

**DOMESTIC VIOLENCE AGAINST MEN AND WOMEN
IN OSHIMILI SOUTH L.G.A. OF DELTA STATE**

By

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CERTIFICATION

I hereby certify that this study was carried out by Onwuegbuzie, Rita Ejiroghene of the
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Date.

DEDICATION

This Dissertation is dedicated to God Almighty, the Great provider.

DECLARATION

I, Onwuegbuzie, Rita Ejiroghene declared that this is an original Research work carried out by me in the Department of Sociology and Psychology, Delta State University, Abraka.

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Date.

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ABSTRACT

This study examined the increasing trend of domestic violence against men and women in Oshimili South Local Government area of Delta State. The objectives of the study are to identify the proximate causes of domestic violence, to examine the position of male gender hegemony in the incidence of domestic violence against men and women and to examine some strategies that communities can develop for more effective response to the challenge. A sample of 400 respondents was drawn from seven communities out of the ten communities that make up Oshimili South Local Government Area of Delta State. These communities are: [Asaba](#), Oko, Cable Point, Isieke, Ezenei, Umuagu, and Umueze. Two hypotheses were formulated and tested using Chi-square statistical technique. Data collected through structured questionnaire and indepth interview methods were analyzed using the simple percentage and mathematical table. Findings of this study revealed that the proximate

causes of domestic violence against men and women in Oshimili South Local Government Area are; Male gender hegemony, keeping of concubines (marital unfaithfulness) all of which has traditional backing. The study recommends amongst others, that Government should enact laws that will make it mandatory for schools, religious organizations, and employers of labour and other social organizations to march words with action in fighting the menace of domestic violence against men and women in Nigeria and Delta State in particular. Further effort should be geared towards early detection of domestic violence and adequately address same and determine where continuous monitoring and evaluation may be necessary.

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CHAPTER ONE INTRODUCTION

1.0 Background to the Study

Domestic violence affects all social groups and can consist of physical, sexual and psychological abuse. Although men can also be affected by domestic violence, women suffer disproportionately. Between half and two-thirds of Nigerian women are subject to domestic violence in their homes.

This trend occurs across most part of the world, but Nigeria's discriminatory laws and dismissive police compound its particularly high rates of domestic violence. Most importantly, its prevalent culture of silence and stigma for the victims of domestic violence hinder public acknowledgement of the problem. There exists an urgent need to challenge the social prejudices and institutional structures in order to protect its women, not just from danger, but also from ridicule, fear and isolation.

On a daily basis, Oshimili South women are beaten, raped and even murdered by partners for supposed transgressions, which can range from not having meals ready on time to visiting family members without their husband's permission," adding that "husbands, partners and fathers are responsible for most of the violence. Ironically, most incidents of men beaten by their wives for unfaithfulness are never reported.

Domestic violence is a pattern of coercive behavior in which one person attempts to control another person through threats or actual use of physical, emotional, psychological, financial, sexual, and/or spiritual abuse. The crime of domestic violence occurs when a person is forced to do what his/her abuser wants through verbal, physical, psychological, or sexual violence. It is important to remember that while most victims of domestic violence are women - and these women are certainly victims - not all abuse is by men towards women. It is important to remember that domestic violence is a two way thing as any gender can be an abuser or a victim.

- Men who commit violence against women.
- Women who commit violence against men.

The pattern of abuse does not usually begin with an act of violence. Psychological abuse, including isolation, minimization of her decision-making abilities and obsessive jealousy, are usually initiated first. Abuse or battering is a system of behaviors to control another person's actions and feelings.

Domestic violence has traditionally been understood as a crime perpetrated by domineering men against defenseless women (Archer, 2011). Domestic violence, also known as domestic abuse, spousal abuse, child abuse or Intimate Partner Violence (IPV), can be broadly defined as a pattern of abusive behaviors by one or both partners in an

intimate relationship such as marriage, dating, family, friends or cohabitation (Markowitz, 2000). Domestic violence has many forms including physical aggression (hitting, kicking, biting, shoving, restraining, throwing objects), or threats thereof, sexual abuse, emotional abuse, controlling or domineering, intimidation, stalking, passive/covert abuse (e.g. neglect), and economic deprivation (Markowitz, 2000). Domestic violence may or may not constitute a crime, depending on local statutes, severity and duration of specific acts, and other variables. Alcohol consumption and mental illness can be co-morbid with abuse and present additional challenges when present alongside patterns of abuse. Domestic violence is a common problem that affects many women and some men in the world today. Domestic violence crosses socioeconomic stratification as both the educated and non-educated, upper class and lower class members of the society in one way or the other are victims.

The first attested use of the expression "domestic violence" in a modern context, meaning "spouse abuse, violence in the home" was in 1977 (W.H.O.2002) Violence between spouses has long been considered a serious problem. The United States has a lengthy history of legal precedent condemning spousal abuse. In 1879, law scholar Nicholas St. John Green wrote, "The cases in the American courts are uniform against the right of the husband to use any (physical) chastisement, moderate or otherwise, toward the wife, for any purpose." Green also cites the 1641 Body of Liberties of the Massachusetts Bay colonists - one of the first legal documents in North American history - as an early *de jure* condemnation of violence by either spouse.

Modern attention to domestic violence began in the women's movement of the 1970s, particularly within feminism and women's rights, as concern about wives being beaten by their husbands gained attention. Only since the late 1970s, and particularly in the

masculism and men's movements of the 1990s, has the problem of domestic violence against men gained any significant attention. Estimates show that 248 of every 1,000 females and 76 of every 1,000 males are victims of physical assault and/or rape committed by their spouses. A 1997 report says significantly more men than women do not disclose the identity of their attacker. A 2009 study showed that there was greater acceptance for abuse perpetrated by females than by males.

Domestic violence is a pattern of abusive and threatening behaviors that may include physical, emotional, economic and sexual violence as well as intimidation, isolation and coercion. The purpose of domestic violence is to establish and exert power and control over another; men most often use it against their intimate partners, which can include current or former spouses, girlfriends, or dating partners. While other forms of violence within the family are also serious, this study will address the unique characteristics of violence against men and women in their intimate relationships. Domestic violence is a kind of behavior that is learned through observation and reinforcement in both the family and society. It is not caused by genetics or illness. Domestic violence is repeated because it works. The pattern of domestic violence allows the perpetrator to gain control of the victim through fear and intimidation. Gaining the victim's compliance, even temporarily, reinforces the perpetrator's use of these tactics of control. More importantly, however, the perpetrator is able to reinforce his abusive behavior because of the socially sanctioned belief that men have the right to control women in relationships and the right to use force to ensure that control (Ganley& Schechter, (1995). Awareness, perception and documentation of domestic violence differ from locality to locality, country to country, and from era to era. Estimates are that only about a third of cases of domestic violence are actually reported in our society

as victims tend to shy away from being ridiculed by society because its generally regarded as private and therefore should be shielded from outside scrutiny. According to the Centers for Disease Control, domestic violence is a serious, preventable public health problem affecting more than 32 million Americans, or over 10% of the U.S. population.

The term "Intimate Partner Violence" (IPV) is often used synonymously with domestic abuse / violence. Family violence is a broader definition, often used to include child abuse, elder abuse, and other violent acts between family members (Wallace, 2004). Wife abuse, wife beating, and battering are descriptive terms that have lost popularity recently for at least two reasons:

- ❖ Acknowledgment that many victims are not actually married to the abuser, but rather cohabiting or other arrangement (Waits & Kathleen 1985).
- ❖ Abuse can take other forms than physical abuse and males are often victims of violence as well. Other forms of abuse may be constantly occurring, while physical abuse happens occasionally.

These other forms of abuse have the potential to lead to mental illness, self-harm, and even attempts at suicide (Mayhew, Mirlees-Black, Percy 1996). It is calculated that more than 100 million females and follow up studies showed that between 60 million and 107 million women are missing worldwide. (*Kristof and WuDunn 2009*).

The U. S. Office on Violence against Women (OVW) defines domestic violence as a "pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner". The definition adds that domestic violence "can happen to anyone regardless of race, age, sexual orientation,

religion, or gender", and that it can take many forms, including physical abuse, sexual abuse, emotional, economic, and psychological abuse (OVW 2007).

The Children and Family Court Advisory and Support Service in the United Kingdom in its "Domestic Violence Policy" uses *domestic violence* to refer to a range of violent and abusive behaviors, defining it as: Patterns of behavior characterized by the misuse of power and control by one person over another who are or have been in an intimate relationship. It can occur in mixed gender relationships and same gender relationships and has profound consequences for the lives of children, individuals, families and communities. It may be physical, sexual, emotional and/or psychological. The latter may include intimidation, harassment, damage to property, threats and financial abuse (Kristof and WuDunn 2009).

Spain (2004), *Measures of Integral Protection against Gendered Violence* defined gendered violence as a violence that is directed at women for the very fact of being women. The law acknowledges that aggressions against women have a particular incidence in the reality of Spain and that gender violence stands as the most brutal symbol of the inequality persisting in Spain. According to the law, women are considered by their attackers as lacking the basic rights of freedom, respect, and decision making capability. The law established Courts of "Violence against Women" and suspended presumption of innocence for men accused of domestic violence. Spanish Courts are empowered to hold closed door hearings before trial and evict men from their homes; suspend parental rights, child custody, or visitation rights; and bar men from possessing weapons.

Popular emphasis has tended to be on women as the victims of domestic violence. Many studies show that women suffer greater rates of injury due to domestic violence, and

some studies show that women suffer higher rates of assault. Yet, other statistics show that while men tend to inflict injury at higher rates, the majority of domestic violence overall is reciprocal.

It is agreed that domestic violence is a wide spread problem but its actual extent is difficult to know because it is believed that there is much higher incidence than the existing statistical state. This study attempts to ascertain with some certainty the root cause of domestic violence against women and men in Delta State of Nigeria. It is used in the title with a view to providing parameters within which the work will be confined.. The process of obtaining redress for victims of domestic violence will be considered to reveal reasons why such an ugly act has continued unabated. A critical look will be taken at the nature and extent of the remedies available to victims of domestic violence with a view to discovering just how far these remedies will go in helping the victims deal with the traumatic consequence of the attacks.

