

## **Buddhist Five Precepts for the Prevention of Domestic Violence against Women**

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The Five Precepts comprise the principal Buddhist code of ethics undertaken by lay Buddhist followers. Domestic violence has been culturally neglected especially in Asian countries but it is common in every nook and corner in the world.

The prime purpose of this paper is to expose individual responsibility and importance of five precepts for the prevention of domestic violence against women and Buddhist perspective on it.

Most of the women suffer physically or mentally and their rights in various occasions of their lives are violated. Some of the most common forms of physical and psychological violence are sexual harassment, forced prostitution of women, abortion, killing, verbal abuse, ridiculing and threatening. A great number of researches have been conducted in Hinduism, Christianity and Islamic societies in recent decades and rules and regulations to prevent domestic violence against women have been promulgated but it is still raging.

The first precept helps to promote goodwill, compassion, and kindness. The second is instrumental in developing generosity, altruism, contentment, honesty, and right livelihood. The third precept helps to cultivate self-restraint, control of emotions and sensual desire. The fourth precept develops honesty, reliability, and moral integrity. The fifth precept helps to promote mindfulness, clarity of mind leading to a peaceful family life.

Thus, the Buddhist five precepts occupy a prominent place with regard to the prevention of violence against women in domestic and social life. The Human Rights Convention of the United Nations also accepts the five precepts as important fundamental principle for eradicating violence and safeguarding human rights.

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