



# How Covid-19 Pandemic Increase Domestic Violence? A Literature Review

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## ABSTRACT

The COVID-19 pandemic causes many problems, one in particular is domestic violence. Based on various reports, the number of domestic violence cases has increased during the COVID-19 pandemic. The objective of this study is to examine some of the literature to identify factors which increase in domestic violence during the COVID-19 pandemic. The research method employed systematic literature review. The articles were collected from publishers, Routledge, Elsevier, and Sage. The collection of articles was administered during February 2021. The result of this study revealed that there is an increase in domestic violence cases during the COVID-19 pandemic. There are two influencing factors. First, internal factors include the problem of losing job and economic problems due to the covid-19 pandemic, mental problems with perpetrators, the inability of women or victims to survive due to the lockdown policy. The psychological perspective perceives the emergence of domestic violence due to the condition of frustration that results in the emergence of aggressive behaviour such as domestic violence

**Keywords:** *Domestic Violence; Pandemic Covid-19; Lockdown Policy; Frustration; Aggressive*

## 1. INTRODUCTION

*WHO (world health organization)* states at least one in three women have been victims of physical violence and/or sexual violence from a partner or non-partner and/or both. More than a quarter of the group in the age range of 15 to 49 years has been in a relationship and become the subject or victim of physical or sexual violence by their partner at least once in their lifetime. The prevalence estimated of partner violence ranged from 20% in the Western Pacific, 22% in high-income countries and Europe 25% in the Americas to 33% in the Africa region, 31% in the Eastern Mediterranean and 33% in the Southeast Asian region. Globally, as many as 38% of all victims lead to homicide perpetrated by intimate partners. Furthermore, 6% of women reported having experienced sexual harassment by someone other than their partner. Sexual violence between mini-core partners is mostly perpetrated by men against women.

Since the Covid-19 pandemic, the number of domestic violence against women and children has increased. Referring to data released by UN Women, the violence against women and children has significantly increased since the beginning of lockdown and physical distancing policy [1]. This fact is reinforced by data

appearing in research and reports from various countries regarding the increasing amount of violence against women due to the lockdown administered in various places. In France, there has been a reported 36% increase in domestic violence since 17 March 2020 [2]. The increase was also identified from the reports of hotlines for victims domestic violence in Spain by 20%, Cyprus by 30%, and Brazil by 40 to 50% [3].

The number of domestic violence has also increased in Indonesia. In accordance with National Commission Against Violence Against Women records, the number of cases of violence against women throughout 2020 is 299,911 cases, with a record of domestic violence as much as 79% (6,480 cases), violence against wives by 50% (3,221 cases), violence in courtship 20% (1,309 cases) and violence against girls 15% (953 cases), and the remaining violence committed by ex-girlfriends, ex-husbands, and violence against domestic assistance [4]. The various policies due to pandemic also possess an impact on increasing the number of cases of violence. The numbers increased by direct reports to Komnas Perempuan by 2,389 cases and compared to the previous year, which was 1,419 cases or there was an increase in reporting 970 cases (about 40%) in 2020.

Stress is one of factors increasing the amount of violence against women and children according to several studies. It happened due to the decisions and policies of several countries, which was the implementation of quarantine to slow the spread of the Covid-19 virus and physical distancing which added to the severity and frequency of violence by partners. Furthermore, lockdown also might create an environment with higher risk of violent behaviour by causing stress due to the pandemic and by limiting access to protective resources such as police, NGOs and others [2].

The house that supposed to be the safest place from various kinds of crime has turned into the most unsafe place for women victims of violence due to quarantine. These women encounter "trapped" in a place in which if they go out, there is a threat of contracting the covid-19 virus, but staying home also is also dangerous because potentially caused the violence to women performed by partners which may even lead to death. The factors causing the increasing amount of violence against women during the COVID-19 pandemic, apart from stress, were also caused by the consumption of alcohol and drugs [5]. This issue is quite complicated because substance and drug abuse and economic pressure provide justification for the perpetrators for their abusive and violent behaviour. Limited access for the victims is also a problem. Victims trapped in homes with perpetrators of violence frequently do not own access to escape from these conditions. There are numerous victims only report incidents but do not receive proper handling assistance.

