

**EXPLORING THE PHENOMENON OF HELP
SEEKING BEHAVIOR OF WOMEN DESPITE
EXPERIENCING DOMESTIC VIOLENCE**



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BY

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RESEARCH COMPLETION CERTIFICATE

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It is assured that research work is original and has not yet been published anywhere else.



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Dated: 16TH May ,2023

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Acknowledgement

All glory to almighty Allah, the creator of universe ,the gracious and compassionate whose bounteous blessings gave me potential thoughts, loving parents, talented teachers, co-operative sisters and brothers, helping friends and opportunity to make this humble contribution and all praises to, respect and DAROOD_O_SALAM are due to his holy prophet (P.B.U.H) whose blessings and exaltations flourished my thoughts and thrived my ambition to have cherished fruit of my modest effort in form of this write-up.

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Ameen.



ZAINAB MURTAZA

Abstract

Domestic violence was aggressive behavior within the home, typically involving the violent abuse of a spouse or partner. It caused a huge impact in living a normal life. This qualitative study was conducted, using a constructivist approach with the use of a phenomenological approach by Husserl. The in-depth interview technique was used for collecting first-hand data for the current study in order to explore the lived experience of people suffering from domestic violence. Four participants were taken through purposive sampling from families in Lahore to explore their perceptions, experiences, effects on life, and helping behavior among them. In association with domestic violence, we sought to see how they coped with their stress and through which sources they sought help from others or refrained from seeking help. After the collection of data, the interviews were transcribed and the data was analyzed. Violence and suffering in color purple indicates participants facing physical violence, depression and anxiety, difficulty in maintaining relationships. Societal pressure by in laws, friends and parents has a huge impact on their mental health whereas emotional catastrophe impact participants self-esteem and brings inferiority complex which leads to cause losing interest in life. The results showed difficulty in maintaining relationships, depression and anxiety, societal pressure, and emotional catastrophe, which caused low self-esteem and an inferiority complex, as well as disturbed mental health. In conclusion, this study will be beneficial for females, as it taught them coping mechanisms for dealing with mental health challenges. This study will be helpful in promoting a better life among victims. The coping mechanism includes approaching psychologist stay in touch with your activities, face your fears do some exercise and try to eat healthy food so one can face it bravely.

Key words ; lived experiences,

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List of abbreviations

Abbreviation**full form**

DV

Domestic Violence

DVAW

Domestic Violence Against Women

OHC

Online Health Care Company

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Chapter 1

Introduction

Domestic violence against women is a pervasive problem that affects nations worldwide, particularly in poorer countries in Africa, Latin America, and South Asia. Domestic violence includes various forms of abuse, such as physical, sexual, psychological, and financial violence, and it violates the human rights of women. Progress in addressing this issue has been slow, despite efforts to find solutions (Lombard et al., 2013).

Women who experience domestic violence often seek support from their families, requesting assistance such as talking about their situation, creating an exit strategy, protecting their children, couples therapy, and restraining orders. Studies have shown that when victims of domestic violence receive understanding and supportive reactions, they benefit from increased self-worth and reduced emotional distress (Piquero et al., 2020; Kofman et al., 2020).

The consequences of domestic violence for women are severe, including physical injuries, traumatic experiences, and mental health issues such as anxiety, stress, and post-traumatic stress disorder (PTSD). Women who have experienced physical violence often feel an urgent need to leave the abusive situation. Those who seek temporary accommodation in shelters are more likely to have experienced multiple incidents of victimization and life-threatening aggression from their partners. Separating from their spouses or family members can lead to feelings of guilt and humiliation, as women are often expected to fulfill caregiving roles (Ravindran et al., 2020).

During the COVID-19 pandemic, women who have experienced domestic violence found support and shared their experiences in online health communities (OHCs). OHCs provided a safe and anonymous space for individuals to seek assistance, information, and connect with healthcare services. Online engagement became particularly important during the pandemic when face-to-face interactions were limited. OHCs helped mitigate the stigma and barriers associated with traditional help-seeking methods (Andersson et al., 2010).

The protection of human rights has been a global concern since the establishment of the United Nations. Movements advocating for human rights have utilized communication technologies to bring communities together and implement effective programs. The

advancement of technology has increased the pressure on stakeholders to address human rights issues (Ali et al., 2012).

A study by Folger and Wright (2013) showed better health and fewer negative effects after trauma. Women who have experienced DV often turn to their own informal networks for support; thus, coming out with their stories is often seen as a crucial step in getting the assistance they need. For instance, if a victim of domestic violence comes forward, they are more likely to have positive results in terms of their mental health, such as reduced symptoms of depression, more effective trauma processing, and overall increased well-being. These findings were consistent with the review research by Sylaska and Edwards (2014), who also discovered that victims get supportive social responses, including having their stories believed and their experiences validated. Transparency helped lessen the likelihood of suicidal thoughts, drinking, depression, and PTSD. Victims' mental health may not always improve once they discuss their experiences of DV with others. Some dangers may result from women coming out, depending on the quality and type of reactions they get. The negative reactions of others, such as blame placed on the victims rather than the perpetrators, lack of support, and judgmental attitudes, play a role in secondary victimization. Additional research has examined how secondary victimization amplifies emotions of shame and guilt, making it harder to come forward and ask for assistance. Therefore, it is crucial to facilitate the help-seeking process and improve health outcomes for women who have experienced DV by giving them excellent feedback and replies (Johnson *et al.*, 2021).

In fact, domestic violence against women across the globe is a problem that pertains to physical legality, economics, education, and developmental aspects, it is a basic human rights issue. Even though it is a phenomenon that is seen and observed at global scale, the problem is either ignored or compromised. Even though the impact of emotionally abusive behavior is reduced in situations in which the problem is related to the psyche, the scars it leaves behind are often permanent and difficult to conceal. DVAW is predominately a feminized form of transgression, and the primary obstacle to its actualization is an individual's right to privacy. Women have traditionally been restricted to their homes, and the duties associated with them are the primary reason for such kind of. Poverty affects both men and women, but due to discriminatory laws, practices, and policies, women frequently face additional discrimination, are exempted from certain responsibilities, and have fewer options.

The multiple demands of productive and reproductive work, frequently not considered labor due to its unrecognized monetary value, are especially burdensome for female-headed households. Because women have less power than men, they are commonly excluded from making decisions and choices. If human development and the reduction of low life quality are about increasing human well-being, decision-making, and will, then the advancement of women's (human) rights and gender equality must be a prerequisite for abundance mitigation and human development.

With this theoretical framework in mind, four females in the province of Punjab (Lahore) were chosen for the study. The questionnaire, focused group, and expert interviews convened the quantitative and qualitative data. Violence is commonly seen all across the globe. It is described through various researches and surveys that one in every 3 women becomes the victim of partner abuse, forced or without consent sex and exploitation during her marital life. Spousal abuse affects women in different ways like they may suffer from depression, stress, anxiety and psychosomatic problems as a result of abuse or violence. Women in an abusive relationship go through a lot which may include Major depressive disorder, migraine, stomach aches, personality disorder, abdominal pain and visit doctors for treatment more often.

The increased use and acceptance of non-traditional methods of human contact, engagement, and connection in virtual and electronic environments have also been proven during this epidemic. Even after the epidemic, these possibilities and resources will still be useful. Previous studies have shown that victims' emotions of stigma, humiliation, guilt, estrangement, and criticism make them unwilling to seek treatment or even engage in face-to-face or survey encounters. Finding Support in Virtual Health Groups (OHCs) Due to the widespread, women who had previously experienced DV were isolated at home and unable to access the services they had once used. Researchers have observed that while the OHC shut down due to the epidemic, many women went online to share their stories and worries. In the OHCs, women talk of being abused or distressed by their partners, service disruptions, and other circumstances that have worsened since the epidemic began. People began turning to OHCs for healthcare advice and assistance, as computer literacy and internet use grew tremendously. Eighty per cent of American internet users have looked for health-related information online, and eighteen per cent have sought advice from others who share their experiences (Shah *et al.*, 2021). Patients may play an important part in

managing their health by using the internet to locate resources, support, and guidance in addition to the information supplied by healthcare experts (Murray *et al.*, 2015). Patients reaped more advantages from online communities because of the availability of reviews detailing the impact of their treatments and the presence of dynamic support networks. Because of stigma, shame, guilt, and the fear of not being believed, talking about being a victim of violence are tough. The stigma and inconvenience of traditional in-person help-seeking may be mitigated if people instead seek support through OHCs. Since OHCs provide anonymity and have a disinhibiting impact, women who have experienced DV can speak freely about their experiences without fear of repercussion. Those who sought treatment at OHCs tend to be survivors of domestic violence who felt they had nowhere else to turn and saw OHCs as a place where they could do so in safety, anonymity, and convenience. OHCs have allowed victims and survivors of domestic violence to find a safe space online where they can speak openly and get encouragement. Participation in OHCs, according to the available research, promotes measures to aid those in need, including urging victims to seek resources and assistance to cope with trauma (Goodman *et al.*, 2003).

