

Islam's Role in Reducing Domestic Violence against Women

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Abstract: Violence has become a widespread phenomenon in today's world. Domestic violence against women is its important kind. As women play a central role of in providing comfort to family members, this kind of violence is effecting upon the family system.

Islam has defended the rights of women a lot, and the verses of the Qur'an and the traditions of the ma'soom, peace be upon them, are full of instructions that command men to have the utmost love, affection, and tenderness towards their wives. With a brief overview of domestic violence against women, the causes and factors of violence and the adverse consequences of violence, the research will express the Islamic view on violence against women and the strategies to combat it. Deployment people's mental and spiritual health, religious and moral education, and teaching ways to deal with stress in life are preventive methods of Islam in this case. Also, modification the attitude towards women, correcting the attitude towards beating women, modification the attitude about women's domestic responsibilities, modification the behavior and behavior in front of the spouse are some of the therapeutic solutions of Islam the behavior and behavior in front of the spouse are some of the to deal with domestic violence against women.

Keywords: Domestic Violence against Women, Domestic Violence, Family, Islam.

Introduction

The family is a small but effective and powerful social unit. Family should be a place of peace, so family members should interact with each other in ways that evoke security, satisfaction and health. In this case, the role of a woman as a housewife in comforting family members is a strong, sensitive and undeniable role, and this is not done unless the woman feels safe and lull at home. If the ruling spirit of the society is based on oppression and inequality, the family will also be affected by it. Today, the evidence shows the disruption of family relationships and the resulting violence. Violence in the family is a bitter and disturbing reality that reveals new dimensions every day, and unfortunately, in the 21st century, despite the impressive human progress in various fields, violence in many societies and families, especially in the societies of Pakistan It usually happens in the privacy of the family. Domestic violence usually occurs within the confines of the family, but it affects women's lives everywhere. The statistics of violence are generally high, and it is not only women who are subject to social or family violence, but in particular, many women in the world are beaten, injured and tortured by men every day.

Until a few decades ago, sociologists considered violence in the family to be exceptional and considered it specific to families that have material problems, low culture, or critical situations such as divorce, but the results of research showed that violence occurs among all families and at all economic and social society is going on and the main victims are women in the form of wife abuse and children in the form of child abuse. Paying attention to the Islamic teachings about the place of a woman in the family and her role as a wife and mother, and the instructions of Islam about respecting the wife and having

good company with her on the one hand, and informing men of the punishment of cruelty to the wife, and training women to manage and manage affairs to create peace. In the family environment and controlling the anger of the spouse, on the other hand, it can reduce the amount of violence against women. This article examines the role of Islam in reducing domestic violence against women. Just as men should be well-behaved in their relationships with their wives, women should also observe good socializing to preserve the family center and honor their spouses. Because the basis of cohabitation is based on the observance of mutual principles and standards.

1. Conceptology

2-1. Importance and Status of the family

There is no doubt about the importance and position of the family among scientists. Also, Islam and religious teachings have clearly expressed the position and importance of the family in their teachings. Family formation has a direct and close relationship with solving family problems and personal disorders of people, and on the other hand, it has a clear link with solving social problems. It is clear that man is a social being. and it was created for social life; Therefore, the institution of the family and the spiritual relationship that governs it should be considered the first bastion under the foundation of human society; but if the relationship between the family members, especially the husband and wife, is not stable, this first stronghold will fall apart and the family will be shaken, and as a result, the community and the society of a country will also be shaken. In other words, family is the most important and valuable gift that God has given us. This is the first lesson in relating to others. Family is a really important word. It means feeling safe, having someone you can count on

and share your problems with. Rather, it means mutual respect and responsibility.

The teachings of Islam have also stated many things about the importance of the family in different aspects of the family. In fact, religious and Quranic teachings consider the formation of a correct family life as the source of peace and security; Where God Almighty says:

“And of His signs is that He created for you mates from your own selves that you may take comfort in them, and He ordained affection and mercy between you. There are indeed signs in that for a people who reflect”. (55:21)

From this verse, it is clear that the foundation of the family is based on love and support. The order to do good to family members and all relatives in order to strengthen the family institution... is one of the important things in the heavenly word that refers to the high position of the holy institution of the family.

