



# The Injustice Of Dowry Practices For The Bride And Her Family

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## Abstract

Dowry practices remain one of the most deeply entrenched social issues in many cultures, often resulting in severe forms of discrimination and hardship for brides and their families. Despite legal bans and ongoing awareness campaigns, dowry continues to influence marriage negotiations and perpetuate gender-based inequality. This paper explores the social, psychological, economic, and cultural injustices experienced by brides and their families as a result of dowry traditions. It further highlights the systemic roots of the practice and proposes pathways toward sustainable reform.

## Introduction

The dowry system, historically rooted in property transfer and familial alliances, has evolved into a mechanism that reinforces patriarchal norms and economic exploitation. While many societies originally viewed dowry as a form of security for the bride, the practice has transformed into an oppressive expectation placed upon her family. As a result, the bride's identity and worth are often measured by her family's ability to meet escalating dowry demands.

In contemporary society, dowry functions not as a symbol of goodwill but as a financial burden and source of emotional distress. Bride families frequently find themselves in vulnerable positions, navigating societal pressure, economic strain, and threats of broken engagements or abuse. This journal article examines these injustices from multiple angles to reveal the deep-seated nature of the problem.

## Historical Background of Dowry Practices

The dowry tradition dates back centuries, originally serving as a means for a bride's family to transfer wealth or property to support her future. In some contexts, dowry acted as pre-mortem inheritance for women who were excluded from property rights. Over time, however, this system shifted from a symbolic gesture to a mandatory transactional practice.

In regions where patriarchal societal structures dominate, the expectation of dowry became intertwined with marriage suitability and status. Families began to compete socially by offering increasingly lavish dowries, transforming the custom into a social obligation. This historical transformation laid the foundation for modern injustices experienced by brides and their families.

### Social Injustices Faced by Brides

One of the most glaring consequences of dowry practices is the social devaluation of brides. A woman's value becomes directly associated with the economic contributions her family can provide, reducing her identity to transactional worth. This objectification perpetuates gender inequality by framing women as liabilities rather than autonomous individuals.

Social stigma further exacerbates the issue. Brides who arrive with insufficient dowry may face ridicule, discrimination, or emotional abuse within their marital homes. In extreme cases, dowry-related violence—including harassment, assault, or even death—occurs when demands are not met. This represents a significant human rights violation and highlights the urgent need for intervention.

### Economic Burdens on the Bride's Family

The financial strain of dowry demands can be devastating for the bride's family. Many families exhaust savings, sell land, or incur long-term debt to afford dowry payments. Such sacrifices create intergenerational financial instability, preventing the family from investing in education, businesses, or property.

In low-income households, the pressure to provide dowry can lead to delayed marriages, emotional distress, or desperation. In some cases, families may even avoid having daughters due to anticipated dowry burdens. This reinforces harmful gender imbalances and perpetuates cycles of poverty.

### Psychological Impact on Brides and Their Families

Beyond economic and social burdens, dowry practices inflict deep psychological trauma. Brides may suffer from anxiety, feelings of inadequacy, or depression as they enter marriage under the shadow of dowry expectations. Constant reminders of financial transactions can erode self-esteem and disrupt the development of healthy marital relationships.

Family members, particularly parents, experience severe emotional strain when unable to meet dowry demands. The guilt, shame, and societal pressure associated with dowry expectations create long-term psychological scars that affect family dynamics and well-being.

## Dowry-Related Violence and Human Rights Violations

Dowry-related violence remains a critical global concern. Despite legislation criminalizing the practice in many countries, reports of harassment, physical abuse, and even bride-burning continue to surface. These acts reflect a dangerous culture of entitlement in which grooms' families believe they have the authority to demand financial compensation.

Such violence is not merely a domestic issue but a grave human rights violation. It highlights the failure of legal systems and social institutions to protect vulnerable women. The persistence of dowry-related crimes calls for stronger enforcement, greater community awareness, and survivor support systems.

## Cultural and Systemic Factors Sustaining Dowry Practices

Dowry persists primarily because of deeply rooted cultural norms. Societal expectations, peer pressure, and the desire for social status encourage families to perpetuate the tradition. Even educated and economically stable communities often practice dowry to maintain social prestige.

Systemic failures—including weak legal enforcement, corruption, and lack of social support—further entrench dowry practices. Without community-level interventions and collective resistance, the cycle continues unchallenged.

## Legal Framework and Challenges in Enforcement

Many countries have implemented legal measures to prohibit dowry, yet enforcement remains inconsistent. Victims often hesitate to file complaints due to fear of retaliation, social stigma, or lack of trust in authorities. Additionally, dowry transactions are frequently disguised as gifts, complicating legal cases.

Reforming legal frameworks requires not only stricter penalties but also accessible reporting mechanisms, community education, and improved training for law enforcement officials.

## Pathways Toward Reform

Ending the injustice of dowry practices requires a multifaceted approach:

- Education: Teaching communities about gender equality and human rights can shift cultural perceptions.
- Economic empowerment: Supporting women through education, employment, and property rights reduces dependency.
- Community engagement: Local leaders, NGOs, and youth groups play vital roles in promoting change.

- Legal reform: Strengthening enforcement and ensuring victim protection are essential.
- Awareness campaigns: Highlighting the consequences of dowry can shift societal norms over time.

Combined, these measures can disrupt entrenched practices and promote more equitable marital systems.

### Conclusion

The dowry system remains one of the most persistent forms of injustice affecting brides and their families. It undermines gender equality, creates financial instability, and contributes to widespread emotional and physical harm. While legal measures have attempted to curb the practice, cultural norms continue to fuel its prevalence.

To truly eliminate dowry-related injustices, society must commit to cultural transformation, legal accountability, and empowerment of women. Only through collective action can we create a future in which marriages are built on dignity, respect, and equality rather than financial transaction.