One-third of women experience physical assault, stalking, or rape at the hands of a current or former partner at some point in their lives, according to the National Intimate Partner and Sexual Violence Survey (NISVS). However, only a small percentage of intimate partner violence victims seek legal support services. This dissertation sheds light on the motivations and experiences of victims of personal relationship abuse who turned to hotlines, victim support programs, and/or law enforcement for assistance. The term "intimate relationship violence" refers to any kind of abuse committed by a current or former spouse or partner, whether physical, sexual, or sentimental. Victims of intimate partner abuse have access to informal and official resources, including loved ones and community groups, domestic abuse shelters, rape counselling centers and the legal system (Shahzadi *et al.*, 2015 ; Tahir *et al.*, 2018). The path that victims take to get aid has been conceptualized and mapped. These theoretical frameworks suggest that getting assistance and choosing where to get it is a complex multi-step process impacted by one's personal circumstances, social ties, and cultural norms (Murray *et al.*, 2015). According to Fakelore's model, for the family to get assistance, they must first acknowledge that a service is available to give it and that the behavior in question concerns the provider (Flicker *et al.*, 2011). Knowledge about the aid provider and personal and cultural variables affect the choice of a helper, as identified by Liang and

colleagues (Liang *et al.*, 2005). These models account for not just the impact of personality traits on assistance-seeking and provider choice but also those of social networks and cultural norms. All of these theories and the social-ecological model (SEM) of violence prevention stress the need to look at victimization and perpetration issues and seek and choose appropriate aid on various scales. Most research on intimate partner violence victim help-seeking emphasizes the association between victim features and information seeking, while this dissertation emphasizes formal help seekers and their help-seeking. A wide variety of studies examine why some people seek treatment for issues like intimate partner abuse while others don't (Bibi *et al.*, 2014).

Women may be prompted to seek assistance by a variety of factors. In addition to the degree of injuries or threats, women should consider the accessibility of official and informal sources of support and their confidence in the efficacy of such sources. Likewise, one's perspective on partner abuse, shaped by cultural expectations of gender, is crucial (Khan *et al.*, 2009 ; Khatri *et al.*, 2020 ; Madhani *et al.*, 2017). To improve the effectiveness of support services, it is essential to understand the trends of women help seeking behavior. This includes learning which support services are most relied upon. To this day, research has yet to be conducted in Serbia that thoroughly investigates this matter (Ali *et al.*, 2021).

This topic has not been discussed widely across the subject city as it is not openly discussed and victims would rather prefer not to share openly with anyone regarding their issues specially women are very reluctant to seek help in such scenarios. Lahore being populated city and people have different background w.r.t migration from different cities. Keeping in view the awareness among masses it is conducted in urban area to testify the actual approach of people towards domestic violence.

Domestic violence, encompassing physical, sexual, and emotional abuse, as well as the threat of abuse, inflicts significant harm on women in relationships. Numerous social determinants and factors contribute to this phenomenon, including the duration of the marriage, occupation of the individuals involved, and the number of children in the household. These consequences of domestic violence often result in increased levels of depression, anxiety, and stress, leading to a profound deterioration in mental health.

The enduring trauma experienced by victims of domestic violence can have profound psychological effects. Persistent physical abuse leaves visible scars, while sexual abuse violates personal boundaries and erodes one's sense of safety and autonomy. Additionally, emotional abuse, such as manipulation, control, and verbal degradation, undermines self-worth and creates a toxic environment. The constant threat of abuse intensifies anxiety and stress, leaving victims in a state of hyper-vigilance and emotional turmoil.

The cumulative impact of these experiences takes a toll on mental health. Depression, characterized by feelings of sadness, hopelessness, and loss of interest, often sets in due to the overwhelming sense of powerlessness and despair. Anxiety, marked by excessive worry, fear, and a sense of impending danger, becomes pervasive as victims struggle to anticipate and navigate the unpredictable and volatile nature of their relationships. Chronic stress, stemming from the ongoing trauma and the need to constantly be on guard, further exacerbates mental health deterioration, affecting both psychological and physiological well-being.

Addressing the mental health consequences of domestic violence is crucial for supporting survivors on their journey towards healing and recovery. It requires comprehensive interventions that encompass therapeutic support, counseling, and access to mental health services. Creating a safe and supportive environment for survivors to share their experiences, coupled with empowering interventions that promote self-esteem, resilience, and coping skills, can aid in mitigating the detrimental effects of domestic violence on mental health.

Literature review

Giessen et al. (2021) conducted a recent systematic analysis that revealed victims of sexual assault often share their victimization experiences online to seek assistance for clarity, validation, and unburdening. They utilize online platforms as a means to seek justice, educate others, offer support, and engage in activism. Interestingly, the study found that positive comments and responses towards sexual assault victims are more prevalent than negative ones in online spaces. In addition to traditional healthcare services, victims also turn to Online Health Communities (OHCs) to inquire about the severity of their experiences, express their emotions, and receive support.

Andalibi et al. (2016) highlighted that survivors of sexual assault prefer using anonymous accounts on OHCs to directly seek various forms of help, including information, guidance, opinions, and connections. Through interactions with other members of OHCs, victims can receive the care they need and have their emotions validated by individuals who have gone through similar situations (O'Neill et al., 2018). Consequently, OHCs serve as valuable platforms for victims and survivors to access information, receive emotional support, and connect with others who have shared similar experiences (Sripada et al., 2021).

The effects of abuse on women are far-reaching, affecting their health, quality of life, and employment options. Consequences to health include the obvious, such as cuts and bruises, and the onset of secondary issues, including infertility, depression, and anxiety (Fikree *et al.*, 1999 ; Hussain *et al.*, 2020). There are situations when a woman's or her children's safety requires her to seek help from the authorities, social services, or other community resources like shelters, churches, or counselling center. More recently conducted research has also shown that women turn to their informal social support network (i.e., friends and family) as their first and primary point of contact when seeking assistance. While IPV is a serious issue, a "culture of silence" prevents women from speaking out about their experiences with violence.

Seeking assistance from others is a common coping strategy for dealing with the stresses of daily life. Women who have experienced domestic violence often turn to their social networks for support rather than traditional avenues like the justice system or medical professionals. Informal support networks, including friends, neighbors, and family members

of their partners, play a significant role in providing support to victims. However, formal support services such as counseling, advocacy, and children's aid can also mitigate the harmful effects of domestic violence (WHO, 2019; Bennett et al., 2004; Folger & Wright, 2013).

Results from research involving women who had experienced DV were consistent across studies and cultures. Women survivors who reached out to their informal support networks often reported various beneficial outcomes. Female victims of domestic violence who received supportive replies from friends and family members, for example, reported feeling more empowered and ready to escape the abusive relationship. When women find that informal support cannot resolve their issues, they often seek more official assistance. The harmful effects of DV may be mitigated by using professional DV services such as advocacy, counselling, and children's aid, as shown by studies. Counselling survivors of domestic violence has been shown to increase their decision-making, self-efficacy, and coping abilities, according to research by Bennett and colleagues (Bennett *et al.*, 2004).

Indigenous research

Ashraf et al. (2017) conducted a study on domestic violence against women in Lahore, Pakistan, examining the perceptions of women's rights and the prevalence of violence. The study found that women in Lahore face limited protections and opportunities, particularly in rural communities. Domestic violence encompasses various forms, such as physical abuse, threats, honor killings, torture, acid attacks, and child custody issues. The study emphasizes the importance of addressing violence against women within the home and highlights the need for social and cultural changes, accessible education, job opportunities, and effective administration of law and justice to combat this issue.

Ali et al. (2021) conducted a qualitative study in Karachi and Lahore, exploring married women's understanding of domestic violence dynamics, coping strategies, and associated health risks. Focus group discussions were conducted with 28 women using a stratified random sample strategy. The findings revealed three main themes: the situations that lead to violence, the effects of prolonged exposure to violence, and women's resistance to violence. The study sheds light on the challenges faced by abused women in societies where domestic violence is tolerated and

divorce is inaccessible, emphasizing the urgent need to address violence against women as a human rights issue at personal, family, community, and societal levels.

Tarar et al. (2017) conducted semi-structured in-depth interviews in Punjab, Pakistan, to examine direct, indirect, and cultural forms of violence against women. The study revealed that the majority of incidents go unreported due to societal norms considering them as "private matters." The authors highlight the bias within the criminal court system and the prioritization of family honor over reporting cases. They also discuss relevant legislative measures and international agreements aimed at addressing violence against women.

Rationale

This study aims to investigate and explore lived experiences of women facing domestic violence the condition of help seeking behavior among them needs to be qualitatively highlighted and explored in order to understand how people deal with domestic violence and strategies they use to take help from others and in addition how their understanding of this thing impacts their life style and well-being since a phenomenological approach tends to give us an in depth understanding of participants lived experience, qualitative study further helps us in getting richer and enhanced perspective of phenomenon being explored (Okum,1998) . The purpose to choose this topic was to highlight the issue of domestic violence and physical abuse of women who are facing it from different family backgrounds. They may be having various reasons like not understanding the family members and their perceptions about certain things, the females who are not able to live a successful married life due to misunderstandings and communication gaps, they are not able to nurture their children properly and this issue is not getting different from Lahori families. The purpose of the study is to facilitate them by referring to psychologists and in order to provide culture specific awareness and develop better understanding of condition especially for the population living in Pakistan to provide better help it is also essential to assess their mental health

Research question

How domestic violence is threatening the mental condition and physical health of women and which kind of help is taken by women who has suffered from domestic violence?

