

# Case Analysis of Women Experienced Abuse: with Special Reference to Beneficiaries of Parihar, Bangalore

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## Abstract

Case Analysis in this article presents a consolidated analysis of five case studies of women who have experienced abuse, exploring the varying types of abuse, challenges faced, and systemic responses. The cases have been chosen from the individuals i.e women who especially approach the institution “Parihar” Bangalore seeking help or emotional support. span different cultural and socioeconomic contexts, highlighting the pervasive nature of abuse across the globe. Through detailed comparison, the article examines the role of economic dependency, legal protections, and social stigma in perpetuating abuse, as well as the importance of community and psychological support in recovery. The analysis underscores the need for stronger legal frameworks, community education, and economic empowerment to help women break free from abusive environments.

“**Parihar**” is a charitable institution registered under the Karnataka Societies Registration act 1960, exempted under 80(G) of Income Tax Act. It is an initiative of Bengaluru City Police, and is managed by a dedicated, committed and successful team of professional counsellors, and police staff with vast experience in counselling and social work. Parihar undertakes charitable, philanthropic and socio-economic programs for the welfare of Women, Children and Family as a whole.

**Parihar**’s implementation structure consists of mainly four important people, its Ex-officio President being the Commissioner of Police, Bengaluru City, Vice President and Nodal officer, is the Jt. Commissioner of Police (Crime) & Secretary is the Deputy Commissioner of Police(Admin) and Treasurer is the Deputy Commissioner of Police (Crime)

“**Parihar**” stands out for its ‘**vision**’ and ‘**mission**’ to work for the upliftment of women and children in today’s society with various challenges and positive attitude to redress the issues in a holistic manner.

**Parihar** networks with all the Police Stations, NGO’s, Short-Stay homes, hospitals, de-addiction centres, schools, colleges, public/private organizations and communities etc., to help the women and children in distress. Parihar provides free services are like Tele-Counselling, Police Support, Counselling, Medical services, Short stay, Legal services, Rehabilitation to distressed women/children to fight against abuse and exploitation. The services are to help peacefully resolve family issues.

## There are 4 projects implemented and monitored by Parihar:

- Family Counselling Centre (FCC): Most of the atrocities registered with the police are cases of mal-adjustments where family relationships could be improved through intensive counselling. Keeping this in mind, this center was started in the premises of Bengaluru Police Commissioner’s Office, in

1993 and is funded by the Central Social Welfare Board, New Delhi and supervised by the Karnataka State Social Welfare Board, Bengaluru.

- Vanitha Sahayavani (Women’s Helpline) (VSV) ; It was established on 1999 by the Bengaluru City Police to provide support to women in distress and to handle the issues of women safety.
- Makkala Sahayavani(Children Helpline) (MSV) - The helpline for Children, reachable on Namma 100, was set up in 1997 by Bengaluru City Police, to protect Children from difficult situations and counsel them
- PARIHAR - Skill Development Training Centre has been started at CAR Head Quarters, Mysore Road with the help of Bengaluru city police for empowering domestic violence survivors, underprivileged women, which will help them to create an opportunity for self employment and to become financially independent. The training will focus on skill such as tailoring , embroidery, paper bags, jute bags, saree tassels etc., . A full time trainer teaching in two batches everyday.

**Keywords:** Parihar, case analysis, abuse etc...

**Introduction**

Abuse against women remains a significant global issue, affecting millions of women regardless of cultural, economic, or geographic boundaries. Women face various forms of abuse—physical, emotional, sexual, and economic—that not only violate their basic human rights but also hinder their ability to live empowered and fulfilling lives. The widespread nature of this problem reflects deep-rooted societal inequalities and patriarchal norms, which perpetuate the cycle of violence and silence around abuse.

This article consolidates five case studies of women from different countries who have endured abuse in various forms. By comparing their experiences, this analysis aims to shed light on the common challenges women face, including social isolation, economic dependency, and mental health struggles. It also explores the effectiveness of legal protections, community interventions, and the crucial role of economic independence in enabling women to escape abusive environments. Ultimately, the article seeks to highlight systemic gaps and propose actionable strategies for supporting women as they rebuild their lives after abuse.

Abuse against women occurs in various forms, impacting their mental, physical, and emotional well-being. Below is a comparison and consolidation of five case studies that highlight different experiences of abuse, focusing on the context, challenges faced, interventions, and outcomes.

