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GENDER-BASED VICTIMIZATION AND ITS PSYCHOLOGICAL AND STATISTICAL ANALYSIS IN LUCKNOW, UTTAR PRADESH: IMPLICATIONS OF THE WOMEN HUMAN RIGHTS

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Abstract

Women directed crimes are long term Barriers to mankind rights and gender equality in India. The high incidence of such crimes poses a constraint to managing the country into the path of fair treatment of all people, thus depressing the core values of human dignity and constitutional rights. This study will discuss the prevalence of violence against women, the different types of these violence and the subsequent psychological impacts in the Lucknow state of Uttar Pradesh. The research intends to offer quantitative information and subtle insight into the phenomena in order to enact reforms in policies and help a population to stabilize the situation.

Key Words: Women's Human Rights, Psychological Impact of Violence, Statistical Analysis, Women Safety and   Security, Social Justice, Gender Inequality

Purpose: The study questions the occurrence, classification, and psychological consequences of the crimes against women, especially in the Lucknow area of Uttar Pradesh and the focus has been on human rights, sex equality, and institutional sensitivity.

Design: The research used a quantitative design which involved the use of primary data source which entailed administration of a structured questionnaire to women who were representative of varied occupational sectors and a crosscutting of the socioeconomic strata, which included education, healthcare sector, retail and service sectors. The analysis of data using SPSS presented descriptive statistics, which described demographic characteristics and crime trends, and chi-square and multiple regression analysis, which identified interrelations between exposure to crime, human-rights agenda, reporting behavior, and the psychological distress.

Findings: The women that reported higher rates of victimisation were statistically significant in showing the heightened rates of psychological stress and the relative reduction in confidence in institutional support structures. Limited knowledge on the legal rights became a significant variable that led to the underreporting of crimes. The analysis outlines substantive relationships between crime exposure, human-rights/legal consciousness, and psychological suffering, which highlights the complexity of the effect of victimisation.

Practical implications

The results heighten the need for strengthened legal enforcement, easily accessible psychological support services, and structured human-rights education and legal-literacy programmes specifically aimed at women.

Originality

The combination of the psychological perspective and the severe statistical analysis makes this research sourceful, as it provides the empirically supported data, which can be significant to the policy makers, law enforcement agencies, and social organisations striving to improve the safety of women, legal empowerment, and wellbeing of Women in Lucknow and similarly populated city.

Keywords- Gender-based Violence; Victimization; Psychological Distress; Legal Awareness; Reporting Behaviour; Women care; Lucknow.

1. INTRODUCTION

Rape and harassment of women remain among the most heinous crimes against human rights in the world arena. These cultures subvert the bodily security of females, betray their dignity, agency, and fairness in all aspects of life such as social, economic, and political arena. International organizations have acknowledged gender-based violence as the great hindrance to gender equality and sustainable development. However, despite the legal protection, women still have to face

a continuum of violence against them: domestic violence, sexual harassment, stalking, and bullies on the internet (United Nations Women, 2021; World Health Organization, 2021).

In India, women crimes continue to be a social and legal predicament. Even though legislative tools such as the Protection of Women against Domestic Violence Act of 2005 among other criminal law reforms have been implemented, cases of gender-based violence are still vivid. According to the statistical data of the National Crime Records Bureau, the instances of domestic violence, assault, and harassment of women still happen in many states, which highlights the persistent barriers to gender justice (National Crime Records Bureau, 2023). The cities, including Lucknow, can provide a relevant environment to study these phenomena as they are characterized by the increased rate of socio-economic change and the changing social processes.

Besides physical harm, violence of women causes highly deplorable psychological residues, i.e., fear, anxiety, depression, and lasting trauma, that could restrict women migration and their interactions in society (Campbell, 2002; Ellsberg et al., 2015). Besides, there is also underreporting, which is explained by stigmas, family pressure, the fears of retaliation, and inadequate legal awareness (Nussbaum, 2011; Kabeer, 2016). As a result, empirical research is the only method that can be used to shed light on the nexus of victimization, legal knowledge, and psychological consequences.

