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The study is based on the debate on domestic violence in the disaster-affected areas of Gilgit-Baltistan. It focuses on the factors that amplify domestic violence after natural disasters. The experiences regarding domestic violence and disaster were studied through a qualitative research approach, and the data were collected through in-depth interviews with nine women participants. The results were analyzed through cultural eco-feminism and the power and control lens, which identified social, cultural, familial, and marital dynamics as the principal drivers of domestic violence in disaster-affected areas. Due to severe financial losses from the disaster, competition over essential resources within households intensified. Moreover, deep-rooted cultural norms dictate that men be the chief supporters and upon perceive failure to fulfill these roles, men behaved aggressively. The interruptions in family dynamics, power, and authority further amplify domestic violence. In the marital relationship, certain hidden factors play a crucial role in escalating domestic violence. By unveiling the factors behind the domestic violence in the disaster-hit areas, this study highlights the urgent need for attention from the targeted support systems to develop solid and influential interventions to mitigate domestic violence in Gilgit Baltistan.

Keywords: Domestic Violence, Disaster Affected Areas, Gilgit Baltistan, Natural Disaster, Women.

Introduction

Domestic violence is a silent epidemic that permeates homes across the globe, shattering lives and destroying families. It knows no boundaries of age, gender, or socioeconomic status, leaving behind a trail of physical and emotional scars (Thurston et al., 2021). Violence against women in climate affected areas is common and called as climate change-induced violence (Gibbs et al., 2020). The northern region of Pakistan suffers greatly from natural disasters due to geographic isolation, limited natural capacity, inadequate infrastructure and a lack of alternatives, leaving it vulnerable and unable to cope (Baig et al., 2021).

Natural disaster has become more persistent in the past few decades (Thamtanjit, 2020). One or more natural disasters happen regularly somewhere within the world causing horrific hardship to living creatures and major harm and misfortunes. In spite of the fact that these disasters are

distinctive, their impacts on people and territories are similar. All natural calamities can cause misfortune of life and harm to people and their belonging (Caldera & Wirasinghe, 2022). Climate change and increasingly unusual weather phenomena have caused a rise in natural hazards in Pakistan (Hussain et al., 2023). Pakistan ranks 8th globally among nations most impacted by climate change and 7th most helpless nation to climate change (Waseem & Rana, 2023).

The Himalayan, Karakorum, and Hindukush (HKH) regions are most of the hitting areas by Glacial lake outburst floods (GLOFs) (Khan et al., 2021). Due to severe climate patterns in Hindukush, Karakorum, and Himalaya (HKH) the infrastructure of people living in the areas were negatively affected (Abbas & Khan, 2020). Glacial lake outburst floods (GLOFs) are among one the issues faced by people of Gilgit Baltistan. The frequency and likelihood of such floods have increased in the last decade (Aslam et al., 2022). Disastrous events are remarkable and chaotic events that usually inaugurates significant level of stress and social disruption in disaster affected individuals (Arshad et al., 2020).

These calamities influence different groups in different ways: women and children confront higher risks of death and violence, older adults encounter social isolation due to the loss of their support networks, and children suffer from interferences in education and care as support systems break down (Rao, 2020). Within the context of Gilgit-Baltistan, there's a notable absence of research specifically analyzing the relationship between domestic violence and disaster-affected areas. In spite of the region's high vulnerability to natural disasters, existing studies primarily focused on the financial impacts of such occasions, frequently ignoring the noteworthy social repercussions, especially domestic viciousness. This gap in research highlights the need for a comprehensive study to investigate how calamities impact domestic violence in Gilgit-Baltistan, giving a more nuanced understanding of the multifaceted effects of natural disasters beyond economic losses.

Research Questions

What are the triggers that amplify domestic violence in disaster-affected areas of Gilgit-Baltistan? What could be specific recommendations for policymakers and support organizations to address and reduce domestic violence in disaster-affected areas?

