



INVESTIGATING THE UNDERLYING CAUSES AND CONSEQUENCES OF GENDER-BASED VIOLENCE: EXPLORING EFFECTIVE INTERVENTION AND PREVENTION STRATEGIES IN HIGHER EDUCATIONAL INSTITUTES

Dr. Nosheen Malik ¹, Dr. Rifat Tahira ², Dr. Shaista Noreen ³

Affiliations:

¹ Assistant Professor,
Department of Education,
The Islamia University of
Bahawalpur. Punjab, Pakistan,
Email: nosheen.malik@iub.edu.pk

² Assistant Professor,
Department of Education,
The Islamia University of
Bahawalpur. Punjab, Pakistan,
Email: riffat.tahira@iub.edu.pk

³ Assistant Professor,
Department of Education,
The Islamia University of
Bahawalpur. Punjab, Pakistan,
Email: shaista.noreen@iub.edu.pk

Corresponding Author/s Email:

¹ nosheen.malik@iub.edu.pk

Copyright:
Author/s

License:



Abstract

Violence directed toward someone based on their gender is referred to as being gender-based violence, and is often supported due to discrimination and power imbalances in society, as well as social norms. Physical, sexual, psychological and economic violence are only some of the forms of gender-based violence. This analysis aims to explore the varieties of GBV in closer perspective and address issues of the causes and effects of GBV. It also aims to discover feasible intervention and preventative methods that Bahawalpur's higher education institutions can adopt in order to prevent gender-based violence from occurring. Gender violence or Gender-based Violence (GBV), violence is violence which is directed against a person on the basis of gender or sex. This violence can manifest in many different ways- including physical, sexual, mental, and financial abuse- and women and girls are disproportionately the primary victims. Research has shown that GBV is common and can take place in different cultural, economic, and geographic contexts. Its ramification is physical damage, mental affliction, financial difficulty and social alienation. Confronting GBV has necessitated at legal overhauls, education interventions, economic strengthening initiatives and the provision of care and support to survivors. A more holistic approach is required to combat GBV, including legal reform, educational programming, economic development programs, and services for survivors. Legal reforms are necessary to ensure perpetrators are brought to justice and victims to find justice. Education programs are a cornerstone to promoting gender equality and challenging harmful social norms and stereotypes. Economic empowerment programs are critical to enabling women and girls to become financially self-reliant and less at risk of violence. It is important to provide survivors of GBV with counselling, medical and other kind of support services so that they find ways to get over the trauma of the attack and put their lives back on track. In conclusion, GBV is an extremely serious human rights issue, affecting millions of people across the globe.

Keywords: Abuse, Assault, Discrimination, Domestic Violence, Gender-Based Violence, Harassment.

Introduction

All individuals have the natural right to human rights, notwithstanding of their gender, colour, nationality, culture, dialect, religion, or any other refinement. Human rights incorporate opportunities for expression and conclusion, work and instruction rights, flexibility from subjugation and torment, life and freedom, and numerous more. The Widespread Announcement of Human Rights, the Universal Pledge on Respectful and Political Rights, and the Universal Pledge on Financial, Social, and Social Rights are as it were a few of the worldwide disobedient that maintain these and other rights. (Griffin, 2009).

According to David Selby, human rights are those that have a place for everybody and are inalienable



to each individual basically beneath their humankind. Concurring to Cranston, human rights are ethical rights that are diverse from other sorts of rights in that they have a place to each human being, all over, at all times. (Beitz, 2009).

Regardless of colour, put of birth, ethnicity, race, religion, sex, or any other comparative components, individuals cannot live in any country or state with nobility, flexibility (political, financial, social, and social), and equity. Since these rights are the portion of what it implies to be human, the state will continuously maintain and guard them without special cases. Human rights are damaged when somebody is denied these rights, whether by the government or by non-state performing artists. Human rights manhandling and Islamic human rights are what happens when such rights are broadly abused.

Even though ladies make up half of the world's populace and are entitled to the same human rights as a man, this distribution does not endeavour to address each human rights issue that influences women's lives. The taking after subjects are secured in detail: open and political life; sensual and regenerative well-being and rights; the right the least standard of living; viciousness against ladies; movement; war; and other pertinent themes. The Worldwide Contract on Financial, Social, and Social Rights, the Tradition on the Rights of the Child, The Tradition on the End of All Shapes of Separation against Ladies, and the Tradition on the Rights of People with Inabilities all recognize the right to education.

Human rights enactment moreover compels States to address the particular boundaries that young ladies and ladies experience in getting instruction, counting early relational unions, pregnancies, child labour, and savagery, to guarantee that the right to instruction and free all-inclusive essential instruction is not delighted in in a biased way (Doepke, 2012).

Different human rights disobedient, such as the All-inclusive Statement of Human Rights, the Universal Pledge of Respectful and Political Rights, the Tradition on the End of All Shapes of Segregation against Ladies, the Tradition on the Nationality of Hitched Ladies, and the Tradition on Assent to Marriage, Least Age for Marriage and Enrolment of Relational unions, moreover recognize the right to correspondence between men and ladies in marriage and family life. In any case, when it comes to working out their rights in the private domain, ladies path behind men. Ladies are pushed into marriage, denied break even with rights to guardianship and appropriation, denied from exchanging their nationality to their life partners or children, and denied break even with lawful capacity in numerous countries (Arat, 2015).

The sexual and regenerative well-being of ladies is connected to a few human rights, such as the opportunity from torment, the right to life, the right to well-being, the right to security, the right to instruction, and the denial of segregation. Women's right to well-being envelops their sexual and regenerative well-being, as expressed by the Committee on Financial, Social, and Social Rights and the Committee on the Disposal of Segregation against Ladies (Tadesse et al., 2024). Ladies have made it exceptionally apparent that their sexual and regenerative well-being is portion of their right to the essential principle of uniformity between men and ladies, or sexual orientation correspondence, is that all individuals, notwithstanding of sex, are free to create their capacities, seek after their proficient careers, and make choices without being obliged by generalizations, unbending sexual orientation parts, and preferences. The concept of correspondence between men and ladies incorporates both formal and substantive correspondence (Dickin & Gabrielsson, 2023).