2. LITERATURE REVIEW

2. 1. Global Perspective on Violence Against Women

The issue of violence against women (VAW) has emerged as a high-profile matter of public health and human right in the contemporary world due to the recent estimates by the World Health Organization suggesting that almost one out of every three women all over the world have experienced intimate partner or sexual violence at some point in their lives (WHO, 2025). Gender based violence is an injustice of physical, sexual, psychological and economic violation, thus portraying the social setup of gross inequality and power inequity between men and women. Empirical studies that treat psychological manifestations of abuse, i. e. coercive control, emotional manipulation, etc., reveal that these are common and under-reported and significantly lead to chronic mental-health conditions (White et al., 2023; Umbach et al., 2025). The most common form of VAW in the world is intimate partner violence, whereas non-partner sexual violence does not lack meaning in the context of many regions (WHO, 2025).

Other studies highlight that the perpetuation of violence by structural and societal norms is due to their normalization of controlling behaviours and restriction of autonomy and safety of women. It is such dynamics that uphold the long-standing association between gender inequality and the prevalence of violence in spite of the fact that the global campaigns to reduce violence note only a small progress in this area (WHO, 2025; OECD, 2024).

2. 2. Forms and Patterns of Crime Against Women

Violence against women occurs in multiple settings, including homes, workplaces, educational institutions, and digital spaces. Contemporary research classifies these forms as physical, sexual, emotional, and economic abuse, as well as technology-facilitated violence such as cyber harassment (Garcia-Moreno et al., 2015; OECD, 2024). Intimate partner violence remains the most prevalent form globally and involves behaviours such as physical assault, coercive control, and psychological abuse (WHO, 2025). Recent studies highlight the rapid rise of technology-facilitated violence—including cyberstalking and online harassment—which often results in significant psychological distress and social withdrawal among victims (Stevens et al., 2024). Workplace sexual harassment also continues to affect women's professional participation, mental health, and job satisfaction, demonstrating that violence against women extends beyond domestic settings and requires comprehensive institutional responses (OECD, 2024).

2. 3. Psychological Effects of Violence to Women: A Systemic Review.

Women violence is expressed in a plethora of places, both at home, workplaces, school, and online. Modern-day research outlines these expressions as physical, sexual, emotional, and economic abuse, and technology-mediated violence, e.g. cyber harassment (Garcia-Moreno et al., 2015; OECD, 2024). The most prevalent type of intimate partner violence is still present on an international level and includes physical assault, coercive control, and psychological abuse (WHO, 2025). The latest empirical studies highlight how technology-mediated violence, including cyberstalking and online harassment, rapidly increases and often causes a lot of psychological discomfort and social isolation of victims (Stevens et al., 2024). Sexual harassment in the workplace keeps cumulating the lack of professional interaction, mental health, and job satisfaction among women, which, in turn, demonstrates that violence against women cannot be seen only as domestic as it is important to take extensive institutional actions (OECD, 2024).

2. 4. Underreporting of Crimes Against Women

Violence against women continues to be underreported, which can be explained by the factors of social stigma, the fear of retaliation, family pressure, and distrust of legal institutions (OECD, 2024). Many survivors demonstrate hesitancy to report incidents because of the fear of social stigma and economic reliance on instigators and cultural standards often discourage them to do so (UN Women, 2023). According to modern data, the lack of knowledge of legal rights and assistance services only reduces the level of reporting, leaving a large percentage of victims unfamiliar with the remedies (WHO, 2025). Increasing the legal education level, strengthening victims support mechanisms, and establishing depressurised reporting systems are necessary to increase the reporting rate and ensure justice (World Bank, 2022). Such interventions would encourage survivors to seek help and enhance stronger institutional systems to gender-based violence.

2. 5. Violence against women in the Indian context.