Hadiths¹ have also expressed a lot of valuable information about the position and importance of the family; Like the formation of the family as the most important building in the universe, the necessity of a man's generosity in providing for the expenses and sustenance of the family, zeal and moralism, the principles and conditions before and after marriage, all these materials show the importance and position of the family in religious and Islamic teachings.

2-2. Definition of domestic violence

Family violence is increasing in all parts of the world today, and this type of violence occurs in all ages, genders, ethnicities, educational backgrounds, and socioeconomic groups. The United Nations published a statement in 1993 and defined violence against women as follows:

“Any violent action that leads to physical, mental or sexual harm to women, violates their human rights and restricts their social freedom is considered violence against women”.²

One of the good definitions in relation to family violence is:

"Domestic violence means aggressive and coercive behaviors, including physical, sexual, and verbal abuse, as well as pressure and economic threats that people use against their spouses and partners".³

Considering the definitions that were presented, if we want to express family violence according to the purpose of the treatise, we will say: family violence is an act that the husband or other family members commit to his wife in a physical, sexual, emotional or economic way, and in all this Women express their dissatisfaction, and this type of violence is done directly or indirectly depending on the traditions, forces, and attitudes prevailing in life and societies in order to gain power over women.

2. Types of violence against women

3-1.physical violence

Physical violence against women in various ways such as beating, torture, murder, etc . . . is done This type of violence refers to any immoral behavior that starts from hitting the woman's body and sometimes hurts the woman's body until the stage of sexual assault. The cost of physical violence includes broken limbs, lacerations, wounds, cuts, bruises, internal injuries, brain trauma, unwanted damage to body parts, illegal abortions, and death of women due to physical injuries. (Mohbi, 2011, p. 8).

Considering the Islamic culture and the religious beliefs that govern Islamic societies, the phenomenon of wife abuse,

especially the one that causes murder by the husband, is much less common in Islamic society compared to Western societies and Western cultures.

3-2. Sexual Violence:

Sexual violence means any type of violent sexual behavior that is done with intent and intention combined with force and dissatisfaction or reluctance or reluctance or outside of the normal communication between two opposite sexes to threaten and harm sexually and its examples are: Rape, sexual harassment and harassment and physical contact, forced pregnancy, forced to have unnatural sexual relations, forced to have sexual relations during menstruation and illness. Therefore, it has been said in this case: "Sexually violent behavior when it is done with the intention of sexual abuse and threats causes sexual violence". (Mohbi, 2011, P 8).

More physical strength can cause a man's violence against his wife. The male hormone testosterone is an effective factor in the aggressive behavior of men, and the higher the level of testosterone in a person's body, the greater the possibility of aggression. Damage to some areas of the brain or imbalance in the function of hormones can also be a cause of violence. (Salari Far, 2009, P 144).

3-3. Economic Violence:

Another form of domestic violence is economic violence. In fact, economic violence means harsh behavior in matters related to employment, economy, property that puts women under pressure and harassment. Such as non-payment of alimony, miserliness and controlling the property of spouses . . . is. The country of Pakistan, with its cultural stereotypes and patriarchal system, gives men the right to own their women's property. In many cases, sisters are also deprived of inheritance; even they

do not have the right to talk about this divine decree, which is inheritance. One of the researchers says:

“Economic violence occurs where the man has complete control over all financial resources, which includes controlling other people's (women's) earned money. In other words, its availability and restricting him from participating in decisions about how to spend money and . . . is”.⁴

Another researcher says:

"Economic abuse includes actions such as deprivation of funds, denial of financial assistance, deprivation of food and basic needs, and control of access to health care, employment, etc. About 64% of women stated that the husband controls the access to health facilities. 68% of the respondents said that their husbands always try to keep them dependent on financial matters”.⁵

3-4. Psychological Violence:

Psychological violence can be done to any man or woman in the family and includes actions such as humiliation, mockery, insult, cursing, teasing, threats of divorce and so on . . . which causes damage to the feelings and dignity of the person. A person who is a victim of violence needs to keep secrets in order to continue living. In some cases, this leads the violent person to continue to control power and violence. A person who is subjected to violence cannot share his secret with anyone. After a while, such a person considers being abused as normal and accepts this fact and gradually experiences a deep sense of emptiness in his existence. (Arifi, 2002, P 109).

