

The Family Counseling Model: Against Family Violence

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The aim of this study was to determine family counseling model can effect change in the women violence in family counseling centers at police station . In India women are subjected to more physical violence as compare to psychological assaults. (Singh A.) The Psychological distress is the consequence of Physical violence. (Shrivastav U.)The sample consist of 40 (20 M, 20 couple M &F) randomly selected from family counseling Centers of police station where women has launched complained against man against physical violence. The treatment conditions include contingency management (CM) and Family counseling support (FCS) . The analysis of violence rate for 20 participants at 3 month intervention indicated significant interaction effect of treatment . Time with FCS yield better outcome as to CM. The finding indicate that women violence can be reduced by family counseling model , reduces mental distress and enhance mental health.

Keywords: family counseling model ,contingency management ,Family counseling support ,mental distress.

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I. INTRODUCTION

Throughout the history of professional psychology ,the importance of the family in shaping the psyche and behaviour of the individual has been recognized.(Gelso &Fretz,1995).The Family therapy movement, which began in the 1950s, originated from two direction , one was the study of families in which one or more of the offspring became severely disturbed psychologically (Nichols, 1984),the original aim was of understanding troubled families, the other was the independent work of creative clinician to experiment with family- based treatment on experiential family Counseling (Whitaker,C,1986) . The family mechanism serve to regulate the pattern of interaction within the family unit. Homeostasis maintains a constancy of functioning within the family. The family homeostasis is seen as a nonstatic, dynamic state –a state of equilibrium. The experiential family counselor works with the parts. The family is more than the sum of the individuals in it. System theory is that systems are organized whole, and elements within a system are necessarily interdependent.(P.Minuchin,1985).The whole is greater than the sum of entire family. The goal of unfreezing emotionally the family members ,sharing immediate experience with family members and spontaneous expression is placed at premium.(Whitaker 1976)The strategic family counseling is a cluster of approaches ,with a common systems orientation to family problems and some shared conceptions of treatment is best performed.

Violence against women is globally pervasive .It exists in every county ,across boundaries of culture, class, cast, education ,income ,ethnicity and age. The worst manifestation is south Asia ,which is known as most gender insensitive region in the world .(Mahabub ul Haq,2001) The same trend is reflected in the status of women in India and recognized by the policy maker in India that violence against women and girls is a serious constraints to the achievement of the country development. Around the world at least one woman in every three has been beaten, coerced into sex, or otherwise abused in her lifetime. Most often the abuser is a member of her own family.(Heise, Lori, et al. 2018) The violence against women is defined as “Any act of gender based violence that results in ,or is likely to result in ,physical ,sexual or psychological harm or suffering to women ,including threats of such acts .coercion or arbitrary deprivations or liberty ,whether occurring in public life.” (United Nation Article 1) Article 2 of the UN Declaration clarifies “ Violence against women should encompass ,but not to ,act of physical ,sexual ,and psychological violence in the family and community. These acts include spousal battering ,sexual abuse of female children ,dowry related violence ,rape ,including marital rape and traditional practices harmful to women.”

In India only 33% of women sought help from special cell due to violence approached the police for help (special cell for women and child in Mumbai 2000)

EVIDENCE

There is very little formal data available on crime against women due to lack of systematic documentation and under reporting.

In 1998, the National Crime Record bureau reported that growth rate of crime against women would be higher than the population growth rate by 2010. Registered crime against women have increased of 8.7% between 1997 and 1998 and 3.3% between 1998 and 1999.

21% of women in India have experienced violence since the age of 5, and 19% have been beaten or physically mistreated by husbands, 2% by in-laws and 3% by other persons. (NFHS-2 1998-99 and NFHS-3 2005-06). 9 out of 10 are beaten by their husbands, 1 out of 7 are beaten by other person and 1 out of 12 have been beaten by their in-laws.

Violence against women is used as a tool to reinforced and maintained gender role and as a weapon to punished women who transgress them.

The NCRB (National Crime Records Bureau), 1999, 2015; data reveals that torture of women by husband and relatives increased by 90% from 1989 to 1990 and by 13% in 1995-1996.

In rural area 53% women experienced at least one form of physical abuse or psychological abuse by their husbands.

There is increase evidence to show that women and girls are more risk of violence within family than from strangers, which shatter the myth that the family is the safest place for women. The analysis of the NCRB data for 1999 shows that cruelty by husband and dowry related violence together account for 36% of total crime against women recorded by the police.

The domestic violence is marginally high among poorer and less educated women, women from middle and upper middle class.

Domestic violence refers as to any act of violence in the house – it includes differential treatment of girls, wife beating and abuse torture of daughter in law and neglect of widowed women in the family. (UNICEF 2001).