1.1 Statement of the Problem

Domestic violence in Oshimili South Local Government Area is a problem of epidemic proportion with far-reaching consequences for individual victims, their children and their communities. Domestic violence has resulted to death, serious injury, and chronic medical and mental health issues for victims, their children, and other members of their family including friends and associates.

The researcher is interested in this study because of the problems it has on individuals and the society at large. Violence against men and women has led to so many becoming mentally imbalanced because of the emotional torture they are exposed to from their spouse, a

good example is Madam Janet (not real name) a mother of three girls who is now a burden to her maternal relations as a result of mental imbalance. Janet was battered by her husband and traumatized by her mother and sister in-laws, for her inability to bear a male child which in real sense is the husband's problem.

In a similar situation, Nne Amaka (not real name) has been in a traumatic condition for over three years now. She was accused of unfaithfulness which could not be proofed empirically, she was mercilessly beaten and sent away by her husband thereby separating her from her two children of six and three years old respectively. In Oshimili South Local Government Area, domestic violence is not peculiar to only women. Reverse is the case in Umuagu town where one Mr. Okoli (not real name) have to abandon his home and family after receiving serious beating from his wife who accused him of drunkenness and unfaithfulness. Okoli's wife is one macho woman who always sits on her husband and gives him beating of his life anytime they have quarrel. All these and many more have led to broken homes in Oshimili South Local Government Area of Delta State which is a major problem of study, hence this research. The negative effects of broken homes on the moral and academic development of children in these study areas can not be over emphasized, as there is high rate of moral decadence and poor academic performance among the youths who are mostly products of broken homes. The people of Oshimili South are predominantly Christians who adhere strictly to the doctrine of one man one wife, yet most of them still maintain the old tradition of keeping concubines. The high rate of domestic violence in Oshimili South can be related to unfaithfulness more on the side of the men. Battering has led to broken homes, which in turn inflicts its effects on the children making them delinquent. Since violence against intimate partners is an ongoing, ever changing problem in

Oshimili South, numerous scholars, Legal practitioners, and activists contend that researchers must constantly reflect on the past contributions to this phenomenon and develop new ways of understanding and preventing the myriad of high violence against women and men.

Put succinctly, domestic violence against men and women in Oshimili South Local Government Area of Delta State needs to be studied because of its adverse effect on the family which is the bedrock of every society. There is need for harmonious relationship in the family which translates to a healthy, egalitarian and developed society. Domestic violence also has economic costs. Victims may lose their jobs because of absenteeism related to the violence, and may even lose their homes because of loss of income. Some domestic violence victims must depend on others to house them, while others become part of a community's homeless population and the increase in single parenthood which has adverse effect on the moral and academic development of the child. This in turn increases their risk of being exposed to other types of abuse and victimization. Medical expenses to treat injuries, particularly of uninsured victims, create additional financial burdens to the victims, relations and the public in general..

1.2 Objectives of the Study

The broad objective of the study is to gain an understanding of domestic violence against men and women. The following are the specific objectives which the study is meant to achieve:

- ❖ To examine the place of gender in the incidence of domestic violence.
- ❖ To examine the relationship between dominance and domestic violence.

1.3 Significance of the Study

This study aims at providing useful information on the incidence of domestic violence against men and women. The significance of the study lies in the ability to answer questions raised above and the testing of the hypotheses. The relevance of this study is to know which gender suffers most violent act in the family. A common understanding of the causes of domestic violence can help communities develop more effective responses to the violence; such an understanding helps avoid conflicting responses that could undermine efforts to protect victims.

1.9 Research Questions

In order to achieve the above stated objectives, the study sourced answers to the following questions:

- ❖ What role does gender play in the prevalence of domestic violence?
- ❖ Among males and females who are more culpable to domestic violence?
- ❖ Can communities develop more effective response to domestic violence?
- ❖ What are the major causes of domestic violence?

1.5 Geographical Locale of Oshimili South Local Government Area

Oshimili South Local Government Area is one of the twenty-five Local Government Areas that make up Delta State, South-South geo-political region of Nigeria. Oshimili South Local Government Council came into being on 14th December, 1996 when the defunct Oshimili Local Government was splinted into two (Oshimili North and South) Asaba became the headquarters of Oshimili South Local Government

with its Secretariat located along Asaba-Benin express way. The local government is made up of Asaba, Oko, Cable Point, Central Core Area, Isieke, Ezenei, muagu, Umueze, Umuonaje, and Zappa communities.

Oshimili South is a Local Government Area of Delta State, Nigeria. Its headquarters are in the town of Asaba. It has an area of 603 km² and a population of 149,603 (National Population Commission, 2006). . The local government share common boundary in the Northern Axis with Oshimili North Local Government, Ndokwa East Local Government to the west and the famous River Niger to the East. The Local Government Area is situated in the rain forest belt and the main occupation of the people is farming, fishing, Artisans and civil servants.

Oshimili South people are predominantly Christians with few traditionalists. There is peace and unity among the three clans that constitute the ten communities despite their belief difference. The one man one wife doctrine of the Christian faith has no serious impact on the men as most of them still keep concubines outside their matrimonial homes.

1.6 Scope of the Study

This study was carried out within Oshimili South Local Government area of Delta State. **Oshimili South** is a Local Government Area of Delta State, Nigeria. Its headquarters are in the town of Asaba. It has an area of 603 km² and a population of 149,603 (N.P.C 2006). Some communities were selected to form the research study areas based on the ever increasing nature of domestic violence against women and men in the selected communities. These communities are:Asaba, Oko, Cable Point, Isieke, Ezenei, Umuagu, and Umueze.

People within the age bracket of 18 – 55years were be interviewed. This is done to attain uniform and adequate answers on the subject matter, because the researcher believes that the people within the age of 18years – 55years were give credible answers. A sample of 420 respondents were be drawn from both the In-depth Interview / Focus Group Discussion.

1.7 Research Hypothesis

In this study, the following Hypotheses were tested:

1. H_0 : There is no significant relationship between gender and domestic violence.

H_1 : There is significant relationship between gender and domestic violence.

2. H_0 : There is no significant relationship between dominance and the cause of domestic violence against men and women.

H_1 : There is significant relationship between dominance and the cause of domestic violence against men and women.

1.8 Limitation of the Study

Every research, specifically survey research of this nature always has some limitations. The problem that the researcher encountered during this study was the problem of gathering respondents into different groups due to the unprecedented flood that swept part of Oshimili South Local Government Area that rendered the entire area desolate for over six weeks.

This impediment was however overcome with the aid of more assistant researchers who have to help visit most of the flood victim's resettlement camps. At the end of the day, data gathered were collated and analyzed.

1.8 Definition of Terms

Domestic violence: Is a pattern of physical and or abusive behaviors by one or both partners in an intimate relationship such as marriage, dating, family, friends or cohabitation

Violent Act: This is a means of using force to attack somebody.

Violence against Men: This is a pattern of abusive behavior in a relationship that is used by women to gain or maintain power and control over their male partner.

Violence against Women: This is a pattern of abusive behavior in any relationship that is used by male partner to gain or maintain power and control over the female partner.

Intimate Partner Violence (IPV): Is often used synonymously with domestic abuse/domestic violence, which includes child abuse, elder abuse, and other violent acts between family members. Wife abuse, wife beating and battering.

Physical Violence: Is abuse involving contact intended to cause feelings of intimidation, pain, injury, or other physical suffering or bodily harm.

Sexual violence: Is any situation in which force is used to obtain participation in unwanted sexual activity. Forced sex, even by a spouse or intimate partner with whom consensual sex has occurred.

Emotional Violence: This refers to behavior that threatens, intimidates, undermines the victim's self-worth or self-esteem, or controls the victim's freedom.

Verbal violence is a form of abusive behavior involving the use of language. It is a form of profanity that can occur with or without the use of expletives.

Humiliation – Acts abusers put up to make their partner feel bad about themselves or defective in some way.

CHAPTER TWO LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.0 Introduction

This chapter focuses on the review of related literature and the theoretical framework for the subject matter under study. In any meaningful study of problem of this nature, the researcher must deem it necessary to get very familiar with the findings or works of previous authors in the area of study. Based on the above assertion, this chapter focuses on the review of literature related to the study. This chapter is organized into five (5) topical areas as follows:

- ❖ Overview of domestic violence
- ❖ Causes of Domestic Violence
- ❖ Gender and Domestic Violence
- ❖ Types of Domestic Violence

❖ Forms of domestic violence and Solutions

2.1 Overview of Domestic Violence

When people think of domestic violence, they often picture battered women who have been physically assaulted. But not all abusive relationships involves violence. Just because you're not battered and bruised doesn't mean you're not being abused. Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked - even by the person being abused. Despite what many people believe, domestic violence and abuse is not due to the abuser's loss of control over his or her behavior. In fact, abusive behavior and violence is a deliberate choice made by the abuser in order to control you. Domestic violence can happen to anyone, regardless of size, gender, or strength, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Emotional abuse is often minimized, yet it can leave deep and lasting scars. Noticing and acknowledging the warning signs and symptoms of domestic violence and abuse is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the following warning signs and descriptions of abuse, don't hesitate to reach out. There is help available. *Domestic abuse*, also known as *spousal abuse*, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person.

The monarch Adepoju Adesina of Akure, the capital city of Ondo State in Nigeria, has been deposed following an incident of public battery of his estranged wife. This is a landmark achievement for women's human rights activists in Nigeria to have an Oba (a

high ranking traditional ruler in a community) dethroned and banished from his kingdom for publicly beating his wife! Considering the age long tolerance of violence against women in Nigeria and on the other hand the unrelenting struggles of women's human rights activists to ensure that violence against women — being the most prominent form of human rights abuse — is eliminated in the society, we are indeed happy with this outcome and hope that it will set a precedent and encourage more people to break the silence on violence against women as well as dismantle all cultural barriers that condone violence against women in Nigeria (Punch Newspaper, 2010).

Domestic abuse that includes physical violence is called *domestic violence*. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb.

