

Reintegration of Abused Women into Society

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Abstract

Domestic violence against women remains a major concern in today's society. This research examines the Islamic perspective on domestic abuse and how Muslims should treat others. This paper also serves to give awareness and education to help women properly reintegrate into society after being abused, whether it be emotionally, physically, or socially. Points are proven through a literature review research on mental health effects and disorders from being exposed to domestic abuse, as well as the effects on teens and children. It also shows common misconceptions of abuse and how blame can be misplaced. The paper will emphasize the need for providing help as it is an objective of reintegration of abused women into society.

Reintegration of Abused Women Into Society

More than one in three women and more than one in four men in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime (National Domestic Violence Hotline, n.d). Furthermore, most female victims of intimate partner violence were previously victimized by the same offender, including 77% of females age 18 to 24, 76% of females age 25 to 34, and 81% of females ages 35 to 49 (National Domestic Violence Hotline, n.d). These are the numbers from reported cases, however, even more cases of assault remain unreported. These numbers continue to grow and only leave victims of assault feeling hopeless. Many victims are left with no justice.

There are many different types of intimate partner abuse and how the victim may respond to it. Victims of abuse have access to help, whether it be sexual, physical, mental, or emotional abuse. The many different types of abuse confuse people in how to react in an abusive situation. There are different opinions on how to intervene or how to react when faced with different types of domestic abuse.

Types of Abuse

Sexual Violence

Sexual violence is a type of domestic abuse. It is not limited to women as it affects men, children, teens, and elders as well. According to the National Sexual Violence Resource Center, sexual violence is when someone forces or manipulates someone else into unwanted sexual activity without their consent (National Domestic Violence Hotline, 2010). There are a multitude of different reasons that make a victim vulnerable to a sexual abuser such as age, fear, illness, disability, or the influence of drugs or alcohol. Sexual abusers usually prey on people they

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already know who are vulnerable to manipulation. Of adults, 73% knew the attacker, 38% were friends of the attacker, 28% were an intimate partner of the attacker, and 7% were a relative of the attacker. (National Domestic Violence Hotline, 2010).

Fear

Fear is a factor because in certain situations the abuser will use manipulation to force sexual acts from the victim and the victim is engulfed into the cycle of violence. The abuser may use mental manipulation in order to coerce the victim into their perception of reality (citation needed). In many cases, a victim must rely on the abuser for financial stability, and ends up feeling trapped. Illness and disabilities put people in a vulnerable position as they rely on a caregiver who is, oftentimes, the abuser. In situations similar to this, the abuser is able to assert their dominance and take advantage of the victim who is in the weaker position.

Use of Drugs and Alcohol

Being under the influence of drugs or alcohol is a common reoccurrence in sexual abuse. The usage of “date-rape” drugs are common in efforts to manipulate a victim into sexual assault. According to the Office of Women’s Health (2019), a date rape drug can come in the form of liquid, pill, or powder and its very purpose is to weaken the victim enough to be assaulted or raped with ease. Drugs or alcohol can make a person confused and vulnerable about what is happening, which makes them less able to defend themselves against unwanted sexual contact, or unable to remember what happened. Nearly 11 million women in the United States have been raped while drunk, drugged, or high (Office of Women’s Health, 2019). The drugs assist the abuser as when the victim is intoxicated, they are not fully capable of giving consent.

Sexual abuse is a very common and serious issue. Many survivors neglect reporting their assault because they feel that they are victim to a game of manipulation. Even though 39% of sexual attacks are reported to police, there remains a slim chance, estimated at 16.3%, that the rapist will end up in prison, (Central MN Sexual Assault Center, 2019). This is very discouraging to victims, as they may experience feelings of trauma, guilt, embarrassment, or shame. It makes reaching out for help that much harder. Minimizing and questioning the authenticity of a victims' sexual assault is just another reason as to why they refrain from or delay disclosing their traumas to authorities.

