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RESEARCH

Significados e influencias da violência doméstica: sentimentos refletidos por mulheres em situação de violência

Meaning and influences of domestic violence: feelings reflected by women in the state of violence

Significado y la influencia de la violencia doméstica: sentimientos reflejados por mujeres en el estado de violencia

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ABSTRACT

Objective: Identify feelings of women victims of domestic violence. **Method:** This was an exploratory, descriptive, qualitative approach developed in August 2011, in a women's police station, with 08 women who denounced the violence. We used the workshop to produce the data through semi-structured interviews, which were recorded and transcribed for analysis according to the analysis thematic category. Only after approval of the ethics committee and research under protocol number: 0078.0.405.000-11, this research was operationalized. **Results:** The results show that women are vulnerable to violence as a matter of socially constructed that it is inferior to males should be submissive and obey him. **Conclusion:** Women victims of violence express feelings of anxiety, shame and disbelief, and hope in order to continue despite all the abuse and violence suffered. **Descriptors:** Violence, Vulnerable, Woman.

RESUMO

Objetivo: Identificar sentimentos de mulheres vítimas de violência doméstica. **Método:** Trata-se de uma pesquisa exploratória, descritiva, de abordagem qualitativa desenvolvida em setembro de 2011, em uma delegacia da mulher, com 11 mulheres que denunciaram a violência sofrida. Utilizou-se a oficina para produzir o material empírico por meio de entrevista semi-estruturada, as quais foram gravadas e transcritas na íntegra para serem analisados de acordo com a análise de conteúdo do tipo categorial temática. Somente após anuência do comitê de ética e pesquisa sob protocolo de número: 0078.0.405.000-11 esta pesquisa foi operacionalizada. **Resultados:** Os resultados apontam que mulheres são vulneráveis a violência por uma questão socialmente construída de que ela é inferior ao gênero masculino devendo ser submissa e obedecê-lo. **Conclusão:** As mulheres vítimas de violência expressam sentimentos de angústia, descrença e vergonha, tendo a esperança como forma de prosseguir apesar de todos os abusos e violência sofrida. **Descritores:** Violência. Vulnerável, Mulher.

RESUMEN

Objetivo: Identificar los sentimientos de las mujeres víctimas de la violencia doméstica. **Método:** Se realizó un estudio exploratorio, el enfoque descriptivo, cualitativo desarrollado en agosto de 2011, en una comisaría de la mujer, con 08 mujeres que denunciaron la violencia. Se utilizó el taller para producir los datos a través de entrevistas semiestructuradas, grabadas y transcritas para su análisis de acuerdo con la categoría de análisis temático. Sólo después de la aprobación del comité de ética e investigación bajo el número de protocolo: 0078.0.405.000-11, esta investigación fue puesto en práctica. **Resultados:** Los resultados muestran que las mujeres son vulnerables a la violencia como una cuestión de construcción social que es inferior a los varones deben ser sumisas y obedecerle. **Conclusión:** Las mujeres víctimas de violencia de expresar sus sentimientos de ansiedad, vergüenza e incredulidad y esperanza para continuar a pesar de todo el abuso y la violencia sufrida. **Descritores:** Violencia, Vulnerable, Woman.

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INTRODUCTION

The female figure has always been surrounded by teachings, and superstitions that govern, and limits your space in front of society, the minds of men and women is covered of extinguishing or excessive moral distancing them from ethical thinking. The female figure is often in a supporting role or an extra of their own stories is imposed a duty to be delicate and submissive gifted and sympathetic, formulaic.

Therefore, violence against women is characterized as phenomenon of public character and legitimized by society, where women cohabit with partners aggressors because of naturalization of this Act imposed by culture, this issue, which has been changing over the past few decades due to the initiation of complaints and of great economic and social impact on the population's health, which demanded actions of the State with a view to combating and prevention.¹

Thus, violence refers to conflicts of authority and desire to domain, an order of power, and that kills the other, which is not a specificity of health, but the direct impact on it through injuries, traumas and deaths, whether emotional or physical, representing then a public health problem with serious transverse dimensions to the current society.²

In the meantime, public policies aimed at work, in the perspective of joint actions and legal devices, to combat this practice, through the prevention of situations of vulnerability, awareness of which suffer aggression, be it physical, psychological or verbal is not something natural and encouraging women's autonomy and their quest for their rights.³

