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# Sociological Analysis Of Socio-Psychological Protection In Cases Of Violence Against Women

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**Abstract:** This article examines the socio-psychological protection system for women subjected to violence through a sociological perspective. The study analyzes the social, psychological, legal, and economic factors contributing to violence against women, as well as the effectiveness of existing protection mechanisms in Uzbekistan. Particular attention is paid to sociological approaches such as structural-functionalism, conflict theory, and feminist sociology in explaining the roots and consequences of violence. The article also highlights the role of social institutions, rehabilitation services, gender equality policies, and preventive measures in strengthening the protection of women. The findings emphasize the importance of institutional cooperation, public awareness, and women's empowerment in combating violence and ensuring sustainable social development.

**Keywords:** Violence against women, socio-psychological protection, sociology, gender inequality, domestic violence, social institutions, rehabilitation, empowerment, gender equality, social support, victimization, Uzbekistan.

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## 1. Introduction

In the Republic of Uzbekistan, the issue of violence against women is recognized as one of the most pressing social problems of contemporary society. In recent years, special attention has been paid to this issue at the level of state policy, and comprehensive measures aimed at protecting women's rights and freedoms, providing social support, and preventing violence have been actively implemented. From this perspective, the sociological analysis of the socio-psychological protection system in cases of violence against women is of significant scientific and practical importance.

From a sociological perspective, violence is interpreted not only as an individual problem but also as a complex phenomenon formed within the system of social relations. The main forms of violence against women are manifested through physical, psychological, economic, and sexual violence. These incidents often occur within the family environment, and their hidden nature complicates the processes of identification and prevention [1].

In the Republic of Uzbekistan, the legal framework for protecting women from violence has been strengthened, particularly through the Law of the Republic of Uzbekistan "On Protection of Women from Oppression and Violence." This law plays an important role in ensuring the protection of women subjected to harassment and violence and defines mechanisms for providing them with social, legal, and psychological assistance. In particular, the institution of the protection order has been introduced as an important mechanism for ensuring the safety of victims.

The results of sociological studies indicate that a significant proportion of women who experience violence do not openly report their problems. This is caused by factors such as social stereotypes, misinterpretation of family values, economic dependence, and psychological pressure.

The system of socio-psychological protection provides comprehensive assistance to women who have experienced violence. Within this framework, crisis centers, helplines, psychological counseling services, and temporary shelters operate to support victims. These services are aimed at restoring women's psychological well-being, facilitating their social adaptation, and developing skills for independent living [2-3].

At the same time, the results of sociological analysis indicate that several problems still exist within the current system. In particular, the unequal distribution of services across regions, the shortage of qualified specialists, and the low level of legal awareness among the population are identified as factors reducing the effectiveness of this sphere.

In the sociological analysis of socio-psychological protection systems in cases of violence against women, structural-functional and conflictological approaches are of particular importance. According to the structural-functional approach, every institution in society, including the family, performs specific functions. However, dysfunctions within the family – such as conflicts, economic difficulties, and the improper distribution of gender roles – contribute to the emergence of violence [4-5]. The conflictological approach, on the other hand, interprets violence as a result of social inequality and struggles over resources. These approaches provide an opportunity to understand the root causes of violence against women more deeply.

In contemporary sociological studies, the gender approach is also widely applied in the study of violence. Within this framework, patriarchal stereotypes established in society – particularly the dominant position of men and the secondary role assigned to women – are interpreted as one of the main factors contributing to violence. In this regard, studies conducted by the United Nations Population Fund (UNFPA) and the United Nations Entity for Gender Equality and the Empowerment of Women (UN Women) emphasize that ensuring gender equality is an essential condition for preventing violence [6].

Empirical studies conducted in Uzbekistan also demonstrate that this issue is complex and multidimensional. According to survey results, a certain proportion of women perceive violence as a “family matter” and do not approve of external intervention. This indicates the existence of social tolerance toward violence within public consciousness. At the same time, many women are unable to leave violent environments due to a lack of economic independence, confirming the significant role of economic factors.

From a legal perspective, the system for protecting women has been further expanded. In particular, the Law of the Republic of Uzbekistan “On Gender Equality” is aimed at ensuring equal rights and opportunities for women and men, thereby strengthening the institutional foundations for combating violence. Furthermore, within the system of the Ministry of Internal Affairs of the Republic of Uzbekistan, the activities of specialized prevention inspectors have been established, and a targeted support system for women has been introduced [7-8].