3. Factors of Domestic Violence:

The reasons and motives of violence are different in different people. In delineating the causes of violence against women, it should be noted that there are a set of causes, some of

which are common to all types of violence, and some are specific to violence against women. Paying attention to this point will help discover more real reasons and carry out solutions more carefully.

4-1. Individual and personality Factors:

4-1-1. Physical factors:

More physical strength can cause a man's violence against his wife. The male hormone testosterone is an effective factor in the aggressive behavior of men, and the higher the level of testosterone in a person's body, the greater the possibility of aggression. Damage to some areas of the brain or imbalance in the function of hormones can also be a cause of violence. (Salari Far, 2009, P 144).

4-1-2. Psychological and personality factors

Another individual context of domestic violence is its psychological aspects. The psychological approach looks for the source of domestic violence in personality or psychological disorders. Kaplan considers the characteristics of abusive spouses to include immaturity, indecisiveness, lack of sufficient self-esteem, inability to solve problems, inability in social skills, ineffective coping styles, impulsive and dependent. Mohammad Khani also describes two general factors of personality traits and communication factors in his research. The results of his work show that abusive husbands had significantly more symptoms of obsession, depression, anxiety, hostility, phobic anxiety, paranoid thoughts and psychosis.

4-1-3. Moral weakness:

A man's lack of adherence to morals is the most important cause of family violence from the Islamic point of view. In researches related to violence against women, men's moral problems have been stated as one of the causes of this phenomenon. (Salarifar, 2008, p 12).

4-2. Communicative and interactive causes of violence:

Some of the causes of violence against women in the family are related to the behavior of men and women and their relationships in the family as husband and wife. When the phenomenon of violence is a relational matter, instead of focusing on individuals and examining the individual causes of their behaviors, it is better to examine and revise the interactions between them, including the interaction between husband and wife. Sometimes men's violence is a tool to control women's behavior and create their subordination and dependence. In some cultures, women are irrational and natural beings, and men are encouraged to resort to violence in case of inefficiency of reasoning-rational to educate women. (Salari Far, 2008, p. 17). Many researchers emphasize the role of teaching family models that misbehavior and violence are normal. Men who were abused and scolded by their parents in childhood are more likely to abuse their wives. (Amiri, 2017, p. 19).

4-3. Social and economic causes:

One of the factors affecting men's domestic violence is issues such as the family's economic problems and the type of job, unemployment, and the woman's job. Unemployment and economic problems are an important factor in creating family disputes and resulting violence. Generally, unemployed people are more likely to commit violence against women. Working people have less violent behavior because they have higher self-confidence. A culture's view of family, women, social structure and laws governing the society, economic situation and people's opinions and beliefs are among the things that can help to explain the causes of domestic violence at the macro level. Many researches in Pakistan have proven that unemployment and lack of adequate income are two

important factors in the occurrence of violence in the family and divorce may be the result.⁶

4. Consequences of domestic violence against women:

55% of women who are abused suffer physical injuries. The psychological effects of women's abuse may not be clear, but 85% of abused women experience a variety of negative emotions; Emotions such as anger, fear, distrust, suffering from low self-esteem, depression, anxiety, shame and embarrassment. (Tabatabaiejad, 1392, p. 16).

5-1. Physical consequences:

They can include bruises, cuts, broken bones, or injuries to organs and other parts inside of your body. Some physical injuries are difficult or impossible to see without scans, x-rays, or other tests done by a doctor or nurse. Short-term physical effects of sexual violence can include: Vaginal bleeding or pelvic pain.

