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Intervention strategy to empower women victims of violence: Experience in three localities in Arequipa-Peru 2018-2020

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Abstract--The study is framed in the Sustainable Development Goals of the United Nations, which commit the countries of the world to eliminate all types of gender violence by 2030, aimed to conceptualize and extract the key elements of an intervention strategy to empower women victims of violence. The paper presents an empirical study in three areas of Arequipa with women victims of violence, from the approach of the risk of femicide, information on Law 30364 enacted by Peruvian State to eradicate violence, and obligations of the police. A quasi-experimental design was carried out, with pre-posttest evaluation to experimental-control groups, including 37 educational sessions simultaneously applied to the experimental group at the three sites, with nurses, lawyers and police during the years 2018- 2020. The sample includes 300 women, chosen by convenience from 3 vulnerable populations, Zamacola, October 4, Miguel Grau, from neighboring police stations, health facilities and community. From the statistical analysis with McNemar, high statistical significance was found (0.001) and high percentage of positive variation, corroborating the alternative hypothesis, concluding that the application of an intervention strategy for the empowerment of women victims of violence in experimental group was EFFECTIVE, with the development of skills to improve their welfare, family and society.

Keywords---empowerment, women victims violence, intervention program, law 30364.

Introduction

Violence is a worldwide phenomenon and a public health problem, and intimate partner violence generates harmful physical, psychological, social and economic consequences not only for woman, but also for the family group and society in general. Aiquipa Tello & Canción Suárez (2020) assert that violence against women involves damage: physical, psychological threats, coercion, deprivation of liberty, sexual, economic, feminicidal violence, causing devaluation due to painfully indelible traces (Word Health Organization 2021). Therefore, the SDGs commit all

countries to eliminate all acts of gender-based violence by 2030 (Cos-Montiel, 2019).

Violence against women by the partner is established and chronifies over time, according to Mas Camacho (2020) encompasses verbal offenses, physical, psychological harm, intimidation, sexual abuse, economic control (Yera Alós & Medrano Allieri, 2018). The harmful physical, psychological, social and economic consequences are generated in the woman, the family group and society in general (Vaca-Ferrer et al., 2020). Femicide is the last act in a chain, and to eradicate it, it is necessary to understand that the health sector, social services, the police and the judicial system must work together (Duquesnoy, 2019).

Femicide usually has as a precedent several attempts of complaints not accepted, 41.0% of the victims before being murdered, sought support in state institutions, but did not receive quick and effective response, they claim that public servants do not listen to them, not reporting for fear and poor attention, shame, and economic dependence (Villatoro Velásquez, 2019), and in this context, fear seems to have a central role in the process of not reporting the abuse (Luna et al., 2018). Global estimates of the World Health Organization (WHO 2021) show that in Latin America and the Caribbean, one in three women (35.0%) have suffered physical and/or sexual partner violence. The prevalence of physical, psychological, sexual, or all partner violence ranged 66.8% and there were 4,640 femicides by 2021. The most affected are those with low educational levels and having been exposed during their childhood to environments where male privilege was accepted (Martínez-Galiano & Delgado-Rodríguez, 2020). The most affected are those with a low level of education and having been exposed during their childhood to environments in which violence, male privilege and subordination were accepted, with serious consequences on their health, coming into frequent contact with the health system.

In Peru, the National Institute of Statistics and Informatics (INEI 2019), on the occasion of the International Day for the Elimination of Violence against Women, November 25, reported that 63.2 % of women between 15 and 49 years old were victims of sexual partner violence, according to the Demographic and Family Health Survey. The Ministry of Women and Vulnerable Populations Lima- Peru (MIMPV 2019) points out that in the last twelve months, it reached 38.1 % and according to type of violence, 36.9 % suffered psychological and/or verbal violence, 10.3 % physical and 2.6 % sexual violence.

Caba (2019) states that the most frequent physical aggressions are: pushing, shaking, throwing objects (27.1%), slapped or twisted arm (18.2%), beaten (15.3%), kicked or dragged (9.8%), being twice as likely to suffer from depression. Statistics of the National Program Against Family and Sexual Violence (PNCVFS 2020) register 168 femicides and 304 attempts. As stated by Benique Florez (2018), femicide represents

25.6% of intentional homicides committed towards women, so in Arequipa femicides have increased because the highest risk cases were not identified in a timely way due to lack of personnel. Pérez (2017) reports that the mechanisms used by state institutions to combat Femicide in the years 2014-2015 have not had the expected results due to the lack of preparation and constant training of police and legal investigators, coupled with the lack of infrastructure (shelters).