Your abuser may also threaten you, hurt you, or hurt those around you. Domestic violence is often referring to the physical abuse of a spouse or intimate partner. Physical abuse is the use of physical force against someone in a way that injures or endangers that person. Physical assault or battering is a crime, whether it occurs inside or outside of the family. The police have the power and authority to protect you from physical attack Domestic violence and abuse does not discriminate. It happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic backgrounds, and economic levels. And while women are more commonly victimized, men are also abused - especially verbally and emotionally, although sometimes even physically as well. The bottom line is that abusive behavior is never acceptable, whether it's coming from a

man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe. Any situation in which you are forced to participate in or degrading sexual activity is sexual abuse. Forced sex, even by a spouse or intimate partner with whom you also have consensual sex, is an act of aggression and violence. Furthermore, people whose partners abuse them physically *and* sexually are at a higher risk of being seriously injured or killed. People hit and abuse family members because they can. In today's society, as reflected in TV, movies, law enforcement, courts, and feminist propaganda, women are openly given permission to hit men. Presently 25% - 30% of all intimate violence is exclusively female on male.

Women may be afraid of strangers, but it's a husband, a lover, a boyfriend, or someone they know who is most likely to hurt them. According to a *U.S. Justice Department study*, two-thirds of violent attacks against women are committed by someone the woman knows. In the United States, one of the most dangerous places for a woman is her own home. Approximately 1,500 women are killed each year by husbands or boyfriends. About 2 million men per year beat their partners, according to the *F.B.I.* Most experts say there is no one profile of men who batter or beat women. Domestic violence crosses all social and economic boundaries.

2.2 Causes of Domestic Violence

A combination of factors contributes to the high rates of domestic violence in Nigeria. In general, domestic violence is seen as a 'private' matter to be dealt with by the family, typically a domain of male authority. Nigerian women are expected to behave with subservience to their husbands, and domestic violence is often accepted as a part of

marriage. According to Amnesty International, many believe that a woman is "expected to endure whatever she meets in her matrimonial home", and to provide "sex and obedience" to her husband, who has the right to violate and batter her if she fails to meet her marital duties. For some victims, domestic violence is seen as a sign of love. Domestic violence in Nigeria is often viewed as a necessary corrective tool for women, at best a part and parcel of married life.

Two key factors help to perpetuate domestic violence. The first is the inability of many women to escape violence and domination due to their disadvantaged economic status. Many women and girls depend on the financial resources of their husband, father or families. This forces them to put up with domination for fear of the withdrawal of this financial support. In Nigeria, female adult literacy is below the national average at 54.6% and the number of women below the poverty line is 65% compared to that of men at 35%. Yet even for educated women, domestic violence poses a serious threat to their safety and wellbeing. According to a recent study by the Global Press Institute, 65% of educated women have been beaten by their husband or boyfriend.

A second crucial factor is a culture of silence that stigmatizes the victims of domestic violence rather than the perpetrators. Funmi Tejuoso of the Lagos State House of Assembly claims that women were told to "go home and be a good wife" when they brought complaints to the police, making women fear the label of being a "bad wife". This reinforces the need for raising awareness about women's political rights and to educate women that they are not to blame for the physical, sexual or psychological abuse to which they are subjected.

According to Hanks, Director of the Family and Violence Institute in Alameda, California, men batter because of internal psychological struggles. Usually, men who batter are seeking a sense of power and control over their partners or their own lives, or because they are tremendously dependent on the woman and are threatened by any moves on her part toward independence. Some men batter because that's the only way they know how to be close to or relate to a partner. Some men grew up in violent households, where they watched their mothers abused by their fathers and where they themselves were abused. Some men become violent under the influence of drugs or alcohol, although the substances themselves do not cause the violence.

Domestic violence often escalates from threats and verbal abuse . And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain - and there are many signs of an abusive relationship. The most telling sign is fear of your partner. If you feel like you have to walk on eggshells around your partner - constantly watching what you say and do in order to avoid a blow-up, chances are your relationship is unhealthy and abusive. Other signs that you may be in an abusive relationship include a partner who belittles you or tries to control you, and feelings of self-loathing, helplessness, and desperation. To determine whether your relationship is abusive, answer the questions below. The more “yes” answers, the more likely it is that you’re in an abusive relationship.

The woman is mildly distressed and upset. The man notices her distress and then worries she may become angry. The woman attempts to communicate and discuss her

feelings. She wants to talk, feel supported and feel less alone. She initially attributes some of her distress or problems to him. The man begins to feel defensive, shuts down emotionally and attempts to deal with the problems rationally. He feels a fight is coming on. The woman feels uncared for, ignored and then gets angry. She wants him to share the problem and he doesn't feel he has a problem. The man will attempt to remain unemotional and stay in order to control himself. He avoids accepting any blame for how she feels. He is also worried that she may explode at any moment and that she will certainly do so if he talks about his feelings. The man will start talking about her problem as if she could feel better if she would only listen to him and stop acting so upset. He fails to understand how she feels and tries to remain calm. He tells her to calm down and ends up looking insensitive. She begins to wonder if he has any feelings at all. She tells him that he thinks he's perfect. He says he is not perfect. She calls him insensitive. He stares at her and says nothing but looks irritated.

The woman is frustrated that he won't reveal his feelings and that he acts like he is in control. On the other hand, the man feels out of control and like there is no room for anybody's feelings in the conversation but hers. Communication breaks down and the woman begins to insult the man. When the man finally expresses his disapproval and attempts to end the fight, the woman becomes enraged and may throw an object towards the man. The man will usually endure insults and interactions like these for weeks or months. This whole pattern becomes a recurrent and all too familiar experience. The man becomes increasingly sensitive to how the woman acts and becomes avoidant and unsupportive. The man begins to believe that there is nothing he can do and that it may be his entire fault. His frustration and anger can build for months like this. This risk of violence increases when the

woman insults the man in front of their children, threatens the man's relationship with his children, or she refuses to control her abusive behavior when the children are present. She may call him a terrible father or an awful husband in front of the children. Eventually he feels enraged not only because of how she treats him, but how her behavior is harming the children. Up till now she has never listened to what he had to say. He decides that maybe she will stop if she can see just how angry he has become. Rather than recognizing that he has reached his limits, expressing his anger physically has the opposite effect. For a long time the man has tried to hide his anger. Why should the woman believe he really means it? After all, he has put up with her abuse for a long time and done nothing. Instead of realizing that things have gotten out o

f control, the woman may approach him and say something like, "What are you going to do? Hit me? Go ahead. I'll call the police and you'll never see your children again." Once he expressed his anger physically, the situation became dangerous for him and for her. The door to violence has opened wide. He should walk away. When he does walk away, she ends up angrier than ever, will scream obscenities at him and strike him repeatedly. She may even strike him with an object.

Dr Mairo Mandara, Chairperson of the Right to Information Initiative Nigeria (R2K), and Director of the charity Girl Child Concerns, spoke to Think Africa Press regarding the futility of making police complaints:

She further states that "Domestic violence is pretty common in Nigeria and rape is on the increase...Unfortunately, the police and support systems for these cases are very poor.

Unless the victim is lucky to be supported by Civil Society groups, seeking redress is almost a waste of time.”

2.3 Gender and Domestic Violence

The role of gender is a controversial topic related to the discussion of domestic violence. Among the persons killed by an intimate partner, about three quarter are female, and about a quarter are male: in 1999, in the USA, 1,218 women and 424 men were killed by an intimate partner, regardless of which partner started the violence and of the gender of the partner (Brinkerhoff, Lynn, Ortega &Weitz 2008). In the USA, in 2005, 1181 females and 329 males were killed by their intimate partners (Compton, 2010). Women are also much more likely than men to enlist help if they wish to kill their spouse; but such multiple-offender homicides are not counted toward domestic-violence statistics (Walby& Allen 2004).

The UN Declaration on the Elimination of Violence against Women (1993) states that “violence against women is a manifestation of historically unequal power relations between men and women, which has led to domination over and discrimination against women by men and to the prevention of the full advancement of women, and that violence against women is one of the crucial social mechanisms by which women are forced into a subordinate position compared with men” (UNFPA 2010 & Dutton & Nicholls 2005).

Bazza (2009) sees Section 55 of the Penal Code, which governs Nigeria's northern states, allows husbands to "correct" their wives using physical punishment, so long as the woman is not seriously harmed as barbaric and draconian. This is so because the Penal Code states:

“nothing is an offence which does not amount to infliction of grievous hurt upon any person and which is done by ...(d) a husband for the purpose of correcting his wife such husband and wife being subject to any routine law or custom on which such correction is recognized as lawful.

According to Rebecca (2011), domestic violence against men and women in our society literally means abuse perpetrated on men by their intimate partners or families. Men rarely surface as victims of domestic violence. The superior position enjoyed by men in human society, makes one believe that they are not vulnerable to violence, within the safe precincts of their homes. Especially in recent times; when men and women are shown to be equally violent. It's a pity that very little data is available about men who are abused by their female domestic partners compared to women all over the world, because domestic violence against men is also a fact. “Battered men” – is indeed a social problem that deserves attention. It is believed that men who live with another male as sexual partners are more vulnerable to violence, than men who live with women. But men being violated by women – is also a historical fact of human society.

Amnesty International (AI) indicates that several of Nigeria's states have adopted legislation addressing discrimination and violence against women; the report did not specify the names of these states (2010, 248). Further information regarding the provisions of these state laws as well as information their implementation was not found among the sources consulted by the Research Directorate within the time constraints of this Response.

According to Nigeria's *Demographic and Health Survey 2008* (NDHS), of 21,468 women surveyed about domestic violence, 28 percent reported ever experiencing physical violence since the age of 15 years; 15 percent had experienced violence within the previous

twelve months (Nigeria Nov. 2008, 262). However, the NDHS report also states that collecting information about domestic violence "is challenging because many women may not disclose their experiences out of shame or fear."