In this way, the law of number 11.340/06 titled Maria da Penha law arises boosted the fight for the rights of women who suffer violence, through incessant search and overcoming. However, it took many years for the same allows in Brazil, sanctioned in August 7th, 2006, by President Luiz Inácio Lula da Silva, under pressure from women who have organized and non-governmental organizations (NGOs) International disclosures with the Maria da Penha, which fought for decades for Justice, being by international pressure the law sanctioned.⁴

The who has highlighted alarming epidemiological data regarding violence against women, showing that in various countries of the world much of the female population suffered some kind of physical violence or were forced to have sexual intercourse against her will.⁵

The relevance of this study is magnified because of the possibility of health professionals to carry out their actions. To treat women victimized by domestic violence have to be possessed of some knowledge; scientific knowledge, which is supported by the theory combined with the technical skills; See full look and recognize that women victims of violence bring with features that go beyond the wounds, and that's why it is necessary that health professionals, especially nurses, are trained, sensitized and based also on law and also to the performance of the best care in attendance.

Violence against women in Brazil has been more evidenced today, and for many has become something banal. Supported in the speech of violence and discussions involving the subject at present mainly in women arise the following guiding question: "What feelings are evidenced in the discourses of women victimized by domestic violence?" Thus, formulated the following objective: to identify feelings of women victims of domestic violence.

METHOD

It is a field research, exploratory and descriptive, qualitative in nature developed in a station specializing in assisting the woman, in the municipality of Campina Grande/PB/Brazil in September 2011, the population being composed of women victims of domestic violence who denounced the violence suffered, the sample was of eleven women aged between 68 and 20-year variable, with a predominance of women of reproductive age. Most lived in a stable, and the number of children ranged from 1 to 13 children. Large part exercised, another part informal working lives of income from social security benefits. The convivial time violent ranged from 3 to 25 years. The women interviewed were characterized by names, in order to protect their identities.

Inclusion criteria were: Women victims of violence and they have done the police report at the station of women victims of all kinds of domestic violence; Regardless of being the first or more than a complaint; Women over 18 years.

The instruments used for the collection of empirical material were semi-structured interviews, which were recorded with the aid of multimedia player MP4 and subsequently transcribed in their entirety, using also the comments stored in a field journal, having these, subsidized all the research.

After the completion of the interviews, the empirical material was transcribed in its literalness and this product gave rise to the corpus of work. After thorough reading of the lines of the respondents, they were arranged and presented in the form of narratives and subsequently analyzed according to the technique of content analysis, categorical type theme proposed by Bardin.⁶ Followed the analysis, the empirical material was confronted outside the existing literature on the subject.

The study was approved by the Research Ethics Committee of the higher education and Development Center, under Protocol n° 0078.0.405.000-11, obeying the ethical principles of the resolution 196/96 of the National Health Council of the Ministry of health as research involving humans.

RESULTS AND DISCUSSION

Studies show that women in productive and reproductive age are the most battered, so this study corroborated this finding to the present most of his sample women with ages varying between 20 to 68 years, with low schooling, living in stable, with the number of children between one and thirteen children, being the time of conviviality violent variant between three and twenty-five years. In relation to the economic issue, most of these women have fixed income from informal work and/or income remains of social security benefits.^{7,8}

Thus, for failing to ensure their own financial survival and their children, are subject to depend on his fellow attackers. Thus, factors such as poverty, the abuse of alcohol and other drugs predisposes the emergence of victims of domestic violence.⁹ Is noticed, then, that the social question and the financial dependence bring still relevant influence on that dynamic of violence imprisoning many women.

Feelings of loss of self-esteem and of dreams

The violence is currently a matter of health, and social inequity that installs every day, presents increasing numbers. Thus, the woman who is raped is in General a victim weakened and cornered, your suffering reaches your entire family, and their kids grow up in a kind of vulnerability, in a disturbing environment. Therefore, educational and safe way to intervene is the pursuit of many professionals, and above all the citizens.