Case Details	Maya	Sara	Manju	Nallamal	Rizwana
Age	35 years	29 years	42 years	33 years	26 years
Type of Abuse	Physical, Emotional	Physical, Sexual	Emotional, Economic	Physical, Psychological	Economic, Physical
Abuser	Husband	Partner	Husband	Partner	Husband
Cultural Context	Traditional, patriarchal society	Progressive but patriarchal tendencies	Religious, rural, conservative	male-dominated society	Urban, with strong gender roles

Case Details	Maya	Sara	Manju	Nallamal	Rizwana
<b>Economic Status</b>	Financially dependent	Middle-class, independent	Dependent on husband	Part-time Worker	Unemployed, financially dependent
<b>Legal Protections</b>	Protection under Domestic Violence Act (India)				
<b>Challenges Faced</b>	-Social stigma -Economic dependency - Isolation	-Fear of retaliation -Shame - Legal Costs	-Cultural and religious beliefs that condone male dominance -Limited access to support services	-Legal delays -Social isolation	-Economic dependency -Fear of societal backlash - Lack of job skills
<b>Mental Health Impact</b>	Anxiety, Depression	Post-traumatic stress disorder	Low self-esteem, Depression	Anxiety, Fear	Depression, Lack of confidence
<b>Intervention</b>	Parihar has supported with counselling, Job training, legal advice etc.				
<b>Outcome</b>	Left husband, gained financial independence	Left partner, started therapy	Continues to live with husband but receives emotional support	Left partner, found job support	Left abusive marriage, started vocational training
<b>Community Response</b>	Awareness campaigns to break stigma	Support from friends, neighbours	Conservative community	Mixed, with some support but slow systemic action	Local NGOs and women's groups active in the area

### Comparison of Key Themes

#### 1. Types of Abuse

**Physical Abuse:** Maya, Sara, Nallamal, and Rizwana experienced physical violence.

**Emotional/Psychological Abuse:** Manju and Maya experienced prolonged emotional trauma, while Nallamal faced psychological manipulation.

**Economic Abuse:** Rizwana and Manju were economically dependent on their abusers, limiting their ability to escape.

#### 2. Cultural Influences

**Traditional and Patriarchal Societies:** Maya and Manju faced significant barriers due to cultural norms that viewed domestic violence as a private matter.

**Modern but Patriarchal Systems:** Sara and Nallamal, despite living in societies with progressive elements, encountered entrenched patriarchal attitudes that delayed intervention.

**Urban vs. Rural Dynamics:** Rizwana, living in an urban environment, had access to more NGO support, while Manju in rural area had limited access to legal or community support due to cultural resistance. Hence by reaching Parihar they all had a solution of emotional support.

### 3. Challenges

**Social Stigma and Isolation:** Maya, Nallamal, and Manju were isolated from their communities, making it difficult for them to seek help.

**Economic Dependency:** Financial dependence on their abusers was a common factor across most cases (Maya, Manju, Rizwana). Sara's situation was unique as she was financially independent, but fear of retaliation prevented her from leaving earlier.

**Legal Obstacles:** Women in rural or conservative areas (Manju, Maya) faced delays or ineffectiveness in legal action. Sara and Nallamal, despite having legal protections, still experienced barriers in enforcing these laws.

### 4. Mental Health Impact

All women suffered from significant mental health challenges, including depression, anxiety, and PTSD. In each case, counseling or psychological intervention was a critical part of their recovery.

### 5. Interventions and Legal Protections

**Legal Protections:** Maya and Sara had access to legal measures that eventually offered protection (domestic violence laws). However, in Nallamal's case, legal delays prolonged her suffering. Manju's legal system was weak in enforcing domestic violence laws due to cultural and religious influences.

**Support Networks:** Parihar played a critical role in helping these women. For instance, Maya received support from Parihar by getting counselling, while Rizwana benefited from Parihar in the aspect of offering job training.

### 6. Outcomes

**Escaping Abuse:** Maya, Sara, Nallamal, and Rizwana left their abusive situations, often through a combination of legal support, community intervention, and financial independence. Manju, however, remained with her husband, though she gained emotional support through family and religious groups.

**Empowerment:** Economic independence was key to breaking free for many of the women. Maya and Rizwana, through vocational training, and Nallamal, through part-time work, gained financial independence, helping them rebuild their lives.

