

South Asian Women

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Introduction

7 Domestic abuse against the South Asian community in the UK

In this paper, I will pinpoint a specific strategy and initiative required to address domestic violence, the South Asian community's health, and societal issues, as well as the means of spreading this knowledge.

4 South Asian women who experience domestic violence (DV) are more prone than other victimized women to conceal their abuse because of shame, the stigma attached to DV, an emphasis on upholding a positive family image, and a fear of marginalization by the South Asian community (Bhandari and Sabri, 2018). Given the high prevalence of DV in this demographic, the challenges to receiving care, and the detrimental effects on survivors, more research is necessary to direct efforts to prevent DV among South Asians. (Bhandari and Sabri, 2018).

South Asians in the UK



8 The South Asian population in the UK is a minority, with 1.45 million Indians (2.3%), 1.17 million Pakistanis (1.9%), 451,500 Bangladeshis (0.7%), and other Asian third-generation immigrants from Sri Lanka. Asians, mixed-race Asians, Nepalese, Bhutanese, and Maldivian nationals, as well as some Middle Easterners. (Minority Rights Group, 2022).



What is Domestic Abuse

Domestic abuse affects people of all ages, genders, sexual orientations, socioeconomic origins, and ethnicities (Women Against Abuse, 2023). Individuals who are deeply involved are affected by domestic violence, also known as intimate partner violence (Women Against Abuse 2023). Domestic violence can take on a variety of shapes, including verbal, physical, and sexual assault as well as assault threats (Women Against Abuse, 2023). Although anyone can be mistreated by a partner, domestic violence most frequently affects women (Staff at Mayo Clinic, 2017).

Over the course of their lives, 1 in 5 adults experience domestic abuse. One in four women and one in six men are consequently impacted. In the year ending March 2022, there were 1,500,369 domestic abuse-related occurrences and offenses reported to the police in England and Wales. Crimes involving domestic abuse went up 7.7% from the year before (National Centre for Domestic Violence, 2023). Every 30 seconds, a police call involving domestic violence is placed. Domestic abuse-related offences are typically not reported to the police. Less than 24% of crimes involving domestic abuse are thought to be reported to the police. (National Centre for domestic violence, 2023).



Since the pandemic struck, the UK has been on a countrywide lockdown, trapping women with their abusers. The findings of the ONS regarding domestic violence hotlines serve to emphasize this (Sohal, 2021). They claimed that 49,756 persons would be assisted by the national charity Refuge by the end of March 2021. This is a regrettable and shocking increase from the 40,859 people in March 2020. The ONS even noted that the number of these incidents increased with each lockdown (Sohal, 2021).

Domestic Abuse Act 2021



⁹ After passing both Houses of Parliament, the Domestic Abuse Bill was signed into law on April 29, 2021 (Home Office, 2021). The Domestic Abuse Act will strengthen the enforcement of the law against offenders and provide protections for the millions of victims of domestic violence (Home Office, 2021).

Women's human rights are violated ² by domestic abuse, which is a severe public health issue (World Health Organization, 2021). Violence against women can be stopped. The health sector has a crucial role to play in providing complete healthcare to abuse victims, in addition to acting as a point of entry for referring women to extra support services they might seek. (World Health Organization, 2021).



(Breckinridge.com)

One of the Sustainable Development Goals is ¹⁷ to end violence against women and girls. Research has shown ^{that} some women are more likely than others to experience partner violence (Office

for National Statistics, 2015). In comparison to any other ethnic group, 10.1% more women who identified as Mixed/Multiple Ethnicities reported experiencing partner abuse in the preceding year, according to the Office for National Statistics (2015). (Office for National Statistics, 2015).

Effects of Domestic violence in South Asian communities

Honor-related pressures and problems have an effect on people's mental health as well as how they confess and seek assistance (Izzidien, 2008). Women's behavior and decisions might be influenced by cultural norms such as izzat and sharam (honor/reputation), particularly when it comes to asking for assistance (Izzidien, 2008). Domestically abused South Asian women usually endure two types of harm: once from the abuse and once from their community. (Izzidien, 2008).

What barriers prevent South Asian victims of domestic abuse from seeking help

Because women aren't reporting sexual and domestic violence due to a pervasive culture of shame, rapists and abusers are able to get away with it in Britain's South Asian communities (McVeigh, 2015). First-generation immigrant families from Pakistan, Bangladesh, and India were interviewed in many counties in England and Wales, and it was discovered that they frequently lack knowledge of what constituted illegal behavior. (McVeigh, 2015).

Women are unable to leave violent relationships on their own and are compelled to remain in them. Due to the intimate ties between Women frequently decide not to consider the possibility of divorce or separation due to moral and cultural attitudes (Kaur and Garg, 2008). A lot of people express concern over the repercussions of reporting abuse and refuse to embrace the label of being a battered woman. (Kaur and Garg, 2008). Because they are uninformed of alternatives, women are compelled to suffer in silence behind their own four walls. (Kaur and Garg, 2008). Given their actions, some women could think the beatings were appropriate (Kaur and Garg, 2008). Because they are ashamed of their spouses, other women decide not to expose the abuse worried that revealing family secrets may cause them further harm (Kaur and Garg, 2008).

