

## Harassment Of Men By Women In India

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### ARTICLE INFO

### ABSTRACT

A significant aspect of gender-based violence that is sometimes overlooked is the mental harassment and abuse that occurs during marital disagreements. This kind of violence mostly affects male victims. The purpose of this in-depth investigation is to investigate the myriad of symptoms, effects, and societal responses that are associated with psychological abuse that men experience within the framework of family disputes. The purpose of this article is to investigate the nuances of financial exploitation, emotional manipulation, false accusations, and social stigmatisation that males frequently experience during times of significant upheaval. This is accomplished by conducting a comprehensive review of relevant scholarly works. In addition, it investigates the far-reaching effects that psychological abuse has on the mental health of guys, as well as the ramifications that it has on their interpersonal relationships and their overall wellbeing. In addition, the research offers a critical evaluation of the legal and cultural hurdles that come up when seeking to handle mental harassment that is directed against males in the context of marital problems. Additionally, it proposes all-encompassing strategies for intervention, aid, and preventative interventions. An example of discriminating behaviour is someone who harasses another person. Any behaviour, whether verbal or physical, that is deemed to be offensive or humiliating to you is included in this category. It comprises a wide range of objectionable behaviours and ways of behaving. Generally speaking, it is characterised as behaviour that makes a person to feel ashamed, humiliated, or embarrassed, and it is differentiated by the fact that it is unlikely from a social and moral point of view. Behavior of this kind has a detrimental effect on both the physical and emotional health of a person. When seen from a legal perspective, these are behaviours that seem to be disturbing, scary, or threatening. As a consequence of their roots in biased presumptions, they lead to the denial or obstruction of an individual's capacity to exercise their rights. If these behaviours continue to occur on a regular basis, they may also be considered bullying in the language of the common people. It is possible that the unpleasant, uncomfortable, or scary aspect of the repetition and its continuity is what differentiates it from a mere reprimand or insult by a significant amount.

**Keywords:** Harassment, Discrimination, Obscene, Annoyance

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### I. INTRODUCTION

Particularly with respect to males acting as victims, mental harassment and abuse constitute a significant but frequently neglected aspect of gender-based violence when it comes to difficulties regarding marital relationships. This is especially true when it comes to marriages. This comprehensive study's objective is to analyse the many expressions, impacts, and responses of society to the mental harassment that men experience in the context of marital issues. Specifically, the research will focus on the consequences of marriage difficulties. The objective of this study is to investigate the intricacies of emotional manipulation, false accusations, financial exploitation, and social stigmatisation that are frequently experienced by males during time periods that are characterised by turbulence. For the purpose of doing this, this study depends on a comprehensive evaluation of the most recent information. Furthermore, it analyses the significant consequences that mental harassment has on the mental health of guys, as well as the welfare of their

relationships and their overall well-being. Specifically, it focuses on the overall well-being of males. In addition to this, the review offers a comprehensive analysis of the legal and societal obstacles that need to be overcome in order to address the issue of mental harassment against men in matrimonial cases. Additionally, the review offers a number of different strategies that have been proposed for the purpose of prevention, support, and intervention. The term "harassment" refers to a kind of prejudice against a certain group of people. It covers any behaviour that is seen to be unacceptable, whether it be verbal or physical, with the intention of publicly humiliating or insulting you. This category encompasses a wide range of activities that are considered to be unacceptable because of their extreme nature. Generally speaking, it is considered to be an action that degrades, humiliates, or embarrasses a person, and it is characterised by the fact that it is very improbable in terms of social and moral acceptability. Behavior of this kind has the potential to have a detrimental effect on both the mental and physical health of a person concerned. It is regarded to be a violation of the law to engage in patterns of behaviour that convey the appearance of being unpleasant, disturbing, or scary. They stem from discriminatory reasons and have the effect of restricting a person from making use of their rights or from enjoying the benefits of their rights. They are a result of discriminatory grounds. These behaviours may also be seen as bullying when they become recurring and continue to display the same pattern. In other words, when they continue to demonstrate the same pattern. The fact that it is characterised as being unpleasant, frightening, or scary, in addition to the fact that it is continuing to be repeated, may serve to separate it from a straightforward insult or admonishment.