The National Program against Family and Sexual Violence (PNCVFS 2020), attended 133 thousand 697 victims of family and sexual violence, femicide in Peru presents several antecedents of aggressions 41%, many before being murdered, sought support in State institutions, but did not receive quick and effective response. Guezmes and Palomino (2012) encounter public servants who do not listen to them, revictimize them, not reporting for fear and poor attention. On November 23, 2015, the Peruvian State enacted Law 30364 to prevent, punish and eradicate violence against women and members of the family group, guaranteeing a life free of violence and ensuring the full exercise of their rights. The Peruvian (2018) states that victims have the right to respectful attention in all public instances. The personnel of the National Police of Peru upon receiving the complaint, must assess the risk (PNP 2016) refer to the Judiciary within 24 hours and the Judges grant protection measures and/or precautionary measures no later than 72 hours after receiving the complaint and refers the file to the Criminal Prosecutor's Office, in prevention of femicide (Aguilar Malpartida, 2020). For Silva (2020), in the case of women who have been victims of the law 30364, there are gaps in the system of administration of justice: police, prosecutor and judiciary. Sánchez-Mejía (2016) states, in spite of incarceration, violence against women has increased. Hernández et al. (2018) refers to the importance of the evolution of the risk of femicide in Peru.

In the police stations of Peru, complaints are not usually attended with the functional obligation that corresponds to the police, exposing women to femicide, which is preceded by several attempts of complaints (Silerio Hernández et al., 2018), despite the fact that police regulations state that no police station can refuse to receive it and the police officer who does not accept a report of violence commits a crime punishable under articles 377 or 378 of the Penal Code, for omitting, refusing or delaying any act in his charge, in the processes of violence (PNP 2021). This fault is unknown by the victims (Ombudsman's Office 2018), adding to this precariousness of police stations police, in 2017 only 6% had as work family issues at the national level in Lima 5.4% (Dammert, Lucia, 2018). Thus, the police are on the front line of the criminal justice system, working with the victims, and their attitude and response has a drastic impact on the prevention of future violent acts and femicide.

Victims' misinformation about Law 30364 and the obligations of the police in the face of a complaint in women victims of violence is

widespread (Vasconcelos Alves & Acioli, 2020). However, violence also generates serious mental health problems that interfere in daily life, causing multiple sequelae such as: high levels of post-traumatic stress, depression and anxiety, learned helplessness, ineffective strategies of self-esteem, and the lack of a sense of control over the victim (Kulka et al., 2020), learned helplessness, ineffective coping strategies, deficits in self-esteem, diminished self-efficacy, guilt, shame, fear, associated with risk factors such as suicide, mental and behavioral disorders, physiological dysfunctions and somatic factors (Aguirre-Martínez et al., 2018). Social maladjustment and post-traumatic cognitions exist, and positive mental health (PMH) has been shown to confer resilience to suicidal ideation in 13.50% of middle-aged women (Teismann et al., 2019).

In Peru, anxiety (31.6%) and depression (10.8%) are expressions of the helplessness experienced by victims and their inability to make timely and firm decisions. The Ministry of Health is responsible for the free provision of integral health recovery (physical and mental) for victims (MINSA 2020), and there is an urgent need to provide interventions in the network of health services for the prevention of femicide (Bonilla-Algovia, 2020). Surviving intimate partner violence is a journey full of obstacles that affects women around the world. It was identified that personal physical and psychosocial factors allow to reach empowerment through different types of multidisciplinary interventions (Flores & Claudia, 2019), involves regaining control of their lives and mental health helps to face critical moments with optimism, confidence and to assume an attitude of self-protection and defense (Schönfeld, et al., 2017).

In order for women to achieve self-worth and empowerment, they must first heal the scars of violence so that they can have the capacity to make decisions, act on their own behalf and achieve self-determination, that is, empowerment (Duquesnoy, 2019), so that they can have decision-making capacity, act on their own behalf and self-determination, that is to say, achieve empowerment (Sosa Tello, 2020). Empowerment, which is limited to “doing things on one's own”, is also related to succeeding without help from others, increasing self-confidence and autonomy (Lagarde and de Los Ríos, 2018) in women victims of intimate partner violence, as an effective and solid path, exempting them from aggressions and risk of femicide.

