



COMPARATIVE ANALYSIS OF WOMEN EXPERIENCED BY VIOLENCE IN THE EAST AND THE WEST

Eshankulova Irodakhon Avazkhanovna

Researcher at Gulistan State University

Email: irabonu@mail.ru

<https://doi.org/10.5281/zenodo.21410186>

ARTICLE INFO

Received: 26th April 2026

Accepted: 28th April 2026

Online: 30th April 2026

KEYWORDS

Eastern countries, Western countries, gender equality, women's rights, social protection, psychological trauma, rehabilitation, therapy

ABSTRACT

This article presents a comparative analysis of the specific features of supporting women who have experienced violence in Eastern and Western countries. It examines the socio-psychological consequences of violence, legal mechanisms, rehabilitation systems, and the influence of cultural and social factors. Based on the findings, conclusions and recommendations are proposed for improving support systems for women affected by violence.

Introduction

Violence against women is one of the most pressing social and psychological problems worldwide. Such situations cause not only physical injuries, but also mental trauma, psychological distress and personal changes. The return of women to a healthy psychological state after such situations is directly dependent on the cultural, religious and political systems of society. Therefore, the methods of restoring the mental health of women who have suffered violence in Eastern and Western countries have their own characteristics.

It's the 21st century, but not all countries have the same rights as men. You know countries where it's still scary to be a woman. They are raped or forced into marriage at a young age, and they can't do anything to protect themselves. For example, in Pakistan, 90 percent of women have experienced domestic violence.¹, 95 percent of women in Somalia have been circumcised², and in India, about 50 million newborn girls have been killed in the last 30 years³.

Violence has been an integral part of human existence throughout the development of human society. And today, its various forms of manifestation can be found in all corners of the world. Violence kills more than half a million people worldwide every year, and many more suffer non-fatal injuries as a result of collective and interpersonal conflicts. According to statistics, violence is one of the leading causes of death for people aged 15 to 44 worldwide. Almost 80% of these victims are women⁴.

¹https://en.wikipedia.org/wiki/Human_rights_in_Pakistan

² https://en.wikipedia.org/wiki/Prevalence_of_female_genital_mutilation

³ https://en.wikipedia.org/wiki/Female_foeticide_in_India

⁴World Health Organization. Violence and injury prevention: Key facts. Geneva, 2021.

The problem of violence against women is becoming increasingly global. Family members are more often victims of aggressive acts than strangers. This applies to both minor incidents involving minor injuries to health and more serious crimes, including murder. A significant proportion of aggression against relatives is recorded in almost all countries, which gives reason to speak about the universality of this phenomenon. According to the World Tribunal on Violations of the Rights of Women, presented at the UN World Conference on Human Rights in Vienna (1993), 54% of all murders are committed within the family, and 70% of these crimes. victims are women⁵.

In Western countries, particularly the USA, Canada, Germany, and Scandinavian countries, psychological support for women who are victims of violence is organized in an institutional and systematic manner.

Violence against women is a serious social problem in the United States. Millions of women in the country experience various forms of violence every year — physical, sexual, psychological, and economic. This problem occurs in all walks of life. According to statistics, 1 in 3 women in the United States will experience physical or sexual violence by a spouse or acquaintance in their lifetime. More than 4 million women are beaten or raped by a spouse or close male relative each year. More than half of women murdered in the United States are killed by a former or current husband or partner⁶.

The National Domestic Violence Hotline is a 24-hour, confidential, toll-free hotline that offers real-time support to victims.

In the United States, a wide range of psychological and social support services have been established for women who have suffered violence:

Shelters: provide women with a safe place, food, legal advice, and psychological support.

Therapy counseling: individual and group therapies, special programs for stress management and trauma management.

Support groups: social recovery by grouping with women who have gone through similar experiences.

Empowerment programs: employment, financial literacy, self-confidence courses.

Violence against women has been a serious social problem in German society for many years. Legal frameworks, rehabilitation services and prevention programs are constantly being improved to protect women from domestic, physical, psychological and economic violence.

Statistical studies conducted by the Ministry of the Interior and other government agencies show that approximately 1 million women in Germany are subjected to domestic violence every year. This figure reveals the seriousness of the problem in the country and calls for effective measures to combat violence.