### ***Laws that Govern Mental Harassment in India***

There are some rights that are inherent to a human person and are bestowed upon them from birth. These privileges are not subject to revocation. Human rights are human rights that are guaranteed by the Constitution or embodied in various international covenants that are enforceable in the courts in India. These rights are related to the life, liberty, equality, and dignity of the individual. Human rights are defined as the rights that are related to the individual. It was in 1993 that the Protection of Human Rights Act was established, and it is this act that provides this definition. Any kind of harassment is a breach of the right to live with dignity, which is one of the human rights that must be taken into consideration. One of the most basic rights that people have is the right to live with dignity.

### ***Below are few Indian laws which deal with various forms of Harassment:***

#### ***Act of 2013 Concerning the Prevention, Prohibition, and Redressal of Sexual Harassment Suffered by Women in the Workplace***

In order to protect women from being exposed to sexual harassment while they are at work, this was the first piece of legislation that was enacted in order to provide a measure of protection. The phrase "sexual harassment" has been defined in section 2 of the Act, and it provides an inclusive definition that states that sexual harassment encompasses any one or more of the following undesirable acts or behaviours (whether directly or by implication), namely: sexual harassment (also known as sexual harassment)

- Physical progress and contact
- A plea or demand for a sexual favour
- Engaging in sexually explicit comments
- Displaying pornography Any other kind of unwanted sexual physical, verbal, or nonverbal action

Businesses are obligated to adhere to certain rules in order to prevent sexual harassment, and there are also procedures that need to be developed in order to resolve complaints. Both of these things are necessary in order to prevent sexual harassment. These procedures are required by law to be carried out.

## **II. INDIAN PENAL CODE, 1860**

Even though the Indian Penal Code, 1860 (IPC) does not offer a clear definition of the phrase "Mental Harassment," harassment may be defined in terms of cruelty or torture. This is the case despite the fact that the IPC exists. Listed below is a list of the sections that are relevant to the discussion:

### ***A. Section 294: Obscene acts and songs:***

In the event that an individual causes distress to other people by either a) performing an obscene act in a public space or b) singing, reciting, or uttering any obscene song, ballad, or words in or near a public place, they will be subject to the following penalties: imprisonment for a term that does not exceed three months, a fine, or both.

### ***B. Section 354: Assault or criminal force to woman with intent to outrage her modesty. -***

Whoever assaults or uses illegal force against any woman, with the intention of infuriating her or knowing that it is likely that he would violate her modesty, may be punished with imprisonment of any kind for a period of time that may extend to two years, or with a fine, or with both.

### ***C. Section 354A: Sexual harassment and punishment for sexual harassment.***

1. A man who engages in any of the following behaviours: Making sexual overtures that are both explicit and unwelcome via physical touch and approaches
  2. A request for sexual favours or a solicitation made for them
  3. Exhibiting pornographic content without first obtaining the agreement of a lady
  4. Any individual who makes remarks that are seen as having a sexual connotation will be judged to be participating in sexual harassment.
2. A person who is found guilty of the offence that is described in clause (ii) of paragraph I or clause (iii) of subsection (1) is required to receive a sentence that consists of a minimum of three years of hard imprisonment, a monetary penalty, or both.
  3. If a person is found guilty of the offence described in paragraph (iv) of subsection (1), they are required to receive a punishment that consists of either a monetary penalty, a term of imprisonment that does not exceed one year, or both.

### ***D. Section 498A: Husband or relative of husband of a woman subjecting her to cruelty***

In the event that an individual is found to be responsible for exposing a woman to brutality, whether as the spouse of a woman or as a relative of the husband of a woman, they will be subject to custody for a period of time that could potentially reach up to three years, and they will also be responsible for paying a fine.

Clarification — With the end goal of this segment, "remorselessness" signifies — Any wilful direct which is of such a nature as is probably going to drive the lady to end it all or to make grave injury or peril life, appendage or wellbeing (whether mental or physical) of the lady; or on the other hand badgering of the lady where such provocation is with the end goal of pressuring her or any individual connected with her to satisfy any unlawful need for any property or important security or is by virtue of disappointment by her or any individual connected with her to fulfill such need.

### ***E. Section 509: Word, gesture, or act intended to insult the modesty of a woman***

Any person who, with the intention of insulting the modesty of any woman, utters any word, makes any sound, gesture, or exhibits any object with the intention that such word, sound, or gesture will be heard by such woman, or intrudes upon her privacy, will be punished with simple imprisonment for a term that may extend to one year, a fine, or both (depending on the severity of the offence).

