

# POST COVID FAMILY STRUCTURE DYNAMICS AND PSYCHO-SOCIAL WELBEING

sub theme: **DOMESTIC VIOLENCE**



- Domestic violence, also called intimate partner violence, is a **pattern of abusive behavior in a relationship that is used by one partner to gain or maintain power and control over another partner.**
- These acts of violence and coercion are committed by people of all genders against people of all genders.
- Even before the COVID-19 pandemic began, 1 in 3 women experienced physical or sexual violence mostly by an intimate partner. Understood as a behavior focused on the oppression of another individual, causing significant hurt and trauma through physical, sexual, and mental harm, domestic violence is prevalent across all ages, ethnicities, and economic classes. Amidst the COVID-19 pandemic, domestic violence cases have grown exponentially worldwide, especially violence against women
- Emerging data shows an increase in calls to domestic violence helplines in many countries since the outbreak of COVID-19.
- Sexual harassment and other forms of violence against women continue to occur on streets, in public spaces and online during lockdown

- According to the 2016 Uganda Demographic and Health Survey (UDHS), violence and discrimination among Ugandans, occurring in combination or isolation from each other in the 12 months preceding the survey was reported as physical violence (20%), sexual violence among women (13%) and men (4%), and spousal violence (39%) for each of the sexes. Potential influencers of violence and/or discrimination included age, sex, employment status, employed vs unemployed, education level, wealth status, rural vs. urban settings, having a disability, race or ethnicity, lifestyles such as alcohol consumption, substance use, and marital status among others.
- The overall magnitude of all forms of IPV in East African countries was 32.66% [95% CI 32.27, 33.05], with the highest IPV occurring in Uganda (14.93%) and the lowest IPV recorded in Comoros (0.87%) what might happen to them and the people they love.
- Uganda as a nation has been hit by increased numbers of domestic violence the primary victims being women and children. However, some districts were affected badly compared to others for example Wakiso had the highest number of child abuse. While Wakiso makes a record in child abuse as a section of domestic violence, Kitgum and Kasese recorded the highest number of Intimate Partner Violence (IPV) and UBOS reported Kitgum with 60% of IPV followed by Kasese with 58%.

# **Three distinct phases which are generally present in violent relationships**

**Tension building phase**



**Violence episode phase**



**Remorseful/honeymoon  
phase**

## **Why do people stay with their abuser?**

- A victim's reasons for staying with their abusers are extremely complex and, in most cases, are based on the reality that **their abuser will follow through with the threats they have used to keep them trapped**: the abuser will hurt or kill them, they will hurt or kill the kids, they will win custody of the children, they .

## **Why is it important to focus on domestic violence?**

- It can lead to negative health outcomes such as chronic pain, increased risk of stroke, heart disease, lung disease, diabetes, cancer, or gynecological problems. There are also behavioral health concerns like depression, alcohol and substance abuse, and high-risk sexual behaviors

## **What impact has COVID-19 had on domestic violence?**

- COVID-19 has caused major economic devastation, disconnected many from community resources and support systems, and created widespread uncertainty and panic. Such conditions may **stimulate violence in families where it didn't exist before and worsen situations in homes where mistreatment and violence has been a problem.**

# What impact has COVID-19 had on domestic violence?

- COVID-19 has caused major economic devastation, disconnected many from community resources and support systems, and created widespread uncertainty and panic. Such conditions may stimulate violence in families where it didn't exist before and worsen situations in homes where mistreatment and violence has been a problem.
- Domestic and family violence tears lives apart. 1 in 3 women experience physical or sexual violence, or both, caused by someone known to them. It affects women, children, the family and the community. And it has big personal, social and economic effects.

## **EFFECTS ON THE VICTIM**

- Death, illness, injury and disability — domestic and family violence is the leading cause of death, illness and disability for women aged under 45
- Emotional and psychological trauma — the devastating impact on an individual's physical, mental and emotional health including depression, shame, anger and suicide
- Homelessness —
- Use of alcohol and other drugs to deal with the pain
- Physical health injuries and problems, which may not get medically treated

## **EFFECTS ON THE FAMILY**

- Violence and the threat of violence at home creates fear and can destroy family environments and lead to the break-up of families
- Frequent moving to avoid the abuser
- Regular household conflict
- Child protection or police involvement

## **EFFECTS ON THE COMMUNITY**

- Children growing up without learning about positive and respectful relationships
- Abusers going to prison
- Higher rates of alcohol and other drug use, and mental health problems
- Domestic and family violence is estimated to cost the NSW economy more than \$4.5 billion each year

## **EFFECTS ON CHILDREN**

- Of those women who experience violence, more than 50% have children in their care. Children and young people don't have to see the violence to be affected by it. Studies show that living with domestic violence can cause physical and emotional harm to children and young people in the following ways:
- Ongoing anxiety and depression
- Emotional distress
- Eating and sleeping disturbances
- Physical symptoms, such as headaches and stomach aches
- Find it hard to manage stress
- Low self-esteem
- Self-harm
- Be aggressive towards friends and school mates



- Feel guilt or blame themselves for the violence
- Have trouble forming positive relationships
- Develop phobias and insomnia
- Struggle with going to school and doing school work
- Use bullying behavior or become a target of bullying
- Difficulty concentrating
- Find it hard to solve problems
- Have less empathy and caring for others

Children and young people need to grow up in a secure and nurturing environment. Where domestic or family violence exists, the home is not safe or secure and children are scared about Magnitude of intimate partner violence

# Conclusion

- Domestic violence is a public health crisis that affects all demographics and could result in significant morbidity and mortality. In addition to emphasizing mental health challenges faced by domestic violence victims, multidisciplinary interventions are identified that could provide timely and practical solutions to domestic violence victims amid the pandemic, which range from tailored shelter home strategies, education programs, escape plans, laws and regulations, as well as more technology-based mental health solutions.
- There is a significant need for more multipronged and multidisciplinary strategies to address domestic violence amid and beyond the pandemic, particularly interventions that could capitalize on the ubiquity and cost-effectiveness of technology-based solutions.

# THANK YOU

PRESENTED BY

YASIN SSEWANKAMBO

**MENTAL HEALTH COUNSELOR**

CARE FIRST RECOVERY HOME

[yasinali2022@gmail.com](mailto:yasinali2022@gmail.com)

+256783136610/+256756614072