

Legal Barriers for Domestic Violence Victims in Pakistan

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Abstract

Domestic violence in Pakistan is a grim reality, hitting everyone, especially women and children. Laws exist to punish offenders and protect victims, yet they simply don't work when put into practice. Victims often stay quiet because of social shame, fear of revenge, money woes, or just not knowing the legal options. Some police officers shrug off their duty, wedded to unwritten codes that let family drama spill over. Legal help, shelters, and NGOs try to patch things up, though these supports are few and patchy. Court processes drag on with sky-high proof demands, making convictions or protective orders a wild card. Deep-rooted customs and inflexible, old-school patriarchal attitudes just let violence linger. Sure, the government tries its hand with things like awareness drives and helplines—efforts that, in many cases, only nudge change along—but on their own, they rarely do the trick. Often, it really takes a diverse mix of state teams, local community fighters, and everyday folks working together to stitch up a safer future in Pakistan.

Keywords: CJS, LEA, legal context, Pakistan, systematic review

Introduction

Domestic violence hurts people everywhere (UN Women Pakistan, 2023). It's not just an abstract idea (Awan, 2022) – it impacts families all over, and here in Pakistan, the issue is very real, with legal measures and government projects only partly keeping pace with the pain many face (Jafree, 2023). Across the country, a notable number of women—roughly between 10 and 20 percent—endure violence (Centre for Research and Security Studies, 2023). In some studies, data from the Pakistan Bureau of Statistics shows that nearly 32% of women say they've suffered physical harm at the hands of their husbands, while about 25% mention mental cruelty (Human Rights Commission of Pakistan, 2024). This kind of mistreatment, which can lead to death, serious injury, or long-term disability, continues to trouble communities in profound ways (Khan, 2023).

Violence doesn't wear just one face (Khan, 2025). Sure, physical harm is visible, but there's also sexual, economic, and psychological violence that quietly rips lives apart (United Nations, 2024). In Pakistan, a widespread cultural notion

insists that troubles in the home should be kept private (Shahid, 2024). This idea, echoed by both victims and even sometimes law enforcers, makes it hard for many women to see a way out of their situation, and legal help often remains out of reach (Human Rights Watch, 2025). Pakistan distinctly works its laws. Being the Islamic Republic, decisions come after discussions among the legislative community and rounds of input from influential Islamic bodies (Bhamani et al., 2023). One key player here is the Council of Islamic Ideology, a constitutional group set up in 1973 (Kamal, 2025). Their job is to ensure that new laws don't conflict with Islam—in other words, that everything jibes with the guidance of the Quran and the Sunnah (Wagha, 2024).

This study dives into how Pakistan's criminal justice system and domestic violence intersect. It explores the types and frequency of the violence, really digging into how these actions hurt not only the victims but also society as a whole. Alongside this, it takes a closer look at existing legal measures meant to shield survivors and what legislation is in place to prevent further harm. Overall, the work aims to show that while some steps have been taken, a lot still depends on changing old attitudes and improving support for those affected.

Research Justification

Domestic violence in Pakistan remains a significant, everyday issue, yet we still don't have a complete picture of how often it happens or all its different forms and impacts. Raw data is sparse, leaving many to wonder about the mix of economic, emotional, and physical violence that people suffer. In most cases, studies can look deeper at the enforcement of these laws, spot the weak links in legal structures, and uncover why victims struggle to find the justice they deserve.

Cultural beliefs, gender roles, and general attitudes in everyday society also shape how domestic violence plays out on the ground. In many respects, diving into these social dynamics can reveal surprising gaps between what's written on paper and what actually happens in practice. On top of that, many victims face a tangle of challenges when trying to get help—things like social stigma, financial ties that are hard to break, and an apparent shortage of support services. A closer look into these difficulties, with accounts and data alike, can show not only the emotional and physical toll but also how the very system meant to protect them often falls short.

