

Reflections on Domestic Violence in Times of Pandemic Reflexiones sobre la Violencia Doméstica en Tiempos de Pandemia

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Abstract:

The study of this article focused on domestic violence experienced by women in times of the SARS-CoV-2 pandemic, which had as a measure the confinement and with them brought serious consequences, the theoretical analysis of the statistics was carried out, the impact of violence, risk factors, characteristics, types of violence, myths, realizing that there is much information but little effectiveness in interventions to achieve sustainable progress in favor of those who experience gender violence.

Keywords:

Domestic and gender violence, COVID, women and confinement, impact of violence

Resumen:

El estudio de este artículo se enfocó a la violencia doméstica que viven las mujeres en tiempos de la pandemia SARS-CoV-2 quien tuvo como medida el confinamiento y con ello trajo graves consecuencias, se realizó el análisis teórico de la estadística, el impacto de la violencia, factores de riesgo, características, tipos de violencia, mitos, dándonos cuenta de que existe mucha información pero poca eficacia en intervenciones para lograr un avance sustentable a favor de quien vive la violencia de género.

Palabras Clave:

Violencia doméstica y de género, COVID, mujeres y confinamiento, impacto de la violencia

INTRODUCTION

Every health problem worldwide affects the environment in which we develop, since, according to the Global and Regional Estimates of Violence Against Women Report (2013), the epidemics that have been experienced in the course of life, Ebola and Zika, have been one of the most recent epidemics that show the impact they have generated on the lives of women and that it is extremely necessary that measures be taken that include a gender approach from the beginning given the vulnerable state that perpetuates isolation, the home that It should be a place where they feel safe and comfortable, it becomes an unsafe place for women, in the same way natural disasters are another factor in favoring the increase in gender violence (Espinosa, 2020).

Violence is a phenomenon that has persisted for many years; this problem continues to be a focus of interest for some researchers and institutions and has increased during the health crisis experienced due to the COVID-19 pandemic.

Maguiña et al. (2020) state that the population has suffered a severe blow in the different areas in which we develop due to SARS-CoV2.

The pandemic not only generated a lack of control and a halt to the development of people's lives but in addition to it, factors that are perhaps little observed were altered, such as the

emotional impact that was generated, which is affecting the entire population in different ways (Gastón et al. al. 2020).

The World Health Organization (WHO, 2019) announced the measures that must be taken regarding care to prevent the transmission of the virus, among which confinement stands out. This preventive measure has had a great impact on the population, particularly the female gender, because emphasizing the topic that is developed in this article, one of the most affected and that could not be seen due to the issue of confinement are those who live in the home.

COVID-19 is a red flag that, in addition to health problems, has collateral damage that affects the most vulnerable population in a shocking way (Hawie, 2020).

Lepin (2020) mentions that confinement has affected basic areas of life; therefore, it has marked a pause in the worldwide development of productive activities and freedom as individuals to continue with the development process of life. Regarding what corresponds to the family nucleus, it has generated an increase in cases of domestic violence, which tells us about a serious consequence since the increase is increasingly bloodier, since not only psychological, physical, or sexual violence is present but also sees an increase in femicides.

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This establishes that the pandemic brought a crisis in the health field and made the family environment an important part of the population; women are vulnerable.

We are talking about a social problem that has persisted for years in the world, but currently, with the pandemic and protective measures, including confinement, this problem is becoming more widespread. sharpened in a serious way, making domestic violence a problem to analyze carefully. Lepin (2020) states that there are other consequences of the pandemic that are of great importance to analyze, including domestic violence.

The impact of the pandemic is in all areas where we develop; human vulnerability is present on a psychological and economic level, and the development of the individual is diminished (Mardones, 2020).

Therefore, it is considered of utmost importance to know in-depth and analyze this problem in order to be able to create strategies to sanction, prevent, and eradicate all violence.