Physical violence in intimate relationship is almost always accompanied by psychological abuse and in one third to over one half of cases, by sexual abuse

There is culture silence around issues such as violence if the perpetrator is within the family.

The Family Counseling Center traces its origins back to 1955, when Monsignor Cook, working with the Federation of Catholic Charities, set up the Social Service Bureau. Bureau to offer a reconciliation service for people who had serious marital difficulties. From the very beginning, programs were developed to respond to the psycho-social needs of families. Report for the Fourth World Conference on Women at Beijing in 1995 Indian government accepted in the Country the fact that domestic violence on women in the society is a hidden menace. Two Indian States i.e. Madhya Pradesh and Maharashtra together account for 29.7% of total registered crime against women. Domestic violence in any form harasses women and increases their vulnerability for ill health, ultimately leading to psychosomatic disorders like depression, anxiety, hypertension, high suicidal tendency.

Realizing the fact that mental health is a neglected issue in India, Family Counselling Center (FCC) were established in Madhya Pradesh in 1995 in Indore and Bhopal by Police Department and by the Institution of Family counselling Support Services in 1999 in five districts- Satna, Rewa, Sidhi, Chattarpur and Panna. FCCs are supported financially by United Nations Fund for Population Activities (UNFPA) followed by Jabalpur, Bilaspur district of Madhya Pradesh running in the M.P. Police station under the Department of M.P Police. Keeping this in mind the **objective of the** study was to identify the type of family violence in the family and use of family Counselling model to decrease violence and have long term implications among low economical background and less educated at Family Counselling centers at Police stations in M.P. India.

Quality community based studies have been important in understanding the dynamic and actual prevalence of violence against women.

Participants

Participants were 40 (20 male/female couple) randomly selected from family Counseling Centers at Police Station T.T. Nagar Bhopal with mean age M=30.5 and Female =22.4 years of Low economical social status (Average income PA 15000/-Rupees) from Joint family registered complain against Physical violence. Social, Economical and Demographical characters of the sample is presented in table no 1.

Table no 1
Social, Economical and Demographical characters of the sample

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Age	M= 30.5Yrs (22-32yrs) F = 22.4 Yrs (18-23 yrs)
Education	M= Middle to Higher School F= Primary to Middle school
Religion	Hindu

Family	Joint
Income	15000/- PM (10000/--18000/-) as reported

Measures

The case registered Performa developed by counselors of Police department for registering the case in Family Counseling Centers (FCC) for demographic data and general out of complain, A open ended questionnaire related to violence and personal account of the way violence is perceived to identify the type of reported violence in Bhopal. Domestic Violence Scale (Singh A.P.) to assess and evaluate the change in the degree (5 point scale)of violence after implementing family counseling model .

Design

Control Condition	Experimental Condition
20 Male or Female (individual)	20 Male and Female (Husband ,Wife and Family)
Assessment of Women Domestic Violence	Assessment of Women Domestic Violence
Contingency Management (3 months)	Family Counseling Model (3 months)
Change in reported Degree of Women Domestic Violence	Change in reported Degree of Women Domestic Violence

Procedure

The registered case of violence against women were randomly selected from the case registered Performa developed by Police Department at T.T. Nagar Police station ,Bhopal, M.P. The participants were individually administered the open ended Questionnaire to access the type of violence faced by women. The selected sample was administered the Domestic Violence Scale (DVS based on 5 point rating scale) to assess the type of violence , followed by 3 month family counseling : The family system Approach in experimental group and contingency methods in control group followed by re administration of Domestic Violence Scale (DVS) to assess the change in the degree of violence in both the groups.

The contingency management were Police summon to husband, individual counseling ,short term detention at police station of husband ,Shot term shelter of wife at women Shelter homes ,counselor /Police visit to home of husband or wife etc.

II. RESULTS AND DISCUSSION

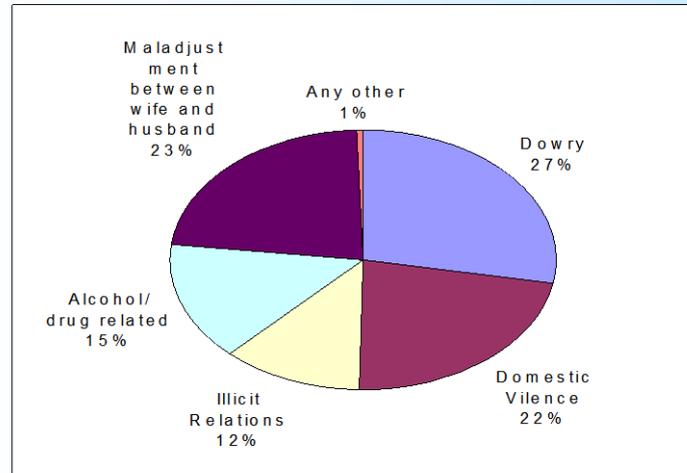
In accordance to the strategy of study results are also discussed in two sections. The Section ‘A’ reveals the result of the study that are based upon the type of violence faced by women reported at FCC T.T.Nagar Police station in between January to April 2006 in Bhopal. The Section ‘B’ deals with the comparison between contingency measures and use of family counseling Model in reduction of violence against women.