Research in these areas might also test how well various policies and programs work in the real world, evaluating everything from public awareness efforts to newer legal reforms and even looking over offender rehabilitation programs. All in all, such work can be eye-opening, even if the path to change is anything but straightforward.

Research Methodology

Numerous issues arise as a result of a large amount of scholarly literature (Cardano, 2020; Ravitch & Carl, 2020; Wadsworth, 2020). One is how to fully document and evaluate the status of knowledge on a specific aspect (Acharyya & Bhattacharya, 2019; Devlin, 2020). A systematic review method is an effective tool (Flick, 2020; Machado & Davim, 2020; Mukherjee, 2019) for accomplishing this.

The continual increase of research and the need to synthesize available content resulted in the formal establishment of the systematic review method in the late twentieth century (Higgins et al., 2011; Meerpohl et al., 2012). The systematic review method systematically assesses and compiles all pertinent empirical information to give a comprehensive interpretation of study findings (Hammond & Wellington, 2020; Kumar, 2019). Although the systematic review method is most often employed in the social sciences (Dawson, 2019; Giri & Biswas, 2020), it is also used in management sciences, law studies, life sciences, earth sciences, and physical sciences (Gilbody, 2005; Machado & Davim, 2020; O'Hagan, 2006; Pullin & Stewart, 2006).

The systematic review approach has many advantages (Kettunen & Makela, 2019; Moriarty, 2020). To begin, they provide a concise and comprehensive summary of the available data on a particular subject (Dawson, 2019; Hennink et al., 2020). Additionally, it assists in identifying research gaps in a field's existing understanding (Zawacki-Richter et al., 2019). They can draw attention to methodological issues in research projects, enhancing future work in the field (Chilisa, 2019). Finally, they may be used to identify clear answers based on current data and do not require further study (Hammond & Wellington, 2020). Conducting systematic reviews, particularly for new writers, has been demonstrated to be a valuable endeavor (Giri & Biswas, 2020). Authors get a deeper understanding of their topic area

of interest, generate fresh research ideas, and build critical abilities for synthesizing current material (Cardano, 2020; Machado & Davim, 2020).

This research was formed by a systematic review method. The research objectives are determined in this method, and an extensive literature review is done on the subject (Komba & Lwoga, 2020). The research findings are classified according to the subject's content (Hiver et al., 2021; Petticrew & Roberts, 2006). Classified information is included in the study by organizing it as headings (Gan et al., 2021; Pawson et al., 2005). The flow of the study is formed by evaluating classified information and titles (Page, 2021; Rahi, 2017). Thus, integrity is ensured by considering the researched subject with its contents (Egger et al., 2022; Victor, 2008). Consequently, this technique was selected, and the associated processes were observed. Reviewing the relevant literature resulted in accumulating data and information coded according to the study goals. The coded data were grouped by subject. After classifying and merging the subjects, they were ordered by degree of connection. The criteria for selection are listed.

1. **Relevance:** Researches that directly addressed the questions posed by this study are included.
2. **Quality:** Studies that meet a certain quality threshold (e.g., methodological rigor, bias risk) are included. Most of the research is from Scopus-indexed and Clarivate Analytics journals and reputed publishers.
3. **Recency:** Consideration of the publication date to ensure that the review reflects the most current evidence. Most of the studies are from the last three years.
4. **Language:** Only studies published in English are included.
5. **Data Completeness:** Previous studies must provide sufficient data on outcomes of interest for practical synthesis; this is also ensured in this research.

This study did not use primary data from human participants; therefore, no ethics clearance letter from the ethics committee was required.

Literature Review

A literature review possesses a variety of distinguishable traits and imperatives (Dubey & Kothari, 2022; Kara, 2022; Webb et al., 2021). The first need is for the reviewer to provide a thorough yet pragmatic assessment of the material under consideration (Gravetter & Forzano, 2021; Nassaji, 2015). By engaging with and criticizing previous research, the researcher must balance demonstrating criticality through inquisitive (Creswell & Creswell, 2022) and considered arguments about the assumptions (Singh, 2022), theories (Pajo, 2022), and methods used and simultaneously acknowledging the validity of the study's findings, insights, and strengths (Nichols & Edlund, 2023; Pursell & McCrae, 2020; Trochim & Donnelly, 2021).