The previous articles mentioned above have examined the factors influencing the increase in domestic violence but no one perceived these factors from a psychological perspective. Based on the explanation above, the researcher conducted a literature study to

**Table 1** Analysing of Literature Review

No	Author (year)	Title	Type of article	Finding
1.	Abu Hanifa Md Noman*, Mark D. Griffiths, Sajeda Pervin, Mohd Nazari Ismail (2021)	The detrimental effects of the Covid-19 pandemic on domestic violence against women	Correspondence Article Info	Domestic violence is behaviour which causes mental, psychological, sexual and reproductive health problems including the transmission of venereal diseases, unwanted pregnancies and deaths arising during the COVID-19 pandemic. The influencing factor is the staying home and staying safe policy. The second factor is women from low-medium income countries. The third factor is in areas which adhere to patriarchal understanding and often abuse their power as the head of the family. The fourth factor is because its aim to suppress the spread of covid 19 makes women isolated from friends and family members who are supposed to protect them. Meanwhile, the fifth factor is because the surge in the number of COVID-19 cases has forced several institutions related to women's protection to be closed and limited in providing services to women indicated to experience domestic violence [6].

answer research questions, what are the factors influencing the increase in cases of domestic violence during the COVID-19 pandemic and which are associated with psychology.

## 2. METHOD

The research method employed a systematic literature review. The researcher collected articles from publishers of Routledge, Elsevier, and Sage. The collected articles were administered during February 2021. Based on the search, 19 articles which matched to the research criteria were obtained. This research consists of three stages.

The first stage, the researcher conducted an initial screening by looking at the title and abstract according to the theme. The keywords were domestic violence and the covid-19 pandemic. The second stage, articles matching the predetermined criteria were selected. These criteria include: 1) Articles published in 2020-2021; 2) Theme's article about domestic violence during the covid-19 pandemic; and 3) The types of articles might be in the form of research articles and the article's review. The third stage, the researcher performed the extraction data. In this stage, the researcher extracted data according to the template which had been prepared, the type of research and design, population, research objectives, result and research findings.

## 3. RESULT AND DISCUSSION

This is a table for presenting the researcher's processed data according to the template that had been prepared, the type of research and design, population, research objectives, result and research findings.

No	Author (year)	Title	Type of article	Finding
2.	Dinanbandhu Mondal*, Pintu Paul, Suranjana Karmakar (2021)	Increasing risks of domestic violence in India during Covid-19 pandemic	Correspondence , Article Info	Pandemic increases domestic violence against women cases because the situation imposes people to stay at home. Moreover, losing job also causes stress during the pandemic [7].
3.	Gautam Gulati*, Brendan D. Kelly (2020)	Domestic violence against women and the Covid-19 pandemic: What is the role of psychiatry?	Literature review	The domestic violence against women may occur due to some factors. First, related to husbands who suffer from mental disorders such as drug abusers or alcohol abusers. Second, women as victims also possess psychological problems such as stress or depression. Third, during the pandemic conditions, women's service and protection institutions are unable to perform a maximum role to protect the victims [8].
4.	A Viero, G Barbara*, M Montisci, K Kustermann C Cattaneo	Violence against women in the Covid-19 pandemic: A review of the literature and a call for shared strategies to govern health and social emergencies	Literature review	The policy to suppress the spread of COVID-19 which is "stay at home" has determined increasing violence against women. Due to the increase in cases, the health care system should be able to provide promotions regarding the relationship between violence against women and COVID-19, and to help identify solutions of clinical and forensic services for women violence victims [9].
5.	Candace Forbes Bright*, Christopher Burton, Madison Kosky	Considerations of Covid-19 impacts on domestic violence in the United States	Literature review	Policies organized during the COVID-19 pandemic such as social distancing, isolation and economic stress, are the factors to increase domestic violence. The news media may help reduce the number of domestic violence during COVID-19 by increasing media attention, attention to the health care system, helping promote social and economic issues, and the long-term objective is to attempt to prevent these cases [10].
6.	Andrew M Campbell	Improving prevention of family violence during (and after) disaster: Lessons learned from the Covid-19 pandemic	Form of commentary/Letter to editor	Mitigating the spread of COVID-19, policies such as social distancing, sheltering in place, travel restrictions and stop community activities have been organized where these policies have an impact on the increasing cases of domestic violence. During the pandemic, the increase of cases was due to the policy, layoffs, stress, decreased income and limited social support [11].
7.	Diana Nadine Moreira*, Mariana Pinto da Costa,	The impact of the Covid-19 pandemic in the precipitation of intimate partner violence	Literature review	The policies in controlling the virus proved increasing the domestic violence. This fact reinforced due to the lockdown policy limit for victims to receive services protection [12].
8.	Seyedeh Zeynab Hoseinnezhad, Forouzan Elyasi, Zohreh Shahhosseini*	A rapid review on domestic violence as a silent consequence in corona time: a double pandemic	Literature review	The COVID-19 pandemic is one of the risk factors in increasing domestic violence. Policies to suppress the spread of the virus, such as social distancing, increased unemployment, job losses and the fear of contracting the virus, have been a source of anxiety and stress in the community, which in turn increase domestic violence. There was an increase of domestic violence cases in several areas, such as in Argentina by 25%, Cyprus