In certain nations, the term "sexual orientation value" alludes to treating men and ladies similarly, taking into account their prerequisites. Either breaking even with treatment or treatment that contrasts but is regarded as comparable in terms of rights, rewards, commitments, and openings might be illustrations of sex correspondence (Dickin & Gabrielsson, 2023).

Socially built characters, characteristics, and parts for men and ladies are alluded to as sexual orientation. Sexual orientation and ladies are not synonymous terms. The social and social translation of these organic refinements by society leads to progressive sexual orientation parts. The assignment of rights and specialists that drawbacks ladies and benefits men. Political, financial, social, social, devout, ideological, and natural issues all have an effect on how ladies and men are situated in society, and culture, society, and the community can have an effect as well.

The reason this viciousness is alluded to as "gender-based" is that it is affected by social position and sex standards. Not all rough acts that ladies may encounter, such as being undermined with a weapon amid a



robbery, are included in the category of gender-based viciousness against ladies. Hint accomplice savagery has been upheld and casualties of this sort of viciousness have had restricted choices for change due to a complex web of gender-related social values, convictions, standards, and social teach Particularly, sexual objectification, male privilege, sex standards and desires, and control and position incongruities have all contributed to the normalization, secularization, and concealed nature of viciousness against ladies (Keita & Russo, 2006).

A wide extent of hurtful behaviours that are coordinated towards ladies and young ladies because of their sex are considered gender-based viciousness. These behaviours incorporate constrained prostitution, female genital mutilation, assault in marriage, particular malnourishment of female children, spouse mishandling, sexual attack, and killing related to endowments. In specific, any act of weight, verbal or physical mishandling, or hardship that poses a hazard to a woman's life is considered savagery against ladies (Heise et al., 2002).

The most common however, slightest recognized, human rights infringement around the world is savagery against ladies. It is too a genuine well-being issue that depletes women's vitality, jeopardizes their physical well-being, and undermines their self-worth. Savagery against ladies not as it were coming about in wounds but also raises their long-term chance of an assortment of other well-being issues, such as misery, sedate and liquor manhandling, physical handicaps, and inveterate torment. Sexually or physically mishandled ladies are moreover more likely to end up pregnant inadvertently, contract STIs, and encounter unfavourable pregnancy results. About each civilization in the world contains social education that legitimizes, conceals, and denies manhandling despite the serious costs related with them (Tadesse et al., 2024; Terry, 2007).

When males carry on gravely against ladies, particularly in the domestic, they habitually go unpunished for the same behaviours that would be scowled upon if they were coordinated at their boss, their neighbour, or a companion. Women's backing organizations have been attempting to increment mindfulness of sexual, mental, and physical mishandling of ladies for more than 20 a long time, as well as to emphasize the direness of taking activity (Bull, 2024; Terry, 2007).

They have battled for administrative changes, given asylum to ladies who have been attacked, and discredited the unavoidable states of mind and thoughts that empower viciousness against ladies. These activities are starting to bear natural products. Worldwide organizations are presently vocally restricting savagery against ladies. Considers and studies are gathering extra information with respect to the sort and recurrence of mishandling. There is a developing acknowledgment among organizations, benefit suppliers, and policymakers with respect to viciousness against ladies (Heise et al., 2002).

Statement of the Problems

An endeavour will be made to consider the causes of gender-based savagery, working in collaboration with others to handle savagery against ladies and young ladies in higher instructive founded Bahawalpur. Decrease gender-based viciousness, counting women's fear of wrongdoing. So the explanation of the issue was "A think about Explore the fundamental causes and results of Sexual Orientation Base Viciousness and investigating the compelling intercession and avoidance methodologies in higher instructive founded Bahawalpur". Unfavourable mental, financial, and well-being impacts are related to gender-based viciousness. Among the most predominant sorts is viciousness against insinuate partners.

In expansion, among other shapes, youthful ladies and young ladies are excessively casualties of human trafficking, female genital mutilation, child marriage, and sexual ambush and badgering. Anyplace can be the scene of gender-based viciousness: the domestic, the work environment, schools, undercover or self-evident. Made strides measurements can help in our understanding of the distinctive sorts of viciousness ladies confront, the threats and repercussions related to this savagery, the costs related to it, and what methodologies work and what do not when it comes to halting and reacting to savagery against ladies and young ladies. The essential components that contribute to the continuation of savagery against ladies are the moo instructive fulfilment of ladies, their need for control over assets at the time of marriage, their moo settlement, and the moo instructive fulfilment of those who commit the viciousness.

Women and girls are impacted by gender-based domestic abuse. It is a significant issue that cuts beyond social, religious, economic, and racial divides. Furthermore, it hurts human health, compromises human dignity, and



eventually becomes a significant hindrance to economic progress. Families that experience gender-based violence often spend a great deal of time resolving conflicts and caring for the psychological and physical injuries caused by the abuse. When management techniques for gender-based domestic abuse are unavailable, this gets worse.

Objective of the Study

Objectives of the study were:

1. To find the current situation regarding Gender Base Violence in higher educational institutions.
2. To analyse the reasons for Gender Based Violence in higher educational institutions.
3. To explore the effective intervention to reduce Gender Base Violence in higher educational institutions.
4. To recommend public awareness campaigns to reduce Gender Based Violence.

Significance of the Study

This consideration has evaluated and inspected the journal causes and impacts of gender-based viciousness as well as examined solid intercession and preventive strategies. The study's discoveries will offer assistance to ladies and young ladies, decision-makers, and open mindfulness activities. There will be critical suggestions for women's passionate, sexual, and regenerative wellbeing as well as their physical wellbeing from this think about. Subsequently, the principal infringement of women's human rights has negative social and financial impacts on the communities of men, ladies, and their families. It has an effect on flexibility from segregation and balance. This inquire about may contribute to self-destructive contemplations, self-harm, depression, and destitute mental as well as physical health.

The principal rule of uniformity between men and ladies, or sex balance, is that all individuals, notwithstanding of sex, are free to create their capacities, seek after their proficient careers, and make choices without being obliged by generalizations, inflexible sex parts, and partialities. The concept of correspondence between men and ladies incorporates both formal and substantive uniformity. Uniformity between men and ladies diminishes GBV in our society (Dickin & Gabrielsson, 2023).