Second, literature reviews should go beyond a descriptive recitation of previously published material and contain a thread – a train of thought – that gradually leads to the study subject for which the review is being done (Islam et al., 2022; Watkins, 2022). It involves finding gaps in the existing body of knowledge (Babbie, 2021; Gobo et al., 2022; Harris, 2019; Kenneavy et al., 2022). A third aspect, which receives less emphasis, is that evaluations continue throughout the length of a research project instead of the usual notion that they commence at the beginning and conclusion (Bell, 2022; Fink, 2019; Frankfort-Nachmias & Nachmias, 2021). The review will continue to evolve as the study proceeds, necessitating improvements and alterations (Cheek & Oby, 2023; Leavy, 2022). It is because empirical findings may drive the study in a different direction, requiring revisions to earlier arguments, and also because discoveries occur regularly, and the research must reflect and be as up-to-date as feasible (Cozby, 1997; Fox & Bayat, 2007; Hempel, 2019).

The primary victims of domestic violence in Pakistan are women and children (Khan, 2025). The Protection of Women (Criminal Laws Amendment) Act, 2006, and a number of provincial laws have been passed, yet their use is still weak (Shahid, 2024). Studies have found that conflicts between laws and practice mostly come from deeply established patriarchal beliefs, problems within institutions, and limited awareness among both the victims and law enforcement (Gul, 2025).

A major legal obstacle is that judicial processes are complex to follow and happen slowly (Pakistan Today, 2023). Domestic violence cases are challenging because victims often struggle to supply enough proof. After all, the incident usually happens in private and is rarely reported by people who witness it (Ali & Gavino, 2008; Human Rights Commission of Pakistan, 2024). What's more, social pressure and the fear that something bad might happen to them stop many people from seeking justice (Fikree & Bhatti, 1999; United Nations, 2024). Women are shamed into remaining silent due to cultural standards, which helps violence continue (Pasha, 2024).

On the part of institutions, police not being fully supportive and understanding of gender issues is a serious issue (Bacha 2025). Domestic violence is also commonly declared by police as a private affair, reducing the depth and success of investigations in those cases (Pakistan Gender News, 2025). Even though shelters and NGOs play key roles, they lack critical resources and are few, so they offer help only to some areas (Human Rights Commission of Pakistan, 2020).

Helplines and interviews are part of new government actions to face such concerns (Human Rights Watch, 2025). But many times, projects do not receive enough resources or fail to be done in the same way, so they do not continue to count (UN Women, 2020). To achieve meaningful progress, legal rules need to be updated, the public needs to know more, and authorities must be trained.

Kamal's (2025) book, "Domestic Violence in Pakistan: The Legal Construction of 'Bad' and 'Mad' Women," examines how Pakistani legal systems frame women seeking justice for domestic violence, often labeling them as 'bad' or 'mad,' thus undermining their credibility. Wagha's (2024) book, "War, Violence and Women's Agency in Pakistan: The Case of Swat," is an in-depth analysis of how gender ideologies in the Swat region influence women's roles and agency during conflicts. Jafree's (2023) book "Social Policy for Women in Pakistan" delves into the social fabric of Pakistan, highlighting vulnerabilities and advocating for reforms to ensure women's safety and rights.

Bhamani et al. (2023), in their work "Social aspects of violence: Cultural dowry practices and intimate partner violence in Pakistan" explore how cultural practices like dowry contribute to intimate partner violence in Pakistan. Khan (2023), in his book "Someone Like Her," has addressed the themes of domestic violence and Pakistani women's resilience. Shah (2016), in her book "Honour and Violence: Gender, Power, and Law in Southern Pakistan," investigated the interplay between gender, power, and legal systems in the context of honor-related violence in Southern Pakistan.

