



Culture & Abuse

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When we look at the world today, we see that everyone comes from a different background, including culture, and origin. With this, each individual has their own set of norms, values, and beliefs they view to be acceptable or unacceptable of their culture.

Abuse, in some cultures, is seen acceptable but majority of the time are hidden and kept a secret. When women are being abused, other individuals around them say, "Why can't you just get a divorce? Why can't you just leave them?" Well this is easier said than done. Think about the victim, and put yourself in their shoes. To put this in perspective, I want to tell you about where I come from and how important culture is for me.

Coming from the Hinduism Culture, we have many customs, and traditions. However, when gender is looked at, a man and a woman are held to different expectations. A traditional Hindu woman is held to the highest level when it comes to respect, quality, and modesty. She is supposed to be the typical "housewife", walk behind her husband, serve meals to her husband before she eats, host guests as they enter the household, and make sure that her husband has all of his needs met before she can do anything else. A man, on the other hand, has different roles. He is viewed as the provider for the household, being financially

independent, and is not expected to do any household chores.

Hinduism, and many other cultures have similar expectations that I mentioned. Now being a woman, and having all of these expectations placed on you is difficult. When it comes to being physically and/or sexually abused, it is even harder. In having the role of a housewife, mother and employee, how is she supposed to tell anyone what is going on. How is she supposed to break the "norm" and seek help? Divorce and Violence is considered a "taboo" in our culture and is unheard of. In addition, this affects the development of children. How would custody battles work? Can a child grow up in a broken home?

Majority of the time, women in these cultures hide their bruises, by applying makeup, adding clothing and not taking a step out of the house. If you know someone who is going through this, hear her out and help her seek help, but remember it is easier said than done.

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