In the meantime, research on this topic is socially important, because its results will contribute to the elaboration of strategies in the communities, and society as a whole. It is possible to perceive a mix of sensations and feelings on victims of domestic violence, these senses travel of a line that goes from the financial dependence to the frustration of a covered relationship of oscillations and disrespect, it is possible to feel the real need of an intervention of awareness and sensitization of relations to the evidenced in the lines below:

I was a great, so I'm a good housewife only I don't have that love to do things that previously I did; He was in me, I'd get a black eye, he gave whack me, I never got my parents stick! Understand? And he gave me, I tried more or less than eight years because I tried hard, but I'm not ashamed to tell you, I wanted to like him as I'd like, but there's no way, because he won't let me live! He won't let me, is that he wants me to be happy, he's not happy! It's too late because I already, I found me, I wanted to turn me, I wanted to paste the little Crystal again but not getting to [...]. (Lily, 37 years old, emphasis added).

I've always been the best in my house, good school, courses and everything! But I chose him and left home. [...] then we spent four year two year was wonderful! After I got pregnant, everything changed, started hitting me, I don't know how I didn't lose my daughter, I don't know how many times he'd tackle me to the ground and I always there because I was crazy about him! (Chrysanthemum, 20 years old).

He piled the food on the table as if I were a dog, he came to punches in my face [...] I was fat, beautiful and full of life, he just told me. (Harpsichord, 42 years old).

The lines above show that grief led by violence contributes to the destruction of dreams, triggering the feeling of powerlessness generated in relation to the situation, from the dependence on the dominant genre, which makes them prisoners of the situation of distress that experience. Thus, the attitude of the aggressors, enforcement charges meaningless, the humiliation and the frequent reviews lead to the devaluation of women and the decrease of their self-esteem, due to personal devaluation.¹⁰

That way, one realizes that the suffering caused by violence is beyond the limits of physical experience, reaching the emotional, social and economic women. Therefore, fear, anxiety, guilt and worries about the future, permeate the mind of those victims that are characterized by their insecurity amid situations of violence.¹¹

Currently compared to other research there are still a few references that speak of the subjective, the expressiveness of the victim of gender violence, but it is important to consider such issues, for from them various other health problems, and social consequence. There is importance in systems thinking and complex understanding of human and social phenomena.¹²

So, women have feelings of disappointment because of the rupture of dreams, which not only represents the abandonment of a goal, but brings with it the low self-esteem, the devaluation of herself, consequently makes this woman in front of a damaged life, which inspires in some sense of piety, and perpetuating the old image of a woman dependent and weak.

Many changes have happened, were conquered rights through social and feminist movements, and however is still real and present violence perpetrated by men her companions. Rules are dictated within the various social arrangements, which are distinct, but that culminate in the same establishment, where he labels the woman as a fragile, that should be sweet and delicate, unable to perform certain tasks on behalf of their gender condition, then the violence is already aware of it.

Thus, the female figure needs to stand out, because only in this way, we know their real needs and will aim to create functional adjustments in an attempt to resolve such a situation. The woman with its relations of violence do not remain more hidden, invisible as they were for a long time, the media has cooperated for this, that is a good thing, because only by knowing the history of life, the scenery, the wishes and desires of those women who can think of effective aid and possible solutions.¹³

The emotions and feelings exposed above are perceptible expression of disbelief and the hope of freedom and to get rid of the relationship that oppresses and voids, which restricts rights and cause blemishes in the personality of each victim of violence.

Scars on the body and soul of women in situation of violence

What is evident in most of the speeches are the marks left by the violence, the physical assaults heal physiologically, but remains on the brink of mind the images coming from the assaults and abuse, favoring the emergence of certain disorders, such as depression and panic attacks, or even the triggering of other mental disorders.

The woman who lives in an environment of abuse follows his life so insecure, frightened, fragile, and frustrated; at the same time are women with remnants of that

force can overcome numerous situations, like a cancer and a consequent contempt of his companion. As expressed in the statements below:

...During 13 years never had peace with him, I don't even think I've lived, I think I was a vegetable beside him [...] I was the bearer of a thyroid cancer was when he looked at me and said: you just turn around! Think then you used to having someone on your side?! And then not want to help you understand how? It is very sad! You hear it from that person [...]. (Angelica, 30 years old).