Literature Review

In Pakistan, the dynamic landscape is both a source of attraction and a reminder of the ever-present danger of natural disasters (Aslam et al., 2022). Pakistan is well known of its vulnerability in southeast Asia; it experiences droughts and floods as a result of climate change (Fahad & Wang, 2020). In recent times the material or economic loss has been more than seven times what it used to be back in the 1960s. This damage can be seen more in rural areas, such as northern areas, which mostly face snowstorms, landslides, avalanches, and floods (Ullah, 2016). Pakistan has seen a range of disastrous calamities activated by rain caused floods. Based on an estimate, Pakistan has encountered around 20–22 major floods between 1950 and 2011 which professed approximately 14,458 human lives, caused harms to nearly 1,62,391 localities with an evaluated \$33.6 billion financial loss. Within the existing circumstances, Pakistan is profoundly powerless due to climate changeability, growing population, accelerated urbanization and expansion of residential regions, which have expanded the intensity and frequency of flooding threats (Hamidi et al., 2020). In Pakistan, nearly 70% of population lives in rural regions. The vulnerability tends to be high in rural areas as compared to urban areas (Ahmed et al., 2020).

Gilgit region frequently experiences seasonal flood disasters, causing significant social and economic issues, including damage to livestock, valuable property, communication infrastructure, and disrupted development (Rehman et al., 2023). Glacier lake outburst floods (GLOFs) are one of the many disaster threats that the northern region of Gilgit-Baltistan faces, and their incidence and likelihood have increased over the past ten years (Aslam et al., 2022). Climate change is threatening the livelihoods of high mountain communities in Gilgit-Baltistan (Ali et al., 2023). Climate change drives glacier lake growth and glacier lake outburst floods (GLOFs) in Gilgit-Baltistan region. Despite mitigation efforts, these changes harm the environment, socioeconomic progress, and livelihoods such as agriculture and forestry (M. Aslam et al., 2023).

Domestic violence, such as dowry violence, wife beating, or partner assault called as climate change-induced in disaster affected areas, associated with factors such as unequal treatment, economic marginalization, and low social status particularly evident during climate disasters (Memon, 2020). The stability of human societies and the sustainability of our planet are significantly affected by the rapid acceleration of climate change (Gibbs et al., 2020).

Global warming has become a top priority; many studies have suggested that there is a significant relationship between rising average temperatures and interpersonal violence in a certain country or region (Li et al., 2023). Women and girls are more affected by disasters, and there is some evidence to suggest that these situations are also associated with an increase in violence against women and girls (Thurston et al., 2021). Every year,

roughly 200 million people are impacted by natural disasters. One gendered effect of these upsetting situations is increased domestic violence (Rao, 2020). Exposure to disasters is strongly connected with rates of interpersonal violence. After a disaster, victims could encounter challenges like housing denial and having to stay with family in order to receive disaster help (Gearhart et al., 2018).

During and aftermath of disaster, women are affected differently and, in many cases, more severe than men (Parkinson, 2022). Increased life stressors, the breakdown of law enforcement, exposure to high-risk locations, the escalation of current gender inequality, and unequal social norms are among the risk factors for post-disaster violence against women and girls (VAWG) (Thurston et al., 2021). Climate change is effecting both men and women, making it harder to fulfill traditional roles. Some men, feeling frustrated by these changes, may resort to violence at home or in their communities (Anwar et al., 2020). Women often face increased violence following natural disasters, a situation exacerbated by ongoing discrimination that affects their physical and social wellbeing, thereby increasing the risk of domestic violence (Memon, 2020).

Just like other regions in Pakistan, Gilgit Baltistan is suffering from a high frequency of natural disasters, like earthquakes, landslides, floods, and the most important Glacial Lake Outburst flood (Shah et al., 2023). 88.8% of individuals have experienced domestic violence in Gilgit Baltistan. Out of 88.8%, 69.4% of the respondents faced psychological violence, 37.7% faced physical violence, and 21.2% faced sexual violence (Hussain et al., 2020). From the currently available literature on disasters, gender and resilience, we know that disasters affect social relations. How shocks and stresses lead to changes in gendered norms and power relations and whether these changes tend to be to the detriment or the benefit of marginalized groups is still uncertain (Le Masson et al., 2016).