The main problem in evaluating physical violence and its complications is the delay in the victim's referral. In many cases, the victim endures the effects of violence without going to health centers, treatment, or the police for several reasons, such as maintaining family honor and feeling ashamed of revealing the violence. However, a large part of various physical complications arise as a result of violence, the most important of which are: burns, knife wounds, increase in sexually transmitted diseases, physical and mental injuries of children and their irreparable consequences, nervous headaches and migraines, effects Temporary or permanent injuries or burns, forced abortion by the husband, premature babies, retinal detachment and substance abuse cases. (Noormohammadi, 2010, p. 159).

5-2. Psychological consequences:

Regarding the psychological problems of the victims, one of the researches says:

“The main psychological problems of surviving women after experiencing family violence are: poor self-concept, low self-esteem, feelings of helplessness, helplessness, worthlessness, hopelessness, sleep problems, apathy, depression and sleep disorders”.⁷

Nasruallah and her colleagues say about the negative consequences of intimate partner violence:

“Depression, complications related to stress, drug use and suicide are the results observed in the field of violence in women's lives. Also, physical abuse has had a significant negative impact on the victim's life, which has had complications such as depression, behavioral disorder, and substance abuse”.⁸

One of the authors says about the consequences of family violence against women:

“Family violence is also associated with psychological effects such as fear, anxiety, fatigue, post-traumatic stress disorder, and sleep and eating disorders, which can negatively affect pregnancy outcomes. Therefore, women who experience violence are more likely to delay prenatal care and experience complications such as miscarriage, placental abruption, intrauterine fetal death, low birth weight, and preterm delivery”.⁹

In general, it can be said that the psychological consequences of violence can be low self-confidence, feelings of guilt and error on the part of the victim, psychological depression of the victim and children, the aggravation of insanity in the perpetrator of violence, the loss of love and affection, and the creation of coldness in Relationships and neglect, the emergence of a sense of permanent insecurity and its transfer to children, raising children with a shaky and isolated personality, pointed out.

5-3. Social consequences:

Domestic violence is not an issue whose consequences are limited to the family framework, and it is natural that its negative effects and consequences affect the society as well. The most important social consequences of family violence include abnormality in social relations, promotion of crime and violent social behavior, increase in the number of victims of violence, killing of innocent people, oppression of weak and vulnerable people, increase in the number of homeless and delinquent children, increase Statistics of sexually transmitted diseases and AIDS, sexual abuse, and the weakening and collapse of family members (Ram Panahi, 2004, p. 42).

5. Islamic solutions to eliminate domestic violence against women:

Islam and religious teachings attach great importance to human relations between people. Justice and feeling in the relationships of all people is an easy and important advice of God Almighty. Cruelty, harassment and transgression have also been strictly prohibited, and strict retribution in the worldly and hereafter has been emphasized. Among social institutions, the institution of the family is a sacred, great and desirable building in the sight of God. The relations of family members are the subject of many moral orders in Islamic texts, which shows the special attention of this religion. The interpretations of justice, benevolence and fame have been introduced as basic criteria in the relationships of family members, especially husband and wife. Cruelty, abuse, abuse and coercion are prohibited in these relationships. (Salarifar, 1389, P 244).

6-1. Creating and expanding mental and spiritual health:

Part of violent behavior has psychological roots and appears in people due to stress, anger and mental emotions, so the mental health of people must be ensured. Peace of mind, body

and soul cannot be achieved with material means. The treatment of human mental disorders and mental peace can only be done by having a hidden power and believing in a true source, and in this way, one can overcome the problems of life and remove the anxiety of worries and anxieties. Many people feel anxious and excited during problems and disturbances, and this causes violent behavior. Almighty God says in verse 31 of Surah Hajj:

“Being true in faith to Allah, and never assigning partners to Him: if anyone assigns partners to Allah, is as if he had fallen from heaven and been snatched up by birds, or the wind had swooped (like a bird on its prey) and thrown him into a far-distant place”.

Therefore, people's mental health is not possible except by paying attention to moral virtues, knowledge of God, self-knowledge, control over lust and sensual moods, and guidance in the direction of worldly and hereafter happiness. Of course, the role of counseling centers should not be ignored. Establishing institutions to advise and guide families can be effective in reducing violence in the family. (Ayatollahi, 1381, p. 692).

