concerning religion, 97.5% of respondents followed Hinduism and 2.5% followed Christianity. Regarding education status, 76.3% were literate and 23.8% were illiterate. Among the literate, 31.14% were basic level and 8.19% were bachelor and above level. Concerning occupation, most of the respondents 58.8% were involved in agriculture and only 6.3% were involved in daily wage.

Table 2. Type of Family, marriage, Duration and Involvement of Domestic Violence Awareness Program (n=80)

Variables	Frequency	Percentage (%)
Type of family		
Nuclear family	48	60.0
Joint family	32	40.0
Type of marriage		
Love marriage	25	31.5
Arrange marriage	55	68.5
Marriage duration		
2-5 years	7	8.8
6-9 years	9	11.2
≥10 years	64	80.0
Participation in the awareness programme		
Yes	25	31.3
No	55	68.7
Sources of information**		
Family member	50	62.5
Friends	72	90.0
Television	44	55.0
Radio	16	20.0
Newspaper	7	8.8
Previous exposure to domestic violence		
Yes	38	47.5
No	42	52.5

** multiple responses

Table 2 show that 66.0% of the respondent was belongs to a nuclear family and 40.0% belong to a joint family. Regarding the type of marriage, 68.3% have arranged marriage and 31.3% have a love marriage. Concerning marriage duration, 80.0% have ≥10 years' duration and only 8.8% have 2-5 years duration. Regarding participation in the awareness program, only 31.3% have participated. Regarding sources of information, 62.5% received

information from a family member and 8.8% from the newspaper. Regarding the experience of domestic violence, 47.5% have experienced it.

Table 3. Meaning, Most Common Sufferer and Causes of Domestic Violence (n=80)

Variables	Frequency	Percentage (%)
Meaning of domestic violence		
Violent by community people in the community setting	4	5.0
Violent by an intimate partner and family members with in-home*	76	95.0
A most common sufferer of domestic violence		
Married women*	79	98.7
Unmarried women	1	1.3
The main perpetrator of domestic violence		
Neighbor	2	2.5
Husband/father and mother in law*	78	97.5
Causes of domestic violence**		
Unemployment*	53	66.3
Illiteracy*	59	73.0
Substance abuse*	71	88.8
Childlessness/son preference*	49	61.3
Dowry *	45	56.3
Women's education	1	1.3
Self-dependent women	3	3.8

* correct answer

** Multiple responses

Table 3 shows that 95.0% of respondents had answered that domestic violence is violent by an intimate partner and family members within the home. Regarding the most common sufferer of domestic violence, 98.8% of respondents answered married women.

Likewise, 97.5% of respondents answered that husband/ father and mother-in-law are the main perpetrators. About the causes of domestic violence, 88.8% said substance abuse and 56.3% said dowry.

Table 4. Awareness regarding Types of Domestic Violence (n=80)

Variables	Frequency	Percentage (%)
Different forms of physical violence **		
Slapping*	79	98.8
Kicking/dragging*	75	93.8
Pushing*	46	57.5
Pulling hair*	74	92.5
Throwing object*	46	57.5
Insulting	4	5.0
Different forms of psychological violence **		
Blaming*	80	100.0
Threat to remarry/divorce*	58	72.5
Decision without consulting*	18	22.5
Insulting*	56	70.0
Humiliation*	67	83.8
Stopping to job	8	10.0
Controlling over financial resources	5	6.3
Different forms of sexual violence **		
Uncomfortable touch*	65	81.3
Sexual harassment*	34	42.5
Marital rape*	52	65.0
Force for the sexual relationship without women's will*	76	95.0
Force prostitution*	48	60.0
Tried to choke her	2	2.5
Different forms of economic violence**		
Controlling over financial resources*	21	26.3
Husband get takes their income by force*	76	95.0

Prevent economic independence*	16	20.0
Control spending obsessively*	44	55.0
Using economic resources without her consent*	46	57.5
Threatening	6	7.5

* correct answer ** multiple responses

Table 4 shows that, out of 8 respondents, 98.8% respondents answered slapping and 57.5% answered pushing and throwing objects were a common form of physical violence. Most all answered blaming and 22.55% answered decisions without consulting were a form of psychological violence. Nearly cent percentage 95.0% said force for sexual relationships without women's will and 42.5% answered sexual harassment was a different form of sexual violence. Regarding different forms of economic violence, 95.0% of respondents said husband get takes their income by force and 20% said prevent economic dependence.