I didn't remember that I exist in the world [...] I didn't remember that I had a son, I didn't remember the world exist, wiped, you know a person who lost the General mind? I was like that, I was like that! Through it, all this suffering, then I looked at myself, I even skinny wounds, looked at the mirror, I am more I more I more I six times. (Harpichord, 42 years old, emphasis added).

In the statements above shows the expression of psychological scars. One of the participants speaks with regret of your relationship, sorrows of abandonment and the vile, and disbelief in another relationship. Another brings in depth their feelings and talk about your distress and verbalize the loss of identity and the mismatch with real life. But his strength persists to look at him as a being of value and feel that way, the woman gets you new hope to proceed. The impacts generated by violence are numerous, but what we perceive in the speeches is a gradual change of thoughts that once presented to the present day.

Numerous women act only as members of the female gender category, and this happens according to gender ideology, regardless of whether they have consciousness of this fact, because it integrates identity including strata unaware of his psyche.¹³ Full-time woman suffers social, moral and cultural influence, but not always ethical influences. And since childhood becomes a being stereotyped, labeled where is often unable to perform actions labeled as male and this generates an unconscious submission that do remain and a covered relationship of abuse and violence.

The violence suffered by women perpetrated by his fellow generate health related issues which do not always follow a chronological line, involving so nonspecific indicators of poor health, poor quality of life and frequent use of health services. Thus, the result of these violent relationships is visible on health, with physical consequences and greater severity of mental shape.⁷

So despite all the suffering experienced, they don't give up the possibility of dreaming, and be happy one day, dreams are drained, but the human being, especially being a woman's ability to recreate, and rebuild or restart new paths; other directions.

In the following speech realized the repentance of a relationship initiated with precipitation and in the impulse of feelings that was once awakened and that marked the adolescence and possibly this woman's life.

My mistake was related to me too young, I left home I had 17 years, lack of advice my mother has not always had the best of everything at home, good school, travels and everything else! My room looked like princess room, everything you can imagine in my room had. Met a person, was my first boyfriend, my first man, the father of my daughter! Dated him about six months ago, my mother said: Quartz, do not leave the house, do not leave the house that he does not pay! But mom, I know him, and she did not want me would date with him, and she was told, because you'll have to choose: either me or him. I chose him, I left home. I got pregnant when I was 18 years old, he said you will get! I will not take, I always wanted a daughter. (Chrysanthemum, 20 years old).

Today we observe that many of the values that have been a while I haven't found them more with the same frequency. In Brazil the Colony was seen as that which represented the wife/mother, and she was valued for it, was a patriarchal relationship where the man was all issues of the relationship was implied the domination of women by men.⁹ But it is important to note that the woman received with certain satisfaction this condition, because she was assigned a special value at the fleeing of this pattern was that on the sidelines of social criticism.

However, there was a significant change in relations and values, and one realizes that clearly some research⁽¹⁶⁾ which show that relations of violence among young people still at the stage of dating, is a serious problem where are imbued with numerous factors, causing various adverse effects. According to the authors many relationships that bring violence incorporated already show signs since the initial phase of the relationship.

CONCLUSION

The feelings expressed by women victims of violence are diverse, but of common origin. Their faces reflect their experiences and portray deep scars from a failed relationship domain and submission, of broken dreams, goals frustrated, empty life and without motivation, anguish and disbelief of invisibility and shame, depression and faith, where remnants of hope allows them to continue despite all the abuses and violence suffered.

The dream of a happy and harmonious family and a latent desire to live and exist, all these women feed that desire, but their concerns are nullified with the humiliations and laments that interact side by side, a feeling of helplessness, the emotional breakdown that leads to terrible depressions. One realizes that women victims of domestic violence have certain degree of dependency is financial, emotional or psychological; excessive submission towards his companions is still present, but can't explain why so much reliance, is also visible in these women to shame to report abuses and violence suffered, the marks are reflected in tears pouring to talk about their stories.

The Specialized Departments of assistance to Women add up to a high number of attendances throughout its creation, the same Act on prevention and suppression of domestic violence, claiming indisputable relevance for the service provided, but so that the same exercise its role is necessary a multiprofessional team qualified, knowledgeable of gender violence, stripped of prejudices conducting an active listener. Still the work is indispensable in concomitance with the Prosecutor, and also in the implementation of public policies to combat domestic violence and gender.

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