The phenomenon of abused men is prevalent all over the world, just like the violation of women. It has been researched that 3.2 million men against 5.3 million women have been subjected to minor insistence of abuse like pushing, shoving, slapping, grabbing and hitting per year(CEDAW, 2009). The movement for men's rights has become a surprising byproduct of the women's rights movement in India. The species of battered men have no means of protection, like their empowered wives – in the modern world. Every domestic squabble is manipulated to look like an act of cruelty and every marital argument is being translated into legal jargon, threatening the very foundation of the institution of marriage and society. Single parent families are on the increase and the father is becoming a redundant species in the metropolitan cities of the world. Is this actually a reaction to the regressive system of patriarchal society which always ruled in the favor of men in the recent past? It is obvious that domestic violence take place in men and women's lives, statistics has shown that, very little is known about the actual number of men who are in a domestic relationship in which they are abused or treated violently by women. In 100 domestic violence situations approximately 40 cases involve violence by women against men. An estimated 400,000 women per year are abused or treated violently in the United States by their spouse or intimate partner. This means that roughly 300,000 to 400,000 men are treated violently by their wives or girl friends.

Why men do not report domestic violence.

There are many reasons why we don't know more about domestic abuse and violence against men. The idea that men could be victims of domestic abuse and violence is so unthinkable that many men will not even attempt to report the situation. First of all, the incidence of domestic violence reported, men appear to be so low that it is hard to get reliable estimates. In addition, it has taken years of advocacy and support to encourage women to report domestic violence. Virtually nothing has been done to encourage men to report abuse. The idea that men could be victims of domestic abuse and violence is so unthinkable that many men will not even attempt to report the situation. The dynamic of domestic abuse and violence is also different between men and women. The reasons, purposes and motivations are often very different between sexes. Although the counseling and psychological community have responded to domestic abuse and violence against women, there has been very little investment in resources to address and understand the issues of domestic abuse and violence against men. In most cases, the actual physical damage inflicted by men is so much greater than the actual physical harm inflicted by women. The impact of domestic violence is less apparent and less likely to come to the attention of others when men are abused. For example, it is assumed that a man with a bruise or black eye was in a fight with another man or was injured on the job or playing contact sports. Even when men do report domestic abuse and violence, most people are so astonished men usually end up feeling like nobody believes them

Amid the media frenzy over Tiger Woods and Bengals receiver Chris Henry, a key aspect of both stories slipped through the cracks: Like millions of other men, Woods and Henry were - allegedly at least - the victims of domestic violence perpetrated by their wives or girlfriends. Beyond its brutal physical and psychological costs, domestic violence

against men exacts a cruel economic toll at the personal, societal and national levels. For the most part, the media, authorities and average citizens see domestic violence as a crime that is committed by men and victimizes women. Consequently, funding to combat the problem has overwhelmingly been spent on programs that support women.

Widely Ignored Problem: More than 200 survey-based studies show that domestic violence is just as likely to strike men as women. In fact, the overwhelming mass of evidence indicates that half of all domestic violence cases involve an exchange of blows and the remaining 50% is evenly split between men and women who are brutalized by their partners.

One of the reasons that this problem is widely ignored lies in the notion that battered males are weak or unmanly. A good example of this is the Barry Williams case: Recently, the former *Brady Bunch* star sought a restraining order against his live-in girlfriend, who had hit him, stolen \$29,000 from his bank account, attempted to kick and stab him and had repeatedly threatened his life. It is hard to imagine a media outlet mocking a battered woman, but E! online took the opportunity to poke fun at Williams, comparing the event to various *Brady Bunch* episodes. Similarly, when *Saturday Night Live* ran a segment in which a frightened Tiger Woods was repeatedly brutalized by his wife, the show was roundly attacked -- for being insensitive to musical guest Rihanna, herself a victim of domestic violence.

Bazza (2009) states that there is no national law specifically addressing violence against women in Nigeria. Bazza further emphasized that Nigeria ratified the Convention for the Elimination of Discrimination against Women (CEDAW) in 1985. However, according to Section 12 of the Nigerian Constitution, international treaties can only be enforced once a

corresponding domestic law has been enacted by Parliament (Nigeria 1999, Subsection 12 (1)). Such domestic legislation was drafted in 2005, but, as of February 2010, has not been passed into law.

It is a widely held assumption that women are always the victims and men are always the perpetrators. Between 50 and 60% of all domestic abuse and violence is against women. There are many reasons why people assume men are never victims and why women often ignore the possibility. For one thing, domestic abuse and violence has been minimized, justified and ignored for a very long time. Women are now more organized, supportive and outspoken about the epidemic of domestic abuse and violence against women. Very little attention has been paid to the issue of domestic abuse and violence against men - especially because violence against women has been so obvious and was ignored for so long. More women are being convicted of domestic violence, but discovering the number of male victims is a complex affair (guardian Tuesday 7 June 2011)

There are no absolute rules for understanding the emotional differences between men and women. There are principles and dynamics that allow interpretation of individual situations. Domestic abuse and violence against men and women have some similarities and difference. For men or women, domestic violence includes pushing, slapping, hitting, throwing objects, forcing or slamming a door or striking the other person with an object, or using a weapon. Domestic abuse can also be mental or emotional. What will hurt a man mentally and emotionally, can in some cases be different from what hurts a woman. For some men, being called a coward, impotent or a failure can have a very different psychological impact than it would on women. Unkind and cruel words hurt, but they can hurt in different ways and linger in different ways. In most cases,

men are more deeply affected by emotional abuse than physical abuse. For example, the ability to tolerate and "brush off" a physical assault by women in front of other men can in some cases reassure a man that he is strong and communicate to other men that he can live up to the code of never hitting a woman. A significant number of men are overly sensitive to emotional and psychological abuse. In some cases, humiliating a man emotionally in front of other men can be more devastating than physical abuse. Some professionals have observed that mental and emotional abuse can be an area where women are often "brutal" than men. Men on the other hand are quicker to resort to physical abuse and they are more capable of physical assaults that are more brutal - even deadly.

According to Children and Family Court Advisory and Support Service in the United Kingdom in its "Domestic Violence Policy" uses *domestic violence* to refer to a range of violent and abusive behaviors', defining it as: Patterns of behavior characterized by the misuse of power and control by one person over another who are or have been in an intimate relationship. It can occur in mixed gender relationships and same gender relationships and has profound consequences for the lives of children, individuals, families and communities. Violence stands as the most brutal symbol of the inequality; it may be physical, sexual, emotional and/or psychological. The latter may include intimidation, harassment, damage to property, threats and financial abuse brutal symbol of the partners. Distinctions are not based on single incidents, but rather on patterns across numerous incidents and motives of the perpetrator. According to the Centers for Disease Control, domestic violence is a serious, preventable public health problem affecting more than 32 million Americans, or over 10% of the U.S. population.

Spain (2004) gender violence is defined as a violence that is directed at women for the very fact of being women. The law acknowledges that aggressions against women have a particular incidence in the reality of Spain and that gender violence stands as the most brutal symbol of the inequality persisting in Spain. According to the law, women are considered by their attackers as lacking the basic rights of freedom, respect, and power of decision. The aggressions against women have a particular incidence in the reality of and that gender Violence by a person against their intimate partner is often done as a way for controlling "their partner", even if this kind of violence is not the most frequent. Other types of intimate partner violence also occur, including violence between gay and lesbian couples and by women against their male.

2.4 Types of Domestic Violence:

Abuse can simply take other forms than just physical abuse and males are also victims of violence as well. Other forms of abuse may be constantly occurring, while physical abuse happens occasionally. Domestic violence has many forms including physical aggression (hitting, kicking, biting, shoving, restraining, slapping, throwing objects), or threats thereof; sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking; passive/covert abuse (e.g., neglect); and deprivation. Alcohol consumption and mental illness can be co-morbid with abuse, and present additional challenges when present alongside patterns of abuse. Awareness, perception, definition and documentation of domestic violence differs widely from country to country, and from era to era. Estimates are that only about a third of cases of domestic violence are actually reported in the United States and the United Kingdom

According to Holtzworth-Munroe and Stuart (1994) violence's act are more at the family level every other day that you can think. To him violence falls into two types:

- a. "Generally-violent-antisocial"
- b. "Dysphoric-borderline".

The first type, Generally-violent-antisocial includes men with general psychopathic and violent tendencies.

The second type, Dysphoric-borderline is men who are emotionally dependent on the relationship (Laroche 2004). Support for this typology has been found in subsequent evaluations (Saunders DG (1988), Holtzworth-Munroe & Stuart (1994)). Others, such as the US Centers for Disease Control, divide domestic violence into two types: reciprocal violence, in which both partners are violent, and non-reciprocal violence, in which one partner is violent. On this ground, it obvious that violence or violence acts is cause as a result of one thing and another. However, according to Rebecca (2011), domestic violence against men and women in our society and around the world has a high economic cost such as:

Physical violence is violence that involves contact that intended to cause feelings of intimidation, pain, injury, or other physical suffering or bodily harm. Physical violence includes hitting, slapping, punching, choking, pushing, and other types of contact that result in physical injury to the victim. Physical violence can also include behaviors such as denying the victim of medical care when needed, depriving the victim of sleep or other functions necessary to live, or forcing the victim to engage in drug/alcohol use against his/her will. (Hamberger, Lohr, Bonge&Tolin (1996)). It can also include inflicting physical

injury Bruises, broken bones, head injuries, lacerations, and internal bleeding are some of the acute effects of a domestic violence incident that require medical attention and hospitalization Some chronic health conditions that have been linked to victims of domestic violence are arthritis, irritable bowel syndrome, chronic pain, pelvic pain, ulcers, and migraines. Victims who are pregnant during a domestic violence relationship experience greater risk of miscarriage, pre-term labor, and injury to or death of the fetus.

Sexual violence is any situation in which force is used to obtain participation in unwanted sexual activity. Forced sex, even by a spouse or intimate partner with whom consensual sex has occurred, is an act of aggression and violence.

Categories of sexual violence include:

- Use of physical force to compel a person to engage in a sexual act against his or her will, whether or not the act is completed;
- Attempted or completed sex act involving a person who is unable to understand the nature or condition of the act, unable to decline participation, or unable to communicate unwillingness to engage in the sexual act, e.g., because of underage immaturity, illness, disability, or the influence of alcohol or other drugs, or because of intimidation or pressure.