One of the important elements of socio-psychological protection mechanisms is the rehabilitation process. Women subjected to violence often experience psychological problems such as post-traumatic stress disorder, depression, and low self-esteem. Therefore, psychological assistance should not be limited to counseling alone but should also include long-term rehabilitation programs. According to international practice, particularly the recommendations of the World Health Organization (WHO), assistance provided to victims of violence should be based on the integration of medical, psychological, and social services.

In addition, the concept of “secondary victimization” occupies an important place in contemporary research. This refers to situations in which a victimized woman experiences additional psychological trauma due to insufficient support from state institutions or society after seeking assistance. Sociological analyses indicate that, in some cases, law enforcement agencies or local community institutions approach the issue superficially, thereby reducing victims' trust in these institutions.

The role of the mahalla institution also deserves particular attention. In Uzbek society, the mahalla performs not only a function of social control but also one of social support. Within programs implemented by the Ministry for Support of Mahallas and the Elderly, mechanisms have been introduced for working with problematic families, conducting preventive conversations, and supporting women. However, sociological observations reveal that traditional stereotypes still prevail in some cases within the mahalla system.

The development of information and communication technologies is also creating new opportunities for the socio-psychological protection system. Online counseling services, mobile applications, and anonymous appeal platforms enable women to receive rapid and safe assistance. This is especially important for women living in closed environments or those afraid to seek help openly.

An analysis of scientific literature shows that strengthening punitive measures alone is insufficient in combating violence. Greater attention should be paid to preventive measures [9-10]. In this regard, the formation of gender culture within the education system and the development of healthy relationship skills among young people are among the important directions.

Empirical data play a crucial role in the sociological analysis of violence against women. The findings of various international and national studies confirm the widespread nature of this problem. In particular, according to the World Health Organization, approximately one in three women worldwide experiences physical or sexual violence during her lifetime. This demonstrates the global nature of the issue and substantiates the necessity for comprehensive measures at the national level.

From the perspective of sociological research methods, the integration of quantitative and qualitative approaches is essential in studying this problem. Quantitative methods (surveys and statistical analysis) make it possible to determine the scale of violence, while qualitative methods (interviews and focus groups) help to understand its causes and consequences more deeply. For example, in-depth interviews provide important information about the individual experiences, psychological conditions, and social environments of victimized women [11-12].

Scientific studies indicate that the consequences of violence cause significant harm not only at the individual level but also at the societal level. Damage to women's health, decreased labor productivity, and negative impacts on child upbringing hinder socio-economic development. In this regard, studies conducted by the World Bank particularly emphasize the economic losses caused by violence.

Institutional cooperation plays an important role in improving the effectiveness of socio-psychological protection. Cooperation among state bodies, non-governmental non-profit organizations, and international institutions ensures a systematic approach. For example, within projects implemented in Uzbekistan by the United Nations Development Programme (UNDP), programs aimed at supporting women, expanding their economic opportunities, and increasing their legal literacy have been introduced [13-14].

At the same time, evaluating the quality of social services remains an important scientific direction. Research findings reveal that crisis centers and rehabilitation services are insufficiently developed in certain regions, resulting in inequalities between territories. Therefore, there is a need for balanced territorial development of services.

## 2. Methodology

In modern scientific approaches, the concept of "empowerment" is also widely applied. According to this concept, it is important not only to provide assistance to women but also to develop their ability to make independent decisions. This can be achieved through education, vocational training, and employment opportunities [15]. From this perspective, increasing women's economic independence is recognized as one of the effective means of combating violence.

Moreover, the role of mass media and social networks is increasing. Through these channels, it is possible to promote intolerance toward violence and improve legal culture within society. However, there is also a risk of spreading misinformation or reinforcing stereotypes, which necessitates scientifically grounded management of this process.

Result and discussion

Analyses indicate that ensuring the participation of men in combating violence is also an

important factor. Many international programs work with men and boys to prevent violence by promoting healthy social roles. This approach contributes to strengthening a culture of gender equality within society.

Violence against women is a complex social phenomenon associated with gender inequality, patriarchal culture, and the insufficient effectiveness of social institutions. From a sociological perspective, violence is viewed not merely as the result of individual behavior but as a phenomenon reinforced through social structures, systems of values, and social norms. In particular, society's perception of domestic violence as a "private matter" weakens the socio-psychological protection of victims.