The question of whether natural disasters cause domestic violence in Gilgit Baltistan is still unanswered. There is a clear literature gap on the complex interplay of natural disasters and domestic violence in the disaster affected area of Gilgit Baltistan. The review of the literature reveals that domestic violence against women in disaster affected areas is well-researched across the globe, but its prevalence in Gilgit Baltistan has not been examined in detail. The complex relationship between violence and disaster has not been studied. The risk factors or the consequences for women living in the disaster-hit areas have also not been studied. Determining the factors affecting domestic violence in Gilgit Baltistan's disaster-affected regions is the aim of this research study.

Theoretical Framework

The study of domestic violence in disaster affected areas of Gilgit-Baltistan is studied through the lens of cultural-ecofeminism and the power and control model. This lens will provide a comprehensive insight into the

interplay between natural disasters and domestic violence to find out the factors that amplify domestic violence in the disaster affected areas of Gilgit Baltistan.

Cultural eco-feminism was developed by Brooke William's in the late 1980s and early 1990s, which integrates environmental and feminist viewpoints. It values the traits that are traditionally associated with women. It connects the environmental damage and harm of women with the controlling and exploitative behaviors of men (Carlassare, 2000). The Power and Control lens developed by Ellen Pence and Michael Paymar in the early 1980s will be imperative to understanding the components of domestic violence in the disaster affected areas. The power and control lens explains the strategies that are used by the abuser to control their victims through coercion, threats, intimidation, emotional, and physical manipulation (Hady, 2024).

The Cultural Eco-Feminism and Power and Control Lens will provide a multifaceted approach to understanding the interplay between natural calamities and factors that amplify domestic violence in the disaster-hit areas of Gilgit-Baltistan. They offer important bits of knowledge about the exchange between control flow, social impacts, and natural components, making them well-suited for this inquiry.

Research Methodology

For conducting this research, a qualitative approach has been chosen. This research was conducted in Gilgit, Baltistan. Gilgit Baltistan has three divisions, i.e., Baltistan, Gilgit, and Diامر division. For this research, only the Gilgit division was considered. Ghizer, Yasin, and Hunza regions from the Gilgit division were selected for data collection. For this study, nine women were selected from the three regions who experienced various types of disasters in Gilgit Baltistan. The main focus was on women who are between 18 and 50 years old in order to understand the unique challenges they face during disasters. The purposive sampling technique was used to select the participants from the three regions of Gilgit division. In-depth interviews were utilized as a communication tool to acquire information from the participants. Structured interviews were conducted using the interview guide. By using thematic analysis method data was organized into certain patterns. To divide the data into small chunks, coding techniques were used. After coding the data was organized into conceptual categories. All of the codes and conceptual families were then organized into eight themes.

Results

Survival Essentials: The Impact of Basic Necessities on Domestic Violence

All individual basic necessities are food, water, and shelter; these three things define the living conditions of people. During and after the disaster, the living conditions of individuals was highly affected by the availability of basic necessities. The lack of essentials such as food, water, and shelter directly impact the stress levels within families, often exacerbating domestic violence. Ghizer participant described the severe stress faced by her family due to inadequate shelter immediately following a flood. Although food was initially provided, the lack of proper housing led to considerable tension. Families were temporarily relocated to a school, where they shared limited facilities, including a shared washroom. The absence of privacy and the discomfort of living in such close quarters with other men exacerbated the stress levels. This strain was reflected in her relationship, as she recounted,

“Due to the absence of a home and privacy in the school classroom, my husband was under stress and would shout at me for no reason.”

Hunza participant faced challenges stemming from reliance on relatives for shelter. Initially dependent on relatives for housing, her family endured taunts and harsh judgments, which added to their stress. Later, they moved into shelter homes provided by the council, but these were inadequate and supplemented by minimal food supplies, primarily from China. This dependence on others for basic needs, coupled with negative social interactions, intensified domestic strain. She reflected,

“Due to the behavior of our relatives and dependency on them, my husband took out all his frustration on me and our children.”