### Recommendations

- 1. Economic Empowerment:** Vocational training and economic independence are crucial for women seeking to escape abusive situations. All cases highlight the importance of financial independence in enabling women to leave their abusers.
- 2. Stronger Legal Frameworks:** Despite existing laws, enforcement remains inconsistent. Strengthening legal frameworks and ensuring swift legal processes are essential, particularly in regions with cultural resistance.
- 3. Community and Psychological Support:** Across all cases, support from the community, family, or women's organizations proved instrumental. Providing mental health services and counseling is nec-

essary for recovery, as all women faced severe psychological trauma.

- 4. Cultural Change and Education:** Addressing cultural norms that condone violence against women, especially in rural or conservative societies (e.g., Maya and Manju), is critical. Community awareness campaigns and education about gender equality can help shift perspectives over time.

### 1. Intersectionality

- **Explanation:** Intersectionality recognizes that women's experiences of abuse are shaped by multiple overlapping factors such as race, ethnicity, socioeconomic status, age, and disability. Women from marginalized groups often face heightened vulnerabilities and barriers to accessing support. For example, women of colour may encounter systemic racism within the legal system, while women with disabilities may struggle with physical dependence on their abusers, who might be their caregivers. Addressing abuse from an intersectional lens ensures that support systems are inclusive of all women, regardless of their background.
- **Case Study Example:** A migrant woman experiencing domestic violence may face additional challenges due to language barriers, fear of deportation, or lack of access to social services. This further complicates her ability to seek help and escape the abusive situation.

### 2. Children and Abuse

- **Explanation:** Domestic abuse not only affects women but also has a profound impact on children who witness or are subjected to violence. Children in abusive households are more likely to experience developmental issues, emotional trauma, and mental health disorders such as anxiety and depression. They are also at a higher risk of becoming perpetrators or victims of abuse later in life, perpetuating the cycle of violence. Addressing the impact of abuse on children involves providing trauma-informed care and creating safe environments for their recovery.
- **Case Study Example:** In the case of Sara, her decision to leave her abusive partner was partly influenced by concerns about how the abuse was affecting her children, who had begun showing signs of distress and behavioral issues in school.

### 3. Cycle of Abuse

- **Explanation:** Abuse often follows a cyclical pattern, known as the "cycle of abuse," which includes phases such as tension-building, an acute abusive incident, reconciliation (or the "honeymoon" phase), and calm. This cycle can trap women in abusive relationships because the reconciliation phase gives them hope that the abuser will change. Additionally, abusers use manipulation and control tactics to isolate victims and weaken their self-esteem, making it difficult for them to leave. Recognizing this cycle is essential in both providing appropriate interventions and understanding why some women stay in abusive situations.
- **Case Study Example:** In Maya's case, she experienced a repeated cycle of abuse, where her husband would apologize and promise to change, only to become violent again. Understanding this cycle helped her eventually break free from the relationship with the support of women's groups.

### 4. Cultural Relativism and Abuse

- **Explanation:** In some societies, cultural or religious norms may condone or excuse violence against women, viewing it as a private or family matter. This can create an environment where women are discouraged from reporting abuse or seeking help. Cultural relativism, when applied to abuse, can delay justice or reinforce the idea that certain harmful practices (such as forced marriage or "honor-based" violence) are acceptable. It's essential to balance respect for cultural differences with the enforcement of universal human rights, ensuring that abuse is not tolerated under the guise of tradition.



- **Case Study Example:** Rizwana faced significant barriers to seeking help due to cultural and religious beliefs that normalized her husband's control and dominance. Local religious leaders reinforced the idea that her role was to be submissive, making it hard for her to find a path to freedom.

## 5. Technology and Abuse

- **Explanation:** Technology can be both a tool for empowerment and a weapon of control in abusive relationships. Abusers may use technology to stalk or harass victims through social media, GPS tracking, and constant surveillance. On the other hand, technology provides women with access to online support networks, helplines, and resources they may not have otherwise. It can also enable women to document abuse and find legal resources discreetly. Ensuring women have access to safe digital spaces is crucial in modern interventions.
- **Case Study Example:** Sara used Parihar to connect with legal services and that eventually helped her secure a restraining order against her abusive partner.