The United Nations (2015) adopt 17 Sustainable Development Goals (SDGs) to be achieved by 2030 and the third one is: “ensure healthy lives and promote well-being for all at all ages” (Chotchoungchatchai et al., 2020). In the Astana Declaration (2018), governments reaffirmed their commitments to the SDGs and redefined the three main functions and the third one states: “empower individuals, families and communities to optimize their health, and support people such as caregivers as co-developers of health and social services” (Rasanathan & Evans, 2020). The question of the feasibility of eliminating violence against women in extreme scenarios and the most extreme outcome of

violence against women in extreme scenarios needs to be rethought (Barrero- Barrero & Baquero-Valdés, 2020) and the most extreme outcome of gender violence, which is femicide.

In conclusion, the application of the intervention strategy seeks to empower women victims of intimate partner violence, given that the study of this problem worldwide is extensive, but with results of cold figures and few multidisciplinary intervention programs like this one, whose purpose was to provide a more humanized and integrated solution for women victims of violence in vulnerable populations, empowering them in the knowledge of norms and laws that protect them and demand the acceptance of the complaint and compliance with protection measures, without neglecting the economic aspect, productive and relaxation workshops were given to prevent the risk of femicide, comparing the results before and after its application.

Procedure

Women victims of partner violence were contacted in three towns in the Zamacola Teaching Hospital (Cerro Colorado), in October 4th Health Center (district of Socabaya), the Miguel Grau Health Center (Paucarpata), neighboring police stations, health facilities and the community, who were organized into clubs simultaneously in the three SEDES, under the supervision of a nurse. They were interviewed and informed about the application of the intervention strategy for empowerment, they signed the informed consent, and began with their presentation to the experimental group made up of 150 women chosen from health facilities, police stations and community, which was developed simultaneously in the 3 SEDES, on Friday afternoons for a period of 18 months. The evaluation was done comparatively before and after in the experimental and control groups.

Method The design

It was quasi-experimental, (pre-post-test), experimental and control groups, 37 educational sessions were developed on risk of femicide, information on Law 30364 that protects against all forms of violence and obligations of the police in the event of a complaint.

Instruments

Form for sociodemographic data and type of violence. Escala de Predicción del Riesgo de Femicidio (Scale of Femicide Risk Prediction), Universidad de la Costa, Colombia, reliability 0.086 and Kaiser-Meyer-Olkin KMO obtained is 0.899 (Martínez Rudas et al., 2016) Test about Conocimientos Ley 30364 (Knowledge of Law 30364) designed by the team of research lawyers based on Supreme Decree No. 009-2016-MIMP of the Peruvian Council of Ministers (2016) to prevent, punish and eradicate violence, the scale measures four dimensions that comprehensively assess the factors that would trigger

an act of femicide, the higher the score, the higher the risk (El Peruano 2018).

Knowledge test on the obligations of the police when a woman reports violence, designed based on the principles of obligation of the Peruvian PNP, it is perceived that the higher the score the intervention of the authorities is acceptable and the lower the score the more unacceptable it is. (Peruvian National Police 2021) Program structured by the team of researchers with a total of 37 teaching-learning sessions and their respective workshops, with the purpose of integral empowerment so that they develop the awareness of having the right to a life without violence and trusting in their own capacity to achieve their goals.

List of educational sessions Risk of Femicide

Presentation: strengthening of positive mental health and information on the law 30364 on the prevention of femicide, risk of femicide, application of the form, domestic violence and its impact on the development of children, compliance with protection measures and protection of the victim, prevention of violence and recovery.

Law 30364

Detection of information about law 30364 and the risk of femicide, approaches and scope of application of law 30364, 4 guiding principles of law 30364, subjects of protection and types of violence, right to a life free of violence and protection, process of flagrancy and action of justice operators and statement of the victim and single interview, route of the complaint, procedural flowchart of law No. 30364, content of medical certificates.

Police Obligations

Police actions upon receiving a complaint of violence against women, risk of femicide, right to a free life, types of violence against women and members of the family group physical and psychological violence, abuse, sexual aggression, blackmail, etc. The experimental group was evaluated at three milestones every 6 months and compared the effectiveness of the integrated model with the results before and after its application. The sample includes data from 300 women victims of intimate partner violence, 150 experimental group included from the health institutions (Zamacola, 4 de Octubre and Miguel Grau) and surrounding police stations, and another 150- control group included from the community.

