

Reasons of Domestic Violence

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ABSTRACT

Objective: This article aims to explore the causes and negative aspects of domestic violence, emphasizing its psychological mechanisms and examining methods of prevention. It investigates the theories surrounding aggression and violence in human behavior. **Method:** The study utilizes psychological theories, including Sigmund Freud's concept of "aggression capacity," the "psychological theory of aggression," and contributions from the Yale University Research Group. It also analyzes the "aggression-frustration doctrine" and "coercive power," incorporating findings from recent studies to understand human violence. **Result:** The research highlights the multifaceted nature of human aggression, suggesting that physical violence is often used as a last resort when other methods to achieve a desired outcome fail. The study underscores the importance of understanding the causes of domestic violence and its connection to broader criminological theories. **Novelty:** This article contributes a comprehensive view on the psychological and criminological aspects of domestic violence, integrating both classic and contemporary theories. It calls for a deeper understanding of various biological and social factors, offering scientifically substantiated insights for addressing and reducing domestic violence.

INTRODUCTION

The wellness of the social environment and the prevention of crimes hold a leading position in the criminal justice policy objectives implemented in the Republic of Uzbekistan. In particular, crimes involving violence are subject to serious scrutiny due to their high level of social danger. Domestic violence constitutes a significant portion of crimes involving physical abuse. Such crimes are primarily committed against vulnerable groups of citizens, including women, children, and the elderly. For this reason, protecting citizens from domestic violence requires the timely resolution of various legal, organizational, economic, medical, and other challenges.

Crime is often associated with family conflicts, alcoholism, and other social vices, as well as complex negative factors in societal life. These issues, which are closely linked to the causes of criminal behavior, can be addressed through the implementation of well-tested and scientifically grounded measures.

While modern manifestations of crime are actively studied, the examination of criminal phenomena occurring within the family should not be overlooked. The neglect of this area contributes to an increase in the number of criminal acts infringing on the rights and freedoms of family members. It is therefore unsurprising that this issue has become a focal point for the media, law enforcement agencies, and the general public.

Previously, crimes involving violence were more commonly observed in disadvantaged segments of the population. However, such acts are now increasingly

occurring in more affluent families. Currently, crimes involving family violence pose a serious threat not only due to their prevalence but also because of their deeply harmful effects on nearly all spheres of social relations. This type of crime undermines the family unit, disrupts family relationships, affects the upbringing of younger generations, and harms other social relationships that serve as key institutions of society.

RESEARCH METHOD

The methodology of this study combines qualitative analysis with empirical data to examine the causes and consequences of domestic violence in Uzbekistan. Secondary sources, including legal documents, government reports, and academic literature, provide the legal and theoretical context, while expert opinions from criminologists, psychologists, and social workers offer insights into the psychological and social factors contributing to family violence. The research employs a multi-dimensional analysis framework, considering individual, familial, and societal influences, and integrates psychological theories of aggression to understand the underlying triggers of violent behavior. Empirical data on criminal convictions and administrative actions further inform the study, helping to identify key risk factors and evaluate the effectiveness of current legal measures.

RESULTS AND DISCUSSION

The family is a fundamental pillar of society, profoundly influencing the behavior of both children and adults. As the saying goes, “When the family is a small homeland, peaceful and happy, the homeland itself becomes peaceful and harmonious” [1].

Indeed, in a democratic society founded on justice and equality, family relationships are naturally built upon the principles of high ideals—love, friendship, brotherhood, mutual respect, and self-esteem. The freedom of choice in marriage and the equal partnership between husband and wife form the foundation for strong and enduring family relationships [2].

It is no coincidence that the family is given special attention in the Constitution of Uzbekistan, with a dedicated chapter (Chapter XIV). Article 76 of the Constitution states, “The family is the fundamental unit of society and is under the protection of society and the state. Marriage is based on the traditional family values of the people of Uzbekistan, voluntary consent, and equal rights of the spouses. The state creates social, economic, legal, and other conditions for the comprehensive development of the family.”

On February 18, 2020, the President of the Republic of Uzbekistan issued Decree No. 5938, titled “On Measures to Further Support Families, Improve the Socio-Spiritual Environment in Society, Strengthen the Institution of Mahalla, and Bring the System of Working with Families and Women to a New Level” [3]. Additionally, the Resolution “On the Organization of the Activities of the Ministry of Support for Mahalla and Family of the Republic of Uzbekistan” (No. 4602) [4], as well as the Resolution of July 2, 2018, “On Measures to Improve the System of Social Rehabilitation and Adaptation and the

Prevention of Domestic Violence” [5], were adopted and are being implemented in practice.

By the law of April 11, 2023 “On amendments and additions to certain legislation of the Republic of Uzbekistan in connection with the further improvement of the system of reliable protection of the rights, freedoms and legitimate interests of women and children”, the codes of Criminal and Administrative responsibility were supplemented with articles providing for domestic violence [6]. In Uzbekistan, 203 individuals were convicted under the domestic violence criminal law in 2023 alone. There were also 8,928 persons placed under administrative responsibility [7].