Stalking

Stalking crimes are another area of concern. According to the National Center for Victims of Crime (2019), "stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger." It is when someone repeatedly contacts the victim, follows the victim, sends the victim continuous messages, talks to the victim when they repeatedly ask them not to, or threatens the victim to talk to them when the victim does not want them to. Stalking can occur with an intimate partner, someone a person would know casually or a former boyfriend or girlfriend. One in 6 women (16.2%) and 1 in 19 men (5.2%) in the United States have experienced stalking victimization at some point during their lifetime in which they felt very fearful (National Domestic Violence Hotline, n.d). Stalking often happens in relationships and may begin subtly. For example, being checked up on or being called often are signs that may signal the potential for an abusive relationship to develop. These trivial behaviors can come off as sweet, but to a victim that is unwanting of small gifts and messages, it can be very scary. When a victim is being stalked by someone close, she/he is in constant fear that she/he will be

physically abused, kidnapped, raped, or murdered (National Domestic Violence Hotline, n.d).
and this fear is mirrored in the way they behave in social situations

Effects of Domestic Abuse on Children and Teens

Unfortunately, children and teens are also very susceptible to domestic abuse. According to the Royal College of Psychiatrists(n.d.), in relationships where there are domestic violence and abuse, children witness about three-quarters of the abusive incidents, putting the children into harm's way. About half the children in such families that are exposed to abuse end up being abused themselves either during the relationship abuse or later on in their life (Royal College of Psychiatry,n.d.). Sexual and emotional abuse are also more likely to happen in these families (Royal College of Psychiatry,n.d.). Allowing an abusive person into a home with children sets up children for future trauma and other issues that can last well into their adult lives.

Situations that involve children become problematic, as their love can be seen as a victim's point of weakness. The abuser may take advantage of the victim's care for their children or siblings leaving the victim open for abuse. The abuser may see any vulnerabilities,such as financial and emotional stability and try to take advantage.. For example, the predator may threaten to take the children away or take full custody without consultation. The cycle of manipulation often pushes the victim to comply for the sake of the children's well being (STAND, n.d.). If the victim is heavily reliant on the abuser, in such ways that the sexual predator may be charge of their finances as the victim does not have a source of income of their own; this only increases the abusers power and dominance over the victim. In many scenarios, the abuser will manipulate the victim into staying by holding their personal information against them (STAND, n.d.). Abusers often threaten the life of the victim if the victim tries to leave,

leaving the victim trapped in an endless cycle of violence and resentment. Another tactic an abuser may employ to keep a victim within their grasp is to take away everything the victim holds dear to the victim's heart. Victims often end up isolated from their friends, family, school, and work environment. In many situations, abusers put the victims into bad situations with family members and create situations for the victims' families to turn their backs on them. In a domestic abuse situation, the abuser will try to make the victim feel isolated. It is crucial to attempt to understand these victims, as they are victims of this abuse. They are not willingly staying with the abuser. They are stuck in a toxic situation that they need help escaping from.

Effects of sexual violence make significant imprints on children that follow them to their adulthood. "Some children lose the ability to feel empathy for others (Child Welfare Gateway Information, 2019). Others feel socially isolated, they are unable to make friends as easily due to social discomfort or confusion over what is acceptable. Such effects can make their future social interactions and relationships very difficult. Ultimately it inhibits the development of society.

In addition to being exposed to an abuser in the household, children and teens can be exposed to an abuser by either befriending them. According to the National Domestic Violence Hotline (n.d.), about 1 in 5 women and nearly 1 in 7 men who ever experienced rape, physical violence, and/or stalking by an intimate partner, first experienced some form of partner violence between 11 and 17 years of age. This exposure to violence at this stage in life sets up the victim to resolve their problems in a violent manner, continuing the cycle of violence.

Sex Trafficking

The incidence of sex trafficking in the USA has increased by 13% from 2017 (Fortune, 2020). According to the Centers of Disease Control and Prevention (2019), “sex trafficking is when adults are compelled to engage in commercial sex by force, fraud, or coercion.” According to National Human Trafficking Hotline (n.d.) there is an estimated 40.3 million victims of human trafficking globally, with hundreds of thousands of those estimated to be residing in the United States. The victims of this crime in the U.S. range from children to adults of both genders. Abusers will scour the internet in search of vulnerable children as they are more likely to fall to manipulation until they are stuck in a dangerous situation (Aronowitz, 2013, p.106). Another approach to capturing children is through lookouts, the predator will wait until a victim gets near enough their vehicle to kidnap them. There are many ways people try to lure others by creating distractions such as drugging, “boyfriending”, or social media . Abusers strike while the victims are most vulnerable (BeTheJam, n.d). Then “the trafficker uses physical and psychological threats, humiliation, beatings, sleep-deprivation and malnutrition to maintain control of the victim” (NO project, 2015).

