

THE CONCEPT AND TYPES OF DOMESTIC (FAMILY) VIOLENCE**Ganiyev Shukrat Nabiyeovich**

Independent researcher of Academy of the Ministry of
Internal Affairs of The Republic of Uzbekistan

Abstract: This article examines the concept and types of domestic (family) violence within the framework of modern legal and social sciences. Domestic violence is analyzed as a complex and multifaceted phenomenon closely related to human rights, gender equality, and social stability. The study explores various theoretical approaches, including legal, sociological, psychological, and gender perspectives, highlighting their role in understanding the nature and causes of domestic violence. Particular attention is paid to the “power and control” model, which explains violence as a mechanism of domination rather than a simple interpersonal conflict.

Keywords : domestic violence, family violence, human rights, gender inequality, power and control, physical violence, psychological abuse, social relations, legal approach, sociological approach, gender studies, coercion, aggression, victimization, violence cycle

In the system of modern jurisprudence and social sciences, the issue of domestic (family) violence has emerged as a distinct field of scientific inquiry, closely connected with human rights, gender equality, and social stability. The concept of domestic violence is multifaceted, and it is difficult to define it through a single universal definition. Therefore, this phenomenon is interpreted within various scientific approaches.[1;45] From a legal perspective, domestic violence is understood as a set of socially dangerous acts committed within the family or close relationships, aimed at causing physical, psychological, economic, or sexual harm to another person. In this definition, the primary emphasis is placed on the violation of constitutional rights and freedoms.

From a sociological perspective, domestic violence is interpreted as a deformation of social relations. In other words, hierarchical relationships within the family, gender roles, and cultural stereotypes directly influence the formation of violence. This approach views violence not merely as individual behavior but as a product of the social system. [2;65] Domestic violence is considered one of the most complex and multifaceted phenomena in modern social and гуманитар sciences. Understanding its nature requires the integrated application of approaches from law, sociology, psychology, and gender studies. In scientific literature, domestic violence is defined in various ways; however, their common essence lies in the fact that it is a process of causing harm through the use of force or coercion by one person against another within close social relationships. This harm may manifest in physical, psychological, economic, or sexual forms. Legally, domestic violence is regarded as an infringement upon fundamental human rights- such as the right to life, liberty, dignity, and personal integrity. Therefore, it is not only a social problem but also considered an offense or a crime.[3;89]

Theoretically, the “power and control” model plays an important role in explaining this phenomenon. According to this model, the primary goal of violence is to establish control over the victim and restrict their independence. This allows domestic violence to be interpreted not as a simple conflict, but as a systematic mechanism of domination. For example, a husband prohibiting his wife from working or restricting her social interactions is not merely a family disagreement, but a form of control-based violence.

Legal Approach

The legal approach considers violence as a normative-legal category and evaluates it as behavior regulated by law. Within this framework, violence is classified as an offense, administrative violation, or crime. [4;98]The advantage of this approach lies in its ability to establish clear mechanisms for combating violence.

Sociological Approach

The sociological approach links violence to social inequality and cultural stereotypes. It focuses on gender inequality, patriarchal systems, and social roles. For instance, the belief that “men should dominate and women should obey” creates a social environment that justifies violence.

Psychological Approach

The psychological approach explains violence through individual characteristics such as aggression, low self-control, and childhood trauma. Research indicates that individuals who experienced violence in childhood are more likely to reproduce such behavior in adulthood.

Gender Approach

The gender approach associates violence with power imbalance between men and women. It interprets violence as a social construct rooted in inequality.

Key Characteristics of Domestic Violence**1. Systematic and Repetitive Nature**

Domestic violence is usually not a one-time event but a recurring process explained by the “cycle of violence,” which includes: [5;54]

tension-building phase

violent incident

reconciliation phase

2. Power Imbalance

Violence occurs when there is an imbalance of power between the perpetrator and the victim (physical, economic, or social).

3. Control and Manipulation

Violence is not limited to open aggression but also includes hidden forms of control, such as:

forced decision-making

social isolation

psychological pressure

4. Hidden Nature

In many cases, violence remains invisible, making it difficult to detect.

Forms of Physical Violence

Physical violence refers to actions aimed at causing bodily harm and is the most visible form of violence.

Hitting and Kicking

Hitting and kicking are among the most common forms of physical violence, involving direct use of force to inflict pain or injury. Legally, such actions violate the principle of bodily integrity. [6;32] In psychology, this type is considered “overt aggression,” which may be:

impulsive (emotional outburst)

instrumental (used to intimidate or control)

These actions cause not only physical harm but also long-term psychological trauma, including anxiety and fear. Example: During a conflict, a husband hits or kicks his wife. This may become a recurring pattern, forming part of the cycle of violence.

Strangulation

Strangulation involves restricting a person’s breathing and poses a direct threat to life. From a criminological and forensic perspective, it is one of the most dangerous forms of violence due to the high risk of unconsciousness, brain damage, or death. Psychologically, it creates severe trauma and may lead to post-traumatic stress disorder (PTSD).

Example: During a domestic dispute, the perpetrator grabs the victim by the neck, restricting breathing.

Physical Restraint

Physical restraint refers to restricting a person’s freedom of movement or confining them against their will. Legally, this is associated with unlawful deprivation of liberty. It also functions as a tool of psychological control, causing fear, anxiety, and loss of autonomy. [7;21] Example: A perpetrator locks a woman inside the house or prevents her from leaving.

Conclusion on Physical Violence

All forms of physical violence share a common feature—violation of bodily integrity and personal freedom. However:

hitting/kicking represents overt aggression

strangulation is the most life-threatening form

physical restraint serves as a means of control and domination

References

1. World Health Organization (WHO). Violence against women prevalence estimates, 2021.
2. United Nations. Declaration on the Elimination of Violence against Women, 1993.
3. Council of Europe. Istanbul Convention, 2011.
4. Heise, L. (1998). Violence against women: An integrated ecological framework. *Violence Against Women Journal*.
5. Walker, L. (1979). *The Battered Woman*. Harper & Row.

6. Dobash, R. & Dobash, R. (1992). *Women, Violence and Social Change*. Routledge.
7. Krug, E. et al. (2002). *World Report on Violence and Health*. WHO.