Emotional violence time privately or publicly, controlling what the victim can and cannot do, withholding information from the victim, deliberately doing something to make the victim feel diminished or embarrassed, isolating the victim from friends and family, implicitly blackmailing the victim by harming others when the victim expresses

independence or happiness, or denying the victim access to money or other basic resources and necessities.

Emotional/verbal violence is defined as any behavior that threatens, intimidates, undermines the victim's self-worth or self-esteem, or controls the victim's freedom (U.S Dept. of Justice (2007)). This can include threatening the victim with injury or harm, telling the victim that they will be killed if they ever leave the relationship, and public humiliation. Constant criticism, name-calling, and making statements that damage the victim's self-esteem are also common forms of emotional abuse. Often perpetrators will use children to engage in emotional violence by teaching them to harshly criticize the victim as well (Arizona 2010). Emotional violence includes conflicting actions or statements which are designed to confuse and create insecurity in the victim. These behaviors also lead the victim to question themselves, causing them to believe that they are making up the abuse or that the abuse is their fault (Holtzworth-Munroe, Meehan, et al. (2000).

Emotional violence includes forceful efforts to isolate the victim, keeping them from contacting friends or family. This is intended to eliminate those who might try to help the victim leave the relationship and to create a lack of resources for them to rely on if they were to leave. Isolation results in damaging the victim's sense of internal strength, leaving them feeling helpless and unable to escape from the situation (Arizona, 2010). People who are being emotionally abused often feel as if they do not own themselves; rather, they may feel that their significant other has nearly total control over them. Women or men undergoing emotional abuse often suffer from depression, which puts them at increased risk for suicide, eating disorders, and drug and alcohol abuse(WHO 2002).

The aim of emotional abuse is to chip away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel that there is no way out of the relationship or that without your abusive partner you have nothing. Emotional abuse includes *verbal abuse* such as yelling, name-calling, blaming, and shaming. Isolation, intimidation, and controlling behavior also fall under emotional abuse. Additionally, abusers who use emotional or psychological abuse often throw in threats of physical violence or other repercussions if you don't do what they want. You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. But, the scars of emotional abuse are very real, and they run deep. In fact, emotional abuse can be just as damaging as physical abuse—sometimes even more so.

Verbal violence is a form of abusive behavior involving the use of language. It is a form of profanity that can occur with or without the use of expletives. Abusers may ignore, ridicule, disrespect, and criticize others consistently; manipulate words; purposefully humiliate; falsely accuse;

manipulate people to submit to undesirable behavior; make others feel unwanted and unloved; threaten economically; place the blame and cause of the abuse on others; isolate victims from support systems; harass; demonstrate Jekyll and Hyde behaviors, either in terms of sudden rages or behavioral changes, or where there is a very different "face" shown to the outside world vs. with victim. While oral communication is the most common form of verbal abuse, it includes abusive words in written form.

Economic violence is when the abuser has control over the victim's money and other economic resources. In its extreme (and usual) form, this involves putting the victim on a strict "allowance", withholding money at will and forcing the victim to beg for the money until the abuser gives them some money. It is common for the victim to receive less money as the abuse continues. This also includes (but is not limited to) preventing the victim from finishing education or obtaining employment, or intentionally squandering or misusing communal resources (NY Times, 1987).

Psychological: Among victims who are still living with their perpetrators, high amounts of stress, fear, and anxiety are commonly reported. Depression is also common, as victims are made to feel guilty for 'provoking' the abuse and are constantly subjected to intense criticism. It is reported that 60% of victims meet the diagnostic criteria for depression, either during or after termination of the relationship, and have a greatly increased risk of suicide (Follingstad, DeHart (2000). In addition to depression, victims of domestic violence also commonly experience long-term anxiety and panic, and are likely to meet the diagnostic criteria for Generalized Anxiety Disorder and Panic Disorder. The most commonly referenced psychological effect of domestic violence is Post-Traumatic Stress Disorder (PTSD). PTSD (as experienced by victims) is characterized by flashbacks, intrusive images, exaggerated startle response, nightmares, and avoidance of triggers that are associated with the abuse. These symptoms are generally experienced for a long span of time after the victim has left the dangerous situation. Many researchers state that PTSD is possibly the best diagnosis for those suffering from psychological effects of domestic violence, as it accounts for the variety of symptoms commonly experienced by victims of trauma.

Financial: Once victims leave their perpetrator, they can be stunned with the reality of the extent to which the abuse has taken away their autonomy. Due to economic abuse and isolation, the victim usually has very little money of their own and few people on whom they can rely when seeking help. This has been shown to be one of the greatest obstacles facing victims of DV, and the strongest factor that can discourage them from leaving their perpetrators (BSAFE 2009). In addition to lacking financial resources, victims of domestic violence often lack specialized skills, education, and training that are necessary to find gainful employment, and also may have several children to support. In 2003, thirty-six major US cities cited domestic violence as one of the primary causes of homelessness in their areas (Jones, R; Horan 1997). It has also been reported that one out of every three homeless women are homeless due to having left a DV relationship. If a victim is able to secure rental housing, it is likely that her apartment complex will have “zero tolerance” policies for crime; these policies can cause them to face eviction even if they are the victim (not the perpetrator) of violence. While the number of shelters and community resources available to domestic violence victims has grown tremendously, these agencies often have few employees and hundreds of victims seeking assistance which causes many victims to remain without the assistance they need (BSAFE 2009).

Long-Term: Domestic violence can trigger many different responses in victims, all of which are very relevant for any professional working with a victim. Major consequences of domestic violence victimization include psychological/mental health issues and chronic physical health problems. A victim’s overwhelming lack of resources can lead to homelessness and poverty.

Vicarious trauma: Due to the gravity and intensity of hearing victims' stories of abuse, professionals (police, counselors, therapists, advocates, medical professionals) are at risk themselves for secondary or vicarious trauma (VT), which causes the responder to experience trauma symptoms similar to the original victim after hearing about the victim's experiences with abuse (Jones & Horan (1997). Research has demonstrated that professionals who experience vicarious trauma show signs of exaggerated startle response, hyper vigilance, nightmares, and intrusive thoughts although they have not experienced a trauma personally and do not qualify for a clinical diagnosis of PTSD (Jones & Horan (1997). Researchers concluded that although clinicians have professional training and are equipped with the necessary clinical skills to assist victims of domestic violence, they may still be personally affected by the emotional impact of hearing about a victim's traumatic experiences. Iliffe et al. found that there are several common initial responses that are found in clinicians who work with victims: loss of confidence in their ability to help the client, taking personal responsibility for ensuring the client's safety, and remaining supportive of the client's autonomy if they makes the decision to return to their perpetrator (Jones & Horan (1997). It has also been shown that clinicians who work with a large number of victims may alter their former perceptions of the world, and begin to doubt the basic goodness of others. Iliffe (2000) found that clinicians who work with victims tend to feel less secure in the world, become "acutely aware" of power and control issues both in society and in their own personal relationships, have difficulty trusting others, and experience an increased awareness of gender-based power differences in society (Jones & Horan (1997).

The best way for a clinician to avoid developing vicarious trauma is to engage in good self-care practices. These can include exercise, relaxation techniques, debriefing

with colleagues, and seeking support from supervisors. Additionally, it is recommended that clinicians make the positive and rewarding aspects of working with domestic violence victims the primary focus of thought and energy, such as being part of the healing process or helping society as a whole. Clinicians should also continually evaluate their empathic responses to victims, in order to avoid feelings of being drawn in to the trauma that the victim experienced. It is recommended that clinicians practice good boundaries, and find a balance in expressing empathic responses to the victim while still maintaining personal detachment from their traumatic experiences.

Burnout: Vicarious trauma can lead directly to burnout, which is defined as “emotional exhaustion resulting from excessive demands on energy, strength, and personal resources in the work setting” (Berrios & Grady (1991). The physical warning signs of burnout include headaches, fatigue, lowered immune function, and irritability (Barnett, O (2001). a clinician experiencing burnout may begin to lose interest in the welfare of clients, be unable to empathize or feel compassion for clients, and may even begin to feel aversion toward the client. If the clinician experiencing burnout is working with victims of domestic violence, the clinician risks causing further great harm through re-victimization of the client. It should be noted, however, that vicarious trauma does not always directly lead to burnout and that burnout can occur in clinicians who work with any difficult population – not only those who work with domestic violence victims.

2.5 Forms of Domestic Violence:

Violent acts take the following forms whether it is against men or women: 1. Dominance – Abusive individuals need to feel in charge of the relationship. They will make

decisions for you and the family, tell you what to do, and expect you to obey without question. Your abuser may treat you like a servant, child, or even as his or her possession.

2 Humiliation – An abuser will do everything he or she can to make you feel bad about yourself or defective in some way. After all, if you believe you're worthless and that no one else will want you, you're less likely to leave. Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode your self-esteem and make you feel powerless.

3 Isolation– In order to increase your dependence on him or her, an abusive partner will cut you off from the outside world. He or she may keep you from seeing family or friends, or even prevent you from going to work or school. You may have to ask permission to do anything, go anywhere, or see anyone.

4 Threats – Abusers commonly use threats to keep their partners from leaving or to scare them into dropping charges. Your abuser may threaten to hurt or kill you, your children, other family members, or even pets. He or she may also threaten to commit suicide, file false charges against you, or report you to child services.

5 Intimidation – Your abuser may use a variety of intimidation tactics designed to scare you into submission. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display. The clear message is that if you don't obey, there will be violent consequences.

6 Denial and blame– Abusers are very good at making excuses for the inexcusable. They will blame their abusive and violent behavior on a bad childhood, a bad day, and even

on the victims of their abuse. Your abusive partner may minimize the abuse or deny that it occurred. He or she will commonly shift the responsibility on to you: Somehow, his or her violent and abusive behavior is your fault.