Navigating Adversity: Post-Disaster Challenges and Their Impact on Domestic Violence

A natural disaster caused significant challenges for the participants after the disaster, like monetary, dowry, marriage, infrastructure, rent, school fees, and many more. Due to financial instability and the loss of all the sources of income, domestic tension and disputes escalated. Yasin participant, described that her family faced severe financial strain after the disaster. Her father, who was the sole breadwinner for a large family, had to arrange her marriage at the age of 19 due to financial constraints. She reflected on how unprepared she felt for such a major life event, noting,

“We faced financial issues and I was getting married and I was not ready for it. It was so quick.”

This premature marriage, driven by financial instability, added to her emotional and psychological burden, highlighting how financial pressures can impact familial relationships and individual well-being. Similarly, Ghizer participant noted how the disaster's aftermath has affected her husband's behavior. The loss of their land and home has been a constant

source of stress for him, leading to increased aggression, especially when the topic of their lost property arises. She reported,

“He gets mad whenever anyone talks about the land and home that were lost in the disaster. Even I am not allowed to discuss anything about the past; otherwise, he shows harsh behavior toward me.”

This reaction underscores how the inability to manage post-disaster challenges can lead to heightened aggression and strained relationships within the family.

Escalating Gender Expectations: The Role of Societal Pressures in Domestic Violence

The escalation of gender expectations, particularly after natural disasters, often exacerbates domestic violence by intensifying pressure on men to fulfil societal roles regardless of unforeseen circumstances. In various cultures, men are supposed to be the primary breadwinners and providers for their families. During and after the disaster, expectations from men even increased. Ghizer participant shared the same outcome of the disaster; she said that before the natural disaster, her husband was earning well but the situation was different after the disaster; he lost his main source of income. She recounted an instance where, when she asked him to get something from the market, he responded angrily, saying,

“Are you blind? I am unemployed. I don’t have money. Get out of my sight.”

Yasin participant described the added pressure her husband faced regarding financial responsibilities, particularly the expectation to arrange dowries for his unmarried sisters-in-law. Following the disaster, her husband’s unemployment and the added burden of caring for ill in-laws intensified his stress. This led him to force her into selling a gold ring to meet financial needs. When she resisted, he took the ring without her permission and sold it. When confronted, he threatened her with custody of their child and divorce, asserting his dominance with,

“Whatever you own is mine, and I have the complete right to use it. I’m your husband, and I have the power to take away our son and give you divorce, so you better shut your mouth; otherwise, (Gukhachi Haracham) I will pee into that mouth.”

Cultural Constraints: Obstacles to Addressing Vulnerability and their Impact on Domestic Violence

Cultural constraints often prevent men from expressing their vulnerability, contributing to heightened tension and domestic violence. Ghizer participant recounted that her husband, who had been strong and assertive before the disaster, struggled significantly after losing his job and status. The disaster's impact stripped him of his previous power, leaving him emotionally distressed. Adhering to cultural norms that discourage men from showing vulnerability, he refrained from sharing his feelings or seeking help. His inability to communicate his distress led to increased

tension between them. As he became more withdrawn, their interactions turned hostile. When his wife encouraged him to open up about his problems, he responded with anger and threats:

“Do you think I’m weak and unable to take care of you? I’m a man, and I don’t need your emotional or financial support; if you ever bother to do this act again, (Gukhat Taq Gocham) I will break your face.”

This reaction underscores how deeply ingrained cultural expectations around masculinity can exacerbate domestic strife. Additionally, Hunza participant faced detrimental consequences of cultural norms on the emotional expression of men. Due to the situation and being unable to express his emotions, he refrained from discussing financial matters with his wife. When his wife suggested him to share his issues so that they could work through them together, her husband refused to share with her, she noted that,

“You can solve what? The financial issues? You are a woman, and stay within your limits. Do not bother me again; otherwise, (Gukhat Taq Gocham) I will break your face. This is the reason I don’t come home.”