Table 5. Health Problems from Domestic Violence (n=80)

Variables	Frequency	Percentage (%)
Immediate physical health problems **		
Injuries*	78	97.5
Bleeding*	71	88.8
Bruises*	68	85.0
Fracture*	56	70.0
Swollen body parts*	44	55.0
Long term physical health problems**		
Body ache *	72	90.0
Permanent disability*	65	81.0
Unwanted pregnancy*	17	21.3
Pelvic inflammatory disease*	24	30.0
HIV/aids*	9	11.3
Psychological health problems**		
Low self-esteem*	60	75.0
Depression*	75	93.8
Sleeping problem*	76	95.0
Substance abuse*	38	47.5

Eating disorder*	65	81.3
Mental retardation	12	15.0
Health problems in pregnant women **		
Miscarriage*	76	95.0
Antepartum hemorrhage*	78	97.5
Premature birth*	47	58.8
Low birth weight*	18	22.5
Still birth*	57	71.3

* correct answer ** multiple response

Table 5 shows that, out of 80 respondents, about 97.5% answered injuries and 55.0% answered swollen body parts were immediate physical health problems. About 90.0% of respondents answered body ache and only 11.3% answered HIV/Aids as long term physical health problems. About 95.0% answered sleeping problems and 47.5% answered substance abuse as a psychological health problem. All most all 97.5% of respondents answered antepartum haemorrhage and 22.5% answered low birth weight as a health problem in pregnant women.

Table 6. Preventive Measures and Laws of Domestic Violence (n=80)

Variables	Frequency	Percentage (%)
Preventive measures of domestic violence**		
Employment opportunity*	44	55.0
Community-based awareness program*	80	100.0
Proper implementation of domestic violence legal act*	77	96.3
Involve media in awareness program*	63	78.8
Stopping women to report the case	2	2.5
Is there a law regarding domestic violence		
Yes*	78	97.5
No	2	2.5
Where to report In case of domestic violence		
Police office*	55	68.7
Supreme court	1	1.3
Neighbor	24	30.0

Within how many days complaint shall be filled		
30 days	55	68.8
60 days	22	27.2
90 days*	2	2.5
120 days	1	1.5
Is the offender responsible for all types of damage & injuries		
Yes*	64	80.0
No	16	20.0
Maximum punishment of the offender		
1-month imprisonment or 2500-15000 or both	20	25.0
3 months imprisonment or 2000-10000 or both	23	28.8
6 months imprisonment or 3000-25000 or both*	16	20.0
12 months imprisonment or 5000-30000 or both	21	26.2

* correct answer ** multiple responses

Table 6 shows that out of 80 respondents, all most answered community-based awareness programs and 55.0% answered employment opportunities are the preventive measures of domestic violence. Similarly, 97.5% answered there is a law regarding domestic violence in Nepal. Likewise, 68.8% of respondents answered that cases of domestic violence should be reported in the police station.

Only 2.55 respondents answered that complaints of domestic violence shall be filled within 90 days. About 80% of respondents answered offender is responsible for all types of damage and injuries. Similarly, 20% of respondents answered that the maximum punishment of the offender is 6 months imprisonment or 3000- 25000 or both.

Table 7. Immediate and Long Term Management of Domestic Violence (n=80)

Variables	Frequency	Percentage (%)
Immediate management of domestic violence**		
Seek medical treatment*	73	91.3
Report case in police station*	79	98.8
Separate her from offender*	41	51.3
Emotional support*	66	82.5
Support to perpetrator	2	2.5

Social isolation	2	2.5
Long term management of domestic violence**		
Counselling to survivor and perpetrator*	69	86.3
Legal treatment*	76	95.0
Employment opportunity*	61	76.3
Women education*	58	72.5
Social support*	63	78.8
Social isolation	2	2.5
Punishment to women	1	1.3

* correct answer ** multiple response

Table 7 shows that out of 80 respondents, most of the respondents 98.8% answered reported cases in the police station and 51.3 % answered separate her from the offender are the immediate management of domestic violence. About 95.0% answered legal treatment and only 72.5 % answered women education is the long term management of domestic violence.

Table 8. Respondents' Level of Awareness regarding Domestic Violence (n=80)

Level of awareness	Number	Percentage (%)
Adequate awareness(≥ 14.23)	46	57.5
Inadequate awareness(< 14.23)	34	42.5
Total	80	100.0

Mean value-14.23, min-9, max-18.80

Table 8 shows that out of 80 respondents more than half percent 57.5% had adequate awareness and 42.5% of respondents had inadequate awareness levels regarding domestic violence.