Objectives of the Study

- To enlist the root causes and forms of domestic violence among married women of Lahore
- To explore the help seeking behaviors and its repercussions on women's life suffering from domestic violence

Chapter 2

Method

Theoretical Structure

Gender-based violence is analyzed using feminist theory, which takes into account several perspectives on the issue. Marxist feminism analyzes the oppression of women in the context of capitalism economics and the private property system. Male social dominance over females is explained by Marxist feminism. Marxist feminism sees the fight for gender equality as part of a larger political battle. Meanings in each instance involving male violence and resistance to legal reform in the home were determined using Marxist feminist theory (Conway,2016)

Assumptions

Phenomenological assumption is used as it helps in conducting a qualitative study which means that researchers try to get as close as possible to participants being part of the study therefore subjective and concrete evidence is based on individuals' perception, this is how data is known through the tangible experience of people phenomenological assumption helps a researcher to seek information to answer to question and serves as evaluation of a study it also provides better understanding for qualitative research it reveals assumption that researchers are making about their research leading to the choices as it results in depth knowledge extraction it allows researcher to devolve into various perspectives understanding, perception and feelings of people who lived or experience that particular phenomena (Creswell,2007) hence the current qualitative research tends to explore help seeking behavior in women who were facing domestic violence

Paradigm

A research paradigm is the set of common beliefs and agreements shared between scientist about how problems should be understood and addressed (Kuhn,1962). constructivism paradigm used as it focuses on individuals understanding of world in which they live and work. The participants understanding shape their interpretations about their lived experiences (Creswell, 2007)

Research Design

This was qualitative research that utilized a phenomenological design. According to Patton (1990) the phenomenological method focuses on ordinary lived experiences. The goal is to make sense of these individual experiences by transforming them into a collective awareness. Finding shared experiences and learning how those shared experiences may aid other women in similar circumstances was a key goal of this phenomenological study. The phenomenological method proved suitable for our investigation. First, separate interviews have to be held with each woman. Conversations via phone were made possible. After collecting data from all participants through individual interviews, it was crucial to evaluate the data by using phenomenological method.

Phenomenological analysis helped me find similarities among the women in my data set who all arrived to the same interpretation. There were common threads discovered. If there were differences in the themes that women reported experiencing during assaults, it was crucial to investigate the reasons for these differences. Finding the shared features was important for expanding research into the area.

IPA research design is used to shape the aim of our study which is to explore help seeking behavior of women who are victim of domestic violence. If they need emotional or psychological help from close one like parents, siblings and in-laws.

Thematic analysis involves steps which includes

- Becoming familiar with the data it is an important step to collect data
- Generating initial codes phrasing and describing content searching for themes accordingly
- Combining codes into simple theme and identifying patterns among them
- Reviewing the themes, it enhances that we make sure that we are not missing any detail
- Defining themes, it involves understanding and figuring each theme and
- Writing up evidences conclusion basically what our theme means

To attain the most advance level of flexibility, commitment, and justified research is always progressed through some structural and constructive work which may include transcendental phenomenology studies the intrinsic structure of consciousness through the contents of experience that is transcendent to the structures of consciousness in terms of experience of people basically a philosophical approach to qualitative research methodology seeking to understand human

experience. IPA is a qualitative form of psychology research that has an idiographic and centric focus, which dictates that instead of producing generalization findings, it is structured to offer insights into how a given person, in a given context, makes sense of a given situation or his likely reaction in certain situations.

Sample and Sampling Strategy

A purposive sampling technique was used for data collection. purposive sampling is used to select respondents that are most likely to yield appropriate and useful information (*Kelly, 2010*) Domestic violence against women is an ongoing phenomenon therefore, an empirical study would be conducted on the females whose age must fall in the criteria of 18-25 years A purposive sampling technique used for data collection followed by snowball sampling by asking participants to refer other individuals who were also facing domestic violence in their lifetime. snowball sampling is a term of purposeful sampling which proceeds after a study begins and occurs when researcher ask participant to recommend another person to be sampled (*Creswell 2012*). A sample of 4 participants were taken who were domestically abused by their families and I interviewed them accordingly in place where they were comfortable.

Inclusion Criteria

- Only those females selected that are seeking help in order to prevent from domestic violence
- Affected females selected from four different families of Lahore.
- Affected female selected from different socio-economic background.
- Women facing domestic violence after first year of marriage
- Data was collected physically by visiting affected females.

Exclusion Criteria

- Females who were not involved in any kind of domestic violence and not seeking any kind of help
- Females who are enjoying healthy marriage life

Measures

Demographic Sheet

Demographic information sheet was used to obtain the personal information of the participants. It includes age, occupation, year of marriage and status and number of children. The participants were also asked about their relationships with their in laws happy women enjoying healthy marriage were screened out and individuals with only unhealthy marriages were taken under consideration.

Table 2.1

Psychometric properties of participants

No of Participant	Participants age	Occupation of victim	No. of children	Year of marriage
1	20	housewife	1	3
2	23	teacher	3	5
3	22	worker	2	4
4	24	teacher	No child	3

Semi-structured in-depth interview

In order to extract detailed and rich information from the participants this approach was used for data collection interviews were taken individually as the potential participants were not comfortable talking openly in group interview consisted of 15 open ended and semi-structured questions with probing questions later on for further rich data to understand help seeking behavior in women suffering from domestic violence

Opening question consist of yes or no response it requires longer response whereas key question evoke a response it identifies complete truth in situation closing question requires decision

by the client it is final step it helps in identifying clients' needs The targeted population for our study is the households of Lahore. Since we had to target the victim women and they could only be approached through reference as no mapping was otherwise possible and their interviews would be taken. Two participants were not comfortable in face-to-face interviews so telephonic interviews for them were also conducted A recording device was used to record the interviews. The recorder was favored over a mobile phone if the participants were uncomfortable with the possibility that someone was listening in on their conversation. After the participants had finished the research, they were given a debriefing and thanked for their participation. It was essential to put the participants at ease to increase the likelihood that they would provide information throughout the interview.

Interview guide

The interview guide consisted of basic screening questions regarding demographic information with basic questioning regarding participant the in-depth interview consisted of openended questions the interview was directed individually with ease of participants so they can be more comfortable in describing their lived experiences the time period was 30-40 minutes as it is standard for each session. So, the domains of interview were extracted by theoretical backgrounds and literature review which includes following exploration of affective components, interpretive components effects on life, cultural explanations and coping

Research questions

1. From how many years you are facing domestic violence?
2. How domestic violence is affecting your mental health?
3. What are the causes of domestic violence according to your point of view?
4. How your children are being affected by domestic violence?
5. How would it be for you if your friends or family knew you were getting professional help for a personal or emotional problem?
6. To how many peoples you have discussed the domestic violence?
7. What kind of help you are seeking from your in-laws?
8. What kind of help you are seeking from your parents?
9. What could make things easier for you to you to ask for help?

10. What kind of actions you have taking on rising the voice against domestic violence?
11. How social organization can help you in making your house peaceful?
12. Have you ever thought to leave your home in order to protect yourself from domestic abuse?
13. In light of your own experiences, what do you believe to be some of the most significant challenges, including practical challenges, that other young males your age encounter when they try to seek for assistance? Consider some of the people you get along with.
14. I would also be interested in hearing any further insights that you may have. Is there anything else at all that you'd want to remark on or share with the community?
What kind of support you are looking from your neighbors?

Procedure

Pilot study

Pilot study was done on one participant who also had the experience of partner abuse. Initially during data collection, semi-structured interview technique was used. The schedule was prepared as per general guidelines for semi structured and in-depth interviewing. All the relevant safety measures and precautions were also ensured. Double meaning and highly intellectual questions were avoided rather simple and straight language was adopted. In the case of working ladies, written permission was taken from their employing organizations and consent was obtained from both working women and housewives to ensure that they would be participating in the research project by their own will and wish. Participants were requested to fill the demographic information forms also.

Main study

After ensuring suggested participants the main study was hence carried out where the interviews were taken from four participants encountering help seeking behavior before carrying out procedure approval was taken from Kinnaird college, for women, Lahore. Study was mainly derived from 2 different steps initially selection of participants was carried out which also includes

screening keeping in view the desired results and targeted population with different backgrounds. The interview schedule was prepared in order to facilitate a free and rich discussion of the topic.