Bryton's (2020) book "Ending Gender-based Violence: Justice and Community in South Africa," while focusing on South Africa, provides a comparative insight into community-based approaches to ending gender-based violence relevant to the Pakistani context. Awan's (2022) book "Women and Social Change in Pakistan" is an exploration of the evolving roles of women in Pakistani society and the social changes influencing gender dynamics.

UN Women Pakistan (2023) has published "National Report on the Status of Women in Pakistan: A Summary." This report provides a comprehensive overview of women's status in Pakistan, highlighting areas of progress and ongoing challenges. Centre for Research and Security Studies (2023) publication "The intersection of climate change & gender-based violence in Pakistan" examines how climate change exacerbates gender-based violence in Pakistan, offering policy recommendations.

Legal Framework Addressing Domestic Violence in Pakistan

1. **Family laws:** In Pakistan, family laws—take the 1961 Muslim Family Laws Ordinance, for example—bundle together rules on marriage, divorce, custody, and upkeep that often wind up overlapping with domestic violence concerns. Generally speaking, these measures are set up to protect women's rights at home, offering ways to seek redress when violence happens (even though, at times, the process feels a bit patchy).
2. **International conventions and treaties:** Looking beyond the borders, Pakistan is tied to international promises as well. It's a participant in global treaties that push for an end to violence at home. Think about the Beijing Declaration and Platform for Action—which tries to stop violence against women and girls—and CEDAW, the Convention on the Elimination of All Forms of Discrimination Against Women. These agreements generally encourage stronger, sometimes more flexible, steps against domestic violence.

3. **Pakistan Penal Code (PPC):** If you think about it, there are a few key sections of the PPC that come into play here. For example, Section 301 (which deals with murder), Section 332 (covering hurt), Section 354 (addressing the use of force with the intent of undermining a woman's modesty), and Section 498-A (targeting cruelty by a husband or his kin) all cover different domestic violence offenses. Generally speaking, these rules pave the way for charging violence under the criminal law.
4. **Prevention and Protection Act (2020):** Pakistan's legal system has a solid basis for tackling domestic violence. This law doesn't just list types of harm—physical, emotional, sexual, and even financial—but also explains, in a relatively straightforward way, how someone might secure a protection order, a restraining order, or even a residency permit. You'll also notice that local protection committees are set up at the district level, tasked with making sure everything runs as it should.
5. **Protection of Women:** Interestingly, a recent amendment to the PPC was introduced with a focus on crimes against women, including domestic violence. In most cases, this change broadened how we define offenses. Now, terms like "hurt," "criminal force," and even "insult" are interpreted to cover actions committed against women within the family setting. There's a kind of deliberate shift here—one that, if you will, echoes the ongoing need to update our protections in step with society's realities.
6. **Provincial legislation:** On the provincial side, things aren't left solely to federal rules. Several provinces have stepped up with their laws to fight domestic violence. For instance, the Punjab Protection of Women Against Violence Act, 2016, adds extra layers to what national law already tries to do, usually offering victims more direct protection.