The centre of human rights and UN objectives is sexual orientation uniformity. Nearly all human rights agree to restrict segregation based on sex. Despite of noteworthy worldwide progressions in the assurance of women's rights, millions of ladies and young ladies proceed to confront manhandling and bias, which have taken a toll them their balance, their autonomy, and every so often indeed their lives.

Gender-based savagery is a worldwide issue that reflects control aberrations and has grave repercussions. It hinders societal advancement breaches crucial human rights around the world and takes numerous shapes, counting sexual attack, household viciousness, and badgering (Heise et al., 2002; Tadesse et al., 2024).

Literature Review

Gender-based violence (GBV) remains one of the most critical issues impacting societies globally, including within higher educational institutes (HEIs). Understanding its causes, consequences, and effective prevention strategies is vital to creating safer and more equitable academic environments. The literature on GBV highlights a range of socio-cultural, economic, and psychological factors that contribute to its prevalence, particularly in countries like Pakistan. This research review reviews pertinent literature on the causes of GBV and effects of GBV, as well as the response mechanisms to GBV with a special emphasis on the higher education context in Pakistan.

Gender Roles and Violence

Society has a great interest in gender and in people's expectations and behaviour with respect to gender differences. Word of Encouragement Defined by Connell (2009), genders are the roles, behaviours, and identities that a society considers appropriate for its members on the basis of their sex. In most cultures these roles are inflexible, thereby maintaining stereotype and inseparability. These expectations frequently result in gender-based violence (GBV) of which women are the primary recipients of physical, emotional, or sexual harm, as it is based on societal expectations that make it difficult to achieve equal standing.

There is tendency for power differentials to exist between men and women in gender roles (Bertrand, 2020). Status quo, designating men as violent and dominative roles and women as passive and subordinate



ones, are significant causes of violence. These parts make degradation of the womenfolk acceptable and often portray them end up lost in the world of physical and sexual abuse. Questioning these gendered norms provides a critical foundation for combating GBV.

Causes of Gender-Based Violence

The roots of GBV are complex and based on society, culture, economy and psychology. Wanjiru (2021) opined that cultural values, low education, increasing poverty, and the lack of laws to protect persons are also strong factors causing GBV. Female Marriage out can be discouraged in some cultures, Both FGM and honour killing are common anti-women practices in many cultures.

Consequences of Gender-Based Violence

The effects of GBV are not limited to the targeted victim, but reach to their family, the community, and society. Their effects can be divided into physical, psychological, social, and economic impact. In the physical sense, GBV victims frequently are left with various types of injuries including bruises, broken limbs or severe permanent physical disabilities (Kaluyu, 2007). Their effects are such that they may lead to injuries, which in turn can demand medical intervention and cause chronic health problems that last for life.

Psychologically, GBV can result in severe damage and contribute to anxiety, depression, PTSD, among other disorders. According to Mirza & Jenkins (2004), women facing violence are more likely to report mental health problems such as suicidal thoughts and fear. The impacts of violence can be felt long into the future, the psychological follow on from pain, broken limbs and death all have an impact in how the victims of violence respond and interact in their community.

In the social dimension, GBV frequently results in social disconnection. Victims may pull away from others, out of embarrassment or concern about future abuse. This social exclusion exacerbates the impact of the violence resulting in lack of social support and further marginalization. Economically, the burden of GBV is also large. Victims could also suffer lost wages for time taken off work, as well as medical bills, and the cost of finding shelter from abusive relationships. Consequently, GBV is a driver for persistent poverty and social disparities (McCloskey, 2016).

Violence Based on Gender in Higher Education Institutions

Even in higher educational institutions, there is no immunity against GBV. Women students, lecturers and professors are looking for a new initiative to end sexual violence in universities. Research has revealed that GBV in HEIs comes in various forms - such as sexual harassment, physical beating and emotional abuse. It is dominated by young female students because this kind of violence is often directed toward young women whose academic and personal lives are disrupted. Such an incidence of violence (Humbert et al., 2025; Russo & Pirlott, 2006).

In Pakistan, the problem is exacerbated by attitudes, cultural norms, and public sentiment which treat violence against women as a family matter and not a public problem. This perception leads to under-reporting and further entrenches the normalization of GBV. Furthermore, there is insufficient legal protection for women in educational institutions, and many of the victims do not report acts of violence for fear of retaliation.

Prevention Strategies for Gender-Based Violence

GBV needs to be addressed with multi-pronged approaches including education, legal reform, community-engagement, and survivor support services. According to Sarfraz et al. (2022), such preventive intervention in the Education Sector assumes an invaluable role in the training of students/learners on their rights and on elements such as mutual respect and consent within relationships. The campaigns should tackle detrimental gender norms, and inspire both men and women to shun violence as a way out to disagreements.

Preventing GBV also involves empowering women and girls. Efforts that offer access to education, economic opportunity and leadership positions for women can help mitigate their vulnerability to violence. And the justice systems need to be beefed up to bring the guilty to book. As Karmaliani et al. (2012), dealing with GBV in Pakistan necessitates a change in the cultural and political mind-set that plays down domestic violence at present.

The assistance offered to survivors is critical in allowing them to resume their lives. Such services should involve crisis hotlines, shelters, counselling and legal aid. Accessible and culturally appropriate services are crucial to ensure that survivors are supported and enabled to seek assistance.



Conclusion

Gender violence is a paramount problem with wide-ranging implications effecting persons, families, and communities. In this paper, we show that 'inside' higher education institutions, GBV is a major obstacle to obtaining tertiary education for students, and particularly for student women. Tackling the underlying causes of GBV such as cultural practices, disparities in class and low levels of education is paramount in creating safe and just environments in HEIs. Effective prevention and intervention require a combination of education, legal reform, and the provision of services, to stop this violence and discrimination and achieve the goal of a violence-free life for all persons. Multi-level engagement; local to global community and local to international organizations, in addressing GBV and women's empowerment has been highlighted in the literature around the world.