Previously, what is known today as violence gender before the RightshHumans established it as domestic violence, violence against women, domestic violence, but after conventions, acceptance of the term violence of gender currently this concept is continuously under construction (Espinosa, 2020).

Gender violence is an issue that, in recent years, has taken great importance since the different programs established by the government are intended to prevent, punish, and eradicate these issues. We are constantly working to obtain gender equality, which breaks with stereotypes and schemes established in our society.

METHOD

This work was carried out by collecting specific information on domestic violence from the year 2019 to 2022, considering the duration period of the pandemic. Yesand carried out the review of different texts such as articles, theses, and theoretical chapters. All this information was searched in databases such as Google Academic, Scielo, Dialnet, and online magazines, in which the exclusion of dates and population that was not relevant to the topic investigated was made, and the information and collection were analyzed according to the methodological structure that was desired in the article as It is the concept, the statistics, the characteristics of the aggressor and the victim, types of violence, the cycle of violence, classification and its impact.

RESULTS

According to Hawie (2020), gender violence is an old issue that is extremely linked to *machismo* and patriarchy, which have left a legacy of inequality between men and women since they place women as human beings inferior to men, which unfortunately has become part of our history, it is often seen that Women develop in a hostile and cruel environment.

Espinosa (2020) defines gender violence as that action of violence that is exercised under a regime of inequality between men and women where there is discrimination for reasons of gender identity and sexual orientation. The explanation of this violence is given through cultural and social.

Domestic violence or gender has been a complex phenomenon that has remained in society for years (Fajardo, 2021).

According to the WHO (2020), domestic violence constitutes a serious public health problem that is carried out by a partner, and one of the most prevalent types of violence is sexual violence.

Violence against women is a historical problem that is passed from generation to generation, and work is being done to prevent it, punish it, and eradicate it, but there has not been much progress. It has been difficult to work on this issue since it has cultural and deeply rooted social conditions in which there is extreme gender discrimination (Hawie, 2020).

Ariza et al. (2021) mention that violence in its different types has been increasing due to the circumstances that have forced women to remain in isolation without access to freedom.

Aponte et al. (2020) state that confinement has generated alterations in marital life specifically related to violence, and the statistics show that in Bolivia after 16 days start. During the quarantine, 346 complaints of domestic violence were already reported because it is a worldwide problem.

Without a doubt, gender violence should be investigated more frequently in these times in which there is greater coexistence with family members since work and school were moved to home (Montero et al., 2020).

Cáceres et al. (2020) consider that confinement due to COVID-19, in addition to creating a global health pandemic, also provoked a pandemic on the issue of violence against women since the spheredomesticIt was affected due to the coexistence between the victim and the aggressor. Therefore, the home is not exactly a place free of violence where they can feel the security of being well.

Hawie (2020) states that the stage of women's development that they are going through does not make them invisible to experiencing gender violence since, as mentioned above, this social problem does not respect age.

Domestic or gender violence is one of the problems that affects the integral development of an individual. There are more vulnerable populations, such as girls, boys, and women. Violence is a serious issue that has been found in our society for many years. , which is governed by a cultural and belief system dominated by machismo and patriarchy. According to Whaley (as cited in Monteros et al. 2020), domestic violence has become a health problem that affects everything in the family system.

Violence does not respect race, color, socioeconomic level, or age and has a certain peculiarity in some countries because its objective is to subdue the victim and is used as a means of obtaining resources, as is the case in India.

In the context of India, domestic violence is used as a resource to manipulate the family. They use it as a means to obtain resources. In low-income families, the risk of suffering domestic violence is greater. It is clearly seen that the economy greatly influences this issue (Fajardo, 2021).

Types of violence

Violence against women is a worldwide problem that is experienced in the different areas in which it occurs. One of the areas most frequently affected is the domestic area where the woman is violated by another member of the family, in particular, the couple: husband, cohabitant, or intimate partner and can present itself in different ways, whether physical, sexual, psychological, economic, patrimonial, etc. (Vargas, 2017).