Necessary permissions were sought, consent was also obtained appropriately and confidentiality was ensured. Each interview was carried out until healthy and rich data is collected. Main questions were asked and recording consent was taken from participants to ensure the comfortable and convenient environment for them. Recorded interviews were also shown instantly and they were convinced regarding the confidentiality. All the selected participants were given an informed consent from demonstrating the terms and conditions of research and their signatures were taken as written consent the participant was given the right to withdraw any time from the study and it is ensured that confidentiality and privacy of interview will not be breached. Participants were allowed to ask any question regarding the interview all the interviews were placed accordingly to the feasibility as such assigned place, time by the participants

The interviews conducted with participants were around 30-40 minutes as per the comfort level of participants that they do not get exhausted from a prolonged interview questions were asked regarding their lived experience with probes in order to gain saturation among major domains of the interviews. A comfortable eye contact was hence maintained in order to ensure comfort level of participant they were given a free right to express their feelings the question was repeated whenever the participant asked the questions efficient engagement level throughout the interview was maintained.

Data verification

Data analysis

So in this study data analysis was done using thematic analysis as following six steps so the first step includes getting familiarized by the data or content of interview taken from all the four participants followed by highlighting texts to generate codes third step involves searching for themes and grouping together into major themes fourth step includes reviewing all the codes and themes for again and again to ensure that there is no ambiguity as it maintains quality of work then fifth step includes defining themes categorized them into single theme for better understanding finally sixth step includes producing result report according to it (Clarke and Braun, 2013)

Peer review

Data was verified through peer reviews data was provided to expert Methods and procedures were confirmed as experts in the field like psychologists. So, to ensure that data meet all the standards

Ethical considerations

- For the safety of our participants, any undesirable results or ethical violation following things were kept in mind such as;
- Consent form was taken from the participants before conduction of interviews
- Participants were educated about aims and objectives of study
- Confidentiality was maintained throughout and after the process
- Participants has the right to leave the study if they feel uncomfortable and has a fear that their confidentiality was being breached
- All the recordings and data would be kept safe as the participants privacy was the utmost priority

Chapter -3

Results

This study was mainly aimed to bring the qualitative results with the society perception and power to withstand such violence with zeal and hard hands. Data was compiled through proper and well thought out process of screening and to evaluate all phases of life and classes of society it has proven to be very fruitful as this study has achieved the intended and desired results. The main study was hence carried out where four interviews were taken from participants encountering domestic violence. One on one interviews were taken on the basis of exclusion and inclusion criteria. The interviews were transcribed in order to carry out an in-depth analysis.

The analysis of transcribed interviews was done through thematic analysis (Braun and Clark, 2006). Analysis displayed a series of various emergent themes. Texting of data helped to highlight current themes.

For this study data collection was thoroughly analyzed in steps where proper description followed including experiences of facing domestic violence. This analysis helps in revealing essence of effects of violence. It brings anxiety and depression among individuals.

Theme 1: Violence and suffering in color Purple

The first theme concluded from above mentioned data was violence and suffering. It has further 3 subthemes: -

1. Physical violence 2. Depression and Anxiety 3. Difficulty in maintaining relationships

The women who suffered the physical manhandling were the most affected individuals and had to face the bitter consequences leading to difficult life. The participants have given the various reasons which are considered to be the primary root causes i.e. :-

a. Upbringing b. Stubborn nature c. Nurture and surrounding

d. Gambling

The participants also discussed about the effects of such violence which may also be elaborated as depression and anxiety at initial stages. Your self-esteem is targeted in daily routine

due to the less supportive in laws and societal pressure, normally you are forced to compromise for the hope of better future ahead.

Main themes extracted from this study includes emotional responses, societal pressure , and difficulty in maintaining relationships facing domestic violence by each participant in different context the form of depression they are facing and how they react to it one participant reported low self-esteem and depression two of the participants mentioned facing hormonal imbalance

Some participants mostly felt that at times people would not understand their experiences and emotions and they have zero energy to explain their emotions to others in context of most participants if they tell their situation to others, they may not understand it

Most participants use avoiding as coping mechanism as toxic people brings causes more depression among them which brings insecurity their relations with others destroyed

Essence of experience

The essence of facing domestic violence brings dissatisfaction physical abuse and emotional trauma unhealthy coping mechanisms causes loneliness among these individuals they realize seeking help from others can cause them oversharing which is not good for them afterwards it effects their mental health which leads to catastrophic condition

Theme 2: Societal Pressure

Society plays a pivotal role in shaping the culture and streamlining the norms. However, in case of DV it has been described by the participants that society doesn't support the victims rather it urges to compromise. South Asian countries and Middle East has the tendency to absorb the society pressure and be a victim for longer duration. Participants have pondered upon the unsupportive in-laws and family is unwilling to take concrete steps due to the fear of separation. The derived result also presented all possible means available as mentioned below: -

1. In Laws 2. Parents 3. Friends Theme 3: Emotional Catastrophe

Every kind of violence has prolonged effects on mental health which causes a complicated situation for victims, they have to face the ongoing and challenging conditions which may damage their clear-thinking process and ultimately leading to catastrophic condition. Participants complained this condition to be the worst where their abilities and potential is undermined and their own existence as individual is threatened. Their kids also suffer the same fate as they are unable to cope up with the recovery mechanism as well. Participants also mentioned that nobody is willing to help and just being unaware of the mental process, ask them to compromise. This situation further leads to following effects: -

- 1. Low self-esteem & inferiority complex**
- 2. Unable to maintain relationships**
- 3. Losing interests in routine life 4. Abnormal social life**

Table 3.1
Main theme

Master theme	Initial theme
Violence and suffering in color purple	Physical violence
	Depression and anxiety
	Difficulty in maintaining relations
	Stubborn nature
Societal pressure	In-laws Friends parents
Emotional catastrophe	Low self-esteem and inferiority complex
	Losing interest in life
	Abnormal social life

<p>Difficulty in maintaining relations</p> <p>Stubborn nature</p>	<p>leave everything he used to force me to quit the job and when he used to meet my colleagues he stop me he don't want me to interact with others he want me to meet people as his wife</p> <p>I cannot even find balance in my relations with siblings and others he started used to get angry only little things And because of that he got abusive I used to yes I used to scold myself even my children Whenever I feel stress stressing conditions causes me to take Situations seriously they harm me my mental health got stuck They also make fun and criticize me so it's a mental torture</p> <p>He cannot resist his urge to beat me up he is using his bad day energy over me for the sake of regret I am not looking for any support from my neighbors because they are also involved with them</p>
<p>Low self-esteem and inferiority complex</p>	<p>I lost my confidence it's very difficult to live I have suicidal thoughts I am afraid of my doorbell of my house any sharp noise simply I want to say that I hate my life I am surprised that nobody going to talk about feminism masculinity is stuck in their minds it's vulnerable and unbearable</p>

<p>Losing interest in life</p> <p>Abnormal social life</p>	<p>secondly he had an inferiority complex with me I was educated he belongs to nice family but not so educated I had my successful carrier before marriage I had a good job I have to leave everything he used to force me to quit the job and when he used to meet my colleagues he stop me he don't want me to interact with others he want me to meet people as his wife Tho I have my own recognition</p> <p>the worst that can happen to me And I really don't want to live the life with him It's better to die or leave and go to my parents place I lost interest in almost everything</p> <p>The friend and family You need in every moment of life to his house The family and my friends They were intended to leave me But at the end last Talking about what the people will think about me When the people will think that I am having I'm seeking the help arriving Psychiatrist psychologist Read the situation I have been in the last five past 5 years Life. What I have been through I used to worry about in the start thing of my marriage like I was unable to digest that what happened with me is this what I am dreamed for After some time I decided to tell someone I don't</p>
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<p>Social interaction with Friends</p>	<p>Sometimes, I compromise no matter how hard the situation is but it never fixed so I set my boundaries just to make myself peaceful. My in laws are somehow good. So, I always go to them whenever my situation is out of my hands. They always try to make the situation calm but at the end, he (my husband) doesn't listen because he is a stubborn. He never listens to anyone. Hence, my in-laws try to end up to the situation according to the stereotypes of our society.</p> <p>My friends sometimes help me but most of the time They just try to tell me that I am the one, who has to compromise. I have not to utter a single word, it's just love which can change him. But I think when a person is obstinate, you cannot change him, whatever you do. Some people are never meant to change. I have talked about getting professional help from one of my very good friends and until now my family doesn't know about them because no matter how much they are supportive how much they love but there are some things that only friends can understand. I think, I will soon get professional help because no matter how strong you are you always feel weak at some point then you need help. I</p>
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<p>Interaction with in-laws</p>	<p>always go to my parents whenever I feel weak and emotionally down.</p> <p>They lift me up sometimes. I don't share but they are thinking about ending the marriage. When I realized that this person is not treating me well. So, I started speaking my heart out with my family, they teach me about how to save my marriage but know I am trying to make them understand that these things cannot be changed. I cannot just bear all these things. Now I will not ignore the red flags in my relationship. When you get hurt by little things, one must try to get rid of the toxic environment. And try to tackle situation positively.</p> <p>In laws Family of him Hey really want to be with the part of the family They will not only You know what the very common time youthful daughter in law that Barely I don't have any hopes on there and that was helpful for me</p>
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Interpretation