The family environment can have both positive and, in some cases, extremely negative, even criminal, effects on the behavior of its members. If the head of the family engages in criminal activities, their influence can negatively affect all family members. Given the significant role of the family in our society, protecting the rights and freedoms of all its members becomes a responsibility for law enforcement agencies and every member of the community.

In this context, failing to recognize the family as an essential and distinct institution in society can, in some cases, seriously undermine the rights and legitimate interests of its members. However, the right to live free from abuse – whether from strangers or even from one’s own family – is an inherent and natural right of every individual.

Discussion

Although the negative behaviors described above may seem uncharacteristic of a cultural society, incidents of domestic violence in several Eastern countries often go unpunished. In some of these countries, physical discipline of children has become commonplace – not only tolerated but, in certain cases, even encouraged. In some legal systems, forcing a woman to engage in sexual activity against her will by her husband is not even regarded as a crime.

In addition to the lack of condemnation, domestic violence is often not viewed as a significant social issue. Furthermore, in these countries, family conflicts are often attributed to the fault of women, with the prevailing belief that they themselves are the cause of such disputes.

Unfortunately, such views are also shared by some criminologists, who interpret them based on the widespread nature of domestic violence. Proponents of this perspective argue that physical and mental coercion within the family is an entirely acceptable phenomenon that society must simply tolerate. It is often suggested that the prevalence of domestic violence is linked to the responsibilities men assume within their families. According to this view, harsh treatment of women is seen as a prerogative of male authority; since a woman is considered subordinate to a man, she is expected to obey him.

These theories further assert that a woman’s social and economic dependence on a man creates the conditions for him to exert violence over her. As a result, being tolerant

of domestic violence is seen as a product of deeply ingrained beliefs within certain ethnic groups. According to this mindset, a woman who lives with a man belongs to him, and therefore, he has the right to treat her as he wishes.

The roots of these views can be traced back many centuries to gender-based discrimination, which continues to manifest in traditions and everyday beliefs. These views form a complex system that perpetuates ideas about the so-called "true values" of mankind.

Professor K. Abdurasulova defines domestic violence as the oppression exerted by one family member against their spouse, parents, siblings, or other relatives within the family sphere. In some cases, domestic violence leads to criminal acts such as murder, severe bodily harm, and other forms of physical injury [8].

While rejecting all views that justify any form of violence within the family, it is important to recognize that there is no simple solution to eliminating this dangerous phenomenon. Regardless of the underlying causes, cultural norms for positive family relationships should be established based on the core principles of legal sciences and social justice. At the same time, those responsible for violating these principles should be held accountable and punished accordingly.

Therefore, addressing this issue requires both socio-economic and legal approaches. However, the policies of different states in this regard may vary significantly. In all countries where domestic violence has become a serious problem, authorities must clearly define the role and importance of the justice system in addressing such violence, not based on subjective perceptions but on scientifically grounded principles. Only then can we hope to put an end to this harmful social phenomenon.

Although the reasons for the use of violence, including rape, within the family are not always entirely clear, it is crucial to take preventive measures whenever possible. Various theories attempt to explain the causes of family violence and assess its impact at different levels (local, regional, universal, and others). According to some of these theories, the causes of domestic violence can be traced to certain individual behaviors, such as alcohol or drug abuse, the vulnerability of domestic violence victims, mental disorders in some individuals, psychological trauma experienced by the perpetrator, sexual predispositions that may trigger aggressive behavior, and a low level of cultural awareness among the population.

However, it is important to highlight that identifying the root causes of fundamental conflicts within families and studying crimes involving domestic violence remain complex criminological challenges that require careful and thorough attention.

The psychological mechanisms of human aggression were extensively studied by Sigmund Freud, who argued that accumulated "aggressiveness" should be periodically released through acts of aggression. Freud's followers expanded on this idea, developing various manifestations of what became known as the "psychological theory of aggression." These theories were later complemented by approaches that equated human

aggression with animal aggression, defining it primarily in biological terms. In many cases, these theories sought to scientifically justify the inevitability of violence and war.

One of the most influential theories in this area is the aggression-frustration doctrine, developed by the Yale University Research Group (Miller, Maurer, Sire, and others). This theory incorporates a wealth of recent studies and can rightly be considered one of the most significant theories of aggression. It acknowledges aggression as an independent personality trait.

However, the social study of aggression contrasts with the aggression-frustration theory. According to this perspective, frustration and interpersonal discord may reduce the likelihood of aggression but do not provide sufficient conditions for its occurrence. For aggressive behavior to emerge from frustration, there must be an underlying tendency toward aggression under certain conditions. This predisposition is shaped and reinforced by the social environment, which influences an individual's behavior through observation of those around them, and is further enhanced by personal success or failure.