Abuse in the Workplace

Abuse in the workplace can range from stalking, to inappropriate and unasked for touching, or to rape. According to the National Domestic Violence Hotline (n.d.), nearly two in three corporate executives (63%) say that domestic violence is a major problem in our society and more than half (55%) cite its harmful impact on productivity in their companies . In many situations, a victim is put into a toxic situation where they feel uncomfortable, or feel like they have nowhere to go, and they feel they can not say anything. Fear of being fired from the workplace holds people back from speaking out against these happenings. According to the

National Domestic Violence Hotline (n.d.), more than 70% of the United States workplaces do not have a formal program or policy that addresses workplace violence. This implies that there is not a program protecting an employee's rights to mitigate these concerns in their own work environment.

Effects on Victims

During the cycle of abuse, a victim may experience a plethora of effects. According to Joyful Heart Foundation (n.d.), common physical effects include Bruises, Sprained or broken wrists, Chronic fatigue, Shortness of breath, Involuntary shaking, Changes in eating and sleeping patterns, Sexual dysfunction. This comes into the way of the victim's life because it allows the victim to feel hopelessness and untrustworthiness towards others.

Mental Disorders

Post-Traumatic Stress Disorder

PTSD, more formally known as post-traumatic stress disorder, is one of the many mental illnesses victims of sexual assault experience. According to the National Psychiatric Association (2013), "PTSD is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault". There are ways to address these ongoing PTSD stressors such as cognitive therapy. This therapy does not address the ongoing threat that the abusers may still be posing to the victims. The victims may still be in danger so the aid to the victims must combine cognitive therapy with shelter programs that can protect them from their abusers (HOPE, 2009).

Anxiety and Depression

Anxiety and depression are common in people trying to recover from being in abusive relationships as well as what the victims face while still trapped in the abusive cycle. Abusers will use mental health as an excuse to belittle their partner or take advantage of them (Help Guide, 2019). Out of fear, many victims, after separating from that toxic person, become hypervigilant and experience a series of multiple panic attacks (BJGP, 2006). Many abusers will use this tendency to inflict self doubt on the victim, and make them feel as though they have no sanity. After being in such a detrimental cycle, many victims will feel hopeless because of all the ideas that the abuser brainwashed the victim with. Even while stepping outside the relationship, the abuse will continue to haunt the victim. This decreases the chances of any victims coming forward.

Getting Help

When survivors witness people speak out and come forward with their traumas, victims feel less lonely , the representation helps them validate their own trauma. When one victim comes forward and publicly receives comfort in help, it raises the chances for other victims to come forward because of the belief that the environment is safe for them . The Power and Control Wheel accurately describes what happens in an abusive relationship (National Domestic Violence Hotline, 2020).

Common Misconceptions

When in an abusive situation, many people say “if she/he is abusive, why don't you just leave?” This is a complex and tricky situation because in many ways, it is creating a stigma and is blaming the victim. Abusers usually allows for the victims to take the blame of the abusers

actions. This stigma caused survivors difficulty in attempts to leave an abusive relationship. This creates problems and causes victims to feel isolated and question their self-worth. Many victims will fall into a cycle of depression or become very antisocial as a side effect of trying to comply with the abuser's attempt to dehumanize them (STAND, n.d.).

Islamic Perspective

Quran

Islam is a religion of peace and tranquility. Domestic violence exists in both Muslim and non-Muslim societies, the position of Islam on abused women is very clear as mentioned in the Quran. The verse in the Quran that exemplifies how Muslims must treat their spouses is, “*Live with them in kindness; even if you dislike them, perhaps you dislike something in which Allah has placed much good*” (Quran, 4:19). This emphasizes that in Islam, one must work on the marriage and treat others with respect and kindness even when faced with difficulty. In Islam, marriage is defined by a partnership based on love and mercy (Quran 30:21). God also commands men in another verse to “live with your wives in kindness and equity” (4:19).

Hadith

Islam takes a clear stance on domestic abuse and it is shown through the life and character of the Prophet Muhammad (pbuh). One hadith states that a companion asked the Prophet Muhammad (pbuh) what is the right of a wife over her husband? He said, “That you feed her when you eat and clothe her when you clothe yourself and do not strike her face. Do not malign her and do not keep apart from her, except in the house.” (Islam and Violence Against Women, 2019).

Another Hadith where the Prophet Muhammad supported a victim of domestic abuse, was with Habeeba bint Sahl, who was the neighbor of the Prophet Muhammad. He helped her leave the abusive relationship. When the husband (Thabit) struck Habeeba, she turned up at the door of the Prophet Muhammad. After telling him about her situation, she said, “Thabit and I can no longer be married.” The Prophet then summoned Thabit, settled their financial affairs, and ensured that Habeeba was able to safely return to her family, narrated by al-Darimi; Khan (Islam and Violence Against Women, 2019).