Examining the Role of Pakistan's Law Enforcement Institutions

1. **Arrest and prosecution:** When evidence from an investigation points out that a crime has likely occurred, law enforcement can detain the suspect and launch legal proceedings. They often collaborate closely with prosecutors, generally to get every case ready for trial so that, in most cases, offenders truly end up facing the consequences.
2. **Collaboration with other agencies:** Often, police join up with a range of different groups—government offices, non-government organizations, local service providers—to tackle domestic violence. This kind of team effort isn't always set in stone; instead, it shifts and flexes, aiming to cover all angles of a survivor's needs, even when the solution isn't perfectly planned out.
3. **Community engagement:** Officers spend plenty of time out in the community. They talk directly with locals, trying to raise awareness about domestic violence while urging people to speak up or step in if something seems off. Community policing and outreach work hand in hand here, slowly building trust—even if a few punctuation marks end up a bit off—and opening the door for quicker action when trouble finally surfaces.
4. **Enforcement of court orders:** Agencies also take on the role of carrying out court orders connected to domestic violence. This duty covers things like protection orders, restraining orders, and custody orders; sometimes, they even keep an eye on whether those court-mandated conditions are being met and step in if things go off track.
5. **First responders:** When someone finds themselves in a domestic violence crisis, they usually call the local police—they're the very first ones to show up. In these tense moments, officers rush in, answer emergency calls, and quickly take in the situation, all while keeping an eye on anyone involved, including the kids. It's a hasty, crucial response that helps put vulnerable people first.
6. **Investigation:** Digging into what happened isn't just about arriving on the scene. These teams head straight into collecting details—snatching up evidence, chatting with witnesses, writing down every bruise and scratch, and gathering the accounts from both the hurt victim and the person accused. They work fast, and, in most cases, a prompt, thoughtful check can really build a strong case against the offender; details, after all, matter a lot.
7. **Protection orders:** There's more to their role, too. Officers can whip up temporary protection orders that stop an offender from reaching out or force them to leave a shared home, offering quick relief when things get heated. Sometimes, these orders come with a few minor tweaks here and there, but overall, they give the victim a

measure of safety until a more permanent solution is in place.

8. **Training and sensitization:** Law enforcement training is a must. Officers aren't simply handed a badge—they need practical know-how and an eye for subtle cues of violence. In most cases, these sessions mix concrete skills with a dose of understanding so that, when things get messy, they're ready to spot hidden signs, untangle tricky power plays, and offer real support to victims.

Obstacles to the Effective Enforcement of Laws in Pakistan

1. **Access to justice:** Domestic violence survivors often hit unexpected roadblocks when seeking legal help—they can be miles away from a court, short on cash to fund a claim, or simply too scared of what might happen if their offender strikes back. Navigating this legal maze is usually overwhelming and messy, especially for those already on society's fringes, like rural women, minorities, and folks with disabilities.
2. **Cultural and societal norms:** Deep-rooted traditions and a kind of unwritten patriarchal rule can pressure victims into keeping quiet while making offenders feel they're somehow entitled to dictate family life. Generally speaking, breaking these time-worn attitudes isn't a quick fix; it usually takes years of slow, persistent change.
3. **Inadequate enforcement:** Even though there are laws on the books to criminalize domestic violence, putting those laws into action is a whole other challenge. Limited budgets, too few staff, occasional corruption, and even political meddling hamper law enforcement's efforts. Often, these factors lead to cases where offenders get off easier than they should or where officials hesitate to get involved in what they see as private family matters.
4. **Insufficient support services:** Domestic violence victims often end up without the kind of support they really need. They face a patchwork of options—shelters, counseling, legal aid, even straightforward medical care—that don't meet expectations. Funding is usually tight, providers sometimes aren't on the same page, and there are apparent gaps in available services, making it a real maze for survivors trying to piece together comprehensive help.
5. **Lack of awareness:** At the same time, many people—be they victims, even offenders, or some law enforcement folks—generally have only a hazy grasp of what domestic violence laws actually mean. This murky understanding often results in cases going unreported, rights and responsibilities getting mixed up, and laws not working as they should.