All the initial themes were compared and contrasted in order to find similarities that people suffering from domestic violence experiencing the major themes includes depression , anxiety ,physical violence , difficulty in maintaining relation with others and stubborn nature two of the participants experience low self-esteem as she said I was feeling low and confused helplessness and anxiety triggers she seems to lose interest in almost all activities perception of people living with them how they see divorced women there was zero social life some participants lose interest in their life they feel hopelessness they were seeking not any kind of help only one participant was seeking help from her friend so disturbed mental health was same for almost all participants how they were facing it without taking any kind of help just to save relationship women who were facing domestic violence during their first year of marriage thinks maybe it was due to change of environment but after sometimes their reaction was not same as emotional attachment with their husbands triggers anxiety among them one of the participant was confused regarding her pregnancy she wasn't taken care during that phase people started using slangs regarding their conditions three participants stated that their families asked them to be cooperative with your husband so no child can suffer aftermath

Physical violence

Violence and suffering it includes physical violence depression and anxiety physical violence occurs when someone uses a part of their body to control another person violence has its types such as physical violence sexual violence psychological and emotional violence it may be due to attention deficit, involvement with drugs, alcohol and poor behavior as the participant 1 was saying her husband used to beat her up

I have been facing domestic violence from last 1 year even after 5 years of my marriage.

Domestic violence has caused impaired thinking in me and I became a patient of depression due to anxiety there are lots of bruises

Aggressive nature and declining of responsibilities were main cause participant 3 said that *started used to get angry only little things And because of that he got abusive I used to yes, I used to scold myself even my children*

I am experiencing domestic violence for about three years now it is not about beating and just being violent by hand I think in my case it is more about being disrespectful and making me feel inferior I don't have any children

one of the reasons why I am facing domestic violence because i am blamed for not having children our society thinking is so backward though it's 2023 but a man isn't ready for this conversation that he can also suffer from infertility just because of his so-called ego.

her husband started getting angry on little things and then his abusive side came out which causes stress in participants life and due to lot of tension she used to scold his children it depends on upbringing and stubborn nature the participant talked about how depression causes her a lot of trauma physical violence puts her into difficult situations her husband used to put his bad energy over her by beating her torturing her often and not letting her do her work

depression and anxiety

Depression symptoms includes feeling low and sad, hopeless mood, it's a common mood disorder difficulty in childhood experiences are actually common trigger for depression stress and trauma brings up more common symptoms among adults physical and emotional abuse as participant 1 was feeling

I feel myself hopeless and helpless I couldn't raise my voice against violence because I have so many restrictions some tips, I want to give is actually you need to fight for yourself for your self-respect fight for your dignity

There was hopelessness she even doesn't bother to raise her voice against it as she is facing restrictions from her family and others, she wanted to fight but responsibilities by the family side

causes her not to be so true to her self she was feeling nervous and tense having a sense of hopelessness

It destroyed me I lost my confidence it's very difficult to live I have suicidal thoughts I am afraid of my doorbell of my house any sharp noise simply

I want to say that I hate my life I am surprised that nobody going to talk about feminism masculinity is stuck in their minds it's vulnerable and unbearable secondly, he had an inferiority complex with me

I was educated he belongs to nice family but not so educated I had my successful carrier before marriage I had a good job, I have to leave everything he used to force me to quit the job and when he used to meet my colleagues, he stops me he doesn't want me to interact with others he wants me to meet people as his wife

As participant 3 stated she lose confidence it's difficult for her to control her thoughts she was even afraid about sounds that seems normal but has emotional attachment with these she trembles and sweat whenever someone knocks the door she was confused when she interacts with other people

Difficulty in maintaining relations

People who cannot maintain relationships has difficulty while communicating fear of others thinking they have low self-esteem and confidence other insecurities also triggers when they came in contact with others participant 2 In laws and family is not very supportive sometimes playing victim role sometimes leaving it all to her forcing the victim it was all her mistake participant stated that

I seek help from my friend who has been studying psychology. I try to understand mentality of my husband. Sometimes, I compromise no matter how hard the situation is but it never fixed so I set my boundaries just to make myself peaceful.

My in laws are somehow good. So, I always go to them whenever my situation is out of my hands. They always try to make the situation calm

Individual reported to be in hesitation as it seems like they were always telling her it was her fault during the interviews participants were asked about their family behavior with them so it is stated that some were not comfortable while sharing this with their family's participant 2 stated that

I cannot even find balance in my relations with siblings and others he started used to get angry only little things And because of that he got abusive I used to yes, I used to scold myself even my children

Whenever I feel stress stressing conditions causes me to take Situations seriously, they harm me my mental health got stuck They also make fun and criticize me so it's a mental torture

Stubborn nature

Stubborn nature of person holds a great view on how they view things or an attitude refusing to change its often a sign of insecurity and way to hold low mental state person is not adapting herself according to situation stubborn person not wants to change herself not to change one's attitude or position does not want to identify his mistake's judging behavior is the root cause of stubborn nature as the participant 3 told that

He is a stubborn. He never listens to anyone. Hence, my in-laws try to end up to the situation according to the stereotypes of our society

I try to understand mentality of my husband. Sometimes, I compromise no matter how hard the situation is but it never fixed so I set my boundaries just to make myself peaceful. My in laws are somehow good. So, I always go to them whenever my situation is out of my hands. They always try to make the situation calm but at the end, he (my husband) doesn't listen because he is a stubborn. He never listens to anyone.

he used to spend all of his income YouTube time and I was hungry from 3 to 4 days there was nothing to eat at home Go to work by my husband like he doesn't allow me to go outside and work because he's Some like the toxic masculinity thought stubborn nature causes a person to close mind

person and not compromising also leads a person to reject others' ideas he has a fear of change
societal pressure by in laws

Social pressure that surrounds you on daily basis with mix up of peer pressure, home pressure and society pressure lead to socioeconomic pressure families where lack of facilities, and lack of time together causes pressure in relationships it creates a situation which causes judgement among other people they may want to be better from others this superiority complex causes them to act impulsively and harm others in this race as the participant 3 stated that

I am the one, who has to compromise. I have not to utter a single word, it's just love which can change him. But I think when a person is obstinate, you cannot change him, whatever you do. Some people are never meant to change.

I have talked about getting professional help from one of my very good friends and until now my family doesn't know about them because no matter how much they are supportive how much they love but there are some things that only friends can understand.

Participant stated that me in laws want me to not say even a single word they told me to be more understanding you have to change so it was society that causes the participant to act according to them

Societal pressure by friends

Society has a huge impact on everything peer pressure causes a person to do something that is already done has no serious consequences negative pressure from friends causes the individual to do something that is acceptable and positive pressure from friends causes them to do something positive that enhance their confidence participant 3 stated that

The friend and family You need in every moment of life to his house The family and my friends They were intended to leave me but at the end last Talking about what the people will think about me When the people will think that I am having I'm seeking the help

What I have been through I used to worry about in the start thing of my marriage like I was unable to digest that what happened with me is this what I am dreamed for After some time I decided to tell someone I don't want to tell it to my Parents because they may take a huge step.

Participant was not confident enough to seek help from friends as it will cause loss of trust this will damage her ego on the other hand participant 4 stated that

My friends sometimes help me but most of the time They just try to tell me that I am the one, who has to compromise. I have not to utter a single word, it's just love which can change him. But I think when a person is obstinate, you cannot change him, whatever you do. Some people are never meant to change.

Societal pressure from parents

Parent and child relationship plays a major role in the nurturance and grooming of child it's a kind of unique bond for the development and growth the relationship between daughter and mother has a huge impact how they interact in their further life it helps in building resilience and ability to cope with further challenges in life as participant 4 stated that

Whenever I am in difficult situations, I call my parents or I am always seeking help from my Allah.

They lift me up sometimes. I don't share but they are thinking about ending the marriage. When I realized that this person is not treating me well. So, I started speaking my heart out with my family, they teach me about how to save my marriage but know I am trying to make them understand that these things cannot be changed. I cannot just bear all these things

There is strong relationship between the parents and participant she has support from her family side having supportive family is a strong protective factor it helps in coping and increase our wellbeing when family encourages someone it leads to longer and healthy lifestyle

Low self-esteem and inferiority complex

Low self-esteem causes a person to feel withdrawal from everyday situation comparing oneself with others and also inability to complete tasks basically being raised in family where you are not good enough causes invalidation from others is root cause of low self-esteem and inferiority complex as the participant 2 stated that

I hate my life I am surprised that nobody going to talk about feminism masculinity is stuck in their minds it's vulnerable and unbearable secondly, he had an inferiority complex with me

I used to be a really positive person and I used to think that everything can be solved with efforts and love but I think something never change but when you realize that other person isn't worth it not good for your own mental health everything feels bad whenever your inner energy is down at the start of marriage

I never left my home I thought that I can be just there everything is going to be change I used to be really positive about my marriage but now my mental health is also destroyed I want to be at peace nobody dies for nobody then whenever.