According to Pia (2020), the types of violence are characterized as follows:

- Physical violence is characterized by generating damage directly to the victim's body, causing trauma accompanied by pain and wounds; it is any action that damages the victim's physical integrity.
- Psychological violence occurs verbally with the purpose of degrading or controlling the victim with the intention of causing emotional damage that causes disruption in socio-emotional development. It occurs through threats, bullying, harassment, humiliation, manipulation, or isolation.
- Sexual violence is coercion with or without genital access, forcing women to engage in sexual activity, which infringes on their sexual and reproductive rights.
- As for patrimonial and economic violence, Alonso (2020) tells us that it occurs through the deprivation or control of assets and economic resources regardless of who receives them.

Cycle of violence

It has been determined that violence follows patterns and occurs through cycles since it is repetitive. According to Walker (as cited in Montero et al. 2020), it consists of 3 phases, which develop as follows:

- First phase, there is the accumulation of tension, where small disagreements and psychological abuse begin, threats based on the idea of control. Tensions manifest themselves with insinuations, sarcasm, disparagement, and contained anger, among others. The woman tries to create an environment where the abuser is not made to feel upset for fear of causing abuse again.
- The second phase becomes more aggressive because it is in this phase that the accumulated tension of the first outbreak is presented through psychological and physical violence. The aggression that is carried out is with the purpose of punishing the victim because the

man accuses her of being the one causing the upset and that if he behaves that way, it is because she deserves it. The aggression stops when the aggressor considers that the woman has learned her lesson.

- The third phase is known as reconciliation or honeymoon. This phase is characterized by the man becoming aware of what he did and thinking that the woman will abandon him. He uses his power of conviction to be forgiven and promises to switch.

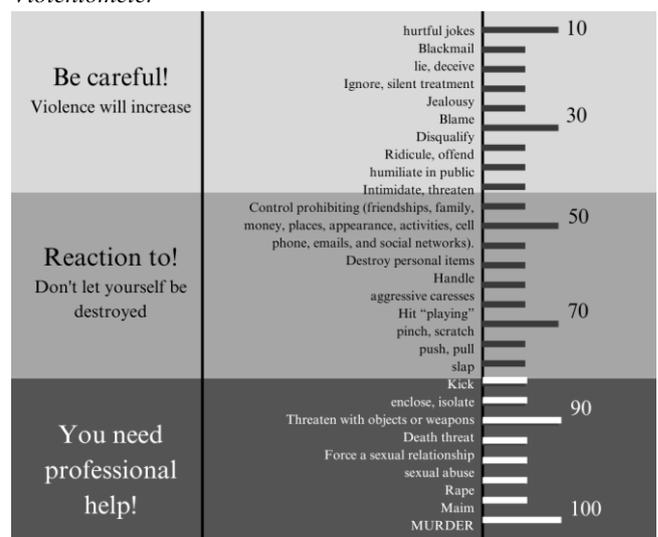
The measure of confinement is a factor that has been determining the rise in the statistics of violence against women. There are phases in the cycle of violence that have also been distorted because they have gone from the phase of tension to the phase of explosion. , isolation has given great privileges to the aggressor since he has the woman prisoner of his violence (Hawie, 2020).

That is why everything related to the prevention and intervention of this problem that affects children and adults, women and men alike, is of special interest since no one is exempt from suffering from it. However, women are the most vulnerable population.

Classification of levels of violence

Violence is a problem that has existed for years, and currently, tools have been developed to measure violence, the most common being the *violent meter*, which was created in 2009 by Dr. Tronco Rosas, also director of the Polytechnic Unit of Management with a Gender Perspective of the IPN, and has already transcended borders since it has been translated to several countries. The most recent are Italy and China. It is a tool that allows women to be alert and detect any manifestation of violence by their partners, as well as in social, work, and family areas. It is classified as follows:

Figure 1.
Violentometer



Note: An example of a violent meter is observed, a tool used to measure violence, an image based on Trunk, R. 2009.

