

THE CONCEPT OF VIOLENCE AND ITS MAIN TYPES

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Abstract: This article provides a scientific analysis of the concept of violence, its role in society, and its main types. Physical, psychological, sexual, economic, medical, and social forms of violence are examined, and their negative effects on human health, mental well-being, and social relations are revealed. Based on domestic and international scholarly sources, the interconnection between different types of violence is substantiated. In addition, the importance of legal mechanisms, social protection systems, and preventive measures in combating violence is highlighted. The findings of the study confirm the necessity of addressing the problem of violence through a comprehensive and integrated approach.

Keywords: violence, physical violence, psychological violence, sexual violence, economic violence, medical violence, social violence, human rights.

1. Introduction

In the current era of globalization and information, along with the development of humanity, a number of social problems are emerging in society. Especially against the background of efforts to ensure human rights and freedoms, establish social equality, justice and security, the problem of violence has become an urgent issue. Today, violence is a dangerous social phenomenon that occurs not only in family or personal relationships, but also in schools, public places, Internet networks and work environments. Physical, psychological, sexual, economic and social forms of violence directly affect the human personality, his mental health, social adaptation, self-awareness. In particular, physical violence is being studied as a factor causing serious socio-psychological consequences in society. Therefore, a deep psychological and pedagogical analysis of this phenomenon, understanding its roots and developing preventive measures is the need of the hour.

Violence is one of the negative social phenomena that seriously hinders social development and violates human rights and freedoms. It causes direct harm to a person's physical, psychological, economic, and social life and creates an atmosphere of instability, fear, and insecurity in society. Today, the problem of violence is globally relevant and occurs not only in developing countries but also in developed ones [1].

Violence often occurs within the family, in educational institutions, workplaces, or during the provision of medical services. Women, children, the elderly, and persons with disabilities are particularly vulnerable to various forms of violence [2]. Vulnerable groups usually lack economic independence, social support, and legal awareness, which increases their risk of becoming victims. In many cases, victims are unable to report the violence due to fear, shame, or lack of trust in institutions. Therefore, it is of great importance to scientifically analyze the concept of violence, identify its types, and examine its consequences.

This article aims to analyze the main types of violence and their impact on society and individual life. It also examines the interconnection between different types of violence and emphasizes the need for a comprehensive approach to prevention and intervention.

2. Literature Review

The issue of violence has been studied by many domestic and foreign researchers. In international legal documents, violence is assessed as a gross violation of human rights [3]. The World Health Organization defines violence as the intentional use of physical force or power,

threatened or actual, against oneself, another person, or a group [4]. This definition highlights the intentional and harmful nature of violence and emphasizes that violence may occur both in physical and psychological forms.

Studies conducted by Uzbek scholars have widely covered the socio-psychological causes of violence, the impact of domestic violence on children's mental health, and issues of economic dependency [5, p. 46]. These studies show that domestic violence often begins with psychological abuse and gradually develops into physical aggression. Economic dependency is also identified as a key factor preventing victims, especially women, from leaving abusive relationships. Lack of employment opportunities, low income, and social isolation are the main reasons why victims remain trapped in violent environments.

In addition, scientific sources substantiate the classification of violence into physical, psychological, sexual, economic, medical, and social types [6, p. 67]. This classification helps to understand the multifaceted nature of violence and allows policymakers to develop targeted interventions for each type. The literature review also shows that violence is often not limited to a single type but manifests in close interconnection with others. For example, economic violence may create a basis for psychological and physical violence. The interconnection of violence types indicates that addressing one form of violence alone is insufficient; a comprehensive approach is needed.

3. Types of Violence and Their Effects

3.1 Physical Violence

Physical violence is the most visible form of violence and includes acts such as hitting, beating, burning, or using weapons. Physical violence causes immediate harm to the body and may result in injuries, disability, or even death. In addition to physical damage, victims often experience long-term psychological trauma. The fear of future attacks may lead to chronic stress, depression, and anxiety. Moreover, physical violence can affect the victim's social life, leading to isolation and loss of trust in others. Physical violence also affects the family structure, causing instability and negatively influencing children's development.

3.2 Psychological Violence

Psychological violence is less visible but equally harmful. It includes behaviors such as verbal abuse, humiliation, intimidation, threats, and manipulation. Although psychological violence does not leave physical marks, its consequences can be long-lasting. Victims often suffer from depression, low self-esteem, and anxiety. They may also experience social isolation and difficulties in interpersonal relationships. Psychological violence can destroy a person's identity and reduce their ability to make independent decisions. In many cases, psychological violence is used as a tool to control the victim and maintain power over them.

