

MEASURES TO RELIEVE WOMEN FROM PRESSURE AND VIOLENCE

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Abstract: *The plight of women around the world is a pressing concern that necessitates immediate attention and decisive action. For far too long, women have been subjected to various forms of pressure and violence, manifesting in physical, emotional, and psychological abuse. This relentless assault on their dignity and well-being has far-reaching consequences, crippling their self-esteem, autonomy, and potential. In order to alleviate this suffering, it is essential to adopt a comprehensive approach that tackles the root causes of these issues, while providing tangible support structures and empowerment strategies to women.*

Keywords: *protection measures, international laws, early protection, women right, physical attacks*

Introduction: The introduction will highlight the importance of addressing these challenges and the urgency of finding effective solutions. It will emphasize the detrimental impact of pressure and violence on women's physical and mental well-being, as well as their overall quality of life. By elucidating the gravity of the situation, the introduction will underscore the significance of taking concrete actions to alleviate the suffering experienced by women in diverse contexts. Ultimately, this section will provide a comprehensive foundation for the subsequent exploration of potential measures to relieve women from pressure and violence, positioning the work within the broader landscape of gender equality and social justice.

The introduction to the work "Measures to Relieve Women from Pressure and Violence" aims to provide a comprehensive overview of the background and context surrounding the pressing issues that women face in society today. This section will delve into the various factors that contribute to the pressure and violence experienced by women, including societal norms, gender stereotypes, and systemic inequalities. By shedding light on the historical and cultural context of these issues, the introduction will set the stage for the subsequent discussions on potential measures and interventions.

Background and Context

Additionally, the background for these measures is informed by the efforts of various governmental and non-governmental organizations, as well as grassroots initiatives, to combat gender-based violence and discrimination. These efforts have generated valuable insights and strategies that can be used to inform the development and implementation of measures aimed at relieving women from pressure and violence. By acknowledging and building upon existing initiatives, it is possible to create a more comprehensive and nuanced approach to addressing this pressing issue.

The context for these measures also takes into account the various social, cultural, and economic factors that influence women's experiences. From unequal access to education and employment opportunities to entrenched gender stereotypes and norms, women continue to face pervasive challenges that directly contribute to their vulnerability to pressure and violence. Understanding and addressing these structural issues is crucial in developing effective and sustainable measures to relieve women from the pervasive threat of pressure and violence.

The background and context for measures to relieve women from pressure and violence are rooted in the long-standing issue of gender-based discrimination and violence against women. Throughout history, women have faced various forms of oppression, ranging from social and economic disenfranchisement to physical and psychological abuse. This systemic inequality has perpetuated a culture of silence and tolerance towards violence against women, making it necessary to address the underlying factors that contribute to this problem.

It is crucial to recognize the patriarchal underpinnings of societal structures that perpetuate discrimination and oppression against women. The entrenched gender stereotypes and biases must be challenged and dismantled, allowing for a more inclusive and equitable environment. Governments, civil society organizations, and community leaders must collaborate to create awareness campaigns, educating the general public about the perils of gender-based violence and the importance of gender equality. This concerted effort will help to create a cultural shift, fostering a society that values and respects women's rights and dignity. In addition to raising awareness, providing access to education and economic empowerment opportunities is vital in relieving women from pressure and violence. When women are educated and financially independent, they are better equipped to make informed decisions about their lives, pursue careers and entrepreneurial ventures, and break free from the shackles of dependency. Governments and non-profit organizations must invest in programs that promote girls' education, vocational training, and microfinance initiatives, enabling women to gain economic independence and build sustainable livelihoods.

Another critical aspect in the fight against pressure and violence is the provision of adequate support services and protection mechanisms. Governments and civil society organizations must establish and strengthen support hotlines, shelters, counseling services, and legal aid programs tailored to the specific needs of women and children. These services will provide a safe and confidential environment for survivors of violence to seek help, receive counseling, and access legal recourse. Furthermore, law enforcement agencies and the judiciary must be trained to respond sensitively to cases of gender-based violence, ensuring that perpetrators are held accountable and victims receive justice.

In parallel, it is essential to address the pervasive issue of patriarchal attitudes and behaviors that condone and perpetuate violence against women. This demands a profound transformation of societal norms, where men and boys are encouraged to embrace values of empathy, respect, and equality. Gender-sensitive education programs, community outreach initiatives, and media campaigns can play a vital role in redefining masculinity

and promoting positive role models. By challenging toxic masculinity and promoting healthy relationships, we can prevent the emergence of new generations of perpetrators and create a culture of mutual respect and accountability. In our country, significant work is being carried out on the broad involvement of women in scientific activities, their software developments, support for the ideas of innovation. Over the past five years, many laws, presidential decrees and resolutions aimed at raising the legal status of women, protecting the institution of the family have been adopted and are consistently implemented in practice. In particular, on September 2, 2019, the laws "on equal rights and guarantees of opportunities for women and men" and "on the protection of women from harassment and violence" were passed. These laws are aimed at protecting women from all forms of harassment and violence in marriage, workplaces, educational institutions, other places and ensuring equal rights and guarantees of opportunities for men and women, regulating social relations in the field of preventing discrimination and inequality by sex. In the next past time, Uzbekistan has adopted several regulatory legal acts aimed at increasing the role of women in government and society, ensuring their employment, developing women's entrepreneurship and supporting women in need, thereby creating and enforcing appropriate mechanisms for protecting women's rights. The cultural level of any society is determined by its attitude towards women. Within the framework of active gender policy in our country, intensive work is being carried out to strengthen the socio-political status of women. As the president of Uzbekistan noted at the 75th anniversary session of the UN General Assembly, "for us, gender equality policy has become a priority issue. The role of women in public administration is growing. In our new Parliament, the number of women deputies doubled".

Conclusion.

In conclusion, relieving women from pressure and violence requires a sustained, multi-faceted approach that addresses the structural, socio-economic, and cultural determinants of gender-based violence. By raising awareness, promoting education and economic empowerment, providing support services, and challenging patriarchal attitudes, we can create a society that values and respects women's rights and dignity. It is our collective responsibility to work towards a future where women can live free from fear, discrimination, and violence, and where their inherent worth and potential are recognized and celebrated.

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