

Gender based violence can be explained in different ways it can be defined as the violence directed against a person because of that person's gender or violence that affects persons of a particular gender disproportionately. Gender based violence can also be explained as a pervasive societal problem that manifests in various forms and affects individuals from all walks of life, irrespective of their gender identity, age, ethnicity or social status. Gender based violence can occur in different ways or forms it can either be physical, psychological (emotional), sexual, economic etc. In Zambia like many other countries GBV affects mostly women and young girls, and cause of this they don't speak out on what's happening.

They are different types of gender based violence firstly physical violence. This refers to the force threat of force to cause physical harm, injury or even death in some cases. This type of violence occurs in many ways mostly in slapping, punching, kicking, choking, burning, or even using weapons to cause physical harm. Physical violence is common cause of GBV in Zambia, and most women are likely victims to this type of form then men. It is a serious form of gender based violence that can result in serious injuries, disability, and even death. It can happen in many different settings including home, workplace, school and public spaces. Physical violence can be a one-time occurrence or can happen repeatedly over time. Physical violence can come about in a relationship as a result of the abuser being addicted drugs or an alcoholic. It can also come as a result of power and control issues, an abuser will use physical violence as a way to maintain power and control over their partner. Another factor that can contribute to this maybe the low economic status and poverty of women within and outside of marriage or in an intimate relationship which contributes greatly to the perpetuity of violence against them. This type of GBV can cause an underlying issues such as mental health problems and substance abuse. Most victims of this types of GBV suffer mental issues such as anxiety, depression, post-traumatic stress disorder (PTSD), and other many other mental health conditions. The long lasting effects of physical violence can vary depending on the severity and duration of the abuse. Some survivors may experience may experience physical injuries that can have long lasting term effects on their health and well-being, such as chronic pain, disability and reduce mobility. These effects can impact person's ability to work, maintain relationships, and enjoy life

Secondly we have emotional violence, is a form of abuse in which one partner uses psychological or emotional manipulation to control or dominate the other partner. Emotional

violence can take place in different forms such as belittling, ridiculing, humiliating, or insulting the other partner. For example, a partner's appearance, intelligence, or abilities, causing the victim to feel worthless, helpless, and powerless. Emotional abuse also includes acts of isolation such as preventing the victim from seeing friends or family members, controlling the victim's finances or monitoring their activities. Emotional violence can have severe and long-lasting effects on the victim's mental, emotional and physical well-being

Thirdly sexual violence is also an aspect of gender based violence. It can be defined as a broad category of actions in which a person exerts their power and control over another person through unwanted or harmful sexual actions. Sexual violence can also be defined as a form of non-consensual sexual activity including rape, sexual assault, sexual harassment and forced prostitution. In Zambia sexual violence is a widespread problem with women and children as the primary victims. The abuser may also use sexual coercion which is the use of pressure, manipulation, or deception to gain sexual contact without the person's consent. In some cultures women are taught to be submissive to their husbands thus cause some of the issues rape and sexual slavery, forced pregnancies and forced abortion. In other cultures, it is considered acceptable for a husband to force his wife to engage in sexual activity. For example in a marriage forcing someone to engage in sexual activities against their own will using coercion or threats to obtain sexual activity and ignoring someone's sexual preferences can cause the abuser to use physical force thus hurting the victim causing physical injuries or even unwanted pregnancies. Sexual violence can have severe and long lasting physical and emotional effects on the victim, including unwanted pregnancies, sexually transmitted infections, trauma and shame. It can also lead to some psychological problems such as depression, anxiety and post-traumatic stress disorder.

Fourthly economic violence which refers to the use of economic resources or the threat of economic abuse to control, intimidate, or otherwise harm the victim. It can also be defined as any act or behaviour which causes economic harm to an individual. It can be in the form of property damage, restricting access to financial resources, education or the labour market. This form of violence occurs globally towards women mostly, it is said to occur when an individual denies his intimate partner access to financial resources, typically as a form of abuse or control or in order to isolate her/him from the world. Sometimes economic violence comes about through cultural or religious practices, some women are not allowed to be

involved in any decisions regarding property or finances. This may also include taking away their earnings of the victim, not allowing them to have a separate income thus giving them the status of a house wife or making them work in the family business without a salary or making unfit for work through targeted physical abuse Economic violence in the public sphere is both a cause and an effect of dominant gender power relations in societies. It may include denial of access of education or (equally)paid work (mainly to women)denial of access to services , exclusion from certain jobs ,denial of pleasure and the enjoyment of civil,culture,social and political rights. This type of violence lads to tension, which may spill over into physical violence and negatively affects the mental health women and their children