Family Power Dynamics: Uncovering the Impact on Domestic Violence

Family power relations that are altered as a result of natural disasters have a significant impact on the amplification of domestic violence. A natural disaster can disturb family dynamics and roles, resulting in imbalance and tension that causes domestic violence. During the duration of natural calamities, notable family power relations have arisen. Prior to disaster Ghizer participant husband was the primary breadwinner; he generated a substantial amount of money from the land that had been engulfed by the disaster. Similarly, Yasin participant recounted that her husband’s unemployment after the disaster caused financial strain. This situation intensified domestic conflicts, particularly when Yasin participant accepted financial assistance from relatives. Her husband reacted violently upon discovering this, stating,

“If you again receive a glass of water from them, I will send you to your parent’s home with the kids.”

This response underscores how the shift in power dynamics exacerbated domestic violence, as the husband’s frustration and loss of control translated into aggressive behavior. Hunza participant provided another perspective, emphasizing how her husband's status shifted after the disaster. Prior to the disaster and his second marriage, her husband had a prominent role within the family. However, the dual impacts of job loss and marital changes diminished his authority. When Hunza participant started her own business and became financially independent, her husband’s insecurities led to threats. She recalled,

“He came home drunk and stood close to me and said, stop this business, otherwise I will burn your shop.”

Marital Stress and Decision-Making: Influence on Domestic Violence

Marital stress and poor decision-making processes significantly exacerbate domestic violence, especially in the aftermath of a disaster. Ghizer participant similarly experienced severe marital stress due to her husband's poor decision-making. She detailed how her husband's decisions, including the mishandling of a government aid package by a brother-in-law, led to further financial hardship.

"When I told my husband to go and get his share from his brother, he took the pillow in his hand to hit me. He told me to shut my mouth; otherwise, he would sell me just like the car."

Hunza participant described her husband's poor decisions, including a hasty second marriage without financial resources, which exacerbated the post-disaster stress. She reported,

"He put a gun my head and told me to give him the cash; otherwise, he would kill me and my children's."

This extreme reaction to stress and poor decision-making underlines how marital stress and ineffective decision-making can escalate to life-threatening violence. Yasin participant described that her husband was financially dependent on his sister; he was dependent on her for all the basic necessities. Not only for food and money, but he was following the decisions made by her sister. She stated that,

"The stress of not being able to take care of our four daughters led him to contemplate divorce. He left me with my daughters, showing no concern for their well-being."

Communication and Anger in Marital Relationships: Contribution to Domestic Violence

Disaster can lead to high anger and communication breakdowns that can impact effective communication, which is crucial for maintaining marital harmony. Yasin participant said that the disaster has caused stress and the communication patterns have changed. She noticed a significant change in her husband's behavior after the disaster. Her husband was becoming rude and aggressive due to post disaster stress and financial worries. His communication patterns include harsh and abusive words like,

"Gulchumux shocham (I will eat out your eyes), Gukhachi haracham (I will urinate into your mouth), Nabihail guus an (unworthy woman), Guiruma ka un ka shu kai jai kai shu (If you die, both of us will be happy)."

Similarly, Yasin participant reported that due to financial and social upheavals, her husband reacts with increased anger over minor issues. He expresses his anger through abusive language. She noted some abusive words like,

"Unay Guskil matum gocham (I will humiliate you), Tachap gumanoom (May you vanish forever), and Guiroom (May you die)."

Hunza participant lives in the shelter, and the situation of the shelters is not so good. She wanted to collectively resolve the dire circumstances, but he

responded with anger. His communication began and ended with abusive language such as,

“He uses abusive words to keep me shut, like Gumi mo mukhashin (Your mother’s vagina), Guyas mo mukhashin (Your sister’s vagina) and Gulchumux lo haracham (I’ll urinate into your eyes).”