The legal framework for combating violence in Germany was strengthened by the 2002 Gewaltschutzgesetz (Violence Protection Act). This law allows victims to be granted emergency protection orders to ensure their safety, to evict the perpetrator from their home

⁵ https://World_Conference_on_Human_Rights

⁶ World Health Organization. Violence against women prevalence estimates, 2018.

and to limit contact with them. Section 177 of the Criminal Code also provides for stricter penalties for sexual violence and rape, which increases the effectiveness of legal mechanisms.⁷

The system of psychological support for women who have been subjected to violence in society is also well developed. "Frauenhäuser" (women's shelters) provide a safe place and provide psychological and legal support. Counseling centers and social rehabilitation programs also help victims recover from trauma and reintegrate into society. There are also extensive public campaigns in Germany aimed at highlighting the problem of violence, which serve to raise public awareness of the prevention of violence and the protection of victims.

Studies show that many women who have been subjected to violence face psychological dependence, low self-esteem and social isolation. Therefore, psychological rehabilitation processes in Germany are important in overcoming violence and restoring the psychological state of victims.

The Scandinavian countries of Sweden, Norway, Denmark and Finland are among the world leaders in reducing and preventing violence against women. These countries have a comprehensive legislative framework, social protection systems and active prevention programs to reduce violence. Domestic, physical, psychological and sexual violence against women is widespread in the Scandinavian countries. According to statistics, approximately one third of women have experienced physical or sexual violence at least once in their lives. Surveys conducted in Norway have shown that a large proportion of victims seek help and seek psychological support. The Scandinavian countries have adopted strict laws against violence and are constantly improving them.

In Norway, the Anti-Violence Act allows victims to obtain rapid protection orders and provides for harsh penalties for perpetrators.

Sweden has a "zero tolerance" policy in place to deal with violent incidents.

These laws serve to protect victims and reduce violence.

Safe havens and counselling centres for women who have been subjected to violence exist in the Scandinavian countries. These centres provide victims with temporary accommodation, psychological support, legal advice and rehabilitation services. Campaigns aimed at promoting gender equality in society play an important role in preventing violence and protecting victims.

Scientific research shows that psychological support programs for women who have been subjected to violence in Scandinavian countries are effective. They help restore self-esteem, overcome trauma, and integrate into social life. The decline in gender stereotypes is contributing to a decrease in violence.

The next country is Canada. It is one of the countries that has implemented active policies to reduce violence against women and protect victims. Various forms of violence in this country - in particular, domestic violence, sexual assault and psychological pressure - are widespread and are recognized as a serious social problem.

In Canada, according to official data, approximately one-third of women will experience physical or sexual violence in their lifetime. Many victims do not seek help for fear of discrimination. The country's legislation provides for strong measures against violence,

⁷Gesetz zum zivilrechtlichen Schutz vor Gewalttaten und Nachstellungen (Gewaltschutzgesetz – GewSchG) [Electronic resource]. <https://www.gesetze-im-internet.de/gewschg/BJNR351310001.html>

including protection orders, punishment of perpetrators, and the operation of shelters, crisis and counseling centers. Safe shelters, emergency helplines, psychological rehabilitation and legal counseling services support victims. Research shows that public awareness, strengthening legislation and developing rehabilitation programs are effective ways to combat violence.

Mexico is notorious for its high rates of rape and murder of women. In 2012, the state of Chihuahua had 4,000 sexual assaults and a murder rate of 22.7 per 100,000 women. In addition, the Mexican justice system does not respond to domestic sexual violence. Therefore, women often choose not to report rape. They fear the negative attitude of their environment towards them.

Brazil has a high rate of assaults and murders against women and girls. It is estimated that a woman is assaulted and murdered every two hours. In addition, South America's largest and most populous country, which is nearly 90% Christian (60% Catholic), has a law prohibiting abortion, except in cases of rape or when the woman's ability to give birth is physically dangerous. Women who do not meet these criteria can be sentenced to up to three years in prison if they have an illegal abortion.

In the Democratic Republic of Congo, women are subjected to violence at almost every turn. Especially in the east of the country, where fighting continues, women are raped in large numbers and often in very brutal ways. According to estimates by the American journal Public Health, 1,150 women in the country are sexually assaulted every day. Some are attacked by their own relatives.

