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REFLECTIVE ANALYSIS ARTICLE

REFLECTIONS ON VIOLENCE AGAINST WOMEN AND THEIR INTERFACE WITH THE QUALITY OF LIFE

REFLEXÕES SOBRE VIOLÊNCIA CONTRA A MULHER E SUA INTERFACE COM A QUALIDADE DE VIDA

REFLEXIONES SOBRE VIOLENCIA CONTRA LA MUJER Y SU INTERFACE CON LA CALIDAD DE VIDA

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ABSTRACT

Objective: to reflect on violence against women and its relationship to quality of life. ***Method:*** a descriptive study, reflective type to support the understanding of violence and its impact on the quality of life of victimized women, based on the analysis and interpretation of articles, theses and dissertations. ***Results:*** the various forms of violence against women translate into a negative impact on health, physical, sexual, reproductive, psychological and social aspects. ***Conclusion:*** violence against women directly and negatively affects the quality of life of women victimized in various fields. To reduce violence and promote a good quality of life for women there is a need of strengthening aimed at disclosure, combating, prevention of violence against women and the promotion of public health policies. ***Descriptors:*** Violence Against Women; Quality of Life; Nursing.

RESUMO

***Objetivo*:** refletir sobre a violência contra a mulher e suas relações com a qualidade de vida. ***Método*:** estudo descritivo, tipo reflexivo para subsidiar a compreensão acerca da violência e as suas repercussões sobre a qualidade de vida das mulheres vitimadas, fundamentado na análise e interpretação de artigos, teses e dissertações. ***Resultados*:** as diversas formas de violência contra a mulher se traduzem em repercussões negativas na saúde, nos aspectos físicos, sexuais, reprodutivos, psicológicos e sociais. ***Conclusão*:** a violência contra a mulher afeta direta e negativamente a qualidade de vida das mulheres vitimadas em vários âmbitos. Para reduzir as situações de violência e promover uma boa qualidade de vida às mulheres há a necessidade do fortalecimento de políticas públicas voltadas para a divulgação, combate, prevenção da violência contra a mulher e a promoção da saúde. ***Descritores*:** Violência Contra a Mulher; Qualidade de Vida; Enfermagem.

RESUMEN

***Objetivo*:** reflexionar sobre la violencia contra la mujer y sus relaciones con la calidad de vida. ***Método*:** estudio descriptivo, tipo reflexivo para subsidiar la comprensión acerca de la violencia y sus repercusiones sobre la calidad de vida de las mujeres víctimas, fundamentado en el análisis e interpretación de artículos, tesis y disertaciones. ***Resultados*:** las diversas formas de violencia contra la mujer se traducen en repercusiones negativas en la salud, en los aspectos físicos, sexuales, reproductivos, psicológicos y sociales. ***Conclusión*:** la violencia contra la mujer afecta directa y negativamente la calidad de vida de las mujeres víctimas en varios ámbitos. Para reducir las situaciones de violencia y promover una buena calidad de vida a las mujeres hay necesidad del fortalecimiento de políticas públicas dirigidas a la divulgación, combate, prevención de la violencia contra la mujer y la promoción de la salud. ***Descriptores*:** Violencia Contra la Mujer; Calidad de Vida; Enfermería.

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INTRODUCTION

Violence against women is a serious public health problem because of the negative consequences that affect the physical and psychologically victimized women, leading to higher health care costs, the family suffering, risk of death for women and reach epidemic levels worldwide.[1-2]

It is a socio-historical problem with political, social and economic implications, which directly affects the health and quality of life of women victims, resulting in deaths, injuries, psychological and emotional problems. It is a multifaceted universal phenomenon, devoid of racial, cultural, socio-economic boundaries, age group, educational level, sexual orientation, and represents one of the main forms of violation of human rights of women, to hurt their rights to life health and physical integrity.[1.3]

It is estimated that one in five days of work absenteeism are due to female domestic violence and for five years lived, the woman victimized in the home loses a year of healthy life. Brazil is the country that suffers such violence, responsible for a third of admissions to emergency rooms and the loss of 10.5 % of GDP(84 billion dollars).[4]

In Brazil there are few systematic and official statistics showing the magnitude of the phenomenon. However studies show that about 24% of women have suffered from some sort of domestic violence in the country and that percentage increases to 40% when referring to different forms of aggression. [1]

This issue deserves visibility because of the impact they bring to the quality of life of victimized women, considering relevant concern about domestic violence and its relation to quality of life. Thus, due to the magnitude and seriousness of the fact, there is a need to conduct discussions, studies and research and public policies for coping.