Methodology

The study sought to better understand the causes and effects of sexual and gender-based violence (SGBV) on higher education institutions, and to gather information on effective interventions programs. A descriptive research design was used in the study through the survey research technique to collect data. Descriptive inquiry is useful for developing a rich understanding of the "what" and the "why" of the phenomena being studied, and for documenting the features and patterns of GBV in the targeted population.

The population of the study consisted of students of two oldest institutions namely The Islamia University of Bahawalpur (IUB) and Government Sadiq College for Women University (GSCWU). Bahawalpur is the largest division of Punjab, Pakistan Specially South Punjab. It represents the South Punjab region. A form of purposive sampling was used for generating a representative sample due to time and resource restrictions. A sample size of 330 students (300 from IUB and 30 from GSCWU) was used due to its proportionate sampling. In so doing, the researcher was able to collect data from a group of students that were currently involved in tertiary education in the region.

Data was collected using a self-constructed Likert-type scale questionnaire. The instrument was developed based on a literature review and validated by the study supervisor with regard to content and face validity. The questionnaire contained 24 closed and two opened end items to record both quantitative and qualitative information related with the causes, effects and preventive interventions against GBV. The questionnaire was prepared with 40 items and, after consulting with experts, its number were reduced to 24; focusing on the objective and clarity. In this case study, the language of the tool was simplified to improve understanding and access for the respondents.

Cronbach's Alpha was used for testing the research instrument reliability and it was 0.7 which are high internal consistency. This dependable instrument supported the confidence level of the researcher to measure latent constructs of GBV among the targeted population. Data were gathered via on-site visits to institutions and online survey. The researcher personally went to the universities and provided participants with the questionnaires, so that they could ask questions. Furthermore, a Google Form survey link was posted on WhatsApp groups and sent by individual messaging to increase coverage for data collection. Head of the institutions gave prior written consent to start data collection, and the members were informed about the confidentiality and the voluntary nature of their taking part of the study.

The data were collected and then structured and entered into an Excel sheet and subsequently imported into SPSS (Statistical Package for the Social Sciences) for analysis. The information was coded and tested for inter-coder reliability. The closed-ended responses were summed up using frequencies and percentages, and open-ended question data were categorized and analysed thematically. The most appropriate methodology for use in this study was considered to be the descriptive method as the method helped to paint an overall picture of the research situation as well as giving a picture of the subjects' perceptions of GBV and its consequences.

The issues related to ethics were an integral part of the research. The participants were provided with a full explanation of the study and assured of anonymity and confidentiality. All participants provided written consent and had the opportunity to withdraw at any time without penalty. This work met ethical requirements as the information obtained in the fieldwork was used for academic purposes only, and no data were shared with anyone outside of the research group.

In brief, the research was descriptive in nature and aimed at understanding the causes, consequences



and preventive measures of GBV in institutions of higher learning in Bahawalpur. Through the purposive sampling technique, 330 students participated in data collection through the use of a self-designed Likert-type scale questionnaire which was validated and its reliability was also established. Weight and BMI measures were reported and analysed on SPSS the obtained finding were compared using descriptive Statistics. The ethical standards were maintained throughout the study and the rigidity of the research was kept and also the participants' information 2-2 Ethics at the beginning of the interviews, the involved people with SCD were informed about all the moral consideration that they should consider before to expect from ethical procedures of the study. This approach offers a strong foundation for understanding GBV in higher education and identifies opportunities for its prevention.

Results and Discussions

Demographic Variables

Table 1

Demographic Attributes of Respondents

Variables		Frequency (f)	Percentage
Gender	Transgender	8	2.4
	Female	322	97.6
Age	18-20	17	5.2
	21-25	71	21.5
	26-30	228	69.1
	30+	14	4.2
Locality	Urban	289	87.6
	Rural	41	12.4
Qualifications	BS(HONS)	16	4.8
	M.A/MSc	23	7
	MS/MPhil	281	85.2
	Ph.D.	10	3
Total		330	100

The sample consists of 330 participants. Gender distribution shows 97.6% females and 2.4% transgender. Age-wise, 69.1% are between 26-30 years, followed by 21.5% in the 21-25 age group. Most participants (87.6%) are from urban areas. Regarding qualifications, 85.2% hold MS/MPhil degrees, and 4.8% have BS (HONS).

Frequencies of Responses

Table 2

Frequency and percentage table of respondents

Scale	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total
Do you feel that there is gender discrimination at your higher education institution?						
Frequency	216	75	17	18	4	330
Percentage	65.5	22.7	5.2	5.5	1.2	100
Do you think that men are superior to women in our society?						
Frequency	191	99	15	19	6	330
Percentage	57.9	30	4.5	5.8	1.8	100
Do you think that women receive fewer opportunities than men in jobs?						
Frequency	176	99	22	27	6	330
Percentage	53.3	30	6.7	8.2	1.8	100
Do you believe that men and women should be treated with equal rights in society?						
Frequency	165	96	27	31	11	330
Percentage	50	29.1	8.2	9.4	3.3	100
Physical and sexual violence causes depression in women.						
Frequency	177	89	32	25	7	330