Behind the Veil: Coercion, Control, and the Hidden Forces Shaping Marital Dispute

Coercion and control take various forms of manipulation, intimidation, threats, and taunts that impact the marital relationship. Ghizer participant stated that aggressive and emotional manipulation are used to impose coercion and control. She spoke about her marriage, where she found that stress can lead to aggressive behavior by the husband. She was made to do things she didn't want to do by him. If his wife confronts him in any argument, he becomes combative to defend himself. He becomes irrational, hurls objects, smashes doors, and leaves the house. This is a prime example of how emotional control and intimidation are used to establish power and authority. Hunza participant discussed the controlling behavior of her husband. He breaks things and raises his voice in order to avoid talking about their social and economic circumstances. No matter how much she talks to him politely he always raised his voice and break things to make her stop discussing about the economic and social situation. Hunza participant provided a stark example of how coercion and physical intimidation can intersect. She recounted a distressing incident where her husband, wielding a gun, forced her to comply with his demands. She noted,

"He came home drunk with a gun in hand, threw a color packet on the table, and forced me to color his hair. Though I didn't want to do it, I felt compelled because of him and the gun."

She recounted an incident where her husband's anger became violent, including threats against their children. She said,

"After a few months, he came home, put a gun on my youngest kid's head, and said, I dislike you all and I want to kill you."

Discussion

This research addresses the triggers that amplify domestic violence in the disaster-affected areas of Gilgit-Baltistan, with a focus on four primary factors: social, cultural, familial, and marital dynamics. These factors are analyzed through the lenses of cultural eco-feminism and power and control. The northern region of Pakistan suffers greatly from natural disasters due to geographic isolation, limited natural capacity, inadequate infrastructure, and a lack of alternatives, leaving it vulnerable and unable to cope (Baig et al., 2021). The findings showed that natural disasters have caused many socio-economic losses to the participants. Due to a lack of basic necessities like food and shelter, domestic violence was amplified. The findings align with the Power and Control Dynamics lens, which emphasizes the role of economic stressors in amplifying controlling

behaviors and abusive patterns. The economic strain resulting from the disaster has intensified pre-existing power imbalances, making families more susceptible to violence as they struggle to manage their reduced resources.

Further, the focus of the findings shifts to the cultural drivers of domestic violence in the disaster affected areas. Men in society are expected to perform certain roles, like earning, but due to disaster, there is a shift in gender roles that exacerbates domestic violence. The entrenched gender roles and societal expectations of men lead to an increase in domestic violence. The findings shift attention towards the cultural constraints where men are not allowed or expected to express their emotions, which leads to tension and pressure. When they are unable to share their emotions, they release the pressure and tension in hurtful ways because men are expected to be aggressive, assertive, and dominant. The factor of cultural constraints aligns with the Cultural Eco-feminism theoretical lens, which investigates whether cultural norms and patriarchal structures support the oppression and exploitation of women. Men use their anger and frustration to uphold the traditional and cultural norms and power and authority in the society during the natural calamities.

The findings revealed that the shift in family dynamics, power and authority after the disaster caused stress and tension, which is one of the factors that amplifies domestic violence. These findings align with the power and control theoretical lens, which describes how men use violence as a tool to maintain their power in the family after a disaster. The relationship between husband and wife is not the same after the disaster due to socio-economic losses. The findings reveal that the marital relationship was supportive and loving before the disaster, but due to the disaster, the relationship was not the same. Stress was caused by the socio-economic condition, and men were unable to make decisions, which led to arguments between the husband and wife. Due to non-effective communication, the anger in the men is escalating and manifesting itself through coercion, threats, taunts, intimidation, and physical expression of the anger. The findings demonstrate that social, cultural, familial, and marital dynamics collectively contribute to domestic violence following disasters. Participants suggested several solutions, such as raising awareness about domestic violence, establishing local support boards, and providing confidential professional support. They also emphasized the need for workshops on conflict and stress management to help mitigate disputes within marriages.