6-2. Religious and moral education:

One of the causes of violence in a person is non-observance of moral and religious obligations. Belief in God and religion can be a good deterrent for violent behavior. The religious teachings of Islam, such as faith in God, following the Prophet and religious leaders, and belief in life after death, play an important role in establishing favorable and satisfactory relationships in the family. The more strong and deep a person's religious beliefs are, the greater the power to control abnormal behavior such as violence.

Adherence to religious beliefs leads to a calmer and less stressful life for people. Religious beliefs, such as satisfaction with divine predestination and trust in God, prevent bad economic conditions and violence in the family. In addition, in families that believe in religious issues, assaults are significantly reduced. (Mirfardi, 1393, P 179).

6-3. Teaching the principles of proper relationships in the family:

In many cases, the occurrence of disorder and violence in the family is the result of ignorance of the way to establish a good relationship between husband and wife and failure to meet the needs and expectations of the other party. In order to prevent these issues, it is very effective to train the husband and wife in the pre-marriage stages, engagement period and early marriage and even years after marriage. (Salari Far, 2009, p. 248).

“Almighty God says in verse 19 of Surah Nisa: O you who have believed. . . Treat them (women) decently and if you hate them (for some reason) (don't make hasty and emotional decisions), maybe you hate something and God will put a lot of good in it”.

The concept of socializing, as it is known, means appropriate behavior from the point of view of reason, Sharia and custom, has a wide range and many examples, as well as the concept of disturbance is very broad and includes any inappropriate behavior that leads to physical or psychological harm, that is, all types of violence. (Bostan, 1396 p. 82). In the religious teachings and hadiths of the innocents, the concept of patience and tolerance is emphasized a lot. If a wife is patient with her husband who is bad-tempered, she will be given the reward of Job.

6-4. Teaching ways to deal with stress in life:

One of the important causes of domestic violence is the tensions that are imposed on the husband and wife inside and outside the

family. Job problems, low income, unemployment, and pressures caused by work issues make men tense. Also, managing the house, taking care of children and physical and mental issues also lead to women's stress. Properly dealing with these tensions helps to calm the husband and wife, strengthen their emotional relations and cooperate more at home. Therefore, it is necessary to teach husband and wife how to deal with these issues. In the cognitive methods of coping, faith in God and dependence on Him, recognition of one's weaknesses and limitations, positivity in the family, a coherent view of life and its issues, and the use of problem solving methods should be the focus of attention. (Salari Far, 2009, p. 259).

7. Treating domestic violence and dealing with it

7-1. Changing the attitude of women

The religion of Islam has orders that honor women in such a way that it considers both sexes to be the highest of creations and has even placed heaven under the feet of mothers and prohibits the harassment of women by their husbands. The Prophet of Islam, may God bless him and grant him peace, said: "Is a woman but a fragrant plant that her husband smells of her?" (Sheikh Sadouq, 1413, 2/113). God has created men and women from the same human nature and placed them on the same level in terms of talents and abilities. Women, like men, have all the tools to reach perfection, such as knowledge, will and authority, the existence of a guide and the possibility of doing righteous deeds, and by taking the path of perfection, they reach the highest levels. All divine religions and prophets have considered a special value and dignity for women and sometimes they consider them more valuable than gold and silver, but a man should not expect his wife to have endurance and the spirit of men and it is necessary in connection with A woman should use behaviors that match her emotional

tenderness; Because the woman has made a firm promise from the man at the beginning of the marriage; A contract that shows respect for the rights of the spouse, including good company. (Salari Far, 2009, p. 141).

7-2. Modification the attitude and behavior in front of the wife (beating the wife)

Islam strongly opposes corporal punishment of women. The Prophet said: "The worst of your men is the one who is slanderous, miserly and foul-mouthed and who beats his wife." In another place, he says: "I have pity on the one who beats his wife, while he deserves to be beaten more" and "Do not beat your wives with a stick, he has revenge." (Shayiri, B. Ta., p. 158). In another place, the Holy Prophet, may God bless him and grant him peace, says: Every man should slap his wife, God commands the angel of Hellfire to slap him seventy times in the heat of Hellfire. (Nuri, 1408, 250/14).