Scale	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total
Percentage	53.6	27	9.7	7.6	2.1	100
Lack of education is a root cause of gender-based violence.						
Frequency	192	92	15	23	8	330
Percentage	58.2	27.9	4.5	7	2.4	100
Impact of GBV damage the self-worth and suicidal ideation.						
Frequency	165	98	31	25	11	330
Percentage	50	29.7	9.4	7.6	3.3	100
Physical violence leads to stress, fear, and isolation in girls.						
Frequency	175	95	24	23	13	330
Percentage	53	28.8	7.3	7	3.9	100
GBV targets women through sexual harassment and forced marriages.						
Frequency	169	91	32	22	16	330
Percentage	51.2	27.6	9.7	6.7	4.8	100
Do you believe that cultural norms and expectations contribute to the spread of gender-based violence?						
Frequency	150	90	34	42	14	330
Percentage	45.5	27.3	10.3	12.7	4.2	100
You witnessed or experienced any form of gender-based violence in your community						
Frequency	147	74	52	43	14	330
Percentage	44.5	22.4	15.8	13	4.2	100
Increased economic empowerment can be a key factor in reducing exposure to gender-based violence.						
Frequency	143	102	35	33	17	330
Percentage	43.3	30.9	10.6	10	5.2	100
Education plays a crucial role in preventing gender-based violence.						
Frequency	102	57	45	41	85	330
Percentage	30.9	17.3	13.6	12.4	25.8	100
There is a need for increased community involvement to tackle gender-based violence						
Frequency	108	64	38	46	74	330
Percentage	32.7	19.4	11.5	13.9	22.4	100
Community members are well informed about the various forms of GBV						
Frequency	125	70	34	43	58	330
Percentage	37.9	21.2	10.3	13	17.6	100
I believe that social attitude contributes significantly to the prevalence of gender-based violence						
Frequency	131	75	38	40	46	330
Percentage	39.7	22.7	11.5	12.1	13.9	100
Gender-based violence is not just an individual issue but reflects broader social attitudes and structure.						
Frequency	138	74	36	40	42	330
Percentage	41.8	22.4	10.9	12.1	12.7	100
Number of Boys and girls who are sexually exploited in our society.						
Frequency	169	72	22	23	44	330
Percentage	51.2	21.8	6.7	7	13.3	100
Educational programs play a crucial role in changing societal attitudes towards gender-based violence.						
Frequency	153	63	28	30	56	330
Percentage	46.4	19.1	8.5	9.1	17	100
The message in the public awareness campaign is inclusive and considers diverse perspectives on GBV.						
Frequency	141	77	36	34	42	330
Percentage	42.7	23.3	10.9	10.3	12.7	100
Social media share information, stories, and resources to reduce gender-based violence.						
Frequency	157	84	30	26	33	330
Percentage	47.6	25.5	9.1	7.9	10	100



Scale	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Total
Workshop seminars and events aimed at engaging communities in discussion about GBV and its impacts.						
Frequency	153	81	28	28	40	330
Percentage	46.4	24.5	8.5	8.5	12.1	100
NGOs raised awareness about different forms of GBV and developed a healthy relationship.						
Frequency	152	85	36	25	32	330
Percentage	46.1	25.8	10.9	7.6	9.7	100
Community engagement program develops the self-confidence in girls, and how they protect themselves.						
Frequency	160	78	33	26	33	330
Percentage	48.5	23.6	10	7.9		

The survey data reveals significant insights into perceptions of gender-based violence (GBV) and societal attitudes. A majority of respondents (65.5%) strongly agree that gender discrimination exists in higher education institutions. Similarly, 57.9% of participants believe men are perceived as superior to women in society. A significant proportion (53.3%) also thinks that women receive fewer job opportunities than men. Regarding GBV's impact, 53.6% believe physical and sexual violence causes depression in women, and 58.2% attribute lack of education as a root cause of GBV. Respondents highlighted that GBV damages self-worth and increases suicidal ideation (50%) and leads to stress and isolation (53%) in girls. A majority also agrees that cultural norms and societal expectations play a key role in perpetuating GBV, and 44.5% have witnessed or experienced some form of GBV in their community. Many participants (43.3%) believe increased economic empowerment can reduce exposure to GBV. Furthermore, educational programs and community involvement are seen as critical for preventing and addressing GBV. Respondents also recognize the role of social media, workshops, and NGOs in raising awareness and reducing GBV, with substantial support for community-based initiatives to empower women and girls.

ANOVA of Causes and Consequences of Gender-Based Violence by Age

Table 3

ANOVA of variables by age

Variables	Sum of Squares	df	Mean Square	F	Sig.
Do you feel that there is gender discrimination at your higher education institution?	5.483	3	1.828	2.323	.075***
	256.505	326	0.787		
	261.988	329			
Do you think that men are superior to women in our society?	12.225	3	4.075	5.048	.002***
	263.172	326	0.807		
	275.397	329			
Do you think that women receive fewer opportunities than men in jobs?	4.187	3	1.396	1.324	0.267
	343.704	326	1.054		
	347.891	329			
Do you believe that men and women should be treated as equal rights in society?	26.058	3	8.686	7.382	.000***
	383.566	326	1.177		
	409.624	329			
Physical and sexual violence causes depression in women.	8.175	3	2.725	2.138	0.095
	415.413	326	1.274		
	423.588	329			
Lack of education is a root cause of gender-based violence.	13.012	3	4.337	5.261	.001***
	268.794	326	0.825		
	281.806	329			



Variables	Sum of Squares	df	Mean Square	F	Sig.
The impact of GBV damages self-worth and suicidal ideation.	17.238 423.417 440.655	3 326 329	5.746 1.299	4.424	.005***
Physical violence leads to stress, fear, and isolation in girls.	10.992 372.96 383.952	3 326 329	3.664 1.144	3.203	.024***
GBV targets women through sexual harassment and forced marriages.	12.52 441.932 454.452	3 326 329	4.173 1.356	3.079	.028***
Do you believe that cultural norms and expectations contribute to the spread of gender-based violence?	6.887 466.737 473.624	3 326 329	2.296 1.432	1.604	0.188
Have you witnessed or experienced any form of gender-based violence in your community	9.214 560.85 570.064	3 326 329	3.071 1.72	1.785	0.15
Increased economic empowerment can be a key factor in reducing exposure to gender gender-based.	7.37 495.781 503.152	3 326 329	2.457 1.521	1.615	0.186
Education plays a crucial role in preventing gender-based violence.	13.192 576.714 589.906	3 326 329	4.397 1.769	2.486	0.061
There is a need for increased community involvement to tackle gender gender-based	16.299 551.289 567.588	3 326 329	5.433 1.691	3.213	.023***
Community communities are well-informed about the various forms of GBV	19.927 520.525 540.452	3 326 329	6.642 1.597	4.16	.007***
I believe that social attitudes contribute significantly to the prevalence of gender-based violence	30.483 521.908 552.391	3 326 329	10.161 1.601	6.347	.000***
Gender-based violence is not just an individual issue but reflects broader social attitudes and structures.	19.002 511.349 530.352	3 326 329	6.334 1.569	4.038	.008***
Several Boys and girls are sexually exploited in our society.	12.791 422.8 435.591	3 326 329	4.264 1.297	3.287	.021***
Educational programs play a crucial role in changing societal attitudes toward	22.517 465.971	3 326	7.506 1.429	5.251	.001***