Socio-psychological protection mechanisms constitute a comprehensive system aimed at protecting women from the negative consequences of violence, ensuring their psychological recovery, and supporting their social reintegration. This system includes crisis centers for victims of domestic violence, psychological counseling services, legal aid institutions, and social services. From a sociological point of view, the effectiveness of these institutions is directly linked to the level of public trust, the degree of stigmatization (shame and victim-blaming), and legal culture within society.

In recent years, Uzbekistan has strengthened the legal and social protection of women through improvements in gender policy, particularly through the creation of normative and legal foundations related to protection from violence. However, in practice, many cases remain hidden due to factors such as fear of reporting, economic dependence, and social pressure. This demonstrates the necessity of strengthening the socio-psychological protection system not only at the legal level but also at the cultural and informational levels.

Furthermore, sociological studies show that women subjected to violence frequently experience psychological problems such as post-traumatic stress, low self-esteem, and social isolation. Therefore, the socio-psychological protection system should possess not only a reactive but also a preventive character. In other words, education on gender equality, campaigns against stereotypes, and the development of family culture play significant roles in preventing violence.

Several theoretical approaches exist in sociology for explaining violence against women. From the perspective of structural functionalism (influenced by the school of Émile Durkheim), violence is regarded as a consequence of normative breakdowns and the weakening of mechanisms of social control. In this context, violations of social norms and imbalances in role distribution within the family institution are interpreted as factors contributing to violence.

Conflict theory associates violence with the unequal distribution of power and resources. According to this approach, the patriarchal system reinforces the economic and social dominance of men while maintaining women as a relatively vulnerable social group. As a result, violence becomes a means of preserving social control and authority.

Feminist sociology interprets this phenomenon as an institutional manifestation of gender inequality. Within this approach, violence is viewed not merely as a personal crime but as a product of historically formed gender roles, stereotypes, and cultural norms. Therefore, the socio-psychological protection system should develop in harmony with gender-sensitive policies.

A number of social institutions play an important role in combating violence against women. These include state bodies, non-governmental organizations, educational institutions, and the healthcare system. Each of these institutions performs its own function in identifying, supporting, and rehabilitating victims.

In particular, psychological services help reduce trauma, depression, and anxiety experienced by women subjected to violence. Legal assistance enables victims to protect their rights and pursue legal measures against acts of violence. Social services, in turn, implement measures aimed at increasing women's economic independence.

According to the World Health Organization (WHO), every third woman experiences physical or sexual violence during her lifetime. This demonstrates the global nature of the problem and indicates that it should be addressed not only at the national level but also through international cooperation.

In recent years, Uzbekistan has carried out several reforms aimed at ensuring gender equality and protecting women from violence. In particular, legal mechanisms for

preventing domestic violence have been strengthened, specialized rehabilitation centers have been established, and helpline systems have been introduced.

At the same time, practical sociological observations indicate that many women still face difficulties in seeking assistance due to factors such as social pressure, shame, economic dependence, and concerns about future social stigma. This situation demonstrates the need to strengthen the socio-psychological protection system not only through institutional measures but also through broader cultural transformations.

### 3. Conclusion

In conclusion, violence against women remains a complex and multidimensional social problem closely connected with gender inequality, patriarchal values, economic dependence, and the insufficient effectiveness of social institutions. Sociological analysis demonstrates that violence is not only an individual issue but also a phenomenon shaped by social norms, cultural stereotypes, and structural inequalities. Therefore, combating violence requires a comprehensive and systematic approach that integrates legal, psychological, social, and educational measures.

The socio-psychological protection system plays a vital role in supporting victims, restoring their psychological well-being, and facilitating their social reintegration. However, the effectiveness of this system depends on the availability of qualified specialists, public trust in institutions, legal awareness, and the elimination of stigmatization within society. Strengthening institutional cooperation among government agencies, non-governmental organizations, healthcare institutions, and international organizations is essential for ensuring sustainable support mechanisms.

Furthermore, preventive strategies such as promoting gender equality, improving educational programs, increasing women's economic independence, and raising public awareness should be prioritized. The active involvement of men and broader society in challenging harmful stereotypes and supporting healthy social relations is also crucial. Overall, enhancing socio-psychological protection mechanisms and fostering a culture of zero tolerance toward violence are key conditions for ensuring women's rights, social stability, and sustainable development in society.

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