Domestic abuse falls into a common pattern, or cycle of violence:

- Abuse – Your abusive partner lashes out with aggressive, belittling, or violent behavior. The abuse is a power play designed to show you "who is boss."
- Guilt – After abusing you, your partner feels guilt, but not over what he's done. He's more worried about the possibility of being caught and facing consequences for his abusive behavior.
- Excuses – Your abuser rationalizes what he or she has done. The person may come up with a string of excuses or blame you for the abusive behavior—anything to avoid taking responsibility.
- "Normal" behavior — The abuser does everything he can to regain control and keep the victim in the relationship. He may act as if nothing has happened, or he may turn on the charm. This peaceful honeymoon phase may give the victim hope that the abuser has really changed this time.
- Fantasy and planning – Your abuser begins to fantasize about abusing you again. He spends a lot of time thinking about what you've done wrong and how he'll make you pay. Then he makes a plan for turning the fantasy of abuse into reality.
- Set-up – Your abuser sets you up and puts his plan in motion, creating a situation where he can justify abusing you.

All forms of domestic abuse have one purpose: to *gain and maintain control* over the victim. Abusers use many tactics to exert power over their spouse or partner: dominance, humiliation, isolation, threats, intimidation, denial and blame

The form and characteristics of domestic violence and abuse may vary in other ways. Michael P. Johnson argues for three major types of intimate partner violence. The typology is supported by subsequent research and evaluation by Johnson and his colleagues, as well as independent researchers. Distinctions need to be made regarding types of violence, motives of perpetrators, and the social and cultural context. Violence by a person against their intimate partner is often done as a way for controlling "their partner", even if this kind of violence is not the most frequent.

This chapter reviewed the overview of domestic violence, causes of domestic violence, gender and domestic violence, types and forms of domestic violence. Men should not be overlooked as Victims of Partner Violence. According to Treichel (2007), in addressing intimate partner violence, the focus is usually on women who are physically battered by husbands or boyfriends. However, women sometimes hurt their partners as well. Women are doing virtually everything these days than men are - working as doctors, lawyers, and rocket scientists; flying helicopters in combat; riding horses in the Kentucky Derby and physically assaulting their spouses or partners. As for physical injury due to intimate partner violence, it was more likely to occur when the violence was reciprocal than non-reciprocal. And while injury was more likely when violence was perpetrated by men, in relationships with reciprocal violence it was the men who were injured more often than were

women. “This is important as violence perpetrated by women is often seen as not serious,” Whitaker and his group stressed.

2.6 Theoretical Framework

Many theories have existed and evolved over time to attempt to grasp the reasons for unrestrained (and often unrestrainable) violence in human society. This analysis of violence ranges from the macro level (wars, government, repression, etc) to acts between the couple and the individual. Such efforts to define violence, particularly partner violence (which integrates complex interrelations of gender and sexuality) need to be investigated within the context of their respective societies. Here we sampling some of the different theories that exist.

2.7 Psychological Theory

Psychological theory focuses on personality traits and mental characteristics of an individual. Personality traits include sudden bursts of anger, poor impulse control, and poor self-esteem. Various theories suggest that psychopathology and other personality disorders are factors, and that abuse experienced as a child leads some people to be more violent as adults. Studies have found high incidence of among abusers. Dutton has suggested a psychological profile of men who abuse their wives, arguing that they have borderline personalities that are developed early in life (Freudenberger, H. Robbins (1979)). Gelles suggests that psychological theories are limited, and points out that other researcher have found that only 10% (or less) fit this psychological profile. He argues that social factors are important, while personality traits, mental illness, or psychopathy are lesser factors

(Hamberger& Hastings (1986), Hamberger& Hastings (1991)). This theory is of the view that people are violent as a result of their mental status.

2.8 Behavioral Theory

Behavioral theory of domestic violence focus on the use of functional assessment with the goal of reducing episodes of violence to zero rates (Hart, Dutton, &Newloves (1993). This program leads to behavior therapy. Often by identifying the antecedents and consequences of violent action, the abusers can be taught self-control (Dutton &Golant (1995). Recently more focus has been placed on prevention and a behavioral prevention theory (Hart, Dutton &Newloves (1993). Behavioral theories draw on the work of behavior analysts. Applied behavior analysis uses the basic principles of learning theory to change behavior.

2.9 Social Stress

Violence is learned within a family, and a partner-victim stays caught up in a cycle of violence and forgiveness. If the victim does not leave, the batterer views the violence as a way to produce positive results. Children of these family members may learn the behavior from their parents (boys may develop into batterers and girls may become battering victims).

Stress may be increased when a person is living in a family situation, with increased pressures. Social stresses, due to inadequate finances or other such problems in a family may further increase tension (Goode & William (1971). Violence is not always caused by stress, but may be one way that some people respond to stress (Kalmuss& Straus

(1995), Kurz (1992). Families and couples in poverty may be more likely to experience domestic violence, due to increased stress and conflicts about finances and other aspects, some speculate that poverty may hinder a man's ability to live up to his idea of "successful manhood", thus he fears losing honor and respect. Theory suggests that when he is unable to economically support his wife, and maintain control, he may turn to misogyny, substance abuse, and crime as ways to express masculinity (Wallace (2004).

2.10 Traumatic Bonding Theory

This theory seeks to explain why women remain with men who beat them. Two features have been recognized: the existence of a power imbalance within the relationship, so that the batterer perceives him or herself as dominating the other, and the intermittent nature of the abuse. This theory postulates that as these power relationships polarize over time, the powerless individual in the relationship becomes increasingly dependent on the dominator. In addition, moments in between abuse are times when positive displays of love and affection cement the legitimacy of the relationship. The Stockholm Syndrome, suggested by Dutton & Golant (1995), gives a variety of common experiences: The victim is intensely grateful for small kindness shown to him/her by the abuser, victim rationalizes acts of violence, victim denies his/her own anger, victim feels the need to "get inside the abuser's head" in order to know how to please, the victim often sees the world from the abuser's perspective, and the victim shows signs of Post-Traumatic Stress Disorder.

2.11 Power and Control

In some relationships, violence is posited to arise out of a perceived need for power and control, a form of bullying and social learning of abuse. Abusers' efforts to dominate their partners have been attributed to low self-esteem or feelings of inadequacy, unresolved childhood conflicts, the stress of poverty, hostility and resentment toward women (misogyny), hostility and resentment toward men (misandry), personality disorders, genetic tendencies and socio-cultural influences, among other possible causative factors. Most authorities seem to agree that abusive personalities result from a combination of several factors, to varying degrees. A causalist view of domestic violence is that it is a strategy to gain or maintain power and control over the victim. This view is in alignment with Bancroft's "cost-benefit" theory that abuse rewards the perpetrator in ways other than, or in addition to, simply exercising power over his or her target(s). He cites evidence in support of his argument that, in most cases, abusers are quite capable of exercising control over other person, but choose not to do so for various reasons (Chornesky 2000). An alternative view is that abuse arises from powerlessness and externalizing/projecting this and attempting to exercise control of the victim. It is an attempt to 'gain or maintain power and control over the victim' but even in achieving this it cannot resolve the powerlessness driving it. Such behaviors have addictive aspects leading to a cycle of abuse or violence. Mutual cycles develop when each party attempts to resolve their own powerlessness in attempting to assert control. Questions of power and control are integral to the widely utilized Duluth_Domestic Abuse Intervention Project. They developed Power and Control Wheel to illustrate this. It has power and control at the center, surrounded by spokes (techniques used), the titles of which include: Coercion and threats, Intimidation, abuse,

Isolation, Minimizing, denying and blaming, Using children, Economic abuse, Male privilege.



POWER & CONTROL WHEEL

The Duluth Model (Pence & Paymar, 1986)

DOMESTIC ABUSE INTERVENTION PROJECT

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.duluth-model.org

The model attempts to address abuse by one-sidedly challenging the misuse of power by the 'perpetrator'. The power wheel model is not intended to assign personal responsibility, enhance respect for mutual purpose or assist victims and perpetrators in resolving their differences. It is an informational tool designed to help individuals understand the dynamics of power operating in abusive situations and identify various methods of abuse.

Critics of this model suggest that the one-sided focus, which presumes men are to blame for all domestic violence, is problematic. Violence in any relationship can stem from any of the partners not necessarily the man only. Nagging, late meals, untidy home, joblessness, extended family interference, children poor academic performance can result to domestic violence.

The best theory that is appropriate for this study is **Power and Control theory**. This theory explains how one person exercise power and control over another person due to the fact that he or she has authority over the other person in question. Power and control theory is best applicable to this research because it explains how men or women control their spouse.

CHAPTER THREE RESEARCH METHODS

3.0 Introduction

This chapter focused on the research methods for the subject matter under study. Research design is the structuring of investigation aimed at identifying variables and their relationships to one another (Asika 2001).

3.1 Research Design

The research design for this study is descriptive survey, in the sense that variables presumed to be attributed to domestic violence were measured and examined. It is cross sectional, because the subjects or population used are a representative samples of both male and female, literate and illiterates. This research is aimed at investigating the causes, of domestic violence against men and women in Oshimili South Local Government Area of Delta State. In attempt to measure accurately, both the questionnaire and interview instrument were employed.

3.2 Study Population

The target population for this study comprised of male and female indigenes and other settler groups, who are between the ages of 18 years and 55 years. These age categories were drawn from some selected communities that made up Oshimili South Local Government Area. The target population of the selected areas is 8,400 out of which 400 respondents were randomly selected.

3.3 Sample Size and Sampling Techniques

The sample technique for this research was Multi-stage sampling technique. This technique was employed because of precision and thoroughness since only one sampling technique cannot give the exact sample size required because the distribution of the population was complex.

The Random sampling technique was used to give every subject in the population an equal chance of appearing in the selection. Sample size of 400 respondents was selected randomly from the population of 149,603 (N.P.C, 2006). Seven communities were randomly selected out of the 10 communities in Oshimili South local government area, of Delta State, to ensure that each of the units within the population had equal chance of being selected. It is important to note that, the purposive sampling technique was also used to select the 46 respondents from each community for the research. There are other sampling procedures such as cluster sampling, stratified sampling, etc. But the researcher has chosen the Multi-stage sampling technique as most appropriate for this study.