Participant stated that she was positive before it but after being abused many times it causes her to lose her confidence and make her realize that nothing is more important than her you cannot make peace sometimes with all your efforts

I don't even feel comfortable at my home then I go to my parent's house for few days, still now I don't have children. Hence, I just want to shift to my parent's home. Therefore, now I have to take decision for myself because it really gets into my nerves.

It's all getting into my nerves my mental health is not in a healthy state so it was all due to depression and frustration in participant as she is having a bad time

Losing interest in life

Losing interest means you don't want to focus on things you gave up on your life everything seems apart you cannot enjoy things in life it usually happens due to overworking and in short term relationships it's a major reason of depressive disorder as the participant told that

the worst that can happen to me And I really don't want to live the life with him It's better to die or leave and go to my parents place I lost interest in almost everything

I feel I cannot trust anyone and I am alone Raising the voice against domestic violence to be very honest like I'm married to them this man is the part of my life now A lot of respect to the husband.

We, the women are supposed to give Delete bad in my own terms like i can't really fame my husband Disrespect him If I look like it's not his issue like and is not mostly not in his school Conscious,

Participant was not able to see positive aspects of life as she was not in good mood, she assumed that my life would not be same I cannot enjoy simple things in life

Abnormal social life

Abnormal social behavior leads to stressful life basically any kind of bullying, lack of healthy lifestyle and unbalanced relationships causes a unhealthy abnormal social life as participant 2 told that

I cannot even find balance in my relations with siblings and others he started used to get angry only little things And because of that he got abusive I used to yes, I used to scold myself

When the people will think that I am having I'm seeking the help arriving Psychiatrist psychologist Read the situation I have been in the last five past 5 years Life.

What I have been through I used to worry about in the start thing of my marriage like I was unable to digest that what happened with me is this what I am dreamed for After some time I decided to tell someone I don't want to tell it

Uninterested in everything scolding her children over things showing antisocial behavior and trying to see bad in everyone was felt out it was due to the stress the participant was facing and she tried to isolate herself when she became sad not interested in basic things of life as she believes that her marriage was not working maybe she cannot live a proper life all these things disturbed her mental peace she is not worried even about her future it seems like everything is feeling apart.

Social connections with her siblings and other family members were not at good terms there was hectic life routine emotional damage leads to further stress and anxiety sometimes the participant becomes depressed and isolate herself as the 3rd participant told that

I am feeling all alone I don't want to meet anyone I even don't want to talk with anyone

She was experiencing loneliness and she doesn't want to interact with anyone in her social circle she was exposed to stress and disturbance that was mainly affecting her thinking abilities and her cognitive skills were not working, Life becomes less enjoyable for her every individual facing differently some family members were supportive others were not that supportive.

Chapter 4

Discussions

This study explores the help seeking behavior among women who were facing domestic violence for this purpose four participants were taken through purposive sampling participants who were seeking help against domestic violence were selected the focus of this research was to describe the meaning associated with emotional response, mood regulation and depression. Data taken from participants formulated into themes such as physical violence, depression and anxiety and difficulty in maintain relationships second theme highlights emotional responses as stubborn nature

The themes generated gives an in-depth explanation of whole experience the participants of this were in the age range of 18-25 year. Their financial status was different some of them where financially stable others were average and one was not stable two of the participants were well educated while one of them was housewife their married life was not so good after many years

Main theme establishes the emotional response from physical violence the responses were categorized as suffering and depression which leads to difficult life their primary root cause involves stubborn nature their self-esteem becomes low due to less supportive environment by their family and friends they were fighting for hope all participants reported they cannot enjoy easy life two of the participants stated that they don't want to involve someone else as it will causes more trouble for them mostly they are going to face this on their own it brings dissatisfaction and emotional trauma seeking help from family causes burden there in laws and family was with her husband and not validating her feelings it causes so many complications for victim

One participant reported that she used to cope it by avoiding difficult situations another participant started to face all these things lonely she never approach her family as she was scared they will ask her to keep quiet and be a good daughter the second theme establishes emotional response from violence they were facing low self-esteem and inferiority complex was seem among them all participants stated that they were using different kinds of coping mechanisms overall participants felt that they would start investing intense feelings the first part interprets results while concluding the study and extracting overall results which help to answer the research questions of

present qualitative study in addition to this the second part suggest limitations that actually tend to constrict the current research on several grounds

Several literatures reviewed in order to create a linkage between the result of present study with finding of previous literatures and theoretical framework for better understanding of lived experience among victims as Giessen et al,(2021)found that seeking justice serves as kind of activism so the results concluding study helps in answering research question as participant stated that seeking help was her right and it represents implications of current study for understanding of lived experiences among victims Andalibi et al.(2016) studies that victims can get their feelings validated by others who were facing same situations and participants told that people who were under this violence supports each other and can better understand according to study participants were able to figure out situations among friends who were facing same things this study interprets different point of views of individuals some reported emotional feelings others repressed their feelings as participant tells us

One of our neighbors was also facing domestic violence her husband used to treat her badly while how can I ask for help from them

the women in this study have shown to be feeling sad and hopeless even her neighbor was facing same things while her husband was not in good relation with her, he was using power and control over victim domestic violence causes a huge impact in society including different kind of health impacts which leads to sadness and frustration

The findings of this research provides clear cut overview of the condition people facing domestic violence it also includes family history and different perspectives from different socioeconomic backgrounds in addition to this, the present study exhibits the cultural explanation or perspective of people residing in Lahore, Pakistan it shows how people view it in eastern culture there were also personality traits that participants reported to have and was slightly exhibited through analyzing transcripts personality traits found were low self-esteem , loneliness, and depressed emotional human avoidance related to unfriendliness

Seeking others help causes embarrassment and everyone thinks it actually triggers their respect mental health suffers a lot while taking stand for yourself abusive behavior as 3rd participant stated that

as like I can't really Disrespect him If I look like it's not his issue like and is not mostly not in his school Conscious, I think I stopped expectations from My family, my friends, my neighbor, whatever the people will think that I am having I'm seeking the help

This study confirms that individual differences for different responses to similar experiences without understanding and viewing each participant as a different individual the result would not be significant the major physical effect on life encountering by the participants due to the episodes were depression, low self-esteem. Avoidance and poor relations with others also not taking part in other activities

Psychological components tend to interpret the inner state of participants and their experiences however, majority of participants claimed that there was no significant effect on their social life one participant stated that she used to isolate herself after encountering an episode it also leads towards psychological distress according to present research

People take it as personal matter abuser believes that it is acceptable in society and if someone raises voice against it somehow it was forced to keep your opinions to yourself during this act tension rises and act is committed it leads to aggression , chronic health and distorted relationships children who lives with victims has developed severe psychological issues victims has higher rate of stress, fear, and anxiety they even has social interaction problem depression among participants can be either during relationship or maybe after it management for this process can be done by asking for counseling women should know their legal rights some of the participants were in physical pain it includes physical injuries and trauma it was mainly due to the lower level of education among their partners and antisocial personality disorder was seen among ones husband one participant was also saying its mainly because of male controlling behavior his husband has a belief that he is always right so it was a major factor that's becoming cause of this thing women may suffer many issues like isolation, inability to work and loss of interest

The socio-cultural explanation brings myths and stereotypes of people concerning divorced women, alone living women and their religious interpretations one of the participants claimed that not asking for help is also due to the fear of not approaching anyone maybe they breach their confidentiality there was emotional abuse which was damaging healthy relations with others participant was hurting she was not seeking any kind of help that was really bad for her mental and physical health along with relationships with others

According to the present study the participants were also able to figure out the similar experiences among their family and friends it further helps them to get relieved that they are not the only one passing through this stage of hopelessness however the episodes of depression vary from one another any kind of verbal mental and emotional violence to offend others is prohibited two participants reported that insulting behavior Infront of other family members was actually tension building stage and it was due to their husbands conservative nature there was sense of helplessness among women they just wanted to disconnect with their abusive partners it causes huge impact on their reproductive health as well as their mental health was in bad state

Our results suggest that women are mostly affected by Domestic Violence and every 3rd woman has to face it in third world countries. Society has taken very concrete steps but still it's being faced in some shape either physical or mental. The study has shown that it has been observed in each class of the society in different shapes so there is a dire need to curb the tendency. Victims usually don't share their experience out of fear and societal pressure whereas their mental condition is deteriorating rapidly with long lasting effects. There are some potential means to counter this problem, if you're in laws and family is abiding by the norms and traditions of the society then it would may lead to difficult situation but if they stand with you and support you, then there is a bright chance that you may swim through such situation.