## **III. FORMS OF MENTAL HARASSMENT**

**a. Emotional Manipulation:** It is possible for males to be exposed to a variety of emotional manipulation tactics that are developed with the intention of asserting dominance and control while they are navigating challenges in their marriage. Gaslighting, manipulating children, and other forms of coercive control are examples of practises that may fall under this category.

**b. Misinformation:** In the context of marital disputes, it is very uncommon for people to make false charges of neglect, adultery, or abuse. These claims may do enormous damage to a man's reputation, mental health, and legal standing.

**c. Financial Exploitation:** It is possible for males to be victims of financial exploitation, which may take the shape of exorbitant alimony demands, unfair property settlements, or oppressive financial control. This can lead to psychological agony as well as financial instability.

**d. Societal Stigma:** It is possible for society beliefs to propagate stereotypes that portray men as aggressors rather than victims in marital conflicts. This perception may result in social isolation, humiliation, and an unwillingness to disclose abuse or seek aid.

## **IV. INFORMATION TECHNOLOGY ACT, 2000**

The purpose of this law is to provide legal validity to transactions that take place online. Additionally, it tackles a wide range of activities and offences that may be committed online, including the following:

Section 67: When it comes to the distribution or communication of offensive content in electronic structures, discipline is required. Whoever distributes or communicates or causes to be distributed or sent in the electronic structure, any material which is vulgar or requests to the lecherous interest or on the other hand on the off chance that its impact is, for example, to will generally debase and ruin people who are possible, having respect to every significant situation, to peruse, see or hear the matter contained or typified in it, will be rebuffed on first conviction with detainment of one or the other depiction for a term which might stretch out to three years and with fine which might reach out to five lakh rupees and in case of second or resulting conviction with detainment of one or the other portrayal for a term which might stretch out to five years and furthermore with fine which might reach out to ten lakh.

Section 67A: In electronic structure, the discipline for the distribution or transfer of content that contains physically unequivocal evidence, and so forth and so forth. Whoever distributes, communicates, or causes to be distributed or sent in the electronic structure any material that contains physically unequivocal demonstration or lead will be rebuffed on first conviction with detention of one or the other portrayal for a term that may reach out to five years and with a fine that may stretch out to ten lakh rupees. In the event of a second or subsequent conviction, with detention of one or the other portrayal for a term that may reach out to

seven years and furthermore with a fine that may stretch out to ten lakh rupees, the individual will be rebuffed on the aforementioned offence.

## **V. IMPACT ON MEN'S MENTAL HEALTH**

In terms of the effects that mental harassment has on the mental health of guys, there is no way that the magnitude of this damage can be overstated. When males are subjected to emotional abuse for a lengthy period of time, they may have elevated levels of anxiety, sadness, thoughts of suicide, and post-traumatic stress disorder (PTSD) (PTSD). Additionally, the decline in their self-esteem, feelings of helplessness, and disruptions in their social bonds may make their psychological distress even more severe and have a negative impact on their ability to function well in a range of facets of life.

### ***Legal and Societal Challenges***

Despite the fact that there is a growing understanding that males may be victims of mental harassment in the context of marital difficulties, there are still significant obstacles that exist in the legal and societal sectors. The culture of silence and invisibility that surrounds male victimisation is perpetuated by a variety of factors, which contribute to systemic inequalities and contribute to the perpetuation of violence against men. A number of reasons contribute to this phenomenon, including prejudices that exist within family court systems, insufficient support programmes that are specifically designed for male victims, and prevailing gender stereotypes that minimise the vulnerability of males.

### ***Strategies for Prevention and Support***

**a. Legal Changes:** It is vital that family law systems undergo quick changes in order to offer gender-neutral legislation, equitable treatment of males in legal proceedings, and protections against baseless claims and legal harassment. These reforms are not only necessary but also imperative.

**b. Provision of Support Services:** In order to give male victims with crucial channels for consolation, affirmation, and healing, it may be beneficial to implement specialist support services such as helplines, counselling programmes, and community resources that are tailored to meet the unique needs of male victims.

**c. Awareness Campaigns:** It is important to raise awareness about mental health concerns among men, combat gender-based stereotypes, and destigmatize male victimisation. These initiatives have the potential to foster greater understanding, sympathy, and societal support for men who are subjected to mental harassment in matrimonial disputes.