Conclusion

In conclusion, reintegration of the abused and survivors of assault or trafficking is not only possible with taking the victim out of the abusive situation but also providing them with tactics and ways to reintegrate into society without their abuser. Domestic violence against women still remains a major concern in today’s society, no matter the socio-economic status, ethnicity, age or religion. Domestic abuse continues to increase and the only way to help end this is through reducing stigma and speaking out against this issue. Initiating different programs aimed towards helping women and men that are abused. One way to inflict this change is to take small steps to educate all in the options they have.

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Rubric rating submitted on: 12/16/2019, 12:44:56 PM by evelyn.sebik@mia-aa.org

	0	5	10
APA Formatting Your score: 10	Does not use APA formatting correctly. There is no running head or page number in the header.	Does not use APA formatting correctly, or there is no running head and page number in the header.	Uses APA formatting correctly. There is a running head and page number in the header.
Organization Your score: 8	Ideas in the paper do not flow logically. Does not use transitions and various beginning words.	Ideas in the paper do not flow logically, or does not use transitions and various beginning words.	All ideas in the paper flow logically. Uses transitions and varies beginning words.
Elaboration Your score: 8	Does not use researched information from reliable sources. Does not provide five fully-typed pages	Does not use researched information from reliable sources, or does not provide five fully-typed pages	Uses researched information from reliable sources. Provides five fully-typed pages
Use of Language Your score: 8	Uses first and second person pronouns. Does not use vivid verbs and elevated vocabulary	Uses first and second person pronouns or does not use vivid verbs and elevated vocabulary	Avoids first and second person pronouns. Uses vivid verbs and elevated vocabulary
Mechanics Your score: 10	Does not use correct grammar, spelling, punctuation, or capitalization. Paragraphs are not properly indented.	Does not use correct grammar, spelling, punctuation, and/or capitalization or paragraphs are not properly indented.	Uses correct grammar, spelling, punctuation, and capitalization. Paragraphs are properly indented.

Comments:

Tuka,

You're off to a good start. The main issue with your paper is that you use subjective language instead of providing the facts and data. You should write this paper objectively so the numbers speak for themselves. You have many problems throughout the paper with pronoun-antecedent agreement. I've pointed it out a couple of times, but there are many instances where I did not mark it. Many of the paragraphs in the second half of your paper sound like your opinion because you have not provided sources, facts, or data. I suggest you revise your paper so that you are using researched information and citing it in the paper. Please see my comments 44/50

Rubric rating submitted on: 1/28/2020, 3:18:52 PM by evelyn.sebik@mia-aa.org

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	Unacceptable	Below Expectations	Meets Expectations
Two Peer Reviews Meets Expectations	No peer reviews	One peer review	Two peer reviews (20 pts)
APA Formatting Below Expectations	Incorrect APA in-text citations, title page, abstract, and sources in references	Several problems with APA in-text citations, title page, abstract, and/or sources in references	Correct APA: *in-text citations (4pts) *title page & abstract (5 pts) *cites sources correctly in references (8 pts)
Command of Subject beyond general knowledge. At least 8 fully-typed pages. Meets Expectations	Demonstrates general knowledge Provides 4 or less fully-typed pages	Insufficient command of subject that barely goes beyond general knowledge Provide 5-7 fully-typed pages	Strong command of subject that goes beyond general knowledge (7 pts) If you conducted primary research, include an analysis of data collected. Provides 8 fully-typed pages (8pts)
References Meets Expectations	Missing many of the required sources in references	Missing some required sources in references	Includes a reference list with: *At least 1 book *At least 2 reputable articles *At least 2 Islamic sources *At least 2 Internet sources *The Quran (8pts)
Includes Islamic Perspective Meets Expectations	Does not include an Islamic perspective Did not take feedback into consideration	Islamic perspective is not sufficiently addressed Has only taken some feedback into consideration	Includes Islamic Perspective (10 pts) Has taken feedback into consideration (10 pts)

Comments:

Tuka, you've made great progress. Your paper is easier to read with the section headers. That was a good addition. I feel that you either need to add a section on how to improve this situation,

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or you need to elaborate more on solutions in each of the sections. Right now you just tack on a sentence at the end and leave the reader wondering "How does that work?", "What does the author have in mind?" I'm impressed with the many sources you've used. However, your in-text citations and references don't match; they should. Make sure to remove any rubrics that were inserted to your paper before you submit the final draft. Please see my comments in text and let me know if you have any questions.

Score: 76/80

Peer Reviews: 20/20

APA: 13/17

Command: 15/15

References: 8/8

Islamic Perspective: 20