What interventions are effective in supporting South Asian women

Early Intervention: Domestic violence-focused family support organizations are in a good position to spot women and children who are being abused at home and to provide the necessary help (Gupta, 2008). For instance, mother-and-toddler groups or drop-in programs for South Asian women should be open to the public and offer a setting that is respectful to their culture as well as private and secure. (Gupta, 2008).

Professional help: Referrals from doctors to the right groups also need to consider how race and culture impact such organizations' evaluations and decision-making procedures (Gupta, 2008). Practitioners can adopt a strengths-based approach while examining how **parents and kids use culture as a resource without** promoting behaviors **that** harm **women and children** (Gupta, 2008).

Social Capital Theory



(Researchgate,2008)

According to Machalek and Martin (2015), social capital may facilitate resource sharing and information exchange within a group, boosting productivity and effectiveness overall. Also known as Linking, Bridging and Bonding (Albertson, 2021).

Bonding: Bonding Network method between people who are like one another within the same family, social group, or neighborhood (Albertson, 2021). These foster a feeling of togetherness and community. Although many South Asian women in need of assistance may not understand English or have internet access, a vulnerable South Asian woman is likely to know someone who does (Sharan, 2018).

Bridging: Network strategy social relationships between various groups are referred to as "bridging social capital." social clusters that exist within a community, allowing for reciprocity between groups and access to more vertical social network resources (Albertson, 2021). Getting in touch with a support group that will provide a translator and interpreter will help to understand how victims can be helped (Sharan, 2018).

Linking: Links Created through social capital are described as sharing of social values like trust and respect. These interact in more formal, civic, or decision-making contexts where obtaining access to institutionalized power is necessary (Albertson, 2021). By south Asian women Joining

a support group and receiving assistance like temporary accommodation will help them move on and move forward (Sharan, 2018).

Support for South Asian women

⁵ Cultural and religious beliefs can be used to counteract the attitudes and behaviors of offenders, while community and educational sector initiatives can address the Lack of knowledge of available resources and reluctance to seek assistance (Gupta, 2008). ¹ The likelihood of recognizing South Asian women and other women who experience domestic abuse may be increased by routine inquiry. (Gupta, 2008). ¹⁰ Domestic abuse is typically easy to spot for health professionals (Gupta, 2008). Women and children who are victims of domestic abuse can be identified and helped by programs that provide openly accessible, racially and culturally appropriate, secure, and private venues for families, like South Asian women's groups. (Gupta, 2008).

Domestic Abuse Organizations for British Asian Women

Asian women in the UK are receiving unmatched aid from domestic abuse organizations in the UK (Sohal, 2021). However, this form of abuse is still frowned upon in South Asian communities. (Sohal, 2021). The frequency with which women report abuse has significantly increased, while the number of cases is increasing (Sohal, 2021). The Office for National Statistics (ONS) reports that domestic ⁴ abuse offences have dramatically increased ⁴ since November 2021. (Sohal, 2021). There were 798,607 cases at the end of March 2020, but at the end of March 2021, there were 845,734 cases (Sohal, 2021).

Domestic abuse organizations for British Asian women

Assisting South Asian women who are in danger of being abandoned because of abuse (Sohal, 2021). Organizations provide helpline for women who are subjected to abuse. These include caste-based prejudice and maltreatment driven by a person's caste, among other things. money support for victims of domestic abuse and help women decide what to do given their situation, details on prepared housing, emergency protection orders, and exit plans (Sohal, 2021). Provides secure transitional accommodation for British Asian women and their kids. Specialize in several forms of violence, including sexual, financial, and physical. Many South Asian victims, particularly those who have children, receive assistance from their shelters (Sohal, 2021).

What are the gaps in service provision?

Identifying persons across various health and social care settings and knowledge on how to identify those affected by domestic violence or abuse are lacking (11 Gaps in the Evidence 2014). Integrated methods for recognizing coexisting problems, such as the connections between domestic violence and substance abuse or mental health problems, are similarly lacking in data (11 Gaps in the Evidence 2014). A lack of thorough research on support services, training programs, counseling, and other therapeutic techniques for abuse or domestic violence victims (11 Gaps in the Evidence 2014).

Recommendations

Understanding how factors such as victim/survivors' perspectives of justice and the legal system, as well as how they choose which services to employ and when, are influenced by Race, culture, social background, education, and neighborhood are only a few examples of these variables (University News, 2021). The development of policies and procedures that best meet the needs of these women should be encouraged among organizations and people involved in the criminal justice system. (University news, 2021).

South Asian domestic violence crimes require professional police officers to receive ongoing training on how to handle them (Gill and Harrison, 2016b). In addition to ensuring that female victims receive appropriate, long-lasting solutions and recognizing cultural norms that are not detrimental, such training ought to encourage the gradual long-term eradication of negative attitudes and behaviors that denigrate and disadvantage women and their families. (Gill and Harrison, 2016b).

Conclusion

When it comes to domestic abuse, South Asian women are particularly impacted by culture since they are discouraged from speaking up about their experiences due to worry about what their family might say and think. Because this practice might never change, there is an urgent need for a national training program, laws requiring healthy relationship education, more community involvement, outreach initiatives, and the creation of a nationwide hotline. (Gill and Harrison, 2016b).

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