Women violence is an endemic societal issue in India, despite the constitutional protection and bill changes. Current statistics by National Crime Records Bureau have been showing high rates of domestic violence, sexual assault, and harassment, which have been long-term obstacles to gender justice (National Crime Records Bureau, 2023). The modern scientific community ascribes these patterns to the principles of patriarchy, gender disparities, and the lack of law enforcement that tends to make acts of violence normal and discourage survivors of such acts to report the cases (OECD, 2024). The socio-economic and cultural determinants of domestic violence include a lack of finances, drugs and alcohol use, and gender inequality among other factors, increasing the susceptibility of women to abuse (World Bank, 2022). Examples of urban development, such as Lucknow, are simultaneously full of possibilities as well as dangers: on the one hand, urbanization and an influx of women into the workforce facilitate more opportunities; on the other hand, on the one hand, it puts women in the sphere of the city and the Internet at a risk of new pressures (UN Women, 2023). These conclusions highlight the need to have stronger institutional reaction, community awareness campaigns and survivor-based support systems to deal with gender-based violence.

2. 6. Current Law and Human Rights.

The violence against women is directly associated with the key human rights principles that acknowledge freedom of violence and discrimination as the inalienables. The treaty agreements like the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) command the states to ensure the dignity and equality of women through the pursuit of prevention and violence against women (United Nations, 1979).

Equality, non-discrimination and the right to life are guaranteed in articles 14, 15 and 21 of the Constitution of India. Legislation exists in the form of Protection of Women, domestic violence Act, 2005; Criminal Law (Amendment) Act, 2013; and Sexual Harassment of Women at Workplace Act, 2013 to fight domestic violence and sexual offence as well as better protect women at workplace. However, the researchers claim that the lack of legal knowledge or the absence of these laws in their enforcement contributes to the ineffectiveness of those laws and suggests the need to ensure the effective protection of women rights by means of sufficient institutional standards and legal culture based on the idea of the necessity of legal literacy (Basu, 2015).

2. 7 Research Gap

A considerable amount of literature has been generated on violence against women, but major gaps of the research have remained. Most of the past empirical studies have paid greater attention to the physical manifestation of violence like an assault and sexual abuse, but relatively less attention is given to psychological and emotional abuse, which has a significant effect on mental health and well-being (OECD, 2024). Remote categories of violence, such as intimidation, coercive control, or emotional manipulations, need a more focused empirical research to help to explain the full range of victimisation (Garcia-Moreno et al., 2015). Also, the nexus between victimisation, legal awareness, and psychological distress in an urban setting is understudied in the region-specific studies. The problem with national statistics is that, in most cases, local socio-cultural and institutional processes affecting the reporting behaviours and access to justice are largely ignored, especially in urban areas like Lucknow (National Crime Records Bureau, 2023). In addition, empirical research rarely combines quantitative statistical examination with psychological evaluation, and thus, lacks the aptitude of grasping the joint effects of legal awareness and victimisation to the mental well-being of women and the involvement of institutions. To address these constraints, the current research embraces quantitative approaches to investigate the trends in crime, reporting behaviour, and psychological outcomes and thus provides empirical data to undertake policy interventions and strengthen protective mechanisms (World Bank, 2022).

3. RESEARCH METHODOLOGY

3.1 Research Design

The current study is a quantitative research because it is aimed at exploring crime against women patterns and the psychological implications of it in the Lucknow area in Uttar Pradesh. The quantitative research is suitable in determination of measurable relationships between such variables as characteristics of victimization, reporting behaviour, legal awareness and psychological distress. The research design adopted is a cross-sectional survey technique which enables the researcher to capture extensive data of individuals at a given time and provides ways of statistical data analysis of trends and relationships among variables.

3.2 Objectives of the Study

The current research is designed with the help of two major goals. To begin with, it attempts to determine whether the victimisation patterns such as typology of crimes, location of occurrence, frequency of incidences, school of criminals have a statistically significant relationship with reporting behaviour among women in Lucknow area. Secondly, the research will also be conducted to assess the positive cumulative effect of crime exposure and cognitive variables based on awareness of the psychological distress among women using multiple regression methods.

3.3 Hypotheses

In order to pursue such aims, the following hypotheses can be tested during the study:

H1: There is no significant correlation between victimization attributes with the reporting of crime to the police among the women in Lucknow.

H 2: The psychological distress of women is not significantly related to crime exposure and awareness variables.