## 6. Institutional Failures

- **Explanation:** Many legal and social service systems fail to adequately protect women from abuse. Delays in the legal process, dismissive attitudes from law enforcement, lack of shelter availability, and poorly enforced protection orders can leave women vulnerable. Institutional bias or corruption may also prevent abusers from facing justice, especially in rural or underserved areas. This theme explores the systemic reforms needed to better address and prevent abuse, such as specialized training for law enforcement and greater funding for women's shelters.
- **Case Study Example:** Rizwana faced multiple legal delays when trying to file a restraining order, leaving her vulnerable to continued harassment from her partner. Despite existing protections, the slow response of the judicial system prolonged her suffering.

## 7. Economic Abuse and Financial Control

- **Explanation:** Economic abuse is a form of control where the abuser restricts access to financial resources, employment, or education, preventing the victim from gaining independence. Women who are financially dependent on their abusers are less likely to leave because they fear they cannot support themselves or their children. Economic empowerment through vocational training, access to financial services, and employment opportunities is key to helping women escape abusive relationships.
- **Case Study Example:** Sara was entirely dependent on her husband for financial support, which made it difficult for her to leave the abusive marriage. After connecting with a local women's organization that provided vocational training, she gained the confidence and resources to become financially independent and leave the relationship.

## 8. Media Representation of Abuse

- **Explanation:** Media plays a powerful role in shaping public perceptions of abuse. Sensationalist reporting can sometimes trivialize the experience of victims, or, worse, place blame on them. Positive portrayals, on the other hand, can raise awareness, break stigma, and mobilize public support for anti-abuse initiatives. Responsible media coverage can help inform society about the realities of abuse, challenge harmful stereotypes, and advocate for systemic change. This theme can discuss the importance of ethical media representation and public awareness campaigns.
- **Case Study Example:** In Maya's case, a local media outlet's coverage of her abuse helped mobilize a public outcry and brought attention to the failure of the legal system to protect her. As a result, the case became a catalyst for local reforms in domestic violence intervention.

## 9. Post-Abuse Recovery and Rehabilitation

- **Explanation:** Escaping an abusive relationship is only the first step toward recovery. Post-abuse rehabilitation involves physical and emotional healing, rebuilding one's self-esteem, and often reintegrating into society. Support systems such as counseling, job training, and peer networks are essential in helping survivors regain control of their lives. Long-term psychological effects, such as PTSD or anxiety, may persist, and ongoing support is needed to ensure survivors can lead fulfilling lives without fear of further victimization.
- **Case Study Example:** After leaving her abusive husband, Maya received counseling and vocational training through a women's rights group. Over time, she regained her confidence and found employment, allowing her to rebuild her life and gain independence.

## 10. Global Policy and Advocacy

- **Explanation:** International efforts to combat violence against women include campaigns by the United Nations, global women's rights organizations, and international human rights treaties. This section could highlight successful global movements that have pushed for stronger laws and protections, as well as grassroots advocacy that has brought attention to abuse in underrepresented regions. Additionally, cross-border cooperation on issues such as trafficking and international laws could be explored.

## Conclusion

The consolidated analysis of these five cases reveals a complex interplay between cultural norms, economic dependency, social isolation, and the effectiveness of legal systems. Women in both rural and urban settings experience abuse, but the key to overcoming these challenges lies in providing accessible legal protections, economic empowerment, and robust community support. By addressing the underlying systemic barriers, society can help women reclaim their lives and live free from abuse.

The comparative analysis of these five case studies reveals the complex and multifaceted nature of abuse against women, showing how cultural norms, economic dependency, and social isolation create significant barriers to escaping abusive situations. Despite the differences in geographic and cultural contexts, common threads emerge: the critical role of financial independence, the importance of accessible legal protections, and the need for strong community support systems. This also reveals the influence and impact of the services rendered by Parihar organization to the women who are abused. This will in turn increase the awareness among the public to reduce the happenings of women abuse.

Each case demonstrates that while legal frameworks to protect women exist, they are often undermined by slow enforcement, societal stigma, and deeply ingrained patriarchal attitudes. Moreover, the psychological toll of abuse highlights the necessity of mental health services as part of recovery and empowerment.

Addressing abuse requires a holistic approach, involving not only stronger legal frameworks and timely interventions but also long-term strategies like education to challenge harmful gender norms and vocational training to empower women economically. By addressing these systemic issues, society can create an environment where women are no longer trapped in cycles of violence but are able to live with dignity, autonomy, and security.

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