No	Author (year)	Title	Type of article	Finding
				by 30%, Singapore by 33%, Jefferson Alabama by 27%, and in New York by 10% [13].
9.	Amber Peterman, Alina Potts, Megan O'Donnell, Kelly Thompson, Niyati Shah, Sabine Oertelt-Prigione, dan Nicole Van Gelder.	Pandemics and Violence against Women and Children	Literature Review	There are nine factors affecting violence against children and women in the pandemic, comprising of: 1) economic insecurity and poverty-related stress, 2) quarantines and social isolation, 3) disaster and conflict-related unrest and instability, 4) exposure to exploitative relationships due to changing demographics, 5) reduced health service availability and access to first responders, 6) inability of women to temporarily escape abusive partners, 7) virus-specific sources of violence, 8) exposure to violence and coercion in response efforts, and 9) violence perpetrated against health care workers [14].
10.	Beth M Rauhaus*, Deborah Sibila, Andrew F. Johnson	Addressing the Increase of Domestic Violence and Abuse during the COVID-19 Pandemic: A need for empathy, care, and social equity in collaborative planning and responses	Literature review	Policies to suppress the spread of the virus have an impact on the reports of increased domestic violence. Efforts to reduce cases of domestic violence can be conducted by empowering the community involving government, citizens, or non-governmental institutions. The communities are expected to increase empathy and concern to reduce the amount of violence. For instance, residents should instill the empathy to their surrounding environment. If there are cases of violence which are obviously discovered but hardly be reported, the neighbors may help. For the government, it is necessary to increase the capacity of personnel to handle the cases of domestic violence. Furthermore, it is necessary to promote campaigns to raise awareness regarding the way to report the accepted violent behavior and provide a sense of security for victims [15].
11.	Abay Woday Tadesse*, Setegn Mihret Tarekegn, Gebeyaw Biset Wagawm, Muluken Dessalegn Muluneh, Ayesheshim Muluneh Kassa	Prevalence and Associated Factors If Intimate Partner Violence among Married Women during COVID-19 Pandemic Restrictions: A Community-Based Study	Literature Review	There is an increase in the number of violence cases against women during COVID-19. The results of the study explained that the education level of women, husband's education level, drug abuse by husband, and community tolerance for violence are factors influencing the rate of violence [16].
12.	Jean Baptise Bouillon Minois*, Maelys Clinchamps, Frederic Dutheil	Commentary / Reply	Coronavirus and Quarantine: Catalysts of Domestic Violence	Stress and frustration caused by limitations on socializing have potentially increase conflict at home which may lead to harassment or violence. In times of isolation, a person may become inhibited in seeking help. For women and children, being isolated together with abusive parents and partners is as dangerous as the spreading virus [17]
13.	Matteo Antonio Sacco, Fiorella Caputo, Pietrantonio Ricci,	The Impact of the Covid-19 Pandemic on Domestic Violence: The Dark Side of	Literature Review	Rising cases of domestic violence are the significant risk during the Covid-19 pandemic as victims trapped in their homes with perpetrators, with no way out or opportunity beg for assistance [18].