3.4 Population and Sample

Target population is based on the women living within the Lucknow area of Uttar Pradesh. There were 399 participants incorporated in the study. The survey-based sampling strategy was used to remove bias in participants selection as they have been spread over a variety of social and occupational classes. This is an adequate sample size to carry out both inferential statistics (chi-square and multiple regression models) to inferences.

3.5 Data Collection Instrument

A structured questionnaire with a carefully designed methodology was used to collect the data, which is specifically geared to provide all-encompassing information on the topic of victimization experiences, reporting behavior, legal awareness, and psychological suffering. The questionnaire contained both demographic and experience questions that included the variables of the exposure of the respondents to crime or harassment, the exact type of crime within experience, the place of occurrence during the experience, the number of times it occurred, and the identity of the offender. Other questions that were checked involved knowledge of the legal rights by respondents, awareness programme participation and how they felt regarding reporting the incident to authorities.

3.6 Data Analysis Techniques

The data obtained were explored using the methods of statistical analysis which are frequently applicable in social science studies. In the first instance, frequency distribution was undertaken to explain the trend and frequency of victimization among the respondents. The outcomes showed that 58.6% of the interviewed individuals reported to the authorities as opposed to 41.4% who did not report any incident, hence highlighting a notable challenge of formal reporting. Some of the contributory factors of non-reporting included a fear of retaliation, family influence, lack of faith in the law enforcers, and the existing social stigma.

In an attempt to test the first hypothesis, Chi-square test of independence was used to determine the relationship between reporting behavior and victimization features such as the experience of the crime, the type of crime, the place of occurrence, frequency of crime incident, and identification of the offender. The results of the analysis did not provide statistically significant links ($p > 0.05$), which implies that the choice of reporting relies more on more general socio-cultural factors rather than on the incident characteristics.

The second hypothesis was tested with the use of multiple regression analysis to establish the joint effect of variables concerning crime exposure and awareness related variables on psychological distress. The model that was obtained had a R^2 of 0.115 and this means that the predictor variables explained an approximation of 11.5 percent of the variance in the distress scores. The overall statistical significance of the regression model was proved by the ANOVA (F = 4.173, $p < 0.001$). The location of the incidence has been identified as an important positive predictor of psychological distress amongst the predictors, which connotes that specific environments could enhance the emotional effects of victimization.

3.7 Ethical Considerations

As the topic of the research is sensitive, the strict adherence to ethical standards took place. Taking part in the research was optional and the respondents were assured of anonymity and confidentiality. Prior to collecting data informed consent was obtained where the participants were made to understand that the information provided will not be used in other ways besides in academic research.

In general, the research procedure is a combination of both descriptive and inferential statistics in offering a systematizing explanation of victimization trends, reporting behaviour, and the psychological consequences of victimization amongst women in the Lucknow area.

4. RESULT

4.1 Frequency distribution

Table 1: Did you report the incident to authorities?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	234	58.6	58.6	58.6
	No	165	41.4	41.4	100.0
	Total	399	100.0	100.0	

Out of the 399 respondents, 58.6% of them reported to authorities about the incident, but 41.4% reported that they did not. This tendency proves that, despite the fact that a significant number of women chose formal reporting, a sufficient number of women are out of the criminal justice system. The large number of non-reporting individuals implies the persistent barriers to the access to justice and questions the validity of the crime data provided by the authorities, which must be too low to reflect the actual rate of victimization of women in the Lucknow area.

Table 2: What was the reason you fell to report or not?

	Frequency	Percent	Valid Percent	Cumulative Percent

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Fear of social stigma	47	11.8	11.8	11.8
	Lack of trust in police	51	12.8	12.8	24.6
	Family pressure	130	32.6	32.7	57.3
	Fear of retaliation	134	33.6	33.7	91.0
	Lack of legal knowledge	36	9.0	9.0	100.0
	Total	399	100	100.0	

Out of the 398 answers that were provided as valid, the most common reasons as to why people do not report include a fear of retaliation (33.7 -) and a family pressure (32.7 -). It was then followed by a mistrust of police (12.8 9) and a fear of social stigma (11.8 9); 910% mentioned a lack of legal know-how. These results show that socio-cultural limitations and the safety issue issue are more significant than informational barriers per se, meaning that law changes should be augmented by the protective measures, the sensitisation of the population to the issue, and the development of trust with law enforcement services.