Table 9. Association between Level of Awareness of Domestic Violence and Selected Demographic Variables

Variables	Level of awareness		P-value
	Adequate No. (%)	Inadequate No. (%)	
Age group (in years)			
20-39	31(67.4)	15(32.6)	0.037
≥ 40	15(44.1)	19(55.9)	

Ethnicity			
Brahmin/Chhetri	16(64)	9(36)	0.428
Others (Janajati & Dalit)	30(54.5)	25(45.5)	
Religion			
Hindu	45(57.7)	33(42.3)	1.000**
Christian	1(50.0)	1(50.0)	
Education status			
Literate	45(57.7)	16(26.3)	<0.001
Illiterate	1(5.3)	18(19.7)	
Education qualification			
Higher secondary and above	10(83.3)	2(16.7)	0.569*
Below higher secondary	34(70.0)	15(30.0)	
Occupation			
Service (service+ business)	19(95.0)	1(5.0)	<0.001
Other (agriculture+ house maker+ daily wage)	27(45.0)	33(55.0)	
Type of family			
Nuclear family	29(60.4)	19(39.6)	0.518
Joint family	17(53.1)	15(46.9)	

* Continuity correction ** fisher's exact test Significance level at < 0.05

Table 9 shows the association between respondents level of awareness regarding domestic violence and selected variables.

The level of awareness regarding domestic violence was significant with the age group of respondents ($p=0.037$), with education status ($p=0.000$), with the occupation of respondents ($p=0.000$) and with income adequate to family ($p=0.001$).

The level of awareness regarding domestic violence was not significant with ethnicity ($p=0.428$), religion ($p=1.000$), education qualification ($p=0.569$) and type of family ($p=0.518$).

Table 10. Association between Level of Awareness of Domestic Violence and Selected Demographic Variables

Variables	Level of awareness		p-value
	Adequate No (%)	Inadequate No (%)	
Type of marriage			
Love marriage	20(80.0)	5(20.0)	0.006
Arrange marriage	26(47.3)	29(52.7)	
Marriage duration			
2-9 years	12(75.0)	4(25.0)	0.113*
≥10 years	34(53.1)	30(46.9)	
Participation in the awareness program			
Yes	23(92.0)	2(8.0)	<0.001*
No	23(41.8)	32(58.2)	
Previous experience			
Yes	20(52.6)	18(47.4)	0.402
No	26(61.9)	16(38.1)	

Significance level at < 0.05 * continuity correction

Table 10 shows that the level of awareness regarding domestic violence was significant with the type of marriage of respondents ($p=0.006$) and participation in awareness programs ($p=0.000$). The level of awareness on domestic violence was not significant with experience of domestic violence ($p=0.402$).

4. Discussions

In our study, the prevalence of domestic violence was experienced by 47.5% of women. Whereas the study findings were in contrast to the finding of Nadda et al (2018). Which revealed that the prevalence rate of domestic violence was experienced by 28.9% of women [11].

Regarding the main perpetrators of domestic violence, 97.5% said husband/father in law and mother in law are the main perpetrator of domestic violence. This finding is similar to the study conducted by Paneru, (2014) which showed 89.7% of the respondents answered husbands and in-laws are the main perpetrators [15].

Regarding causes of domestic violence, unemployment, illiteracy, substance abuse, son preference and dowry were the common causes. Among them, 88.8% said substance abuse by the husband was the most common cause of domestic violence. This study was similar to the study conducted by Giri et al (2017) which shows that the most common cause of domestic violence was substance abuse [16]. The majority of respondents were aware of

physical, psychological and reproductive health problems which are supported by a study conducted by Paneru (2014) which reveal that 74.3% were aware of physical health problem, 75.6% were aware of mental health problem and only 17.8% were aware of reproductive health problem [15].

More than half (52.6%) of the respondents had awareness regarding domestic violence after experiencing domestic violence. This finding was inconsistent with the study conducted by Alan, Yilmaz, Filiz, and Arioiz (2016) which shows that 40% were found to know about the legal acts after experiencing domestic violence [17].

The level of awareness regarding domestic violence was adequate in 57.5%. The finding of the study was inconsistent with the study conducted by Paneru (2014) which revealed that 78.1% had adequate awareness regarding domestic violence [15].

5. Conclusion

The conclusions are based on the discussion and findings of the study, more than half have an adequate level of awareness regarding domestic violence. Awareness of domestic violence is good regarding the meaning of domestic violence, most common sufferer of domestic violence, main perpetrator of domestic violence, and inadequate level awareness regarding legal act in Nepal. The level of awareness regarding domestic violence can be upgraded by conducting public awareness training programs regarding domestic violence among women in the community.

Limitations of the study

The study was conducted only in Kawasoti municipality-13, Nawalparasi. The sample size was 80 only.

Recommendation

A similar type of study can be conducted in different settings on a large scale for the generalization of findings. The educational intentional study can be conducted emphasizing the lacking area to increase the awareness regarding domestic violence among women in the community.

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Declarations

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Competing Interests Statement

The authors declare no competing financial, professional and personal interests.

Consent for publication

Authors declare that they consented for the publication of this research work.

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