The Holy Prophet said: "Is it proper for one of you to beat his wife and then embrace her? (Hurri Amuli, 1409, 20/167). Corporal punishment, verbal aggression and physical confrontations are not suitable solutions to solve problems. Hitting a woman in such a way that her skin turns red is very undesirable from the point of view of religion, let alone injure her or turn her body black. It is stated in the Islamic texts that the abuse of the wife will cause the man to enter hell and disgrace him in the Day of Judgment, and if a woman does harm, she will be harmed several times in the hereafter. (Hurri Amuli, 1409, vol. 20, p. 167). A man who is violent in the family should consider the consequences of aggression and expressing violence. Consequences such as loosening of social relations, family breakup and divorce, prison and other legal punishments.

7-3. Modifying attitudes about women's domestic responsibilities

The wife's activities at home have a high value; because it is out of love and without expecting material reward. Do not force women to do housework. Some men think that cooking, cleaning, running the house and taking care of the children are the wife's only duties. For this reason, if they see a shortcoming from him, they become aggressive. Despite having many responsibilities, the Holy Prophet (peace and blessings of Allah be upon him) would help his wife in everything from preparing food to cleaning the house, washing clothes and other tasks when he came home after taking time off from social affairs.

One day, the Holy Prophet, peace and blessings of God be upon him, went to the house of Hazrat Ali, peace be upon him, and saw that he was cleaning lentils in the house, and Fatimah, peace be upon him, was also sitting on the side. The Prophet said that every man who helps his wife in the housework and does not leave her behind, God will write his name in the book of martyrs, and for every hair on his body, he will write a year's worth of worship if he fasts during his days and spends his nights in prayer. He has kept vigil at night and for every step he takes, the reward of Hajj and Umrah is recorded for him. (Nuri, 1408, 13/48).

8. Suggestions

A: Providing information and counseling in the field of marriage and choosing a spouse with an emphasis on matchmaking. In such a way that in the light of being equal in marriage and being the same in social and ideological dimensions, men and women can continue their married life with mutual understanding and a common worldview.

B: Providing correct religious education in school curriculums, especially in the field of social and family behavior patterns, which is the basis for strengthening religious beliefs and encouraging the observance of religious orders regarding the observance of the inalienable rights of other human beings, especially women, as well as reminding of the system of accountability for behavior in court. Divine justice will be effective in reducing crimes, including violence against women.

C: Trying to institutionalize accepted religious values and norms in society, especially in families by introducing successful models in this field. For example, Friday imams, mosques and cultural centers of mosques can play an important role in reducing violence by using religious speeches and distributing brochures on how to deal with women from the point of view of Islam.

D: The media and educational centers can teach the appropriate behavior towards spouses by making religious films and broadcasting lectures on the role of women in society and the position of women in Islam.

Explaining the harmful consequences of violence in the family and society and promoting religious teachings on the disapproval of violent behavior. (Mirfardi et al., 2014, p. 180).

Conclusion

Today, the phenomenon of violence in the countries of the world, especially in the countries that claim to fight against violence against women, is a growing problem. According to available statistics, Western countries such as America, England and Sweden have high rates of violence against women. Domestic violence is less common in Muslim countries due to Islamic orders. Adherence to religious beliefs can prevent men's violence against women. Aggression and violence occur when the factors that control anger in humans

are weakened or absent. From the findings of the present research, it can be concluded that if religious education in the belief dimension can be effectively institutionalized in people's beliefs and then strengthened by mediators such as religious duties and participation in social relations, it can strengthen social bonds and Understanding the necessity of complying with social norms and laws is like a factor that causes the acquisition of spiritual experiences in life and strengthening people's religiosity. This situation can strengthen people's sense of social solidarity and avoid them from aggression and violent behavior.

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