OBJETIVE

● To reflect on violence against women and its relationship to quality of life.

METHOD

Descriptive study, reflective type to support the understanding of violence against women and its impact on the quality of life of victimized women, based on the analysis and interpretation of articles, theses and dissertations.

DEVELOPMENT

♦ Violence against women

Understanding violence against women is a challenge and requires an analysis of power relations between men and women in society.[5-6] In this study, it was considered the concept of society as a collection of people who share concerns and customs purposes, interact and whose activities occur as a response in relation to the other.[7]

It is vital to the discussion of gender in the study of domestic violence because historically, the affective relations between men and women are marked by conditions of male dominance and female submission and these power relations reflect a gender ratio.[8]

Gender is understood as a way related to the socio-cultural concept as a society constructs gender differences and assigns roles to men and women, based on rules, norms, values, conventions and behaviors that permeate relationships. It is a process in permanent construction, which undergoes variations with history, culture, religion and education.[5,8,9]

In this context, the centralizing and authoritarian attitudes of men are understood as something inherent to the male figure and subordinate to that authority, the female figure. The need to reinforce male power may stem violence against women, also known as gender violence, which has the home as a principal place of occurrence and the companion as the main aggressor. Thus, it is learned to be a man and a woman and to accept the power relationship between the sexes as something natural, violence legitimized by society , like a right of man over woman.[6.8]

It can be defined violence against women as any act or conduct, in the form of action or omission which causes death, injury, physical, sexual or psychological distress and moral or material damage in the domestic sphere of the family and any close relationship affection based on gender. It is understandable how the domestic unit living space of people permanently, regardless of family ties and, as a family, the community consists of people united by blood ties or not, affinity or desire, which are or consider themselves related.[10]

Violence against women can be divided into physical, sexual, psychological and moral heritage. Physical violence consists of acts of aggression that can lead to injury from small, serious injuries and even death. The psychological is characterized by situations of humiliation, depreciation, insults, rejection,

verbal abuse, threats and other forms of disrespect and sexual violence is any action that forces a woman to have sexual contact with the partner or others against their will.[10]

There is also the patrimonial violence, understood as any conduct that set subtraction, retention or destruction of objects, working tool, personal document, object, property, values and rights or economic resources and moral conduct any violence in the form of slander, libel or slander. Note that this is only a didactic division, since usually these forms have overlapping, which can be identified more than one type in a single case of violence against women.[10]

The various forms of violence mentioned translate into a negative impact on women's health in physical, sexual, reproductive, psychological and social aspects. The consequences are triggered multiple and significantly affect the quality of life of victimized women.[6]

The main physical effects are: headache, fractures, abdominal injuries, muscle pain, sudden changes in weight, lacerations, abrasions and burns. Sexual and reproductive aspects are gynecological disorders, sexually transmitted diseases, provoked or spontaneous abortion, unwanted pregnancy. As social and psychological changes have become isolation and absenteeism, feelings of self-loathing, despondency about life, alcohol abuse and drug abuse, depressive disorders, suicide attempts, phobias, among others.[5,9,11]

Because of these negative effects of violence, especially in terms of health, women are victimized more often to seek health services, most often with nonspecific symptoms. However, although women start to use more health services, do not reveal the situation spontaneously and still face the problem of invisibility by professionals in everyday services, which makes it even worse. Even when situations of violence are identified, there are difficulties in professional practice in dealing with the situation and the victims, lack of knowledge on the subject and lack of preparation to ensure listening and skilled care.[11]