Variables	Sum of Squares	df	Mean Square	F	Sig.
gender-based violence.	488.488	329			
The message in the public awareness campaign is inclusive and considers diverse perspectives on GBV.	25.007	3	8.336	5.321	.001***
Social media share information, stories, and resources to reduce gender-based violence.	510.717	326	1.567		
Workshop seminars and events aimed at engaging communities in discussion about GBV and its impacts.	535.724	329			
NGOs raised awareness about different forms of GBV and developed healthy relationships.	16.747	3	5.582	3.904	.009***
Community engagement program develops self-confidence in girls, and how they protect themselves.	466.15	326	1.43		
	482.897	329			
	24.591	3	8.197	5.821	.001***
	459.072	326	1.408		
	483.664	329			
	21.535	3	7.178	4.657	.003***
	502.453	326	1.541		
	523.988	329			
	15.661	3	5.22	3.556	.015***
	478.645	326	1.468		
	494.306	329			

ANOVA analysis in Table 3 sheds light on the multifaceted dynamics of attitudes and perceptions related to gender-based violence (GBV) across different age groups. While some variables demonstrate statistically significant associations with age, others show weaker or non-significant relationships.

Significant associations are observed in variables such as beliefs in gender superiority ($F=5.048$, $p=0.002$), the importance of education in preventing GBV ($F=5.261$, $p=0.001$), and attitudes towards gender equality in society ($F=7.382$, $p<0.001$). These findings underscore the influence of age on shaping perspectives on gender roles, equality, and the root causes of GBV.

Conversely, variables such as perceptions of gender discrimination in higher education institutions ($F=2.323$, $p=0.075$) or the impact of GBV on mental health ($F=2.138$, $p=0.095$) show weaker associations with age, suggesting potential variability in awareness and recognition of these issues across different age cohorts. Furthermore, significant associations between age and perceptions of the psychological effects of GBV ($F=4.424$, $p=0.005$) highlight the nuanced understanding of its impact on individuals, particularly concerning self-worth, suicidal ideation, and emotional well-being. Additionally, variations in attitudes towards the effects of physical violence on adolescent girls ($F=3.203$, $p=0.024$) underscore the importance of age-sensitive approaches in addressing the unique vulnerabilities and experiences of different age groups.

Expanding on the ANOVA analysis, several additional variables shed light on the intricate association between age and perceptions of gender-based violence (GBV). Significant associations between age and awareness of specific manifestations of GBV, such as sexual harassment and forced marriages ($F=3.079$, $p=0.028$), suggest age-related differences in recognizing these forms of violence targeting women. Conversely, attitudes towards the role of cultural norms in perpetuating GBV ($F=1.604$, $p=0.188$) show a weaker association with age, indicating that while beliefs may vary, age may not significantly influence perceptions of cultural influences on GBV. Moreover, personal experiences or observations of GBV within communities demonstrate a potential link with age ($F=1.785$, $p=0.150$), albeit not reaching statistical significance at conventional thresholds.

Summary

The current study was designed to investigate/ discover the causes and consequences of gender-based



violence and underline the effective intervention and prevention strategies in the higher educational institute of Bahawalpur. Objectives of the research were: To identify the current situation regarding Gender Base Violence in higher educational institutions, to analyse the causes of Gender Base Violence in higher educational institutions, to explore effective interventions to reduce Gender Base Violence in higher educational institutions, to recommend public awareness campaigns to reduce Gender Base Violence. Gender-based violence poses a concern not only to humanity globally but also to Pakistan. Although I have examined various causes and factors for GBV that are common to many regions, Pakistan's socio-political dynamics require a special approach to address this problem successfully.

Pakistan has made significant efforts to enact legislation protecting women. Additionally, it has made some progress in the areas of social involvement, education, victim protection and support, financial empowerment for women, and ease of employment. However, a great deal more work and advancement are still required. The primary obstacles encountered throughout the implementation of these strategies, as mentioned by every individual I spoke with, disclosed the following: Lack of social support because of misunderstandings about religion, Insufficient financial resources, the failure of the government to coordinate with other societal influencers, such as the media, to effectively implement legislation, to show initiative, and to take responsibility for the issue at large. Examining a few causes of gender-based violence found worldwide.

The key findings highlighted in this study are depression in women and mental disorders like stress. Public awareness campaigns help to decrease gender-based violence and fear in women. So all the findings related to objectives reduced gender base violence and explored effective interventions and prevention strategies in Pakistan.

Findings

The following findings have relied on the analysis and data interpretation. A major point of findings of the questionnaire is as under:

- The majority of (65.5%) respondents strongly agreed with the statement, do you feel that there is gender discrimination at your higher education institution.
- The majority of (57.9%) respondents strongly agreed with the statement, do you think that men are superior to women in our society.
- The majority of (88%) respondents agreed with the statement, do you think that women receive fewer opportunities than men in jobs.
- The majority of (45.5%) respondents strongly agreed with the statement, do you believe that cultural norms and expectations contribute to the spread of gender-based violence.
- The majority of (44.5%) respondents strongly agreed with the statement, you witnessed or experienced any form of gender-based violence in your community.
- The majority of (44%) Physical and sexual violence causes depression in women.
- The majority of (58.2%) respondents strongly agreed with the statement that lack of education is a root cause of gender-based violence.
- The majority of (50.0%) respondents strongly agreed with this statement, the Impact of GBV damages self-worth and suicidal ideation.
- The majority of (53.0%) respondents strongly agreed with this statement, Physical violence leads to stress, fear, and isolation in girls.
- The majority of (51.2%) respondents strongly agreed with this statement, GBV targets women through sexual harassment and forced marriages.
- The majority of (45.5%) respondents strongly agreed with this statement, do you believe that cultural norms and expectations contribute to the spread of gender-based violence?
- The majority of (44%) respondents strongly agreed with this statement, you witnessed or experienced any form of gender-based violence in your community.
- The majority of (43.3%) respondents strongly agreed with this statement, increased economic empowerment can be a key factor in reducing exposure to gender based violence.
- The majority of (57%) respondents agreed with this statement, Education plays a crucial role in



preventing gender-based violence.