“Section A”

The cases registered at Family Counseling Centers indicated following type of crime against women .One of the significant finding emerged from the study is that 22% reported domestic violence and 23% maladjustment between husband and wife which lead to Physical violence. In India women feel powerless in context to violence and accept violence as gender based role without question and it becomes more difficult to estimate the actual prevalence of domestic violence.(NFHS-2)

Table 1: Percentage of Type of Crime Reported at Family Counseling Centers

Percentage of Types of Cases coming to FCCs



The content analysis of Domestic violence among women reflected in form of Physical Violence, Psychological Abuse, Sexual Abuse and Economical Abuse. The Table no 2 indicates the kind of violence faced by reported women.

Table 2: Type of Violence against women

Type	Manifestations	Frequency /months
Physical abuse	Hitting Slapping Kicking /Punching Choking Physical object to cause injury	8months (M=60) 8 months (M=65) 6 months (M=32) 6months (M=23) 2 months (M=20)
Psychological abuse	Threats Dictating Verbal Abuse Humiliating Seeking autonomy	2 months (M=22) 8 months (M=60) 8 months (M=180) 2 months (M=60) 2 months (M=30)
Sexual Abuse	Rape Unwanted touch Refusal of safe sex Unwanted ways of sex	8 months (M =2) 8 months (M=26) 12 months (M= 60) 2 months (M=12)
Economical Abuse	Stealing or destroying personal belonging Demanding Money Withholding basic needs food/cloths Violating personal autonomy. (Not allowing wife to be economically independent.)	6 months(M=14) 12 months(M=120) 3 months (M=60) 3 months (M=30)

The notion of ‘Violence’ constitutes an important violence phenomena and it has proven great relevance and concern to third world countries which are faced with problem of enhancing well being and quality of life in different domain of life and mental hygiene. As a result, social scientists are making efforts to understand the psychology of violence. In the same context this research tries to understand the structure of violence on the basis of cognition experienced by victims. The table: 2 presents the type, style, onset and frequency of violence faced by participants in the FCC. Finding illustrates that the violence is categorized into physical, psychological, sexual and economical abuse. The reported occurrence and history of violence is M 5.6mnths and frequency is M 49.2. Physical Violence is manifested in the form of slapping and hitting accompanied with psychological abuse verbal abuse ,humiliating and dictating . In sexual abuse the most violated is unsafe sex followed by economical abuse by demanding money ,being forceful and violating personal autonomy. Most of women participants were part time employed as domestic helpers in houses and violating personal autonomy is the main cause of fallen out of employment. The sexual abuse and Economical Abuse reflect same type of results. Many cultures have beliefs, norms, and social institutions that legitimize and therefore perpetuate violence against women. .(Heise, Lori, et al. 2018) The physical violence in intimate relationship is almost always followed along with psychological abuse , in one third to one half cases followed by economical and sexual abuse.(ICREW 2004) . Domestic violence is rampant in Indian home and is so pervasive that it is largest category of crime against women (NCRB 1995-1999) and still not reported at police station by victims as crime in equation to actual prevalence rate by women of all social economical status.

“Section B”