Results

Data analysis

A descriptive analysis of variables was performed, for statistical inference McNemar was applied for a sample in 2 times, significance

level of $p < 0.05$ and 95% confidence, and the variation was evaluated by means of pre- and post-test cross tables. Data processing was performed using SPSS software (version 25).

Table 1
Risk of femicide in women victims of intimate partner violence
(Zamácola, 4 de Octubre and Miguel Grau) experimental group
Arequipa-Peru 2018-2020

RISK FEMINICIDE BEFORE	OF AFTER				TOTAL	
	Experimental Group					
	Minimal risk		Maximum risk			
	NO.	%	NO.	%	NO.	%
Minimal risk	25.0	5	3.0		28.0	
Maximum risk	47.0		25.0		72.0	
TOTAL	72.0	42	28.0		100.0	

X^2 McNemar = 54.6 $g_L(1)$ $X^2 = 3.84$ $p = 0.001$
 $P < 0.05$ 65.4 % of variation

Of the sociodemographic characteristics of women victims of intimate partner violence in Arequipa-Peru 2018-2020, the time of cohabitation was 4 to 10 years and free union 58%, with secondary education 52%, suffer all types of aggression 30% and average age between 31 to 40 years 36%. Statistical significance (0.001) was observed before - after the application of the model program, there was a positive variation of 65.4%.

Table 2
Information on Law 30364, women victims of intimate partner violence
(Zamácola, 4 de October and Miguel Grau) pilot group Arequipa-Peru
2018-2020

OBLIGATIONS THE POLICE BEFORE	OFAFTER				TOTAL	
	Experimental Group					
	Acceptable		Unacceptable			
	NO.	%	NO.	%	NO.	%
Acceptable	7.0		18.0		24.6	
Unacceptable	63.3		12.0		75.4	
TOTAL	70.0	45	30.0		100.0	

X^2 McNemar = 47.8 $g_L(1)$ $X^2 = 3.84$ $p = 0.001$
 $P < 0.05$ 87.0 % of variance

Statistical significance (0.001) was observed after the application of the program with a variation of 87.0%.

Table 3

Police obligations women victims of intimate partner violence (Zamácola 4 de Octubre and Miguel Grau) pilot group Arequipa-Peru 2018-2020.

INFORMATION	AFTER		TOTAL	
	NO.	%	NO.	%
LAW 30364	Experimental Group			
BEFORE	Acceptable	Unacceptable		
Acceptable	101	7.0	23.0	
Unacceptable		67.3	77.3	
TOTAL		74.6	25.3	100.0

McNemar = 36.7 $g_L(1) X^2 = 3.84$ $p = 0.002$
 $P < 0.05$ 88.4 % of variation

Statistical significance (0.001) was observed after the application of the program with a variation of 88.4%.

Table 4

Analysis of the effectiveness of the Integral Model of Empowerment in women victims of violence, intervention in femicide prevention in Arequipa-Peru 2018-2020

VARIABLES	X^2 McNemar	$P < 0.05$	% Variation
Risk of Femicide			
Experimental (150)	54.6	0.001	65.40
Control (150)	0.88	0.210	5.60
Positive Mental Health			
Experimental (150)	42.2	0.002	81.80
Control (150)	4.40	0.250	13.60
Information Law 30364			
Experimental (150)	47.8	0.001	87.00
Control (150)	4.26	0.500	18.03
Information about of the Police obligations			
Experimental (150)	36.7	0.002	88.40
Control (150)	1.714	0.824	0.36

After having applied the intervention strategy to empower women victims of violence at risk of femicide, Arequipa-Peru 2018-2020, with the comparative analysis of the results experimental and control group, it is evident that:

- In women victims of violence, the experimental group with respect to the risk of femicide reached a statistically significant analysis ($p = 0.001$), percentage of positive variation 65.4%, in the control group there was no statistical significance ($p = 0.210$).
- Information about Law 30364 in women victims of violence,

experimental group reaches statistical significance ($p = 0.001$), percentage of positive variation 87.0 %, in the control group there is no statistical significance ($p = 0.500$).

- From the Information about the obligations of the Police on women victims of violence, experimental group reaches statistical significance ($p = 0.002$), percentage of positive variation 88.4%, in the control group there is no statistical significance ($p = 0.824$).