Table 3: Have you ever experienced any form of crime or harassment?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	234	58.6	58.6	58.6
	No	165	41.4	41.4	100.0
	Total	399	100.0	100.0	

Fifty-eight six percent of women replied that they did encounter a type of crime or harassment, and 41.4 percent said that they had none. Such a high victimization rate shows that violence and harassment are common phenomena that plague women in Lucknow and not a matter of socio-demographic lines. The fact that more than a half of the respondents have experienced these incidents proves the human-rights aspect of the problem and proves the necessity to focus on prevention of the issue, as well as psychological support interventions implemented in the region.

Table 4: If yes, what type of crime did you experience?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Domestic Violence	75	18.8	18.8	18.8
	Sexual Harassment	48	12.0	12.0	30.8
	Workplace Harassment	63	15.8	15.8	46.6
	Stalking	172	43.1	43.1	89.7
	Online Harassment	41	10.3	10.3	100.0
	Total	399	100.0	100.0	

Table 4 lists the types of crime incidences experienced by 399 women in the Lucknow territory. The most commonly reported offence was stalking, which had an impact on 43.1麦proper of the respondents, hence the problem of its widespread nature in both the public and the private sphere. The sample showed domestic violence occurred in 18.8% of the sample, and workplace harassment occurred in 15.8% of the sample, which demonstrates that professional environments were susceptible. The prevalence of sexual harassment was 12.0, and 10.3 percent of participants were affected by online harassment, and it indicates the rising salience of digital threat. Cumulatively, these results show that women face a variety of modalities of victimisation, especially stalking and domestic violence, which makes the introduction of specific preventive actions and building of strong support systems necessary.

Table 5: Where did the incident occur?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Online	63	15.8	15.8	15.8
	Educational institution	44	11.0	11.0	26.8
	Home	77	19.3	19.3	46.1
	Public Place	168	42.1	42.1	88.2
	Workplace	47	11.8	11.8	100.0
	Total	399	100.0	100.0	

Table 5 shows the number of reported incidences concerning different settings (399). The most common place was the public place, and 42.1% of cases were observed in the public place with the next place, the home followed by online space (15.8), workplace (11.8), and school (11.0). This implies that women are prone to risks in various settings, wherein the placement in the public places is the most prevalent victimization area, the residence and the internet being other areas of high threat density. The distribution highlights the need to uniformly take safety measures, such as social surveillance, employment policies, internet security protocol, and home based interventions to effectively violence against women streams of oppression.

Table 6: Who was the offender?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Family members	47	11.8	11.8	11.8
	Collegue	62	15.5	15.5	27.3
	Stranger	100	25.1	25.1	52.4
	Friend	104	26.1	26.1	78.4
	Acquaintance	86	21.6	21.6	100.0
	Total	399	100.0	100.0	

Table 6 shows that friends (26.1 6) and acquaintances (21.6 6) were the most frequently identified offenders (15.5 6), strangers, colleagues, and family members. Such results prove the crimes against women are very often committed by persons well known but not only by strangers, which is why the complexity of interpersonal risk factors might have been revealed. The high number of crimes perpetuated by peers and acquaintances proves that social networks may be the environments where the victimization process occurs, which is why and why the continuous increase of awareness levels, the creation of the trust-based reporting systems, and the introduction of the preventive interventions into private and professional contexts have to be implemented. In general, the findings undermine the existing stereotypes regarding stranger-only crime and reflect the interpersonal character of most of them.