The Colombian government also has a high rate of violence against women. According to the National Institute of Criminology and Medicine, in 2010, there were 45,000 cases of assault on women by their husbands and family members. In addition, women are not provided with any medical care after violence, which is why women die as a result of violence. Despite the deaths, perpetrators are rarely prosecuted and punished.

As in all countries, there are many forms of violence against women in the UK. Domestic violence, including physical, psychological, sexual, financial and emotional abuse, is widespread in the UK. In UK law, the term "domestic violence" is generally used to refer to various forms of domestic violence. Certain specific forms of violence against women are criminal offences. Victims or those at risk of domestic violence may also be entitled to protection under civil law.

The Violence Against Women Act 2021 sets out a legal definition of violence against women, but there are no offences associated with this definition. Rather, pre-existing offences make certain forms of violence illegal.

There are also charities and therapeutic services in the country that provide temporary housing.

The government's plans to cut funding for women's shelters could make it harder for women to escape violence, potentially putting 2,000 women at risk each year. In 2016-2017, 60 percent of applications to shelters were rejected, and the funding cuts have made the situation worse. And it is not known whether women who escape violence will be able to escape. Abused women are often placed in squalid, rat-infested homes. This increases the risk of women returning to their abusers.

There are helplines for women experiencing violence. Refuge's National Violence Helpline (telephone number 0808-2000-247) provides support and information about violence. This helpline is confidential, free and open 24 hours a day.

In Western societies, domestic violence is largely addressed through legal reforms, crisis centers, and support programs aimed at increasing women's independence and safety[28;120b].

In many Eastern countries, violence against women is considered normal. In particular, the Afghan state completely rejects the concept of gender equality.

Women's rights in Afghanistan are severely restricted, with most girls denied access to education and many forced into marriage. Women face high risks of domestic violence, sexual assault and health-related harm, and legal protection is inadequate. Since the Taliban came to power, gender-based violence against women has increased, victim protection mechanisms have been weakened, and state shelters have been closed. As a result, women's access to legal and psychological protection has been further limited.

In particular, they have separated criminal and civil complaints, without which women and girls cannot be effectively protected. In addition, complaints are handled mainly by male staff, which marginalizes victims and prevents them from reporting their situation to the authorities. Victims of violence are not guaranteed compensation for filing complaints; they no longer have access to civil remedies or compensation. According to UNAMA, victims fear the Taliban government and its arbitrariness and therefore prefer not to seek justice formally.

In another Muslim country, Pakistan, life is not considered very pleasant for women. Due to cultural and religious traditions, girls are forced to marry before they reach puberty. In addition, there are generally accepted forms of punishment in Pakistan. For example, stoning. According to the Human Rights Commission of Pakistan, more than 1,000 women are killed in "honor killings" every year, and 90 percent of them are subjected to violence by family members.

Violence against women is widespread in Turkey, and violence is mainly perpetrated by a spouse, partner, or family member. Women in this country face many restrictions and threats. Due to patriarchal values, domestic violence is widespread, and women often face physical, psychological, sexual, and economic oppression. According to official statistics, hundreds of women are killed by their partners or family members every year, and thousands of women become victims of various forms of violence. For example, in 2021, about 280 women in Turkey were murdered by men, and 217 women died under suspicious circumstances. The majority of murders occurred in their homes, and the perpetrators were often their spouses or close relatives with whom they had close relationships. In 2022, 334 women were killed by men in the country, and 245 women died in "suspicious circumstances." In 2023, the figure was 315 for femicide and 248 for suspicious deaths. In 2024, according to the We Will Stop Femicide Platform, 394 women were victims of femicide and 259 women died in suspicious circumstances. Women's access to social and economic resources has significantly increased their strategies for combating domestic violence, demonstrating the high importance of resource-based empowerment in Turkish society.⁸

⁸Beshpinar, LZ, Arslan, H., & Beshpinar, FU Coping With Intimate Partner Violence: The Effect Of Women's Resources... Mediterranean Journal of Gender and Women's Studies, 7(1), (2024).