No	Author (year)	Title	Type of article	Finding
	Francesco Sicillia, Luigi De Aloe, Carlo Filippo Bonetto, Fabrizio Cordasco, Carmen Scalise, Giulia Cacciatore, Angelica Zibetti, Santo Gratteri, Isabella Aquila*	Home Isolation during Quarantine		
14.	Gebremeskel Tukue Gebrewahd*, Gebreamlak Gebremedhn Gebremeskel, Degena Bahrey Tadesse	Intimate Partner Violence against Reproductive Age Women during Covid-19 Pandemic in Northern Ethiopia 2020: A Community Based Cross-Sectional Study	Quantitative	The results of this study indicate the increasing number of violence against women, which was 13.3% experienced psychological violence, 8.3% was physical violence and 5.3% was sexual violence [19].
15.	Catharine Kaukinen*	When Stay-at-Home Orders Leave Victims Unsafe at Home: Exploring the Risk and Consequences of Intimate Partner Violence during the Covid-19 Pandemic	Literature Review	The number of increased unemployment for men, additional stressors at home due to home schooling of children, and isolation policies, women's inability to seek help due to fear of Covid-19 spread, alcohol consumption and drug abuse are also factors causing increased violence against women [5].
16.	Sabrina Sediri*, Yosra Zgueb, Sami Ouanes, Uta Ouali, Soumaya Bourgou, Rabaa Jomli, Fethi Nacef	Women's Mental Health: Acute Impact of Covid-19 Pandemic on Domestic Violence	Quantitative Methodological Use DASS 21 provided to 721 Women as a Subject	The Covid-19 pandemic causes distress for the community, especially women. The results of this study revealed that 57.3% of women out of 751 presented symptoms of moderate distress. Moreover, 40% of women reported domestic violence during the lockdown. The most extensively reported form of violence was psychological violence. Women as domestic violence victims displaying symptoms of depression, anxiety and stress were higher than women who did not receive violence. Why lockdown? because during the lockdown, victims of domestic violence encountered obstacles in accessing assistance services [20].
17.	Amallesh Sharma*, Sourav Bikash Borah	Covid-19 and Domestic Violence: An Indirect Path to Social and Economic Crisis	The analysis of Covid-19 reports	The effort to suppress the spread of Covid-19 have an impact on the increasing cases of domestic violence. Several policies regulated by the government result in more layoffs, loss of income, stay at home which length increased the number of domestic violence cases [21].

No	Author (year)	Title	Type of article	Finding
18.	Sucharita Maji, Saurab Bansod, Tushar Singh*	Domestic Violence during Covid-19 pandemic: The case of Indian women	News in press analysis	Many efforts have been performed to suppress the spread of Covid-19, to improve public health and welfare, but instead have an impact on increasing cases of violence against women. The women cannot leave the house due to the government's policy regarding the lockdown [22].
19.	Dina E Abdel Rahman*	Predictors of Family Violence through Covid-19 Pandemic: Structural Equation Modelling	The Research Used SEM and FV Scale	Violence in the family may occur in several forms such as physical violence (hitting, kicking, biting, slapping and throwing objects, or psychological violence such as sexual violence, emotional violence, control, intimidation or stalking, or passive aggression violence such as neglecting or not fulfilling economic aspects). Moreover, it also can be influenced by the addiction on alcohol and suffering from mental problems. Lockdown policies in several countries have resulted in an increasing cases of violence against women [23].