- The majority of (32.7%) respondents strongly agreed with this statement, there is a need for increased community involvement to tackle gender-based violence.
- The majority of (58.9%) respondents strongly agreed with this statement, Community members are well informed about the various forms of GBV.
- The majority of (39.7%) respondents strongly agreed with this statement, I believe that social attitude contributes significantly to the prevalence of gender-based violence.
- The majority of (41.8%) respondents strongly agreed with this statement, Gender violence is not just an individual issue but reflects broader social attitudes and structure.
- The majority of (51.2%) respondents strongly agreed with this statement, several Boys and girls are sexually exploited in our society.
- The majority of (46.4%) respondents strongly agreed with this statement, Educational programs play a crucial role in changing societal attitudes towards gender-based violence.
- The majority of (42.7%) respondents strongly agreed with this statement, the message in the public awareness campaign is inclusive and considers diverse perspectives on GBV.
- The majority of (47.6%) respondents strongly agreed with this statement, Social media share information, stories, and resources to reduce gender-based violence.
- The majority of (46.4%) respondents strongly agreed with this statement, Workshop seminars and events aimed to engage communities in discussion about GBV and its impacts.
- The majority of (46.1%) respondents strongly agreed with this statement, NGOs raised awareness about different forms of GBV and developed healthy relationships.
- The majority of (48.5%) respondents strongly agreed with this statement, Community engagement program develops self-confidence in girls, and how they protect themselves.

Discussions

The integration of gender-based viciousness and point to give a comprehensive understanding of this unavoidable issue. Gender-based savagery is established in unequal control flow and settled in societal standards that sustain segregation and persecution based on sexual orientation personality. By looking at the root causes, including patriarchy, social demeanours toward sex parts, and systemic disparities, we pick up knowledge into the complex exchange of components contributing to the propagation of violence.

Furthermore, our examination extends to the significant effect of gender-based savagery on people, families, communities, and social orders at huge. It envelops physical, mental, passionate, and socio-economic repercussions. We assess existing lawful and arrangement systems that address gender-based viciousness, highlighting both their triumphs and deficiencies. We investigate a run of avoidance and mediation procedures, emphasizing the significance of all-encompassing approaches that prioritize instruction, mindfulness, bolster administrations, and culprit responsibility (Hadi, 2019).

Throughout our discussion, we confront the challenges and barriers that impede progress in combating gender-based violence. We emphasize the need for concerted efforts to overcome stigma, cultural resistance, and resource limitations. Ultimately, this study serves as a call to action, urging policymakers, practitioners, and society as a whole to prioritize the eradication of gender-based violence through sustained advocacy, empowerment, and the promotion of gender equality (Hadi, 2019).

To think proposes that gender-based savagery is a complex issue that is profoundly established in unequal control flow and societal standards that propagate separation and abuse based on sex character. To pick up a comprehensive understanding of this inescapable issue, it is significant to look at its root causes, which incorporate patriarchy, social states of mind toward sexual orientation parts, and systemic disparities (Hadi, 2019).

This issue has significant impacts on people, families, communities, and social orders at huge. The results of gender-based savagery can be physical, mental, passionate, and socio-economic. It is fundamental to assess existing legitimate and arrangement systems that address gender-based viciousness, highlighting both their triumphs and deficiencies. This investigation makes a difference in us getting it the qualities and



impediments of existing approaches and to recognizing ranges for change (Ahmad & Khan, 2023).

Prevention and intervention strategies are also crucial in combating gender-based violence. It is essential to prioritize holistic approaches that prioritize education, awareness, support services, and perpetrator accountability. Such strategies seek to stop gender violence before it happens, offer help and resources to individuals who have experienced it, and ensure the people causing harm are held to account. (Ahmad & Khan, 2023).

Notwithstanding this, a number of challenges and barriers exist in addressing gender-based violence. Cultural resistance, stigma and resource constraints are just a few of the challenges to overcome. Dealing with these challenges must be a shared responsibility of policy-makers, practitioners and society at large. In the end, the debate is a call to action, a call to each of us to put the elimination of violence against women at the forefront of our agendas, in consistent advocacy, in strength, in the promotion of gender equality. Only through collective action can we work together to create a world in which everyone has the freedom to live without violence and fear.

Conclusion

The major findings and learnings produced on GBV as a human rights violation and as a public health concern. It highlights the need to respond to GBV as a complex issue in need of diverse responses to address the root structural inequalities and to support survivors. This study points to the fact that violence is deeply rooted in societies such as Pakistan and takes place in the public sphere, such as on streets and at workplaces, with repercussions for women inside their homes and may even displace their children.

The recommendation offers an approach that involves a package of interventions, including health-based microfinance and family models. These are mediations toward the root of savagery and in favour of peaceful families. While safeguarding houses while also strengthening outdoor support structures are key to addressing violence against women (VAW), more in home interventions are needed in the case of Pakistan, the proposition asserts. It suggests that competency of all the members of the family and poverty alleviation are vital forces for peaceful families.

The proposal also accepts that violence against women is a multi-dimensional issue and has to be addressed at the macro level too. It also underscores the value of research and advocacy in building a more equitable society, without gender violence. It makes an argument for complex, multi-dimensional approach that would address the root cause of gender-based abuse, and include survivors in the process. It underscores the need for holistic approaches that involve survivors and address root causes, where we are able to create societies free from gender-based violence and establish durable peace.

Recommendations

The report offers a holistic set of recommendations that cover the root causes and effects of gender-based violence at universities. It emphasizes the pressing need to develop successful measures of intervention and prevention that can woman safe and the guidelines are framed to enable women to have control over their lives and reduce their risk of gender-based violence. They also call for proactive measures to make the campus a safe and inviting place for women. With these suggestions in mind, colleges and universities can create an environment in which women are provided with what they need to succeed in their academic endeavours.

- Schools and communities may offer education programs that address gender equality, consent, healthy relationships and respect. These programs may begin early in life and extend through adulthood.
- A robust justice system is essential to provide justice to the survivors through Legislation which could be gender- sensitive and make provision to give survivors adequate support.
- There is a need to expand support services for victims, including counselling, shelters, health care, legal services, and hotlines.
- Communities may be mobilized to actively condemn attitudes and norms that contribute to GBV. Prevention efforts may also include community leaders, schools, faith-based organizations, and other community stakeholders. There is need for solidarity and shared responsibility to stop violence.
- Empowerment of vulnerable groups of women through leadership development programs, economic empowerment projects, and training may be conducted.