Turkey has state-run services — state shelters, ŞÖNİM centers, and protection order enforcement authorities. However, independent studies and monitoring reports indicate that shelter capacity is insufficient, with significant shortages in some areas (e.g., in southeastern Antalya). According to 2023/2024 data, there are approximately 149 women's shelters nationwide with a total capacity of 3,500 people (state and local shelter networks — 112 run by ministries, 33 by municipalities, and the rest by NGOs). Most reports report on the occupancy of shelters, and in some areas, on the quality and staffing of shelters.⁹

India, with a population of over one billion, is the second most populous country in the world. Women in this country are among the countries where gang rape is common. In addition, girls who refuse to marry in India are often attacked with acid. In India, young girls are forced into marriage under pressure and for money. According to various social calculations, Indian families have killed about 50 million newborn girls in the past 30 years.

Research in India shows that women's access to electronic support, particularly mobile phones and digital technology, significantly reduces their risk of violence at the hands of their husbands. However, economic independence is not the same for all women, and financially dependent women are more likely to suffer from domestic violence and conflict.¹⁰

Law and order play no role in the Somali Republic. Women here have no access to health care or education. They are constantly subjected to rape.

Somalia is a country where women are constantly at war, and they can become victims of armed conflict at any time. The Somali Republic is known for its high female mortality rate and the sale of young girls to older men.

Women and girls across Egypt are routinely subjected to sexual violence. In addition, attacks and rapes against women increased during the 2011 Egyptian revolution. In January 2017 alone, 19 cases of gang rape were reported. Domestic violence is not criminalized in Egypt. The situation for women in the country is also exacerbated by a judicial system that completely ignores women's rights in matters of marriage, divorce, custody, or inheritance.

In recent years, a number of scientific studies have been conducted in Egypt to analyze domestic and gender-based violence. According to the results of the study, women's higher education and economic independence reduce the likelihood of domestic violence. However, women living in low-income and patriarchal social environments are at higher risk of experiencing physical and psychological violence[35;80b].

In Kenya, women are completely dependent on their husbands. Because of this, men abuse women as they please. Also, girls here are almost not educated. Less than 20 percent of them are literate. The main problem in this country is the spread of HIV infection. Here, men believe that if they have sex with a virgin, they can get rid of AIDS, so innocent girls become victims of both sexual violence and infectious diseases.

⁹REPUBLIC OF TURKEY Ministry of Family and Social Services GDSW WOMEN IN TURKEY ANKARA July / 2023

¹⁰Dalal, K., Yasmin, M., & Dahlqvist, H. Do electronic and economic empowerment protect women from intimate partner violence (IPV) in India? BMC Women's Health, 22(510), (2022). 1–11.

Violence against women is also widespread in neighboring Kazakhstan. According to statistics, between 2021 and 2023, nearly a third of women aged 15–49 experienced physical, psychological, or economic violence from a spouse or close relative.¹¹

The Law on Women's Rights and Child Safety, adopted by the Kazakh government in 2024, aimed to reduce this problem from a legal perspective. The law re-decriminalized domestic violence and gave police the authority to take action without a complaint from the victim.¹²

In addition, the activities of crisis centers, temporary shelters, and psychological support services have been expanded to protect victims.¹³

Violence against women is also widespread in Tajikistan, manifesting itself in familial, sexual, psychological, and economic forms. Ethnographic research shows that patriarchal sociocultural structures in Tajikistan—values such as maintaining male dominance, protecting “family honor,” and intergenerational control—significantly limit women’s social freedom and personal security. Such norms are accepted as normal in society, leading to the social justification and legitimization of gender-based violence. Thus, the patriarchal value system not only creates the conditions for domestic violence, but also reinforces it as “natural” and “acceptable” behavior.¹⁴

A total of 2,121 cases of domestic violence were officially registered in Tajikistan in the first six months of 2025; this is 277 more than in 2024. In 2024, more than 55 cases of marriages with girls under the legal marriage age were officially registered in Tajikistan.

The issue of combating violence in Tajikistan has become an important area of state policy and cooperation with international organizations in recent years. The Law “On Prevention of Domestic Violence”, adopted in 2013, serves as the first major legal document in this direction. This law establishes mechanisms for identifying domestic violence, its legal assessment, and protecting victims. However, research shows that the practical implementation of the law has many limitations, and women often face bureaucratic obstacles in obtaining legal protection¹⁵.