Strength of current study

- This study focused on exploring a paradox, exploring help seeking behavior while surviving domestic violence
- it uses qualitative method to ensure depth answers it helps in providing closer picture of life encountering domestic violence and how they are dealing with it?
- The current research displays help seeking behavior as a cultural expression the transcendental approach allowed in taking out fresh data as it is, without influence of any biasness on researcher's part this allowed formation of true essence of experience
- Due to limited researches on the current topic especially in Pakistan it serves as a platform for future studies in different cities of Pakistan as it also aims in exploring cultural and social specific beliefs

Policy and Practice Implications

Since it has been felt that Asian society lacks proper policy governing bodies which have to ensure the rules implementation and to support women against the domestic violence. These findings are also valid for hardcore professionals to understand the dynamics of social life where a woman is almost left with minimum options to fight against domestic violence. So as a nation the importance of human rights and specially the campaign against domestic violence must be arranged at national level. Community role should be defined to curb such tendencies and rectify such evils from the society as well.

Limitation of the Review

The interview was conducted in only one session so which may limit the data that have been acquired for this study the targeted clients also faced some of the inbuilt personality conflicts where they were either hesitant to answer few of the questions

Recommendation

Since domestic violence is at its peak and help seeking behavior among women doesn't have proper support this leads to lack of awareness regarding this condition. There in need for

awareness to overcome this problem. Interventions in order to deal with affected women suffering from domestic violence could be recommended

Conclusion

This research has provided evident proofs of domestic violence in our society among all parts of society across the country, which is being carried out without fear stigma of society. So, there is a dire need to uphold the Women rights against such malpractices by husbands. Awareness should be inculcated amongst masses to counter such incident with firmly and bold decisions. Women should be encouraged to stand against such culprits and report the wrong doing with their beloved ones and at specific harassment center.

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Appendices

Interviews transcription

Interviews of participant 1

(One -to-one interview)

40 minutes interview

Researcher: From how many years you are facing domestic violence?

Participant 1: I have been facing domestic violence from last 1 year even after 5 years of my marriage.

Researcher: How domestic violence is affecting your mental health?

Participant 1: Domestic violence has caused impaired thinking in me and I became a patient of depression due to anxiety.

Researcher: How your children are being affected by domestic violence?

Participant 1: My children are also suffering from domestic violence as I am suffering, they adopted my depression. I feel restless sometimes I think like I have lost in all fields of my life

Researcher: How would it be for you if your friends or family knew you were getting professional help for a personal or emotional problem?

Participant 1: Not everyone is supporting me but only my parents support me sometimes with some things I have told them and discuss everything about what happens to me how my husband used to abuse me before leaving the house I have so many bruises over my body

Researcher: To how many peoples you have discussed the domestic violence?

Participant 1: I don't think that they are willing to help me if they're good or they would have helped me in some way I'm trying to involve police and wanted to see him in jail this is how I can seek my revenge

Researcher: What kind of help you are seeking from your in-laws?

Participant 1: I don't think so my in-laws will help me out regarding this issue they are by my husband side their family members are not in good terms with me they were also involved in all these things

Researcher: What kind of help you are seeking from your parents? What could make things easier for you to you to ask for help? What kind of actions you have taking on rising the voice against domestic violence? How social organization can help you in making your house peaceful?

Participant 1: I am trying to involve police in this matter sometimes I feel lost I miss my children I have no hope to see them again I'm trying my best to file a case against them it's personal issue I don't like involving third party either they are my in-laws or whatever my neighbors I just want to get rid of it as soon as possible social organizations also feel like third party for me

Participant 1: I am done with interview I don't feel like giving answers to next question I am not feeling good thankyou Participant 2: 2nd one

(One -to-one interview)

Time duration: 35 minutes

Researcher: From how many years you are facing domestic violence?

Participant 2: From 3 years I have been facing this violence.

Researcher: How your children are being affected by domestic violence?

Participant 2: It causes a huge effect on my children I want to save them

Researcher: How would it be for you if your friends or family knew you were getting professional help for a personal or emotional problem?

Participant 2: I know I didn't have any friends so I knew I have to deal with it by myself.

Researcher: What kind of help you are seeking from your in-laws?

Participant 2: Actually, my in-laws are not so cooperative in many ways they search reasons to fight with me on many issues my parents told me to compromise for every situation because I have children, I couldn't ask for any kind of help because I know they gonna trace out all the things and going to torture me in future.

Researcher: What kind of help you are seeking from your parents? What could make things easier for you to you to ask for help? What kind of actions you have taking on rising the voice against domestic violence?

Participant 2: I want to save my children from this I didn't approach any social platform for help I am not trusting any kind of person because the one who is close to me betrayed me very well how can I trust others the one challenge I face was that I don't want to demotivate my children and I lower down my standards to help my husband which is not a good thing and youth has to look for this most difficult challenge was that I have no support from my parents

Researcher: In light of your own experiences, what do you believe to be some of the most significant challenges, including practical challenges, that other young males your age encounter when they try to seek for assistance? Consider some of the people you get along with.

Participant 2: I feel myself hopeless and helpless I couldn't raise my voice against violence because I have so many restrictions some tips, I want to give is actually you need to fight for yourself for your self-respect fight for your dignity don't lose your power give priority to yourself first at any cost everyone was there to watch fight my neighbors actually laugh at my situation that's why I couldn't ask for help they use to talk from back so I don't ask for any kind of help

Researcher: I would also be interested in hearing any further insights that you may have. Is there anything else at all that you'd want to remark on or share with the community? What kind of support you are looking from your neighbors?

Participant 2: Yes, when my husband left his job, he started used to get angry only little things And because of that he got abusive I used to yes I used to scold myself even my children Whenever I feel stress stressing conditions causes me to take Situations seriously they harm me my mental health got stuck They also make fun and criticize me so it's a mental torture I am not looking for any support from my neighbors because they are also involved with them.

Participant 3:

(One-to-One interview)

45 minutes

Researcher: From how many years you are facing domestic violence?

Participant 3: I am facing this for 2 years

Researcher: How domestic violence is affecting your mental health? What are the causes of domestic violence according to your point of view?

Participant 3: It destroyed me I lost my confidence it's very difficult to live I have suicidal thoughts I am afraid of my doorbell of my house any sharp noise simply I want to say that I hate my life I am surprised that nobody going to talk about feminism masculinity is stuck in their minds it's vulnerable and unbearable secondly he had an inferiority complex with me I was educated he belongs to nice family but not so educated I had my successful carrier before marriage I had a good job I have to leave everything he used to force me to quit the job and when he used to meet my colleagues he stop me he don't want me to interact with others he want me to meet people as his wife Tho I have my own recognition I have no children by the 3rd year of my marriage I was expecting but during my pregnancy I have swear anxiety issue I'm coping with situation so I had a miscarriage in my 2nd trimester

Researcher; How would it be for you if your friends or family knew you were getting professional help for a personal or emotional problem? To how many peoples you have discussed the domestic violence?

Participant 3: The friend and family You need in every moment of life to his house The family and my friends They were intended to leave me But at the end last Talking about what the people will think about me When the people will think that I am having I'm seeking the help arriving Psychiatrist psychologist Read the situation I have been in the last five past 5 years Life. What I have been through I used to worry about in the start thing of my marriage like I was unable to digest that what happened with me is this what I am dreamed for After some time I decided to tell someone I don't want to tell it to my Parents because they may take a huge step.

Researcher: What kind of help you are seeking from your in-laws?

Participant 3: In laws Family of him Hey really want to be with the part of the family They will not only You know what the very common time youthful daughter in law that Barely I don't have any hopes on there and that was helpful for me

Researcher: What kind of help you are seeking from your parents? What could make things easier for you to you to ask for help?

Participant 3; After 1 year of a marriage, I moved abroad with him and it's been 4 years Met my parents I can't share with them They are not aware about it. So, what can I hope Taking help with easier in sales because as you know people judge Problems. They will judge me Consider but Listen to her thing try to understanding and expected I'm going to share what I'm I have been through in my life with my friend Privately

Researcher: What kind of actions you have taking on rising the voice against domestic violence?
How social organization can help you in making your house peaceful?

Participant 3: Raising the voice against domestic violence to be very honest like I'm married to them this man is the part of my life now A lot of respect to the husband. We, the women are supposed to give Delete bad in my own terms like i can't really fame my husband Disrespect him If I look like it's not his issue like and is not mostly not in his school Conscious, I think I stopped expectations from My family, my friends, my neighbor, whatever. Whatever you can see from me when my husband or even from myself.

As I told you that he's Drug addict Can hire Organization Please help me. I really want him to be here Because the thing is Clear he used to spend and still spending on his drugs for anyone in any social center that works for the rehabilitation of drug addict.

Researcher: Have you ever thought to leave your home in order to protect yourself from domestic abuse?

Participant 3; Thought that when he Marriage got fractured that time Repost me from the staircase I wasn't thinking that it's the most worst that can happen to me And I really don't want to live the life with him It's better to die or leave and go to my parents place But the matter was I didn't had enough money to buy the ticket to return home due to my home country Pakistan

Researcher: In light of your own experiences, what do you believe to be some of the most significant challenges, including practical challenges that other young males your age encounter when they try to seek for assistance? Consider some of the people you get along with.