### 3.1. Form of Domestic Violence during the Covid-19 Pandemic

Domestic violence is in the family scope involving partners, women, parents and children as victims [24]. Domestic violence is also kind of behaviour either physically, sexually, psychologically or economically within the family or between members or partners [25].

The forms of violence arise within the scope of domestic violence including physical violence such as slapping, hitting and kicking. Furthermore, violence against the economy in which there is no livelihood, victims are exploited to work. Other forms are psychological violence which includes indifference, pressure to have sex, emotional manipulation and domination in relationships [26], [27]. During the Covid-19 pandemic, there was an increase the cases of domestic violence. Based on the results of the literature review, it was revealed that there were four articles explaining that the form of violence emerged was psychological violence [6], [19], [20], [23]. The manifestation of psychologically violent behaviour occurring during the Covid-19 pandemic were the emergence of domineering behaviour in a relationship, intimidating partners, making partners feel guilty and bad [19], strong of controlling, stalking, and abandonment [23]. Three articles presented the form of physical violence [6], [19], [23]. Meanwhile, two articles revealed that the other violence form is sexual violence [6], [19]

The number of cases of domestic violence during the Covid-19 pandemic has reportedly increased. The highest form of violence during this pandemic was psychological violence, followed by physical violence, and sexual violence [19], [20]. The embodiment of psychological violence experienced by the victims was emotional violence, very strong control, intimidation, passive aggression violence such as ignoring and unfulfilling the economic aspect [23]. In terms of the physical violence, the victims received the same violence as before the pandemic, such as hitting, kicking, biting,

slapping or throwing objects randomly [23]. Meanwhile, the forms of sexual violence were transmission of venereal disease and unwanted pregnancy [6]. Generally, the forms of domestic violence which occurred before and during the pandemic did not make much difference.

The emergence of domestic violence might be caused by gap in relationship roles. Violence was used as a form of conflict resolution or a mean to implement disciplinary behaviour in the family [24]. Other studies suggest that the reason why perpetrators perform the violence is to avoid household work, and feels having full control over family finances [4]. The emergence of domestic violence can also be precipitated by the characteristics of victims in terms of low education, income, work and bad communication [28].

The violence in a relationship, definitely may have an impact to victim. The impact depends on the intensity of the violence occurring, the purpose and level of fear of the victims [27]. The victims reveal several psychological problems such as trauma, disappointment, nightmares, and have parenting problems [29], [30], depression, and fear [8], [31], eating and sleeping disorder, also drugs and alcohol abuse [4]. The impact of domestic violence is not only encountered by the victims who are directly exposed, but also on people who witness the violence incident. For instance, in children who notice their mother being treated violently. These children may bear social environment, emotional and academic problems [32].

### 3.2. Factors Causing Domestic Violence During a Pandemic

Based on the results, there are several factors increasing the number of domestic violence during the pandemic. In general, the factors can be divided into two lines; first, internal factors are conditions within the family, while external factors, outside the family. Based on the results, in internal factors are seven articles mentioning the

causes of domestic violence during the covid-19 pandemic, 1) the condition of losing jobs and 2) stress on economic problems during the lockdown period [5], [7], [10], [11], [13], [14], [21]. The lockdown period during the Covid-19 pandemic caused many companies to suffer, hence, they had to discharge some of their employees. This condition indirectly affects the economic condition of the family. Thus, it triggers stress and owns an impact on the emergence of aggressive behaviour. The emergence of aggressive behaviour can be perceived from the general affective aggression model theory which explains that aggressive behaviour arises due to unpleasant or disturbing situations. These situations result in less adaptive interpretations of conditions which affect their behaviour and emotions.

The second factor is women cannot save themselves [14]. There are four articles stated the women's inability to seek social support due to isolation to suppress the spread of COVID-19 viruses [5], [6], [11], [17]. Social support may create comfort, safety and trust in individuals, and it is what is tremendously needed by women as victims of domestic violence [34].