Thus, the social environment plays a pivotal role in the development of aggressive traits in individuals. While social learning theory does not entirely dismiss the influence of constitutional or biological factors on aggression, it places greater emphasis on social factors. Today, this theory is considered to be more advanced and widely accepted compared to the aggression-frustration theory.

Finally, we turn to the theory of coercive power, which attempts to integrate individual-psychological and socio-psychological approaches in the study of aggressive behavior. This theory, which aspired to become a universal framework (though it was relatively new at the time of its origin), is still not widely adopted. It offers an explanation for all forms of human violence and aggression, whether between individuals or between states. The core idea of this theory is straightforward: physical violence (or the use of coercion) becomes a tool when all other methods of achieving a desired result (such as persuasion) fail or are unavailable.

When analyzing and comparing the aforementioned theories on aggressive behavior, it becomes clear that each perspective highlights a specific (important, though not singular) factor that triggers human aggression. However, none of these existing theories fully explain the emergence of aggressive behavior, particularly the characteristics of aggression that manifest within the family context.

In essence, violence or rape can be understood as the use of physical force to coerce an individual into submission [9].

Domestic violence is a self-sustaining system that derives its power from various sources of deficiencies, disagreements, and objective negative factors in our daily lives. For this reason, investigating the causes of crimes that underpin domestic violence is a crucial task for criminologists. While a criminological analysis of the primary determinants of this social phenomenon may not entirely eliminate it, it does enable the identification of key measures necessary to reduce it to a manageable and safe level.

Several factors can influence the emergence and development of criminal behavior, particularly those involving violence within the family. These factors include both individual characteristics and external influences.

Personality determinants include social, mental, biological, and other multifaceted as well as comprehensive factors. Therefore, the sum of the interrelated aspects, characteristics and qualities of the subject who committed the crime when a description is given to the person of the criminal is taken as a basis. This concept is known as the three main parts or subsystem of the following: 1) The belonging of the individual to a specific group; 2) the social status of the person expressing the social demographic description (gender, age, education, marital status, etc.); 3) the social functions (role) of the individual regarding his activities in the system of social relations; finally, it consists of the moral-spiritual description of the individual, expressing the attitude of the individual towards social values and social functions being carried out [10].

The opinions regarding the aforementioned structure of the individual were generally consistent, and therefore, did not raise significant objections. However, the growing frequency of crimes involving violence within everyday family relationships compels us to search for certain laws or patterns in this distorted behavior. Furthermore, the complexity of understanding and addressing this issue is compounded by the victimological aspect, particularly when considering the motivations of the individuals involved in domestic violence.

The study of its victimological aspects is important in determining the causes of domestic violence. A particularly important place in this is occupied by the personality traits (views, morals, attitudes). After all, the victimological character of an individual is manifested, first of all, in his attitude to people, to himself, to work, to events [11].

Family relations psychologist scientist A.As Kadirova noted, "the inconsistency of the couple's perceptions of family betrayal is one of the main reasons why conflict or conflict arises [12]".

In summary, it can be stated that any crime, including those involving domestic violence, emerges from the complex interaction between the offender's personality and the objective circumstances they face. The specific context of a given situation also involves the personality and behavior of the victim.

This situation includes several key elements: the offender's psychological state, external environmental factors (such as events, processes, and relationships), and the victim's individual relationship with the offender within the context of family life and work. Additionally, the situation is shaped by the victim's moral character, psychophysical attributes (e.g., age, gender, intoxication), and their behavior, whether active or passive, as expressed through objective characteristics [13].

From this perspective, ensuring the protection of individuals from family violence is essential in modern society. Such protective relationships not only safeguard individual interests but also serve the broader interests of society as a whole. Agreements formed within the relationships between society's members ultimately integrate

numerous smaller social processes, creating a multi-criteria system. In other words, protecting family members from violence enables the functioning of the socio-economic system at both the individual and state levels.

CONCLUSION

Fundamental Finding : The study highlights that while criminal justice measures have a secondary role in preventing domestic violence, social conditions are crucial in addressing the issue. Legal tools and social measures must work together to prevent violence and address its root causes. Preventing domestic violence requires a multi-faceted approach, including social policies and criminal legal instruments tailored to family-related crimes. **Implication :** The findings suggest that authorities must not only develop appropriate criminal legal tools but also focus on improving social conditions. Policies addressing urban planning, healthcare, family conflict prevention, education, youth employment, and cultural traditions can significantly reduce the occurrence of domestic violence. Moreover, individualized attention in social support programs is essential to improving family stability. **Limitation :** This study emphasizes the importance of criminal and social measures but does not delve deeply into the specific challenges and barriers to implementing these policies effectively. The role of economic factors in shaping domestic violence prevention efforts also remains underexplored. **Future Research :** Future studies should investigate the practical implementation of these social policies and legal frameworks, focusing on the barriers to their success. Additionally, exploring the role of economic factors and their interaction with family dynamics could offer valuable insights for comprehensive strategies to combat domestic violence.

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