

## HUMAN INTEREST STORY

### Family interactions were enhanced with psychosocial support!



*Figure 1 HRRAC counselor Hayeda Baluch, counseling Raihana and other people of the neighborhood.*

As a result of their lack of education and lack of outside employment, women in Afghan society are more vulnerable to domestic violence than men, placing them in a position of dependence. On the other hand, males perceive themselves to be superior to women since they work and provide for their families, giving them an advantage over their female counterparts. The majority of women in Afghan culture work from home, spending their time taking care of their families, cooking, doing dishes, and cleaning. Although society assigns it to them, they do not choose to live in this environment. They are sparsely permitted to work outside the home; thus, they are left without a reliable source of income to sustain themselves and play their respective roles in the family. They became permanently dependent on their male counterparts as a result of this circumstance.

Raihana's situation is not unique from that of the rest of society since she is compelled to participate in this vile, pervasive culture that encourages women to stay at home and excludes them from society. As long as they are not the victims of crimes or violence, it is still acceptable for children to stay at home.

Raihana, who resides with her illiterate husband Khuda Bakhsh and three children in the Charburjak district's Padagi Ziarat hamlet. Her husband is a daily wage laborer, addicted to marijuana and tobacco, which has a negative impact on him because it causes him to enrage suddenly, losing his

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senses. He constantly seeks out a minute flaw in Raihana's work, and when he does, he insults Raihana's wife verbally and physically. As their father frequently abused his wife in front of their young children, they are just as impacted as Raihana because the horrific memories are taking up much of their minds, Raihana is not the only victim of Khuda Bakhs's addiction.

Raihana was overjoyed when HRRAC visited their village with the intention of establishing literacy classes there since she wished to spend at least part of the day away from the uncomfortable circumstances in her home. After registering for the course, she began to have aspirations of independence and self-reliance. She however, was left the precarious situation as Khuda Bakhsh was unhappy with his wife decision to attend literacy classes. She continued to attend class despite the daunting circumstances, but she was mindful and afraid of the potential repercussions of disobeying her husband.

To deal with precise cases like that of Raihana, HRRAC BGL program has exclusively hired a full-time psycho social counselor. HRRAC counselor visited their neighborhood and among the many visitors, met with Raihana. Raihana confidently shared her circumstances with the counselor and begged for a solution. This was the pivotal point in her life. The counselor then devised a plan, met with Khuda Bakhsh, and counseled him. She continued the counseling via telephonic conversation and regular follow up. At last Khuda Bakhs was convinced that the problem he faces in his life is not because of his wife, rather its him, his addiction, that has spoiled his, and his family's peace of mind. Khuda Bakhsh is now supportive of his wife and believe that all people, regardless of gender, have the same rights to things like education and healthcare. He added, "I permit Raihana to regularly attend the class and achieve what she has been longing for." "I am really sorry for what I have done in the past, that I have frequently abused her both verbally and physically with a minor issue that comes in, but that will never happen again. I will instead respect her and provide her due rights," he stated, making a commitment.

The HRRAC basic general literacy project has received financial and technical support from UNESCO. In four districts of the province of Nimruz, 67 adult literacy classes for male and female learners were established as part of the project. On November 30, 2023, the project's first phase will be finished, and around 1005 students are anticipated to receive their provisional certificate.

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*Figure 1 HRRAC counselor is listening to Khuda Bakhsh during a counseling session, Padagi-e-Ziarat, Charburjak District.*