3.4 The Research Instruments

This research measured the opinion of both men and women on domestic violence. The questionnaire has five sections A, B, C, D and E. Section 'A' contains demographic information of the respondents. Section 'B' is designed to elicit information on how people respond to domestic violence and how it erupts, Section C is to know if domestic violence has any influence on individual, children, and society at large and section 'E' is designed to elicit information, comments and contributions and community's role to curb this act. To examine what causes domestic violence and its implications?

3.5 Method of Data Analysis

Simple percentage and mathematical table was used to compile and compute the responses from the 400 respondents, and to examine their opinion. However, the data generated through the questionnaires and interview were used to test the hypotheses stated earlier in chapter one.

Chi-Square statistical tool was employed to test the stated hypotheses.

3.6 Validity and Reliability of the Research Instrument

The validity of the adopted instrument was determined by the expert judgment of the project supervisor and other lecturers in the Department of Sociology and Psychology, Delta State University Abraka before administering them to the targeted respondents.

To ensure reliability of the instrument, a pilot test was carried out using twenty-one (21) respondents drawn from the selected communities. After an interval of three weeks, a retest of the instrument was carried out in the same communities. Pearson's Product Moment Correlation Coefficient was employed to analyze the data generated from the field. At the end of the pilot test and retest survey, the result was $r = 0.86$ coefficient level, which was considered adequate and reliable for the study.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

4.0 Data Presentation

In this chapter the data collected from the field were presented and analyzed.

The major aim in this analysis of data collected is to present the general opinion and assessment on “Domestic violence against men and women” a case of Oshimili South Local Government Area.

SECTION A

Table 4.1: Demographic Characteristics of Respondents

Variables	Group	No of respondents	Percentage
Sex	Male	180	45.0
	Female	220	55.0
Age	18-25	26	6.5
	26-35	138	34.5
	36-46	8	2.0
	46-55	174	43.5
	56 and Above	54	13.5
Marital Status	Single	90	22.5
	Married	286	71.5
	Separated	12	3.0
	Divorced	2	0.5
	Widowed	10	2.5
Family Structure	Monogamy	358	89.5
	Polygamy	30	7.5

Religion	Christianity	320	80
	Islam	20	5
	Traditional	38	9.5
	Others	22	5.5
Educational. Background	Primary school	10	2.5
	Secondary school	204	51.0
	Graduate	186	46.5
	Others	10	2.5
Occupation			
	Students	54	13.5
	Civil servants	302	75.5
	Business	28	7.0
	Unemployed	16	4
How long have you lived in O.S.L.G.A			
	0-10 yrs	254	63.5
	11-20 yrs	136	34.0
	21-30yrs	10	2.5
	31-40 Yrs		
	41 Above		

Source: Fieldwork, 2012.

SECTION B (ANSWERS TO RESEARCH QUESTIONS)

This section contains the analysis of the data on research questions, the in-depth interview between the researcher and each of the interviewees on the cause of domestic violence against men and women, how to tackle the degrading and dehumanizing evil of domestic violence in our homes.

Table 4.2: Has an argument ever turned into a physical fight between you and your partner?

Options	Frequency	Percent	Valid Percent
Yes	78	19.5	19.5
No	322	80.5	80.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.3: Is it you that usually has the last words in an argument between you and your partner?

Options	Frequency	Percent	Valid Percent
Yes	86	21.5	21.5
No	314	78.5	78.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.4: In general how afraid are you of your partner?

Options	Frequency	Percent	Valid Percent
Slightly Afraid	94	23.5	23.5
Very Afraid	24	6.0	6.0
Not Afraid	282	70.5	70.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.5: Domestic violence is a problem that affects many families of different classes, religions and incomes . Is your family an exception?

Options	Frequency	Percent	Valid Percent
Yes	206	51.5	51.5
No	194	48.5	48.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.6 How have you being abused by your intimate partner?

Options	Frequency	Percent	Valid Percent
Emotionally	266	66.5	66.5
Sexually	10	2.5	2.5
Physically	44	11.0	11.0
Financially	78	19.5	19.5
Others	2	.5	.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.7 Has your partner ever threatened to hurt you?

Options	Frequency	Percent	Valid Percent
Yes	90	22.5	22.5
No	310	77.5	77.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.8 Has your partner ever threatened to hurt your children?

Options	Frequency	Percent	Valid Percent
Yes	38	9.5	9.5
No	362	90.5	90.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.9 Have you ever left your partner or tried to leave because of domestic violence?

Options	Frequency	Percent	Valid Percent
Yes	60	15.0	15.0
No	340	85.0	85.0
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.10 In general where are the children when you and your partner fight, Around?

Options	Frequency	Percent	Valid Percent
Yes	2	.5	.5
No	398	99.5	99.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.11 How do the children react when you and your partner fight, they intervene?

Options	Frequency	Percent	Valid Percent
Yes	2	.5	.5
No	398	99.5	99.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.12 Does your partner prevent you from leaving home, using the telephone, seeking family/friend, or otherwise control your activities?

Options	Frequency	Percent	Valid Percent
Yes	50	12.5	12.5
No	350	87.5	87.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.13 Have you ever gone to a doctor or hospital due to injuries caused by your partner

Options	Frequency	Percent	Valid Percent
Yes	8	2.0	2.0
No	392	98.0	98.0
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.14 Do you ever use drugs or alcohol as a way to cope with the abuse?

Options	Frequency	Percent	Valid Percent
Yes	14	3.5	3.5
No	386	96.5	96.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.15 Have you ever asked for help to stop the abuse, such as police, a court order, counseling, support groups, shelter, family, friends, clergy or other outside help?

Options	Frequency	Percent	Valid Percent
Yes	38	9.5	9.5
No	362	90.5	90.5
Total	400	100.0	100.0

Source: Field Survey 2012

Table 4.16 Was there domestic violence in a prior relationship or in the family history?

Options	Frequency	Percent	Valid Percent
Yes	34	8.5	8.5
No	366	91.5	91.5
Total	400	100.0	100.0

Source: Field Survey 2012

4.1 Causes of Domestic Violence against Men and women

Respondent/interviewees were asked about their opinion of the causes of domestic violence against men and women, many factors were identified as major causes of the malice of domestic violence against men and women. Among the numerous factors list the researchers selected fifteen (15) most identified ones in their order of ranking.

Table 4.2.1 Causes of Domestic Violence

Causes of Domestic violence	Rank
Lack of respect	1
Poverty	2
Lack of Trust	3
Misunderstanding over finance	4
Marital infidelity	5
Sex demand	6
Lack of understanding	7
Late preparation of food	8
Lack of love	9
Inferiority complex	10
Financial difficulties	11
Poor communication between partners	12

Unfaithfulness of partners	13
Over dominance	14
Irrational demands	15

Sources: field survey 2012

Result of Findings

From the table above lack of respect for partners is perceived by the respondents as the most common cause of domestic violence against men and women in Oshimili South Local Government Area. Many are of the view that if partners have respect for one another the problem of domestic violence will be minimized. Closely following lack of respect is the issue of poverty. Poverty in this sense is used to connote inability of partners to meet basic family needs, such as food, shelter, and clothing. Most people take to violence whenever their basic human need is not satisfied especially when they feel the partner can afford it if he chose to give up other less important needs of the home.

Lack of trust and misunderstanding over finance as well as marital infidelity are some of the next immediate cause of violence against men and women. Financial matter is a prominent factor in most misunderstandings at most homes, many find it difficult to balance their needs with the available finance and this often leads to quarrel and often leads to domestic violence.

Other factors responsible for domestic violence against men and women include: sexual demand which is often common among the men, lack of understanding, late preparation of food, lack of love, inferiority complex, financial difficulties, poor communications, unfaithfulness, over dominance of one partner over the other, and irrational demands.

Table 4.2.2 Interviewee's opinion of who suffer most in Domestic violence

Attribute	Frequency	Percentage
Male	96	24
Female	304	76
Total	400	100

Sources: field survey 2012

The result from the table above, showed that, 304 (76%) of respondents believed that women suffers most in any incidence of domestic violence while 96 (24%) feel that men suffered most. Women are more at the receiving end as men are created strong, nature and society seems to give men more domineering power in the home.

4.2 Domestic Violence, Public or Private Affair

Most people see domestic violence as a private affair that should be sorted out privately while others feels that domestic violence is a public affair since its effects affects the entire society and have dire consequences on the pace of the community at large. Over 288 (56%) of respondent in this study said that domestic violence is a

private issue while 112 (28%) reasoned that domestic violence is a public issue as shown in table 4.3.1

Table 4.3.1

Option	Frequency	Percentage
Private	288	72
Public	112	28
Total	400	100

Sources: field survey 2012

Table 4.3.2

Options	Frequency	Percentage
Yes	351	87.7
No	49	12.3
Total	400	100

Sources: field survey 2012

Over dominance of one partner over the other is one of the listed causes of domestic violence against men and women. This is often reflected in the form of power and control in the home. In the above table, 351 (87.7%) of respondents identified power and control as a factor responsible for most domestic violence in the home while 49 (12.3%) think otherwise.

4.3 Test of Hypothesis

The study tested the following hypotheses to find out whether the hypothetical statements is accepted or rejected. The chi-square statistical techniques was used to test the below hypotheses with a statement level 0.05 ($P < 0.05$)

Decision Rule

If the calculated X^2 value is higher than the critical (table) X^2 value or the P-value of the result is lesser than the significant level (0.05), reject the Null Hypothesis (H_0) and accept the Alternative Hypothesis (H_i). On the other hand if the calculated X^2 value is lesser than the critical (table) X^2 value or the P-value of the result is higher than the significant level (0.05), accept the Null Hypothesis (H_0) and reject the Alternative Hypothesis (H_i).

Decision Rule		Decision	Significance (Conclusion)
If Cal $X^2 > \text{Crit } X^2$	Pvalue < 0.05	Reject H_0 Accept H_i	This shows the test is significant
If Cal $X^2 < \text{Crit } X^2$	Pvalue > 0.05	Accept H_0 Reject H_i	This shows that the test is not significant

However there are cases where the test result and Pvalue is less than 0.01. this shows a 99% confidence level on the test result with 1% error margin. This means that the association between variable is highly significant.