Risk factor's

According to Fajardo (2021), the pandemic created an environment conducive to violence, as it gave room to the increase in risk factors that in the pandemic have been determining and fundamental for creating an environment with violence, the economy, stress, poverty, and isolation are some of the factors that in the context of the pandemic have been generators of violence.

Di Nella and Ibañez (2020) mention that women are the sector of the population that was excessively affected by the measure, stay at home because activities have been developed in the home that lead to inequality and have women subjugated.

In the home, a permeable place was created that makes it easier for the aggressor to carry out all types of violence on his victim because he violates her in the way of control and submission.

The situations experienced around the marital relationship, unemployment, poverty, educational level, and the infrastructure of the house and land are factors that directly cause harm (Ariza et al. 2021).

Stress is one of the factors that affect women, and this was fueled by the workload they are experiencing since the closure of schools caused an increase in work. The interruption of jobs left those women who were capable of earning a living cut short, as well as the possibility of covering the basic needs of the home, which caused stress and depression and made them totally dependent on the work of a single provider, which was a potential contributor to conflicts that lead to violence (Sosa, 2020).

Characteristics of the aggressor

Understanding the profile of the aggressor is of great relevance because the more you know about thoughts, behaviors, and skills, the more we will be able to have a broader panorama to develop protection and security strategies for the victim specifically.

Pia (2020) states that frequently, the aggressor is a person who appears completely "normal"; therefore, many times, they cannot be classified as having a personality disorder or with some psychopathy. For them, a deep analysis of the situation must be carried out. behavior; however, there are behaviors that can help us identify an aggressor.

It should be noted that there is an extremely important factor. that can trigger many of these behaviors: the factor of having been a victim of violence in childhood or adolescence or witnessing it.

According to Echeburúa and De Corral (as cited in Pia, 2020), the profile of a man who is potentially violent towards his partner would be a person who is excessively jealous, possessive, easily irritated, shows little impulse control, usually has an addiction to some harmful substance such as drugs or alcohol, ideas of being superior to their partner, constantly changing their humor easily, he is a person who blames others for his violent acts, he is an individual with low self-esteem.

Victim characteristics

In 2020, Alonso states that abused women have a profile that is characterized by the fact that they are women who have a history of abuse during childhood or adolescence by caregivers psychologically, physically, or sexually, who perhaps learned it. by observation or experience with the father figure to submit to the desires and demands of the man, women who usually take a passive role characterized by submission or submission in personal relationships also show a sign of low self-esteem. They have an erroneous concept of love that leads to sacrifice and total dependence on the partner. Many of them show intolerance to failure, which leads them to remain in an unhealthy relationship so as not to feel that at that stage of the relationship, they have lost. They are women who feel inferior to their partners. Physically and psychologically, the majority are invaded by the fear of being alone. They tend to overvalue the male role and give much importance to their role in the family. Many of them are women who tend to remain isolated, with few social relationships, often showing themselves to be introverted. experience health problems such as somatizations, headaches, sleep disorders, and eating disorders.

According to Sosa (2020), there are factors that make it difficult for women to end abusive relationships, some of them are:

- Obsolete beliefs about gender roles, governed by a patriarchal and sexist ideology.
- Normalization of violence that has been built by experiences close to violence
- Lack of economic autonomy is one of the reasons that is considered the most important and worsens with the arrival of children.
- The experience of the cycle of violence, particularly what entails. The honeymoon is one of the factors that prevent women from getting out of a cycle of violence since, at this stage, the man shows remorse and love, which justifies the behavior, and she gives her attacker a new opportunity.
- Justify the violent behavior of the aggressor with external causes, thinking that it can be modifiable if these external factors are eliminated.
- Guilt, believing that everything that happens is due to her behaviors and making efforts to improve the relationship.
- The progressive deterioration of their personality and self-esteem decreases their personal resources and the ability to make assertive decisions.
- The fear of the measures that the aggressor could take is other of another factor because it maintains its power and control over the victim under threats.