The third factor are drugs and alcohol abuse [5], [8], [16]. There are three articles revealed that a husband through mental disorder by drugs and alcohol abuse triggered domestic violence [5], [8], [16]. A husband or partner who consumes drugs and alcohol possess the emotional effect. This unstable emotion causing un-adaptive behaviour is violence.

On the external factors, there are fourteen articles explaining that the existence of a stay-at-home or lockdown policy could increase cases of domestic violence [5], [6], [20]–[23], [7], [9]–[11], [13]–[15], [18]. Stay-at-home policy is one of the state policies which aims to reduce the spread of Covid-19. This policy is regulated for public during the pandemic period by which people are not permitted to perform many activities outside the house or create crowds. On the other hand, this policy has resulted in perpetrators and victims of violence being insisted to stay at home, thus, victims are more frequently exposed to violent behaviour [7], [17], [18], [22]. Moreover, the policy also possesses an impact on the social support received by the victim, in which the victim is not able to receive social support from friends or family [6], [11]. The stay-at-home policy may increase stress and frustration due to the limitations in socializing, thereby increasing conflict when they are at home [17]. The existence of a lockdown policy during the Covid-19 pandemic also creates fear of infection in the community and imposed people to stay at home, hence, they changed their social interaction style by employing the internet as their main means. [35]. The second factor is that institutions associated with the protection of victims are unable to play an optimal role because the Covid-19 pandemic has made these institutions unable to provide services for victims. [6], [8], [12]. These service institutions cannot operate the offices or services to avoid a spike in Covid-19 cases in the community. There are

five articles mentioning protection agencies which are inactive due to a pandemic [6], [8], [11], [12], [14].

The emergence of domestic violence behaviour during the Covid-19 pandemic can be perceived from frustration-aggression theory. According to the theory, the increase of violence is one of many ways to decrease the tension and frustration [36]. In the Covid-19 pandemic situation, there are several policies has been implemented by a country to decrease the spread of COVID-19. These policies, such as lockdown, work from home and school from home, have resulted in problems such as economic problems. The condition of losing a job or economic problems can trigger violent behaviour, one of case where the husband lose his job, while the wife pushing her husband to fulfil the economic needs, it might be a triggering factor for increasing frustrated conditions and having an impact on their emotions [37]. The school from home instruction also be one of the causes to increase the number of domestic violence, where the limited facilities to support online learning activities can lead to conditions of frustration and as a forerunner to the emergence of domestic violence [38]. Actions are required which are not only to suppress the surge in Covid-19 cases but also to reduce the cases of domestic violence, the form of promotional services regarding the linkage of domestic violence prevalence, the form of promotional services regarding the relationship between the number of domestic violence and the existence of domestic violence policies to suppress Covid-19. Furthermore, it is necessary to identify clinical service solutions for victims experiencing violence when protection institutions are unable to play an optimal role in conventional ways [9], [20]. Today's media also possesses an influence in society which is to combat domestic violence, the role of media is required in providing information and socialization associated with domestic violence [10]. Another effort to reduce cases of domestic violence is involving the government, citizens, or non-government institutions [15]. These parties are expected to be able to be more sensitive to the conditions of the victims [15].

#### 4. CONCLUSION

Several studies have discovered that the situation of Covid-19 pandemic has increased the cases of domestic violence. The forms of violence which occur are psychological violence, physical and economic violence. The results from this literature study revealed that the increasing number of domestic violence cases was influenced by internal factors and external factors. Internal factors are losing job and economic problems, mental problems with perpetrators, the inability of women or victims to save themselves due to the lockdown policy during Covid-19 pandemic. External factors are the existence of a stay-at-home or lockdown policy. Institutions related to the protection of victims are unable to operate optimally because of the restriction policy. The emergence of domestic violence behaviour ca

perceived from the theory of frustration-aggression. The problems that accompany the existence of policies to suppressing the spread of COVID-19 have resulted in a frustrating condition for some individuals. This frustration condition has an impact on increasing negative emotions and cognitive processes that result in the emergence of aggressive behaviour such as domestic violence.

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