Participant 3: I think so To my husband but as you know he was attracted he used to spend all of his income YouTube time and I was hungry from 3 to 4 days there was nothing to eat at home Go to work by my husband like he doesn't allow me to go outside and work because he's Some like

The toxic masculinity thought In my case Sometime I feel Like he's a guy and hearted man. He's not like this

Researcher: I would also be interested in hearing any further insights that you may have. Is there anything else at all that you'd want to remark on or share with the community?

Participant 3: The only thing Life is hard to be very honest I heard many cases about the domestic violence in the in abroad far away from the family different developments I think that is good It's all about the feet the destiny a person has but before getting married or before the manager of your daughter please think twice.

To take care of my responsibilities my expenses I can manage on that I'm suffering but you know I think so I became habitual for me it's not new more Before getting married beef financially independent Going to spend the complete rest of your Life There are religion ideology.

Researcher: What kind of support you are looking from your neighbors?

Participant 3: Well, it will be shocking for you that in my neighborhood there is also a family basically that is a Bangladeshi family Dad has the same issues with his own family he was also abusive towards his wife.

Participant 4;

(One-to-One interview)

50 minutes

Researcher: From how many years you are facing domestic violence?

Participant 4: I am experiencing domestic violence for about three years now it is not about beating and just being violent by hand I think in my case it is more about being disrespectful and making me feel inferior I don't have any children this is one of the reason why I am facing domestic violence because i am blamed for not having children our society thinking is so backward though it's 2023 but a man isn't ready for this conversation that he can also suffer from infertility just because of his so called ego.

Researcher: How domestic violence is affecting you mental health?

Participant 4: My mental health has been compromised I used to be a really positive person and I used to think that everything can be solved with efforts and love but I think something never change but when you realize that other person isn't worth it not good for your own mental health everything feels bad whenever your inner energy is down at the start of marriage I never left my home I thought that I can be just there everything is going to be change I used to be really positive about my marriage but now my mental health is also destroyed I want to be at peace nobody dies for nobody then whenever.

Researcher: what kind of help you are seeking from your parents and you'r in laws helping you in some way?

Participant 4: I need a break from my husband and in law's who are also to some extend involved in domestic violence who always tell me to keep silence. I don't even feel comfortable at my home then I go to my parent's house for few days, still now I don't have children. Hence, I just want to shift to my parent's home. Therefore, now I have to take decision for myself because it really gets into my nerves. My social circle is very supportive; whenever I feel low I always go out with my friends and family.

I have made this thing clear to that I will do whatever I wanted to do whatever is good for me. I realized that no one is going to help you if you are not helping yourself .First you should be your own priority .I think the biggest pressure that stops you from seeking help is always society that teaches you to compromise but It's in our religion that you can standup for yourself, you should always be your priority but still we sacred to think about separation , somehow our families are also influenced by society because they are also part of society but if you want peace you can do

anything you have to be courageous enough to make your parents understand. This is not what marriage means. Furthermore, it's not how a relationship between husband and wife should be. Everything works slowly and gradually. It took me 2 years to make my parents understand that I am right, these little issues are not bigger ones and one have to take steps before bigger loss. One should not think that it is not a biggest sin to seek help it's not only between husband and wife you have to take decision for yourself, if nobody is helping you know your worth financially stable.

And independent marriage is just a part of life it is not your life. So, you have to take a step to make your own life good asking for help is always an easy choice for me.

Researcher: To how many people you have discussed this issue and what could make things easier for you to seek help?

Participant 4: I don't find it difficult at all because I know what to do. Whenever I am in difficult situations, I call my parents or I am always seeking help from my Allah. I seek help from my friend who has been studying psychology. I try to understand mentality of my husband. Sometimes, I compromise no matter how hard the situation is but it never fixed so I set my boundaries just to make myself peaceful. My in laws are somehow good. So, I always go to them whenever my situation is out of my hands. They always try to make the situation calm but at the end, he (my husband) doesn't listen because he is a stubborn. He never listens to anyone. Hence, my in-laws try to end up to the situation according to the stereotypes of our society. They just try to tell me that I am the one, who has to compromise. I have not to utter a single word, it's just love which can change him. But I think when a person is obstinate, you cannot change him, whatever you do. Some people are never meant to change. I have talked about getting professional help from one of my very good friends and until now my family doesn't know about them because no matter how much they are supportive how much they love but there are some things that only friends can understand. I think, I will soon get professional help because no matter how strong you are you always feel weak at some point then you need help. I always go to my parents whenever I feel weak and emotionally down. They lift me up sometimes. I don't share but they are thinking about ending the marriage. When I realized that this person is not treating me well. So, I started speaking my heart out with my family, they teach me about how to save my marriage but know I am trying to make them understand that these things cannot be changed. I cannot just bear all these things.

Now I will not ignore the red flags in my relationship. When you get hurt by little things, one must try to get rid of the toxic environment. And try to tackle situation positively.

Researcher: According to your point of view, what are the causes of domestic violence? How your children are being affected by domestic violence?

Participant 4: I think domestic violence is not because of any one reason, it can be due to many reasons. It depends on your Upbringing, your environment where you study. I think social media has a big influence on individual mind. According to me, one of the biggest reasons is lack of knowledge in my case my husband is really into gambling and spends all of the money there. At first, I tried to teach him that this is Haram in our religion, our life will be spoiled but he can't leave how matter how hard I tried. He could leave me but couldn't leave his gambling. I will like to share that one should never ignore red flags even if you have little glimpse that the person is a narcissist, he always thinks he is right but if you are educated you should know what's good for you. You always have to be respectful with yourself first than you can expect others to respect you. I am not against compromises but on both take and give situation. It will not be one sided. I think there is a pressure on me but I have to be brave enough to face the challenges of life ahead. One should spend initial time in understanding another person. Whenever he is in anger, he shouldn't disrespect you. Neighbors are the one who knows each other very well. I got to know about my husband from them. After then I decided to take step for my peace of mind.

Researcher: In light of your own experiences, what do you believe to be some of most significant challenges including practical that other young males of your age encounter, when they try to seek help?

Participant 4: I just wanted to say again that never ever ignore red flags everything isn't a coincidence it is always a sign that you should not ignore. My neighbors actually opened my eyes. As a good daughter nobody wants to make their parents sad. You just don't want to make situation worse because you think that everything is going to be alright one day, there are some fundamental differences at the start of marriage but slowly and gradually I understand that there are some visible problems and issues which are not going to be end but forever. Therefore, I started telling this to my mom and slowly my family became aware of the issues I have been facing since the start of a

marriage. I also try to solve problems by keeping all issues within to me but one has to show the true picture of our miseries to our close ones too.

Informed consent forms

Consent form of the participants

I _____ voluntarily agree to participate in this research study. I have been informed about the format of current qualitative research on the topic **Exploring the phenomenon of help seeking behavior of women despite experiencing Domestic violence** under the supervision of Ms. Sonia Naeem. I understand that I will not benefit directly from participating in this research. I agree to my interview being audio- recorded. I understand that all the information I provide for this study will be treated confidentially so I understand that I can withdraw permission to use data from my interview within one week after the interview, in which case the material will be deleted

Signature of participant

Signature of researcher


I believe that participant is giving informed consent to participate in this study

SAMPLE COPY OF QUESTIONNAIRE

From how many years you are facing domestic violence?

2. How domestic violence is affecting your mental health?
3. What are the causes of domestic violence according to your point of view?
4. How your children are being affected by domestic violence?
5. How would it be for you if your friends or family knew you were getting professional help for a personal or emotional problem?
6. To how many peoples you have discussed the domestic violence?
7. What kind of help you are seeking from your in-laws?
8. What kind of help you are seeking from your parents?
9. What could make things easier for you to you to ask for help?
10. What kind of actions you have taking on rising the voice against domestic violence?
11. How social organization can help you in making your house peaceful?
12. Have you ever thought to leave your home in order to protect yourself from domestic abuse?
13. In light of your own experiences, what do you believe to be some of the most significant challenges, including practical challenges, that other young males your age encounter when they try to seek for assistance? Consider some of the people you get along with.
14. I would also be interested in hearing any further insights that you may have?

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<input type="checkbox"/>	Emania Fatima	BA/BSc June Defense 2023	8% ■	/	*		2087291390	08-May-2023
<input type="checkbox"/>	Asmar Khan	BA/BSc June Defense 2023	8% ■	/	*		2087268677	08-May-2023
<input type="checkbox"/>	Serene Zehra	Serene Zehra	8% ■	/	*		2085185674	05-May-2023
<input type="checkbox"/>	Fiza Amjad	Fiza Amjad	9% ■	/	*		2085346874	05-May-2023
<input type="checkbox"/>	Alizey Mobasshar	Thesis Alizey Mobasshar	9% ■	/	*		2086321489	07-May-2023
<input type="checkbox"/>	Shahzay Shahzay	BA/BSc June Defense 2023	10% ■	/	*		2087295039	08-May-2023
<input type="checkbox"/>	Kanza Chaudhary	Negative life events, positive and negat...	11% ■	/	*		2085214806	05-May-2023
<input type="checkbox"/>	Fatima Atab	BA/BSc June Defense 2023	13% ■	/	*		2087293083	08-May-2023