4.2 Hypothesis Testing:

Table 7 : Chi-Square Tests

			Value	df	Asymptotic Significance (2-sided)
Reporting Crime	Have you ever experienced any form of crime or harassment?	Pearson Chi-Square	.065[a]	1	.799
		Continuity Correction	.023	1	.880
		Likelihood Ratio	.065	1	.799
		N of Valid Cases	399		
	If yes, what type of crime did you experience?	Pearson Chi-Square	8.473[a]	4	.076
		Likelihood Ratio	8.633	4	.071
		Linear-by-Linear Association	2.035	1	.154
		N of Valid Cases	299		
	Where did the incident occur?	Pearson Chi-Square	5.808[a]	4	.214
		Likelihood Ratio	5.829	4	.212
		Linear-by-Linear Association	.174	1	.677
		N of Valid Cases	299		
	How frequently have you experienced such incidents?	Pearson Chi-Square	1.643[a]	4	.801
		Likelihood Ratio	1.636	4	.802
		Linear-by-Linear Association	.046	1	.830
		N of Valid Cases	299		

	Who was the offender?	Pearson Chi-Square	2.155[a]	4	.707
		Likelihood Ratio	2.151	4	.708
		Linear-by-Linear Association	.049	1	.825
		N of Valid Cases	299		

Chi-square tests show that there is no significant relationship between crime reporting and the subsequent variables that the experience of crime (p = 0.799), the type of crime (p = 0.076), place of crime (p = 0.214), frequency (p = 0.801), and offender (p = 0.707). The findings conclude that these incident characteristics do not produce a systematic difference in the desire by women to report the incident to the authorities. That is, when making non-reports, cross-cutting factors, including fear, stigma, and family pressure, seem to be the primary drivers instead of the exact form of and situational peculiarities of victimisation. Thus, the assumption of no significant relationship between the characteristics of incidents and reporting behaviour (H 1) is not rejected.

Table 8: Model Summary (Multi Regression)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.339[a]	.115	.087	.53521

a. Predictors: (Constant), Age:, Are you aware of laws related to crimes against women (e.g., domestic violence, sexual harassment)?Have you ever attended a workshop or awareness program on women's rights?Where did the incident occur?Have you ever experienced any form of crime or harassment?Who was the offender?How would you rate your awareness of women's legal rights?How frequently have you experienced such incidents?If yes, what type of crime did you experience?

The regression equation that is used to predict the result in psychological distress demonstrates a correlation coefficient of R = 0.339 and R^2 = 0.115, which means that about 11.5% of the change in the distress scores is explained by the impact of the predictor variables (crime exposure, awareness, workshops, age, and other covariates). It has the desired statistical significance and, hence, the level of influence of the set of the variables as a group is detected, though with just a moderate level of significance. However, the relatively low R^2 value means that there are other, yet not measured, determinants like social support, previous exposure to trauma, or other psychosocial manipulatives that strongly influence the psychological outcomes.

Table 9: ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	10.757	9	1.195	4.173	.000[b]
	Residual	82.783	289	.286		
	Total	93.540	298			

a. Dependent Variable: Distress_Score
b. Predictors: (Constant), Age:, Are you aware of laws related to crimes against women (e.g., domestic violence, sexual harassment)?Have you ever attended a workshop or awareness program on women's rights?Where did the incident occur?Have you ever experienced any form of crime or harassment?Who was the offender?How would you rate your awareness of women's legal rights?How frequently have you experienced such incidents?If yes, what type of crime did you experience?

ANOVA table displays that F(9, 289) = 4.173 p =0.000, thus the mean regression model is statistically significant. The combined effect of the predictors therefore is remarkable thus disproving the null hypothesis that psychological distress is not affected by the predictors.   This result supports the claim that the set of composite predictors, such as experience and nature of crime, context of the incident, awareness, attendance of a workshop, and age, has statistically significant impact on psychological distress. Thus, distress in women cannot be randomly distributed but can be systematically related to their victimization and rights-characteristics.

Table 10: Coefficients

Model		Unstandardized Coefficients[a]	Standardized Coefficients	t	Sig.