With the support of international organizations, including UN Women, UNFPA, and OSCE, several women's shelters have been established in Tajikistan, providing temporary accommodation, psychological support, legal advice, and rehabilitation services to women victims. In addition, “hotlines” for the population are operating, allowing for rapid referrals in cases of violence.¹⁶

Advocacy work is also being carried out in the field of education and enlightenment: special training on gender equality issues is being held in schools and universities, and large-

¹¹Human Rights Watch. Kazakhstan: New Law to Protect Women Improved but Incomplete. New York: HRW. (2024).

¹²Library of Congress. Kazakhstan: New Law Criminalizes Domestic Violence. Global Legal Monitor. (2024).

¹³The Astana Times. One Year Since Kazakhstan Criminalized Domestic Violence: What Numbers Reveal. Astana: 2025

¹⁴Harris, C. Control and Subversion: Gender Relations in Tajikistan. London: Pluto Press(2004).

¹⁵Human Rights Watch. Tajikistan: Barriers to Aid for Domestic Violence Victims. “Violence with Every Step: Weak State Response to Domestic Violence in Tajikistan.” (2019)

¹⁶Shelters, hotlines, and awareness-raising campaigns supported by UN agencies play a crucial role in providing protection and reducing tolerance towards gender-based violence in Tajikistan (UN Women, 2024, p. 12).

scale information campaigns have been launched in the media against the normalization of violence.

At the same time, local non-governmental organizations are also working to reduce violence: legal aid centers for women have been opened, and "violence reduction programs" for men are being implemented.

In Eastern countries, improving legislation, raising awareness in society, expanding social services for victims, and developing international cooperation are important areas to reduce violence against women. At the same time, developing flexible approaches that take into account cultural and religious factors is a key factor in effectively combating violence.

CONCLUSION

Based on the results of the study, it is important to further improve legal protection mechanisms, increase the effectiveness of protection orders and accountability measures in preventing violence against women. At the same time, it is necessary to expand shelters, hotlines, rehabilitation services and a comprehensive support system for victims, and strengthen public awareness on gender equality and the negative consequences of violence. Adapting the institutional experience of Western countries, taking into account the national, cultural and religious characteristics of Eastern countries, as well as developing cooperation between government bodies, non-governmental organizations and international institutions, will help increase the effectiveness of combating violence

References:

1. Beshpinar, LZ, Arslan, H., & Beshpinar, FU Coping With Intimate Partner Violence: The Effect Of Women's Resources... Mediterranean Journal of Gender and Women's Studies, 7(1), (2024).
2. Dalal, K., Yasmin, M., & Dahlqvist, H. Do electronic and economic empowerment protect women from intimate partner violence (IPV) in India? BMC Women's Health, 22(510), (2022). 1–11.
3. Gesetz zum zivilrechtlichen Schutz vor Gewalttaten und Nachstellungen [Electronic resource]. <https://www.gesetze-im-internet.de/gewschg/BJNR351310001.html>
4. Harris, C. Control and Subversion: Gender Relations in Tajikistan. London: Pluto Press(2004).
5. Human Rights Watch. Tajikistan: Barriers to Aid for Domestic Violence Victims. "Violence with Every Step: Weak State Response to Domestic Violence in Tajikistan." (2019)
6. Human Rights Watch. Kazakhstan: New Law to Protect Women Improved but Incomplete. New York: HRW. (2024).
7. Library of Congress. Kazakhstan: New Law Criminalizes Domestic Violence. Global Legal Monitor. (2024).
8. REPUBLIC OF TURKEY Ministry of Family and Social Services GDSW WOMEN IN TURKEY ANKARA July / 2023
9. The Astana Times. One Year Since Kazakhstan Criminalized Domestic Violence: What Numbers Reveal. Astana: 2025
10. World Health Organization. Violence and injury prevention: Key facts. Geneva, 2021.
11. World Health Organization. Violence against women prevalence estimates, 2018.

12. Shelters, hotlines, and awareness-raising campaigns supported by UN agencies play a crucial role in providing protection and reducing tolerance towards gender-based violence in Tajikistan (UN Women, 2024, p. 12).

13. https://en.wikipedia.org/wiki/Human_rights_in_Pakistan

14. https://en.wikipedia.org/wiki/Prevalence_of_female_genital_mutilation

15. https://en.wikipedia.org/wiki/Female_foeticide_in_India

16. https://World_Conference_on_Human_Rights