- Men and boys may be integrated as partners in the struggle to end gender based violence.
- Media and its partners in communication may be encouraged to play a central role in creating such awareness and controlling cross-generational and social transmission of daily harmful practices. Media, social media, and pop culture may be mobilized to subvert the mind-sets that make excuses for or degrade violence.
- Data collection, research, and evaluation may continually invest in to inform both an understanding of the root causes of gender-based violence and the effectiveness of prevention.
- Workplace policy may be developed to addresses gender based violence. These may include sexual harassment policies, employee assistance programs and training for managers and employees. Supportive and safe working environments may be established in which employees are confident to report any incidents and seek help.

These ideas are directed to address some of the women's problems and to have maximum development from them. The idea is to get positive feedback and to create a supportive space for women. They have regard to the value of sound relationships between men and women and encourage good manners and gender equity. They make recommendations that gender related training and awareness raising is required and that women's decision making repower must be enhanced in all spheres of life.

We can build a kinder, more equitable society, in which women are empowered to reach their full potential. And let's make this clear: These are not plans fair for women, these are plans fair for everyone. All of us are responsible for promoting sex equilibrium and giving women a secure, strong environment. Together, we can build a much better future for everyone.

References

- Ahmad, S., & Khan, R. (2023). Exploring the root causes of gender-based violence in Pakistan: A qualitative study. *Journal of Social Sciences and Humanities*, 62(1), 55–70. <https://doi.org/10.46568/jssh.v62i1.654>
- Arat, Z. F. K. (2015). Feminism, women's rights, and the UN: Would achieving gender equality empower women? *American Political Science Review*, 109(4), 674–689. <https://doi.org/10.1017/S0003055415000456>
- Beitz, C. R. (2009). *The idea of human rights*. Oxford University Press.
- Bertrand, M. (2020). Gender in the twenty-first century. *AEA Papers and Proceedings*, 110, 1–24. <https://doi.org/10.1257/pandp.20201077>
- Bull, A. (2024). Learning from survivors: Reporting parties' perspectives on how higher education institutions should address gender-based violence and harassment. *Higher Education Quarterly*, 78(3), 1123–1137.
- Connell, R. (2009). *Gender* (2nd ed.). Polity Press.
- Dickin, S., & Gabriellson, S. (2023). Inequalities in water, sanitation and hygiene: Challenges and opportunities for measurement and monitoring. *Water Security*, 20, Article 100143. <https://doi.org/10.1016/j.wasec.2023.100143>
- Doepke, M., Tertilt, M., & Voena, A. (2012). The economics and politics of women's rights. *Annual Review of Economics*, 4(1), 339–372. <https://doi.org/10.1146/annurev-economics-061109-080201>
- Griffin, J. (2009). *On human rights*. Oxford University Press.
- Hadi, A. (2019). Patriarchy and gender-based violence in Pakistan. *Annals of Social Sciences and Perspective*, 1(1), 1–12. <https://assap.com.pk/index.php/assap/article/view/10>
- Heise, L., Ellsberg, M., & Gottmoeller, M. (2002). A global overview of gender-based violence. *International Journal of Gynecology & Obstetrics*, 78(Suppl. 1), S5–S14. [https://doi.org/10.1016/S0020-7292\(02\)00038-3](https://doi.org/10.1016/S0020-7292(02)00038-3)
- Humbert, A. L., Strid, S., Tanwar, J., Lipinsky, A., & Schredl, C. (2025). The role of intersectionality and context in measuring gender-based violence in universities and research-performing organizations in Europe for the development of inclusive structural interventions. *Violence against women*, 31(6-7), 1688–1711. <https://doi.org/10.1177/10778012241231773>
- Ikpeze, O. V., & Muoneke, M. C. (2023). Theories and causes of gender-based violence in Nigeria. *Law and Social Justice Review*, 4(1), 31–47.



- Kaluyu, V. K. (2007). *Causes, consequences and management strategies of gender-based domestic violence: A case of Central Division of Kitui District, Kenya* [Unpublished doctoral dissertation]. Egerton University.
- Karmaliani, R., Pasha, A., Hirani, S. S., Somani, R., Hirani, S., Asad, N., & McFarlane, J. (2012). Violence against women in Pakistan: Contributing factors and new interventions. *Issues in Mental Health Nursing*, 33(12), 820–826. <https://doi.org/10.3109/01612840.2012.721458>
- McCloskey, L. A. (2016). The effects of gender-based violence on women's unwanted pregnancy and abortion. *The Yale Journal of Biology and Medicine*, 89(2), 153–159.
- Mirza, I., & Jenkins, R. (2004). Risk factors, prevalence, and treatment of anxiety and depressive disorders in Pakistan: A systematic review. *BMJ*, 328(7443), 794. <https://doi.org/10.1136/bmj.328.7443.794>
- Russo, N. F., & Pirlott, A. (2006). Gender-based violence: Concepts, methods, and findings. *Annals of the New York Academy of Sciences*, 1087(1), 178–205. <https://doi.org/10.1196/annals.1385.024>
- Sarfraz, A., Sarfraz, Z., Sarfraz, M., & Qarnain, Z. (2022). Gender-based violence in Pakistan and public health measures: A call to action. *Bulletin of the World Health Organization*, 100(7), 462–463. <https://doi.org/10.2471/BLT.21.287435>
- Tadesse, G., Tinsae, T., Nakie, G., Rtbey, G., Andualem, F., Kelebie, M., ... & Fentahun, S. (2024). Magnitude and determinants of gender-based violence among female students in Ethiopian higher educational institutions: a systematic review and meta-analysis. *Frontiers in Psychiatry*, 15, 1387032. <https://doi.org/10.1177/10778012241231773>
- Terry, G. (2007). *Gender-based violence*. Oxfam.
- Wanjiru, Q. (2021). Causes and effects of gender-based violence: A critical literature review. *Journal of Gender-Related Studies*, 2(1), 43–53.

