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## **PREVENTING AND COUNTERING DOMESTIC VIOLENCE**

Protection of people against cruelty, prevention of crimes against them is extremely important, socially important and a relevant task.

Violence filled various spheres of human life: Political, economic, spiritual and family household. It owes expressions in wars, murders, depreciation of life, domination of such phenomena as antihumanity, aggression, cruelty.

The violence problem in society is complicated also by the fact that a considerable part of victims of violence - natives of unsuccessful segments of the population, young women, "street children" in whose fate very few people are interested people of advanced age. Violence against minors and domestic violence are the most widespread violence in society.

Violence in families happens in all sectors of society, irrespective of religion, race, sexual preferences, professional and educational level. People who render violence try to receive the power and control over their relatives.

Domestic violence is dangerous that there are not enough people who speak and address to law enforcement agencies for the help in the solution of problems of domestic violence. Women and children are the main victims in domestic violence, these are the weakest persons who cannot protect themselves from many forms of violence against them.

Domestic violence has in itself 4 forms of violence: physical, economic, psychological, sexual.

Physical abuse is a form of domestic violence that includes slaps in the face, kicks and also illegal imprisonment, drawing a beating, tortures, infliction of bodily injury of varying severity, causing death.

Sexual violence - illegal infringement of one family member of sexual integrity of other family member and also action of sexual nature in relation to the minor of the family member.

In modern life of the victims of sexual violence there was much more.

Psychological violence is a violence, connected with activity of one family member on mental health of other family member by verbal abuses or threats, including concerning the third parties, prosecutions, intimidations, other acts directed to restriction of will of the person.

Psychological violence often leads to a depression, nervous breakdowns, exacerbation of chronic diseases, and even brings to suicide. Psychological violence in families accompanies all other types of violence.

Economic violence - deliberate deprivation of housing, food, clothes, other property, coercion to work, you will lock to study also other offenses of economic character.

It is possible to solve a problem of domestic violence concerning minors only in case of collaboration of teachers, parents and all adults, anyway involved in education of children. The purpose of work on the solution of consequences of violence is not replacement or elimination of parents who are not able to bear responsibility for education of the children, and the help of family in restoration or formation of ability to the called activity.

In activities for the termination of violence workers of a law-enforcement system, tutorship and guardianship authorities, representatives social and pedagogical communities, the staff of medical and psychological services have to be attracted.

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### **EFFECTS OF EMOTIONAL ABUSE**

The main reason why emotional abuse is often overlooked is the fact that there are no physical signs or marks to prove that it exists. However, emotional abuse can be just as harmful, and probably even more destructive, since the damage goes deeper within the psyche of the one on the receiving end. Instead of physical pain, he is left with the harder-to-ease emotional pain, and the scarring can be more permanent. Emotional abuse is any abusive behavior that isn't physical, which may include verbal aggression, intimidation, manipulation, and humiliation, which most often unfolds as a pattern of behavior over time that aims to diminish another person's sense of identity, dignity and self-worth, and which often results in anxiety, depression, suicidal thoughts or behaviors, and post-traumatic stress disorder.

Emotional abuse starts hacking away at the person's self-esteem, which is already quite low to begin with. His vulnerability to emotionally abusive attacks is brought on by existing feelings of inferiority, self-doubt, and a general lack of confidence. By piling on the abuse, the person will feel even smaller, since his initial impressions of himself are, in a way, validated or confirmed. For example, a husband never misses pointing out how incompetent his wife is, and this eats away at the wife, who is already suffering from a low self-esteem because of her current unemployed state. As a result, she tends to be sullen and quiet as she stays home to do housework.

Repetitive emotional abuse can shape one's self-worth. The repetition or constant exposure to the abuse is likely to have a hypnotic effect, so that