3.3 Sexual Violence

Sexual violence is one of the most severe forms of violence. It includes rape, sexual harassment, forced prostitution, and other forms of sexual exploitation. Sexual violence violates the victim's dignity and personal integrity and causes profound psychological trauma. The effects of sexual violence are often long-term and may lead to post-traumatic stress disorder (PTSD), depression, and emotional numbness. Victims may also experience social stigma and rejection, which further increases their suffering. Sexual violence also has physical consequences

such as sexually transmitted infections and unwanted pregnancies, which further complicate the victim's life.

3.4 Economic Violence

Economic violence occurs when a person is deprived of financial resources and economic independence. This type of violence includes controlling the victim's income, restricting access to money, preventing employment, and exploiting labor. Economic violence places victims, especially women, in a state of financial dependence. As a result, victims may remain in abusive environments because they lack the resources to leave. Economic violence also reduces the victim's ability to make independent decisions and increases their vulnerability to other forms of violence. It often creates a long-term cycle of poverty and dependency, which may be passed on to the next generation.

3.5 Medical Violence

Medical violence refers to the violation of a person's right to medical care and protection. It includes neglect, forced medical procedures, discrimination in healthcare, and inappropriate treatment. Medical violence undermines trust in the healthcare system and threatens a person's right to health. Victims may suffer from physical complications, emotional distress, and loss of confidence in medical professionals. In addition, medical violence may lead to the denial of necessary medical services, which further exacerbates the victim's health condition. In many cases, vulnerable groups such as the elderly or persons with disabilities are most exposed to medical violence.

3.6 Social Violence

Social violence is the marginalization of certain groups in society. It includes discrimination, exclusion, hate speech, and social segregation. Social violence limits opportunities for education, employment, and social participation. It affects groups such as ethnic minorities, people with disabilities, refugees, and the LGBTQ+ community. Social violence not only violates human rights but also undermines social cohesion and increases inequality. It creates a hostile environment that prevents victims from accessing basic services and achieving personal development. Social violence is often reinforced by cultural stereotypes and biased media representation.

4. Interconnection of Different Types of Violence

The research indicates that different forms of violence are often interconnected. For example, economic violence can lead to psychological abuse and physical aggression. When a victim is financially dependent, the abuser may use this dependency to control and intimidate the victim. Similarly, psychological violence can result in social isolation, making the victim more vulnerable to physical and sexual violence.

The interconnection of violence types demonstrates that addressing one form of violence alone is insufficient. A comprehensive approach is needed to identify and prevent all forms of violence simultaneously. Social, economic, and psychological factors must be considered in developing policies and interventions. Only a coordinated effort between government agencies, non-governmental organizations, and communities can effectively reduce violence.

5. Measures for Combating Violence

Effective measures to combat violence must include legal, social, and preventive components. Legal mechanisms are essential to protect victims and punish offenders. Countries must adopt strict laws against all forms of violence and ensure their implementation. In addition, law enforcement agencies should be trained to handle cases of violence sensitively and effectively. Legal education and awareness campaigns can help people understand their rights and seek help when necessary.

Social protection systems play a crucial role in supporting victims. Victims of violence need access to shelters, psychological counseling, medical care, and legal assistance. Social services should provide comprehensive support to help victims rebuild their lives. Awareness-raising activities in schools and communities are also essential. Education about human rights and gender equality can help prevent violence and change social attitudes.

Preventive measures must focus on the root causes of violence. Economic empowerment of women, access to education, and elimination of social discrimination are essential. Furthermore, promoting a culture of non-violence and respect for human rights is necessary for long-term change. Community involvement and cooperation with civil society organizations are key to implementing effective prevention strategies.

6. Conclusion

In conclusion, violence is a serious social problem that negatively affects all spheres of human life. Physical, psychological, sexual, economic, medical, and social forms of violence are closely interconnected and place victims in a state of complete dependence and vulnerability. Violence not only harms individuals but also undermines social stability and development.

Combating violence requires a comprehensive and integrated approach. Along with legal mechanisms, it is essential to enhance legal awareness in society, conduct educational and awareness-raising activities in educational institutions, and strengthen social support systems. Every individual must adopt a zero-tolerance attitude toward any form of violence and must not remain indifferent to victims. Only then can a healthy, just, and safe society be built.

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