

Gender-Based Violence: Causes, Effects, and Prevention

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Gender-based violence (GBV) is a life-threatening health and security problem. It is recognized as a problem in the contemporary world, having no economic, social, or national boundary. GBV refers to violence directed at individuals or groups constructed on their sexual identity (Davies & True, 2015). The definition includes any other violence that disproportionately impacts people of a particular gender. Forms of GBV include sexual, physical, or mental harm targeted at people because of their gender variations. It also entails threats of coercion, denial of freedom, and assault in private or public. Notably, several researchers estimate that one in three women face GBV in their lifetime (The United Nations High Commissioner for Refugees [UNHCR], n.d.). Violence is known to cause physical injuries, economic problems, sexual abuse, and the victim's general suffering. Hence, the causes, effects, and prevention of GBV are discussed.

Several people justify violence against women and girls on cultural gender-related norms. Over many years, social and cultural values have regarded males as powerful, aggressive, and controlling, leading to their dominance over females. Women are considered nurturing, passive, emotional, and submissive. This enhances their roles as helpless, powerless, and weak compared to men (Davies & True, 2015). The outcome is a substantial difference in socialization between the two genders, resulting in abusive power imbalances in society. It leaves communities to accept behaviors that are destructive against their women. As a result, domestic abuse, rape, and sexual harassment are viewed as expressions of cultural norms, throwing women into the pain of GBV. Apart from harmful cultural gender norms, violence against women and girls is caused by genetic predisposition, neurochemical abnormalities, personality characteristics, and information processing problems.

GBV has devastating effects on its victims, especially women. Costs or damages resulting from the crime may include sickness, leading to loss of productivity at work; thus, preventing the victims from self-sustenance. Many people also face physical and mental damages, encompassing disadvantageous effects on children. The population of females who experience disability and death due to domestic violence and rape as a form of GBV is also high (Brahmapurkar, 2017). Too, the victims suffer health conditions like hemorrhaging and fractures. Moreover, most GBV victims are usually diagnosed with chronic pains, central nervous system disorders, and sexually transmitted diseases (STDs). Furthermore, many hospitals have reported predicaments of depressions, attempted suicides, and posttraumatic stress disorder (PTSD) among GBV victims (Daruwalla et al., 2019). Other effects of the crime include reproductive health problems and immature death.

Many scholars have recommended effective interventions towards ending GBV because of the resulting harmful effects. The first one is encouraging women's full involvement in civil societies. Accordingly, the intervention's proposers maintain that civil groups give women the power to fight against cultural practices that promote the vice (Akgul, 2017). It enables women to speak loud against GBV. Another remedy is scaling up prevention measures to address the crime by examining gender norms and their connection to control disparities and violence (Daruwalla et al., 2019). The solution is considered adequate when there is a collaboration among stakeholders, spanning across multi sectors and socio-ecological spectrums. Developing support programs for experts facing secondary trauma is also another intervention against GBV. The intervention is vital in dealing with the source of the dilemma.

In conclusion, GBV remains one of the major current global issues. It threatens people's health and security. The crime hinders women and girls from having autonomy over their lives.

As common victims of GBV, the majority suffer health problems such as mental, physical, and social issues. The worst part is that some communities have cultural values grounded on gender identities leading to increased GBV. Also, diverse victims experience chronic and short-term health problems, resulting in unemployment, loss of income, and detrimental effects on children. Besides, GBV victims undergo depression, attempted suicide, and posttraumatic stress conditions. Nevertheless, the victims should not worry much due to the many interventions suggested against the problem.

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