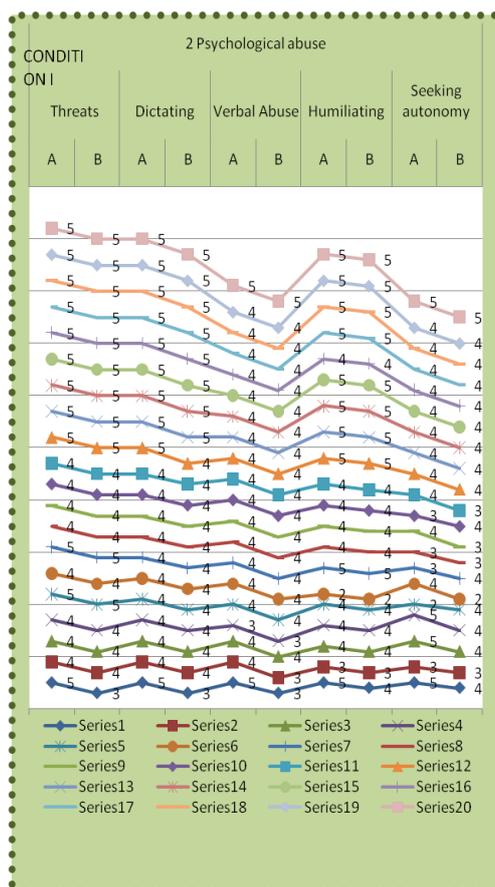
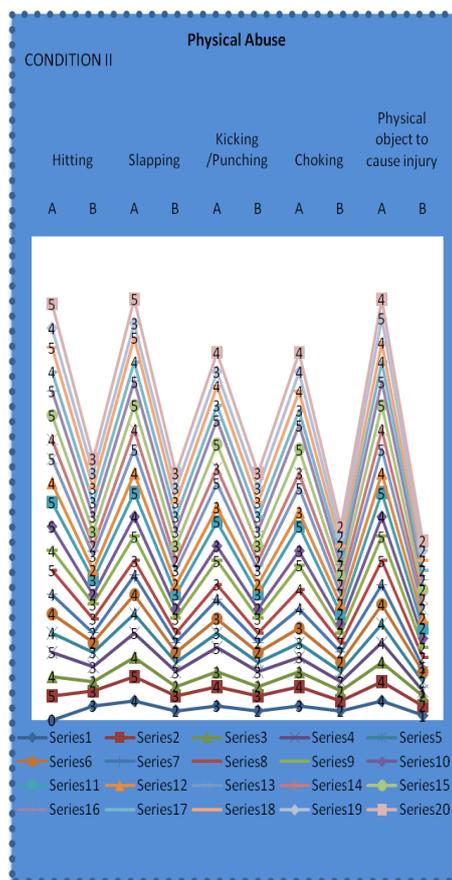
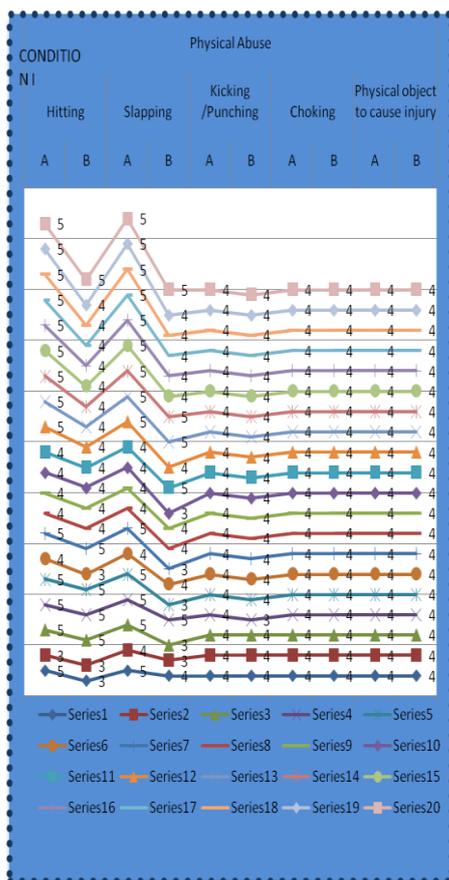
This study made an effort to understand the application of Family Counseling Model: The family system Approach in compare to contingency management in decreasing violence against women. It strives at exploring the status of violence against women violence after intervention in two conditions. The descriptive statistics showing the comparison of two conditions on four type of violence faced by women in Table 3.

Table 3: Mean and SD of Type of Violence against women

Violence Against Women					
TYPE		CONDITION I		CONDITION II	
		A	B	A1	B1
Physical abuse PA	M	4.27 (0.5)	4.2 (0.44)	4.2 (0.7)	2.3 (0.53)
2 Psychological abuse Psy A	M	4.3 (0.66)	4.17 (0.68)	4.49 (0.57)	2.75 (0.64)
3.Sexual Abuse SA	M	3.9 (0.91)	3.92 (0.75)	3.6 (0.86)	1.61 (0.78)
4.Economical Abuse EA	M	3.8 (0.3)	3.7 (0.44)	3.8 (0.5)	2.19 (0.71)

Note: SDs are given in parentheses.

It was found that the effect on condition was evident on type of violence. The implementation of contingency intervention (condition I) has not reflected change in Mean over the type of violence in pre (A) and post (B) condition indicates no clear effect in reducing violence. The Family system approach (condition II) has indicated clear effect in reducing violence. The mean score of PA B2 M =2.3 is less than A1 M=4.2 indicates reduction in physical violence , Psy A B2 is 2.75 is less than A2 4.49 indicates the psychological abuse has reduced after implementation of family counseling model . The Family system approach of counseling has long term effective implications in reducing violence against women in Indian sociocultural settings.



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