Judiciary's Role and Legal Proceedings in Pakistan

1. **Criminal prosecution:** On the other hand, those accused of domestic violence can sometimes end up facing criminal charges under parts of the Pakistan Penal Code, with claims ranging from assault or battery to harassment or cruelty toward a spouse. Prosecutors usually come forward with evidence and a mix of arguments in most cases, and then the court, guided by due process and the idea of a fair trial, makes its ruling based on what's presented.
2. **Evidence and testimony:** Once the matter goes to court, survivors often find themselves needing to present evidence to support their case; this might include things like medical reports recording injuries, photographs of wounds or property damage, and witness accounts that echo their claims, even if some details get repeated throughout the process. Sometimes, the evidence is mixed in a way that paints a fuller, albeit imperfect, picture of the situation.
3. **Filing complaints:** People experiencing domestic violence can reach out directly to local law enforcement or family courts; they file reports when they need legal help, even if the process may seem a bit tangled. Complaints often mention different kinds of harm—economic, sexual, emotional, or physical—that might be inflicted by someone close, like a spouse, an intimate partner, or a family member. It's not unusual for survivors to repeat similar details in different parts of their stories.
4. **Legal representation:** Survivors can get court-appointed legal help for as long as the judicial process goes on. Legal advocates work closely with survivors, helping them tackle court hearings, figure out the twists of the legal system, and get their cases ready, all while keeping their interests front and center.
5. **Protection orders:** Courts, trying to keep folks safe, sometimes step in by ordering measures that block the

offender's access. For example, a judge might issue a restraining order, tell the offender to vacate the shared home, or even limit any contact that might add to the victim's distress. These protective steps, though varied, are meant to lessen the chances of further harm.

Discussion

There are many aspects to this issue, such as the laws, views in society, actions of authorities, stories of victims, and the problems in handling such a common problem. Pakistan has made considerable improvements in creating laws to fight domestic violence. Therefore, victims can get protection orders, restraining orders, and legal help against the perpetrators. Nonetheless, putting these laws into practice is still challenging because of insufficient resources, insufficient training for law enforcement, and unfair social attitudes that contribute to gender-based violence.

Factors connected to culture and society help to maintain domestic violence in Pakistan. Because of traditional gender roles, patriarchy, and attitudes that accept violence against women, many households accept violence as usual. Working to change these firmly held views and traditions includes promoting gender equality, discouraging stereotypes, and helping women and marginalized groups rise.

Victims in Pakistan usually have difficulty reaching out for help or justice because of numerous barriers. Because they are worried about consequences, embarrassed by what others might think, financially dependent, and often unaware of available resources, many victims do not come forward with their problems. It is also possible that cultural beliefs cause victims to avoid telling anyone or seeking help from people beyond their families. It is essential to ensure victims are helped, know their rights and what's available to them, and feel secure and protected before seeking help.

There are several obstacles in the way of the criminal justice system responding appropriately to domestic violence cases in Pakistan. These issues involve law enforcement not having enough training, poor resources, too many court delays, and types of discrimination that may put criminals ahead or lower the importance of domestic violence incidents. Engaging in joint action by law enforcement, helping agencies develop capabilities, and paying attention to how unique domestic violence cases can be to the judiciary are the main ways to serve victims more effectively.

Domestic violence overlaps with several types of marginalization, such as poverty, disability, and differences in ethnicity and location. Access to justice and help services can be difficult for rural women, minorities, and anyone with disabilities. It is essential to design different measures that help those facing domestic violence based on what is unique to marginalized people. Responding to domestic violence in Pakistan should include efforts to change laws, improve society's response, adjust institutions, and consider the intersections between them. Building better laws, challenging dominant attitudes, giving more support to victims, and improving how organizations react are very important.

Conclusion

Tackling domestic violence in Pakistan involves laws, law enforcement, providing support services, supporting the community, and changing attitudes regarding gender and violence. Even with advances in laws and public information, it is still tough to put these laws into practice. Therefore, many survivors do not receive justice or support. Instead, poorly executed enforcement, a lack of resources, and obstacles related to culture prevent these responses from working well. Law enforcement agencies are expected to help react to domestic violence, but they should get more training and equipment and team up with others to handle the cases better.