From the results in the EXPERIMENTAL GROUP, in the variables: Risk of Femicide, Information about Law 30364 and Police obligations; the X^2 McNemar is higher than $gL(1) X^2 = 3.84$, reaches statistical significance ($p < 0.05$) and shows high percentages of positive variation, before-after the application of the empowerment intervention, while in the control group these variables remain immanent, therefore, the alternative hypothesis is accepted.05) and show high percentages of positive variation, before-after the application of the intervention for empowerment, while the control group these variables remain immanent, therefore, the alternative hypothesis is accepted which states: "After the application of the intervention strategy, the variables have varied positively empowering women victims of intimate partner violence, in femicide prevention, therefore the intervention has been EFFECTIVE".

Conclusions

During the period 2018-2020, one in three women has suffered violence, within this group 4 factors can be identified present such as the risk of femicide, misinformation about Law 30364 and obligations of the Police. This problem is frequent in the young towns that are the most vulnerable areas of Arequipa-Peru, evidenced with the results of the application of the intervention for empowerment of women victims of partner violence in prevention of the risk of femicide was effective. Regarding the similarity or differences with the results of the present study reviewed the catalogs and repositories, similar interventions were not found; however, there are results by variables such as those of Benique Flórez (2016- 2018) who shows the increase in cases of femicide in Arequipa and points out that police and judicial measures, when a woman reports violence. The risk assessment form is not given due importance as a preventive measure for femicide, protection measures are not timely and some of them are killed by their partners or ex-partners by stabbing, suffocation and beatings in women between 18 and 59 years of age, only 11% filed a complaint.

Pérez, in Arequipa, evidence that femicide is preceded by physical, psychological or sexual aggressions, being the second city in this type of homicide, the mechanisms used by state institutions to combat it in 2014-2015 were not efficient, lack of preparation and training in police and legal investigators, coupled with the lack of infrastructure (shelters), this reality has to be eradicated. This research sought to provide a humanized solution, through the implementation of an empowerment program in women victims of violence, in preventing the risk of femicide.

Therefore, from the results of the present study, it is evident that there is a significant change in all dimensions in the experimental group, the risk of femicide from maximum varies to minimum in 47%, the knowledge of Law 30364 also improves from 23% to 83% of acceptable information, thus contributing to the research conducted by the National Program against Family and Sexual Violence of the National Institute of Statistics and Informatics, thus contributing to the research conducted by the National Program against Family and Sexual Violence of the National Institute of Statistics and Informatics, the obligation to receive complaints of violence against women was not known varies from 25% acceptable to 81%, the same problem that is also identified by Guezmes and Palomino and positive mental health there was a variation from 34% to 77% optimal, after the application, improving the problems detected by Silva.

In conclusion, it is evident that through the application of the intervention strategy for empowerment, simultaneously in three young villages in women victims of violence, the risk of femicide decreased, with the strengthening of knowledge about law 30364 that protects women from violence and obligations of the police before a complaint of violence, with 37 teaching-learning sessions, productive and recreational workshops, in accordance with the Millennium Development Goals, comparing the results before and after its application, it is possible to determine that the Model was effective.

What is known about the subject?

The study of this problem worldwide and in Peru is extensive, but with results of cold figures and few multidisciplinary intervention programs such as the present one, whose purpose was to achieve empowerment that provides a more humanistic solution to women victims of violence from socioeconomically depressed populations, in order to prevent the risk of femicide and in accordance with the Millennium Development Goals.

What does the study add to the literature?

That it can reduce the risk of femicide and mitigate the consequences of intimate partner violence in women from vulnerable populations, with continuous treatment over the periods of time required for their recovery, with multidisciplinary intervention. Women in the experimental group registered positive variation in the variables after the empowerment intervention strategy was applied.

Authors' contributions

Vilma L. A. Gutiérrez-Araujo: main investigator, conduct and process of research, conceptualization and design of the article, acquisition of information, analysis and interpretation of data; drafting and revision of the article; obtaining funding; approval and submission of the final

version. Joaquín M. Ticona-Rondan, Fronthy Diaz-Guzmán, Manuela Rondón-Vera, Miriam Fernández-Gárate, Jorge Sumari-Buendía, Leny Pamo-Luna,: data collection; collecting of data, critical review of intellectual content, final approval of the version.

Conflict of interest

The authors of the article indicate that there are no conflicts of interest.

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