Conclusion

The study examines the four primary factors behind heightened domestic violence after disasters: social, cultural, familial, and marital dynamics. The research focuses on the causes of violence in the northern region of Pakistan, which suffers greatly from natural disasters due to geographic isolation, limited natural capacity, inadequate infrastructure, and a lack of

alternatives. The study found that economic instability, disrupted social structures, and inadequate recovery mechanisms significantly impact domestic violence. The cultural drivers of domestic violence in disaster-affected areas include the shift in gender roles and societal expectations of men. Men are expected to perform certain roles, such as earning, but due to disasters, they are expected to meet these expectations, leading to increased domestic violence towards women. The pressure on men to fulfill their roles as providers and protectors intensifies during times of disaster, leading to emotional and physical abuse. Cultural constraints also contribute to domestic violence, as men are not allowed or expected to express their emotions, leading to tension and pressure. This pressure is amplified by the fact that men are expected to be aggressive, assertive, and dominant. These constraints align with the Cultural Eco-feminism theoretical lens, which investigates whether cultural norms and patriarchal structures support the oppression and exploitation of women. Family dynamics and roles after disasters cause stress and tension, which is one of the factors that amplifies domestic violence. Men and in-laws lost their power and financial security due to the disaster, leading to frustration and anger, which manifests in aggressive and controlling behaviors towards their partners. These findings align with the power and control theoretical lens, which describes how men use violence as a tool to maintain their power in the family after a disaster. The relationship between husband and wife changes due to socio-economic losses. The typical relationship between husband and wife is supportive and loving before the disaster, while women are the only ones for their husbands to insult, disrespect, and violate. The study reveals that the interplay between the primary factors—social, cultural, familial, and marital dynamics—contributes to an increase in domestic violence in the aftermath of a disaster.

Recommendations

The study is based on a problem corresponding to domestic violence in disaster-affected areas. Several recommendations are given based on the findings and analysis of the data. The problem is taboo to talk about and not easy to mitigate. The suggestion will be at the research and policymaking levels to reduce domestic violence. Here are some tips based on the findings and the results:

Recommendations for Research

Gilgit-Baltistan has been well-known for its landscape and culture; the media has been portraying its beauty and innocent people, but the hidden culture is little known. Only one study has been done on domestic violence in the context of mental health. Doing more ethnographic research will help to understand the context of domestic violence in Gilgit-Baltistan.

Gilgit-Baltistan has a fragile culture, and understanding the cultural norms and practices that influence domestic violence through research is very

important. This will help policymakers make more culturally friendly interventions.

Developing a framework through research is important to study the domestic violence in Gilgit Baltistan. The culture and environment of Gilgit-Baltistan are very different from other regions; developing a framework that is based on the culture and environment of Gilgit-Baltistan will be culture-friendly and will not harm the participants or their culture as well.

Domestic violence is a new topic in Gilgit Baltistan; comparing the violence trends in GB through research with other regions in Pakistan that are disaster-affected will help to identify unique patterns and interventions.

Recommendations for Policymakers

Gilgit Baltistan is already not a formal part of Pakistan, due to which many policies are missing in this region. My first recommendation for policymakers is to develop a policy framework to deal with this issue. Due to its unique and fragile culture, a separate policy is required to deal with domestic violence.

Gilgit Baltistan is highly prone to disaster, no matter whether it contributes to carbon emissions or not. A specialized legal framework is required to address domestic violence within the context of disasters, which should include temporary protection of victims through legal process.

Emergency response integration is required in disaster-affected areas for the professional counseling of men and women to deal with stress and conflict after the disaster before it manifests itself as violence.

Awareness campaigns are very much required in Gilgit Baltistan. The study reveals that domestic violence is prevalent in Gilgit Baltistan, but people see it as natural and respect the rights of their husbands. A workshop for women is required to inform them about the nature of domestic violence.

No organization expect the police stations are there to deal with domestic violence victims. Women have no other option than to stay in a violent environment. There is no proper legal support for the victims.

Aga Khan The developing network and its various other branches are working on health, environment, education, etc.; collaborating with them will help to provide a more community-friendly solution for mitigating domestic violence.

Together, these interventions will help to understand domestic violence in Gilgit Baltistan more deeply and will help to remove the issue from Gilgit Baltistan before it expands all across the region at a high rate.

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