To ensure safety, support, and future success for victims, they need shelters, counseling, help with the law, and medical aid. Nevertheless, many of these services are limited by resources and may be out of reach for many marginal groups. Success for the cause depends on how courts and judges respond and act following violence. Courts make sure that protection orders are assigned, that cases are heard, and that offenders are dealt with appropriately. At times, the slow process of the courts and legal obstacles make survivors hesitate to pursue legal help.

It is essential to work on prevention and raise awareness to challenge old ideas, support gender equality, and build a culture free from violence. Commitment and combined effort are essential to keep building on prevention outcomes.

Seeing things from an international angle helps reveal trends, successful practices, and where and how changes can be made.

Recommendations

1. Make sure the use of laws is similar in every province and region throughout Pakistan.
2. Increase the punishments for those who commit domestic violence in order to keep them from repeating the offense.
3. Updating existing laws should protect domestic violence victims from all harm, provide emergency protection as needed, clearly define violence, and address the issue of marital rape.
4. Help judges, prosecutors, and law enforcement officials improve their skills in dealing with domestic violence effectively.
5. Form particular sections within the police and legal systems to take action immediately when dealing with cases of domestic violence.
6. Swiftly deal with cases to deliver just results and reduce the chances that victims will be hurt again.
7. Make sure shelters, crisis centers, and hotlines for victims of domestic violence are more available in rural places.
8. Offer medical, legal, and psychological services to anyone impacted by domestic violence.
9. Make sure that support services can be utilized by women from minority communities, people with low incomes, and other groups.
10. To provide a complete response to domestic violence, cooperate among government agencies, law enforcement, the court system, civil society organizations, and other countries.
11. Make sure there are multidisciplinary task forces everywhere that will help coordinate activities, split resources, and see that the campaign is progressing.

Research Limitations

Because victims may feel ashamed, fear being punished, or respect cultural rules, they often do not volunteer information about domestic violence to authorities. So, gathering honest and inclusive data can be hard at times, which means the research results might not always be fair. Accessing survivors of domestic violence, people working in the legal system, and those involved in law enforcement can sometimes be difficult, as privacy, personal safety, and policies get in the way. A deeper and broader approach to the research could be achieved if we include different perspectives and experiences.

Researchers can detect sampling biases when they recruit participants for quantitative surveys or qualitative interviews. For instance, people who have gone through severe domestic violence or asked for help from support groups may appear more often among those receiving psychiatric treatment. In some cases, groups of people who are excluded or isolated may not be well represented in the findings. Participants may avoid expressing any information that seems risky or harmful when describing how they experienced domestic violence or crimes. Because of cognitive biases, the results of surveys and interviews could be negatively affected.

You must understand cultural expectations, different ways of speaking, and literacy in Pakistan while working on domestic violence. People may struggle to take part if they are not good at the primary study language, and cultural opinions might change how specific questions are read or understood. Not all areas, neighborhoods, or groups in Pakistan may be affected by the research results on domestic violence and the criminal justice system. Because each province or region has its own rules, cultures, and resources, results may not work perfectly everywhere.

It takes a good deal of time, resources, and help from administrators to research domestic violence and the legal system. The availability of resources, time pressure, and logistical problems can limit the depth or detail of the research study. Researchers ought to obey strict ethical procedures and rules when researching domestic violence. Focusing on participant confidentiality, safety, getting informed consent, and following trauma-informed guidelines can limit how the research is done or what data is collected. Although there are these problems, researchers can avoid biases and limitations by working with solid research processes, including several information sources, conducting their work both openly and thoughtfully, and taking the study's strengths and weaknesses into account.

Research Implications

Facts from research may guide changes in policies, laws, and rules related to domestic violence in Pakistan. Policymakers may strengthen laws, increase support for victims, and improve criminal justice system responses by relying on substantial evidence. By studying domestic violence, research may find that law enforcement agencies and other groups have weaknesses in their ability to deal with such cases. To solve these shortcomings, specialized programs and training can equip professionals with the essential skills to address domestic violence effectively.