		B	Std. Error	Beta		
1	(Constant)	1.644	.295		5.568	.000
	Have you ever experienced any form of crime or harassment?	.093	.066	.083	1.415	.158
	If yes, what type of crime did you experience?	-.024	.052	-.057	-.471	.638
	Where did the incident occur?	.130	.052	.290	2.491	.013
	How frequently have you experienced such incidents?	.063	.049	.143	1.282	.201
	Who was the offender?	-.027	.045	-.063	-.605	.546
	Are you aware of laws related to crimes against women (e.g., domestic violence, sexual harassment)?	-.041	.070	-.034	-.594	.553
	How would you rate your awareness of women's legal rights?	.037	.040	.083	.926	.355
	Have you ever attended a workshop or awareness program on women's rights?	-.042	.045	-.083	-.932	.352
	Age:	.085	.045	.106	1.877	.061

a. Dependent Variable: Distress_Score

According to the coefficients table, each of the predictors does not reach the 5% level of significance, although the variable describing place of incident (B = 0.130, p = 0.013) does show a significant positive correlation with distress, implying that specific sites are correlated with greater psychological reactions. When assessed independently, other covariates, such as experience, type, frequency, offender, awareness, workshops, and age, are not found to have a statistically significant effect, however, when the covariates are entered jointly in the multivariate model it is identified as having a statistically significant effect. As a result, H2, that these variables have no significant predictive value on distress, is rejected. This research thus concludes that psychological distress is highly predicted by both the exposure to crime and factors related to awareness among women.

5. Findings and Conclusion

The current research clarifies that there are noticeable cohesive patterns of victimisation and accompanying psychological impact of criminal victimisation on women living in the Lucknow area. A large proportion of those sampled, 58.6/h, indicated that some sort of crime or harassment had been experienced by them, thus indicating the widespread nature of gender-based victimisation among this group. Despite the similar proportions of those who reported such encounters to the official authorities, 41.4% do not address legal aid. Such hesitation was blamed by fear of retaliation, family disapproval, suspicion of the law-enforcement systems, and social stigma existing. This leads to the ingrained socio-cultural and institutionalized types of restraints that seem to contribute to under-reporting and barriers to judicial recourse. Victimisation pattern analysis revealed that stalking was the commonest offence that was frequently reported followed by domestic violence, workplace harassment, online harassment, and sexual harassment. Incidents occurred more often in the areas of the public, although it also happened in the domestic context and professional conditions, and the perpetrators were often acquaintances, friends or colleagues. The statistical tests did not demonstrate a meaningful correlation between formal reporting behaviour and victimisation specific characteristics. The implication here is that reporting decisions are also influenced by larger social and psychological signals as opposed to the specific typologies of incidents. On the other hand, the regression analyses helped to establish that variables related to crime exposure and awareness had a statistically significant effect on the levels of psychological distress, thus revealing the negative mental health outcomes related to victimisation. Considering these results, the study recommends the application of effective legal education and improved institutional support systems and community-specific interventions as the key means to strengthen the safety of women and their psychological health in Lucknow (National Crime Records Bureau, 2023; Ellsberg et al., 2008).

6. Recommendations and Suggestions

Going by the findings of the study, it can be stated that some recommendations will be put forward to ensure that crimes committed against women are minimized and institutional and psychological support introduced in the Lucknow region: first, legal awareness of women should be enhanced through dedicated campaigns, workshops and school, work place, and community level educational programmes. Women can be empowered with the knowledge of the laws connected with domestic violence, sexual harassment, stalking, and cybercrime to be able to report the cases and get justice (Basu, 2015). Second, it is important to foster the trust between women and the law enforcement. Gender-sensitive practices such as the use of help desks of women, the presence of women officers, confidential reporting, and timely investigations should be adopted in police departments to help women report and improve their trust in the justice system (Ellsberg et al., 2008). Third, sensitisation programmes should be offered to the communities and families to overcome social stigma

and family pressure that influence the women not to report crimes. Social environments that allow women to be more empowered can be created through awareness campaigns on gender equality and the need to respect women rights (Kabeer, 2016). Fourth, the level of safety in the community and place of work must be intensified by lighting the streets better, having CCTV systems, having safe means of transportation and having functional Internal Complaints Committees functions in the organisations (Fitzgerald et al., 1997). Lastly, availed psychological services such as counselling, helplines, victim assistance centres etc. are necessary so that women could deal with trauma and distress caused by victimisation. There is a need to implement a multi-sectoral strategy company to include government, law enforcement, schools, civil society and communities in order to facilitate a safer and more favorable environment for women.

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