Violence statistics

In the context of the pandemic, there has been a notable increase in calls for guidance and assistance to people who have been violated, but the statistics remain there since they are no longer

followed up by the victim since neither a complaint nor an arrest is made. aggressor, therefore, we can realize that making a call for help can be counterproductive for the victim. This situation is attributed to the lack of effectiveness of government institutions in not following these requests ex officio since they are indications that something worse could be happening in that home (Cáceres et al., 2020).

The lack of strategies that guarantee safety for women complainants may be a factor that determines that calls for help or demands from women are not followed up (Cáceres et al., 2020).

At some point in their lives, women have been victims of some type of violence. Montero et al. (2020) mention that 70% of them have experienced physical or sexual violence by a romantic partner. There are alarming numbers of female murderers due to gender violence, 87,000 of which 58% were murdered at the hands of their partner or a family member. In Mexico, the emergency number 911 reports that calls to its service have increased. from 30% to 100%, and the main reason is domestic violence.

Violence towards women increased alarmingly since the beginning of the pandemic, which was reflected in emergency calls, which increased from 39% to 47% in Latin American countries. Likewise, in countries like Argentina, the death of 18 women by their partner was reported in the first months of the start of the pandemic, and in countries like France, they had to take measures such as lodging women victims of violence in hotels, due to the severity and number. of reported cases (Montero et al., 2020).

In Mexico, a large increase in calls to 911 has been observed; however, many of them are considered false by the authorities who minimize and do not respond to many of the calls for help that are made by that means and not physically due to multiple factors. that invade the attacked woman, fear, the idea that institutions and organizations will not provide support, and they have a total distrust of procedures and poor information channels (Ariza et al. 2021).

The violence that is most prevalent in a couple's relationship, according to Aponte et al. (2020), is the psychological one, with the physical being in second place and the sexual and economic in third place. However, the fact that we place them in one place does not take away the impact it has on the lives of women, and it is worrying that in recent years, violence has increased.

The media is reserved about this issue. However, they play an important role in combating this great social problem.

The current global health problem, COVID-19, has had greater popularity and mention in all media, leaving aside other problems that are of great importance, such as gender violence, which is also being influenced by the pandemic, having a great impact that few see, but that greatly affects the most vulnerable population, women, the media reports leave much to be desired regarding this topic because it is not given the interest that it should be (Herrera, 2020).

Impact of violence

One of the problems resulting from the pandemic is that women in confinement have more coexistence with the person who violates them, and the fact of prioritizing the health crisis has left them vulnerable to any social support or police protection that could make them stronger in Due to this problem, women were left helpless and exposed to domestic violence (Hawie, 2020).

This greatly impacts the life of the woman and those around her because it may seem invisible, but the damage can be lethal.

The pandemic was responsible for a delay in victories achieved on the issue of violence because when it was believed that ground had been gained on this problem, confinement arrived and put a decisive pause on the steps that were being taken with respect to preventing, sanctioning, and eradicating violence. (Ariza et al., 2021).

One more consequence of this measure is that those women who were already in a therapeutic process are now experiencing depression, stress, anxiety, and fear because they feel like they are adrift without knowing what to do to get help (Hawie, 2020).

There are multiple consequences combined with abuse and domestic violence, such as depression, stress, anxiety, substance misuse, phobias, sexual dysfunctions, emotional problems, and low self-esteem (Ariza et al., 2021).

The depression of victims of violence is characterized by a feeling of sadness that differs from other experiences of sadness, and there is a loss of control, difficulties concentrating, and no motivation to carry out activities that cause satisfaction because they are focused on their sadness. This is extremely linked to negative thoughts about oneself, the world, and the future, which generates thoughts of hopelessness. (Lescano & Salazar, 2020).