### ***What is Mental Harassment in Marriage?***

In the context of a marital relationship, mental harassment behaves in a manner that is consistent with mental harassment in general. However, when we speak about mental harassment in marriage, we are talking to the psychological harassment that is the responsibility of one's husband or in-laws. This is the case when we talk about mental harassment in marriage. It was mentioned before that the Indian Penal Code has a number of provisions that deal with the problem of mental harassment that takes place within the framework of a marriage. The sections 354, 354A, 498A, and 509 are included in this group of sections. Furthermore, in addition to the articles of the Indian Penal Code that have been covered above, there are specific laws that deal with harassment that happens inside a marriage. These statutes specifically address the issue of harassment. These legislations include the Dowry Prohibition Act of 1961 and the Protection of Women from Domestic Violence Act of 2005. Both of these acts were passed in Canada. Not only do this legislation assist women in their pursuit of rights, but they also provide assistance to the feminine fraternity in their attempts to navigate a life that is joyous, peaceful, and equitable within the community. In the sake of making things more convenient for you, the following laws have been composed of their constituent parts:

#### ***1. The Protection of Women from Domestic Violence Act, 2005:***

With the passage of the Protection of Women from Domestic Abuse Act in 2005, women who have been victims of any kind of domestic abuse are now able to get guidance and assistance. They are able to lawfully act against the person via the use of this act, which is a particular legal instrument. A woman who has initiated legal action in accordance with the provisions of this act shall be provided protection against any additional occurrences up to the point at which the issue is brought to trial. This protection will last until the conclusion of the trial.

#### ***2. Dowry Prohibition Act, 1961:***

The Dowry Prohibition Statute of 1961 was enacted in an attempt to shake up the established norms of the practise, which has been in existence for a hundred years. By virtue of this statute, the practise of requesting and accepting dowry from a woman's family is considered illegal.

### ***How to Prove Mental Harassment by Husband?***

According to Indian culture, weddings are regarded as a holy union and are accorded an incredibly high level of respect. As a result, the Indian culture puts a tremendous lot of value on marriages. A sizeable proportion



of married women are victims of sexual harassment at the hands of their husbands or in-laws. This is a problem that affects a multitude of married women. It is extremely vital that the Indian legal system has very strong regulations against abuse and harassment, since this is highly crucial in safeguarding the women who are a part of Indian society.

Some of the causes that are deemed to come under the category of harassment by spouses or in-laws include the following, with the exception of mental harassment:

- Actions or behaviours that provoke women to consider suicide.
- Any action committed by a husband or in-laws that results in severe and critical harm to a woman.
- Dowry demands made by the parents of the women undoubtedly constitute harassment.
- Under Indian law, harassment is defined as any action.

**To establish mental harassment by a spouse, the following must be proven:**

- Any degree of physical abuse is cruelty and is sufficient to warrant judicial action.
- Verbal abuse encompasses any kind of insult, remark, or wording that is deliberately designed to induce mental anguish.
- Restricting a lady from communicating with or seeing her relatives.
- The mothers are not permitted to visit their children.

## VI. CONCLUSION

There is a widespread and complex societal issue that has significant ramifications for the well-being of people, the dynamics of families, and the cohesion of society. This problem is known as mental harassment of males in marital conflicts. We can work towards the goal of cultivating a culture that is characterised by respect, empathy, and equality within the context of intimate relationships and legal frameworks by acknowledging the experiences of men as victims, challenging long-standing biases, and implementing proactive measures to prevent and address mental harassment. These are all ways in which we can work towards achieving this goal.

There is a considerable gender disparity in the workforce, with married women holding the majority of occupations in both organised and unorganised sectors, as well as in both urban and rural regions. This is the case in both urban and rural areas. In the labour market, there were about one-fifth of working women who were illiterate, and this percentage was distributed equally across the organised and unorganised sectors of the workforce. In spite of the fact that a growing number of women who have finished higher levels of education are entering the workforce, the majority of these women are working on roles that are considered to be lower in the organisational hierarchy. Women who have a moderate degree of education and women who are illiterate are engaged in lower-status roles such as construction labour, agricultural labour, maid-servants, and class IV workers. These occupations are considered to be low-status workers. According to estimates, almost one-third of the women are working in environments that are not safe and secure. As a consequence of this, they are at risk of being exposed to sexual abuse at the hands of their employers. The large majority of respondents were found to have a very limited concept of sexual harassment, which is identical with sexual assault. This was discovered via the findings of the study. As a consequence of this, these women do not become aware of the fact that they were victims of sexual harassment until a much later stage, when the perpetrators of the harassment engage in further forms of sexual harassment over the course of their behaviour.

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