Last but not the least psychological violence is a form of abuse in which one partner uses psychological tactics such as threats, intimidation, or coercion to control the other partner. This form is aimed to control and manipulate an individual's emotions thoughts and behaviour. It also involves behaviour that undermines an individual self-worth, self-esteem, and psychological well-being. It can includes verbal abuse, humiliation, threats and controlling behaviour. Psychological violence can take place in many forms such as cyber bullying or manipulating someone's thoughts or emotions. This type of violence is usually challenging to detect as, it mostly happens in closed doors and can leave no visible signs of physical harm. However it can cause a number of severe and long lasting effect on the victim's mental and emotional health which may include anxiety, depression and trauma. Not only do women go through psychological violence but also men too. This may be due to the fact that, men may have had a lack of education or may have a low income thus making his spouse humiliate him or verbally abuse him. Cause of this he may lose his self-esteem and confidence or may even suffer some mental health issues such as depression and post trauma depression.

Potential gaps in measure aimed at addressing gender based violence, have been put in place. Despite the numerous measures aimed at addressing GBV there are significant gaps in preventing and addressing such issues. There are various measures put in place to address GBV in Zambia.

Firstly lack of comprehensive legislation, many countries lack comprehensive legislation and explicitly addresses GBV and this creates an environment where perpetrators of gender based violence can escape accountability. In addition, certain countries have laws that fail to cover all forms of GBV which means that certain types of GBV are not treated as criminal offences

Secondly legal gaps ,there many legal gasp in Zambia's response to GBV.for instance, some laws, such as the sexual offences Act, contain provisions with limited scope and do not adequately address the various forms of gender based violence. Moreover, the implementation of existing laws is weak due to limited resources, lack of political will and inadequate capacity of law enforcement agencies and justice system.Futhermore, GBV survivors may face challenges in accessing legal aid, counselling, and other support services due to financial constraints, legal processes and social stigma

Thirdly institutional gaps, there are institutional gaps in the response to GBV, especially concerning the coordination and collaboration among stallholders. For example, different agencies and organisations may have conflicting or overlapping mandates resulting in limited cooperation and coordination of efforts.Futhermore, some stakeholders may lack the capacity to effectively respond to GBV due to limited resources, poor communication, and weak accountability mechanism. Moreover, the availability and accessibility of GBV services such as counselling and medical treatment, may be limited or inadequate, particularly in rural areas

Fourthly community level gap, is addressing GBV include cultural and social norms that tolerate and perpetuate GBV. For instance, some traditional norms and practices may condone or justify GBV, particularly against women and girls. Additionally, a lack of awareness and education about GBV can limit the community's ability to detect, prevent a respond to GBV cases. Moreover, community members may hesitate to report GBV cases due to fear of reprisal, social stigma or lack of trust in the justice system. Cultural attitudes and beliefs can perpetuate GBV, and changing them can be a slow and challenging process. Some culture view GBV as acceptable, and this view can be reinforced by societal institutions such as religion, media, an education. Changing these attitudes and beliefs requires long-term, sustained efforts involving grassroots activism, community involvement and policy change.

Last and not the least lack of support, support services are vital in providing GBV victims with the resources they need to heal and recover. However, many countries lack adequate support programs such as counselling, housing, healthcare, and legal aid. Furthermore, these services can be difficult to access, particularly for marginalized communities.

In conclusion the different types of GBV in Zambia affect both men and women and have severe and long-lasting impacts on the victim's social, economic and physical well-being. Although several measures have been put in place to address GBV, there are gaps that need to be addressed to make the interventions more effective. These gaps include legal, institutional and community-level challenges. Addressing GBV requires a holistic approach, involving all stakeholders including the government, civil society organizations, the private sector, and the community. Therefore, there is a need for increased investment in GBV prevention and response initiatives, including awareness-raising, education, capacity-building and resource mobilization.

THE UNIVERSITY OF ZAMBIA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

NAME; INONGE MBEWE

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