Anxiety is a feeling linked to fear. It can be a normal reaction to situations that cause stress or pressure where a threatening event occurs. It is characterized by tension, sweating, paralysis, tachycardia, oppression, restlessness, or suspense. (Lescano & Salazar, 2020).

All of these factors have triggered more lethal consequences in women as suicidal thoughts have increased in many of them who are moving from a thought to a solution as a way out of the problem they are experiencing.

Sosa (2020) states that violence not only generates situations of physical harm but confinement benefits coexistence with the abuser who, taking advantage of his power, uses other forms of exercising control and psychological abuse that is expressed through the prohibition of the use of devices. items that are being used frequently in this pandemic, which are basic for hygiene, soap, and antibacterial gel, also suffer from the restriction of all means of information in order to provide information to the victim by giving erroneous data that aims to generate fear, control the victim and prevent the victim from seeking attentionmedicalIf you have any symptoms related to the disease, another way is to steal personal documents, credit cards and everything that connects you to the outside world and

that allows you to obtain some benefit. They take advantage of the situation and keep them uninformed to invent tactics not established by WHO as preventive measures to justify that it is for your safety.

Myths of violence gender

Myths of violence are erroneous beliefs that people take for granted, are inflexible and are part of the culture with which society has grown up. Some of these myths are:

- If women are in a relationship where there is aggression, it is because they want to stay there and they are masochists.
- The woman is responsible for the violence that is exerted on her because she provokes it.
- For the sake of the children, it is better that they put up with the abuse
- Aggressors have a problem with the consumption of harmful substances, which is why they usually behave like this
- The aggressors suffer from some type of mental disorder, which is why they are violent.
- Violence in a relationship should not leave that context because it is a private issue.

DISCUSSION

According to what has been analyzed, it can be seen that there is a large population affected by gender violence because, in terms of statistics, women are the sex that occupies the majority of the population in the world, and women are the sex vulnerable to this problem of violence. public health.

Therefore, it is understood that domestic or gender violence is the other pandemic in the world that has been generated for years, and the consequences are increasingly violent.

According to the findings, we realize that for years, there have been many articles, theses, and chapters that talk about this topic, but when we see the context in which we continue to develop, the result is that no progress has been made that has a relevant or significant impact. the solution to the problem because although measures have been taken to avoid it, they have not been sufficient, and the conclusion is reached of the clear existence of biases in the methodology used since it is ineffective. We live in a society that is in the first step of a long ladder since it is observed that many times it is not possible to sanction

those responsible for these violent acts, and it is then that eradication is very far from being achieved.

It can be seen that this problem requires immediate intervention because it not only affects women psychologically, physically, economically, or sexually but also alters their entire context, which tells us that a large part of the population, regardless of age or sex, is being affected, because taking into account the phrase that if there is a sick person at home, everyone who lives there is sick, the situation is alarming because it means that

many of the psychological alterations that adolescents or adolescents could have infants could be a consequence of developing in an environment where gender violence exists.

Many of the women who experience violence are developing without any strategy to help containment and support since support networks are limited, and this makes them potential victims of the ravages of machismo (Di Nella & Ibañez, 2020). For the person who experiences gender violence, surviving it has certain difficulties. They have to face and overcome obstacles, and in the context of the pandemic, this situation has become more difficult because the risks are increasing. aggravated. Due to everything that was put on hold, help services, shelters for victims, and less access to justice, the pandemic froze everything that could exist externally to help women, and the only thing they have is personal resources, and it is extremely important to emphasize activities that strengthen this area and the social area that allow women achieve empowerment to safeguard their physical and mental health (Sosa, 2020).

It should be noted that one of the factors that is considered to be an issue of delay in what is desired to be achieved is that there is a need for a society that is sensitive to everything that generates violence.

It is necessary to look for alternatives and strategies that allow an environment of trust for women and thus have the courage to report abuses. To prevent, punish, and eradicate violence against women, a change in information, structure, and regulatory context is required where intercultural and intergenerational aspects are considered with a gender focus (Herrera, 2020).

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