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SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF GENDER STUDIES

GDS1110: Concepts of gender and gender based violence

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QUESTION

What are the negative effects of gender based violence on women and men in Zambia

INTRODUCTION

Gender-based violence is a pervasive issue in Zambia that affects both women and men.

According to the United Nations Development Programme (UNDP), Zambia has high rates of gender-based violence, with nearly half of Zambian women reporting that they have experienced physical or sexual violence in their lifetime. This violence can have devastating effects on the physical, emotional, and psychological well-being of both women and men (UPND, 2018).

Gender based violence refers to any form of harm of violence or harm that is inflicted on an individual based on their gender. It includes physical, sexual, emotional, or psychological abuse, as well as harmful practices like forced marriage or female genital mutilation (Nations, 2013).

For women, the effects of gender-based violence in Zambia are particularly severe. Women who experience violence are more likely to suffer from physical injuries, unwanted pregnancies, sexually transmitted infections such as HIV/AIDS, and mental health issues such as depression and anxiety and even death (Musheke et al., 2012). They may also face social stigma and discrimination and rejection from their families and communities, making it difficult for them to seek help or support, further escalating their trauma and isolation (Nations, 2013).

Gender-based violence can also have long-term effects for women in Zambia. Women especially of young ages who experience violence are more likely to drop out of school, have lower levels of education and higher rates of unemployment. This can continue the cycle of poverty and dependence on abusive partners, making it difficult for women to break free from abusive situations.

In addition to the effects on women, gender-based violence also has significant impacts on men in Zambia. Men who perpetrate violence against women may also suffer from mental health issues, as well as legal consequences such as imprisonment and financial penalties. They may also face social exclusion and loss of community support, making it difficult for them to seek help for their own personal issues like internal guilt and shame for their actions (Mukula et al., 2018)

Overall, gender based violence in Zambia not only harms the direct victims, but also has broader societal implications, such as continuous cycles of violence and reinforcing harmful gender norms that eternalise discrimination and inequality. To address the effects of gender-based

violence in Zambia, it is essential to implement comprehensive strategies that address both the root causes of violence and provide support for survivors. This includes promoting gender equality, challenging traditional gender norms, and providing access to services such as counselling, legal assistance, and shelters for survivors. (Shabalala et al., 2018).

CONCLUSION

In conclusion, gender-based violence in Zambia has wide-ranging effects on both women and men. It is essential for policymakers, civil society organizations, and individuals to work together to address this issue and create a society where all individuals can live free from violence and discrimination (Nations, 2013).

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