Some factors make it even more complex and difficult to approach problem as taboo issues, fear, prejudice, lack of training of health professionals, the trend toward medicalization of cases and poor coordination among various sectors of society. Besides, in most cases, women themselves do not reveal the violence by financial and/or emotional dependence to the mate, shame, among others.[12]

♦ Relationship between violence against women and quality of life

Although there is no consensus on the concept of quality of life, we can define it as a social polysemic concept, human notion associated with how a person is satisfied with life in various aspects, family, environmental, and as to its very existence. It is a term of multiple meanings, reflecting knowledge, experience and values in different times and stories. The quality of life is influenced by a complex form of mental and physical health, independence, social and environmental relationships, values and beliefs of people.[13-4]

It is worth mentioning also that the concept quality of life involves not material and subjective values such as love, fulfillment, freedom; elements and materials, as meeting the essential needs of man with food, housing, work, education, health and leisure.[13]

Violence against women in this context, is directly and negatively affect the quality of life of women victimized in many ways, since it interferes with the physical and psychological health of the woman, in love and family (the partners and family members are the perpetrators of violence) and in society and their social relations, bringing consequences also for the health system.[15]

Violence in its various manifestations, affects the quality of life of the person victimized. In this sense, research conducted in Ceará assessed the quality of life and depression in women victims of violence by their partners and found that these women had scores consistent with a poor quality of life and depression.[3] Another study demonstrated that violence is a complex phenomenon, constituting a historical problem and a negative indication of quality of life.

The quality of life depends on three main elements: interpersonal relations permeated by love, health and availability of social facilities. Among women, the presence of love and interpersonal relationships is highly valued. Thus, it can be observed the existence of a relationship between violence against women and quality of life also in the sense that the elements of quality of life are intended to supply deficiencies that cause violence occurs.[17]

It is vital that social representations of the phenomenon of violence are used to reflect on the issues that affect the health of populations, constituting essential understanding in building a health system that favors the well-being and quality of life.[17-18]

The role of interdisciplinary teams of health sector is insufficient to achieve

significant results in the quality of life of women victims of violence. To treat and prevent this type of problem, responsibility with the various sectors of society, education, security, justice, and work must converge. It is also necessary to think of ways to promote quality of life as a strategy to deal with violence against women, articulating both individual actions as investing in quality of life.[2,17]

CONCLUSION

Violence against women, subtle or declared, leaves marks on the body and soul of who experiences them to adversely impact on various aspects of women's lives victimized, especially in health. Conditions that affect the health of people consequently entail negative repercussions and undermine the quality of life.

Therefore, it is important to build a health system that favors the well-being and quality of life by acting in disclosure, combating and preventing violence against women, providing support and coping strategies, and health promotion, to strengthen the protective factors of individuals, families and society. Health promotion constitutes an element with the potential to produce health, with the potential to prevent and address violence and may contribute to improving the quality of life.

Due to gender violence not being something natural, but from the socialization process, one of the biggest challenges is to transform the relations of conflict historically existing between men and women in democratic relations. To modify these social and cultural patterns of conduct of men and women, some measures are necessary, such as: the construction of formal and non-formal educational programs that disseminate values of respect and equality (in school curriculum at all levels of education, media communication, institution of educational campaigns), the training of professionals to become qualified in the admission and suitable for women victims of violence care, in addition to promoting empowerment strategies these women through policies to generate income and employment for instance.

The above measures are presented by Maria da Penha Law as instruments in coping and combating violence against women. However very explicit in the law is not what happens in practice. The situations of violence are recurring and women to seek help in support services, still face inadequate service locations with inadequate infrastructure service, without professional training and services that make up the service network do not work in an integrated manner.

To reduce violence and promote a good quality of life for victimized women, it should contribute to building a fair society to guarantee the rights to life, education, housing, labor, freedom , among others. For this, a suitability and preparation of various sectors of society such as health, justice, education, among others, to address, treat and prevent this type of problem in coordination towards a specific and interdisciplinary approach, as well as collaborate with is required the empowerment of women victims and work with man aiming to reeducate him.

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