Examining the situation of those affected by domestic violence in court can help strengthen and form new aid services for victims. Assisting victims to gain shelter, counseling, legal advice, and adequate support helps their rights be considered and ensures the law gives their safety a top priority. Research can inform the Pakistani community about the frequency, results, and consequences of domestic violence. Promoting public education, joining local efforts, and outreach actions can be organized to address negative views, promote gender fairness, and block violence. This approach examines situations in which gender, ethnicity, socioeconomic position, disability, and geography are found alongside domestic violence. Targeting those needs and conditions experienced by many suffering from domestic violence can be guided by using intersectional approaches.

With research, individuals can use vital knowledge to create valuable and evidence-based action plans against domestic violence. You can find and distribute best practices using the training set out in guidelines and work collaboratively with individuals in law enforcement, legal aid, healthcare, social work, and victim advocacy. Research can lead to better laws, changes in institutions, and a shift in society's attitude toward domestic violence, which helps victims. Research findings help organizations and groups in civil society encourage public backing, affect policy, and push for change.

Future study areas can be found by looking at the link between domestic violence and the justice system in Pakistan, such as through longitudinal studies, comparison with other countries, and evaluations of efforts to address such violence. Filling in holes in people's knowledge can support efforts to stop violence, assist victims, and bring those who commit these acts to justice in Pakistan.

The findings suggest ways to solve this urgent problem and establish a community free from violence, discrimination, and injustice. Putting research into practice allows interested people to help survivors of domestic violence and their communities achieve positive results.

Future Research Directions

Carry out longitudinal research to observe how domestic violence incidence, trends, and endings change during different periods. When data is collected and reviewed for a long time, it can show patterns, important risk information, and how well actions are helping to prevent domestic violence. Consider the following question: How are domestic violence laws, policies, and interventions applied and effective throughout different regions, provinces, and urban/rural areas of Pakistan? Looking at differences in laws, how organizations react, and social factors can reveal what approaches work and should be supported to close any gaps and gender inequities. Analyze the relationships between domestic violence and gender, ethnicity, social class, disability, and geography. Understanding the experiences of different individuals and groups, thanks to intersectional analyses, can improve the design of domestic violence interventions. Assess the outcomes of domestic violence programs meant to stop the violence, help people who are victims, and hold offenders responsible in Pakistan. Study how legal updates, victim services, community projects, and campaigns to spread awareness have reduced the incidents of domestic violence and helped survivors.

Investigate the approach taken by law enforcement, the courts, medical organizations, social service departments, and other appropriate institutions to domestic violence. Assess their existing processes, rules, and problems, and suggest how cooperation, coordination, and considering victims might be enhanced. Look at what domestic violence victims go through and how they try to get assistance within the criminal justice system. Look into why some people hesitate to report violence, what makes it difficult for them to use support services, and how they overcome these challenges. Examine the cultural background and factors that are part of this system, attitudes, and the social context that influence people's reactions to domestic violence in Pakistan. Examine the ways cultural practices, religions, and communities influence domestic violence so that needed interventions and advocates can respond appropriately. Prioritize ways to stop domestic violence early at the individual, family, community, and societal levels. Research what allows violence to

occur and what keeps it from happening, and use those findings to guide efforts aimed at preventing violence. Examine how we can apply trauma-informed approaches for the support of survivors in and out of the criminal justice system. Look at how trauma influences a survivor's mental health and well-being, as well as their chances of gaining justice, and recommend practices that aid healing, security, and self-empowerment. Perform policy analysis to check the weaknesses, strengths, and gaps in laws, policies, and systems concerning domestic violence in Pakistan. Utilize proof from research to encourage policy changes, share resources, and adopt reforms that support survivor rights, make institutions more accountable, and help achieve justice. Following these research directions, scholars, practitioners, policymakers, and advocates can increase knowledge, guide better strategies, and help make communities safer and fairer for everyone experiencing domestic violence in Pakistan.

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