Degree of Freedom (DF)

Non-Parametric statistics of chi-sqaure degree of freedom is:

$$DF = (C-1)(R-1)$$

Where C= Number of Column

R= Number of Row

Note: The DF for each hypothesis varies with the number of questions combine to test the hypothesis. This implies that there may be no uniform DF in this study as is seen below.

Critical (Table) X^2 Value

The critical X^2 value was obtained from the statistical table (see appendix __) and the following criteria were use to obtain the value.

Critical X^2 value = DF α 0.05 (2-tailed)

Also, the critical X^2 value for each hypothesis varies with their DF for each hypothesis.

Hypothesis one

Ho: There is no significant relationship between dominance and the cause of domestic violence against men and women.

Hi: There is a significant relationship between dominance and the cause of domestic violence against men and women.

In testing this hypothesis response to the questions on what gender dominate and control the home most and what causes domestic violence against men and women, were considered appropriate to test this hypothesis.

Table 4.4.1: Chi-square result on Causes of Domestic Violence * Gender Dominance/Control

Comparison	DF	Cal X ²	Crit X ²	P-Value	Significance
Questions on Causes of Domestic Violence * Gender Dominance/Control	4	72.175	9.488	0.000*	Highly Significant

(P<0.05) Significant Level (P<0.01)*

The result shows that there is a significant relationship between dominance and the cause of domestic violence against men and women as the calculated value of 72.175 is greater than the critical value of 9.488. Therefore, the H_0 is rejected while accepting the H_1 .

Hypothesis two

H_0 : There is no significant relationship between gender and domestic violence.

H_1 : There is a significant relationship between gender and domestic violence.

In testing this hypothesis responses to the questions on which gender suffers most in domestic violence and which form of domestic violence is most common, were considered appropriate to test this hypothesis.

Table 4.9: Chi-square result on Gender that suffers Domestic Violence * Most Common Domestic Violence

Comparison	DF	Cal X ²	Crit X ²	P-Value	Significance
Questions on Gender that suffers Domestic Violence * Most Common Domestic Violence	4	67.063	9.488	0.000*	Highly Significant

(P<0.05) Significant Level (P<0.01)*

The result shows that there is a significant relationship between gender and domestic violence as the calculated value of 67.063 is greater than the critical value of 9.488. Therefore, the H_0 is rejected while accepting the H_1 .

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATION

5.0 Summary

This study was put in place to examine the perennial problem of domestic violence against men and women in some selected communities in Oshimili South Local Government area of Delta State.

Domestic violence against men and women has no age limit or cultural barrier, and indeed both males and females experience various forms of domestic violence throughout their lives. As babies they may be malnourished, sometimes tortured to death due to male child preference. Many cultures allow child marriage which leads to child bearing before the girl's body is fully developed. There are cases from all over the world of young girls being frequently sexually abused and defiled, sometimes by relatives and those that are supposed to be protecting them.

This research examines the incidence of domestic violence against men and women and which gender is more culpable, and if dominance is a major cause of domestic violence, its consequence and the risk factors. Growing up in an abusive environment is what makes a person find the sight of a suspect being beaten or burnt to death, entertaining and enjoyable. It is what makes the youth happy and excited about being thugs for wicked politicians. Domestic violence gives rise to a violent society because 'charity begins at home. The result identified major causes of domestic violence to be, power and control, inability to resolve minor conflicts, and financial

difficulties, misunderstanding and lack of trust, Inferiority complex, lack of respect, demand for sex, poverty, marital infidelity, lack of understanding, late preparation of food, poor communication between partners, lack of love etc.

5.1 Conclusion

Many of the present methods for intervening in domestic disturbances where women are the primary aggressor are dysfunctional. Refusal to recognize female to male violence is evident in the injustices and practices of the current legal system and its failure to protect men from violence and abuse by their intimate partners. Recognition that domestic violence and abuse are often mutual is an essential first step, equal justice demands equal treatment.

However, prevention is better than cure. New approaches to minimizing domestic violence and abuse are needed for both women and men as the current systems, based on the false belief that women cannot be violent, are demonstrably flawed.

First, we must recognize that domestic violence and abuse are human problems, not gender issues. Central to this is the restoration of civil liberties, notably due process which provides the bedrock for any democratic nation.

Secondly, there is a need to reverse mandatory arrest laws to state, an officer “may” arrest rather than “shall” arrest. Coupled with this is the need to eliminate attempts to designate one person, primarily the male, as the primary aggressor.

Finally, recognition of, and treatment for medical and mental health problems in domestic situations for either or both partners would go a long way to solving many issues.

5.2 Recommendations

To remedy domestic violence, all stakeholders must be involved - communities, religious institutions, academic institutions, government at all levels etc. Seminars and workshops, where trained counselors would assist in propagating the anti-domestic violence campaign, should be organized. There is the need to create awareness at these fora to underscore the fact that domestic violence in the home serves as a breeding ground for violence in the larger society, hence community's response has become imperative to reduce it to the barest minimum.

The need to regard domestic violence from a psychological perspective rather than a socio-cultural perspective should be emphasized. People should be made to understand that adults can change the social norms that justify domestic violence by:

- (1) Being role models and working together to end violence in the home
- (2) Modeling non-violent relationships or families
- (3) Disseminating information which condemns domestic violence in schools, during Parents' Teachers' Association (PTA) meetings, the school counselor could give enlightenment talks, encouraging parents to use disciplinary measures, which are non-violent on their children and avoid exposing children to domestic violence of

any form. Prize-giving day programmes could include short talks on the issue of domestic violence, emphasizing its evil consequences and the need for families to avoid it for a better society. The school counselor could organize group counseling sessions for the different age groups.

5.3 Contributions to knowledge.

This study examined domestic violence against men and women in Oshimili south local Government Area. The findings of the study are of great relevance to existing knowledge; the study brings to light some practical and theoretical issues that border on domestic violence against men and women.

One of such issue is the high rate of domestic violence in our society and its consequences on peace and unity of our great country Nigeria.

Another significant contribution of this study to knowledge is the relevance of power and control theory in explaining the major cause of domestic violence among partners.

The study also contributed to knowledge by highlighting major causes of domestic violence and suggested ways of reducing it through various means such as understanding, tolerance, increasing communication level between partners and cooperation.

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APPENDIX I
QUESTIONNAIRE

Department of Sociology and Psychology,
Faculty of Social Sciences
Delta State University,
P.M.B.1, Abraka.
Delta State.

Dear Respondent,

The researcher is a postgraduate student of Sociology in the department of Sociology and Psychology, Delta State University Abraka. I'm embarking on a research work on "Domestic violence against men and women", a case of Asaba, State Capital in Oshimili South Local Government Area of Delta State. The purpose of this questionnaire is purely academic to arrive at some conclusion on what causes domestic violence, in its cause which gender is more culpable, and also community's role to reducing its prevalence. Your sincere response will be highly appreciated and treated with strict confidentiality.

Thanks for your anticipated cooperation.

Onwuegbuzie, Ejiroghene Rita

Project coordinator

SECTION A

Tick (✓) for the appropriate answer(s):

- 1 Sex: Male (), Female ()

- 2 Age: 18-25 (), 26-35 (), 36-45(), 46-55(), 56 & above ()

- 3 Marital Status: Single (), Married (), Separated (), Divorced (),
Widowed ()

- 4 Level of Education: Primary School (), Secondary School (), Graduate
(), Others specify.....

- 5 Religion: Christianity (), Islam (), Traditional (), Others specify
.....

- 6 Occupation: Student (), Civil Servant (), Business (), Unemployed ()

Others please specify

- 7 Family Structure: Monogamy () Polygamy ()

- 8 How long have you been living in Asaba?

0 - 10 yrs () 11-20 yrs () 21-30 yrs () 31-40 yrs () 41 yrs Above ()

Section B

9. Has an argument ever turned into a physical fight between you and your partner? Yes () No ()
10. Is it you that usually has the last word in an argument between you and your partner? Yes () No ()
11. Has an argument ever turned into a physical fight between you and your partner? Yes () No ()
12. Has there ever been a physical fight during a pregnancy? Yes () No ()
13. In general, how afraid are you of your partner? Slightly afraid () Very afraid () Not afraid ()
14. Domestic violence is a problem that affects many families of different classes, religions, and incomes. Is your family an exception? Yes () No ().
15. How have you been abused by your intimate partner? Emotionally () sexually (), physically () financially () others please specify.....
.....
- 16a. Has your partner ever threatened to hurt you? Yes () No ().
- 16b. If yes how?
.....
.....
17. Has your partner ever threatened to hurt your children? Yes () No ().

18. Have you ever left your partner, or tried to leave, because of domestic violence? Yes () No ().

SECTION C

19. In general where are the children when you and your partner fight?

.....
.....

20. How do the children react when you and your partner fight?

.....
.....

21. Does your partner prevent you from leaving home, using the telephone, seeking family/friends, or otherwise control your activities? Yes () No ().

22. Have you ever gone to a doctor or hospital due to injuries caused by your partner? Yes () No ().

23. Do you ever use drugs or alcohol as a way to cope with the abuse?

Yes () No ().

24. Have you ever asked for help to stop the abuse, such as police, a court order, counseling, support groups, shelter, family, friends, clergy or other outside help? Yes () No ().

25. Was there domestic violence in a prior relationship or in the family history?

Yes () No ().

SECTION D

26. What gender dominates and control the home most? Male () Female ()
27. Which of the gender suffers most in domestic violence? Men () Women ()
28. Which form of domestic violence is most common? Battering () Coercive sex () Isolation () Mocking () others ()
29. What do you think is the cause of domestic violence against men and women?
Unfaithfulness () Alcoholism () Sex denial () Family interference () others ()
30. Do you think that domestic violence can be reduced if communities respond positively to it? Yes () No ()
31. Do you think that power and control is the major factor responsible for domestic violence against men and women? Yes () No ()
32. In your own opinion kindly suggest, how domestic violence can be reduced to the barest minimum.
.....
.....

In-Depth interview schedule

1. What efforts have you made so far in your relationship to stop domestic violence in your home?

.....
.....
.....

2. What are the challenges you are facing to stop this menace?

.....
.....

3. What do you perceive of a society free of domestic violence?.....

.....

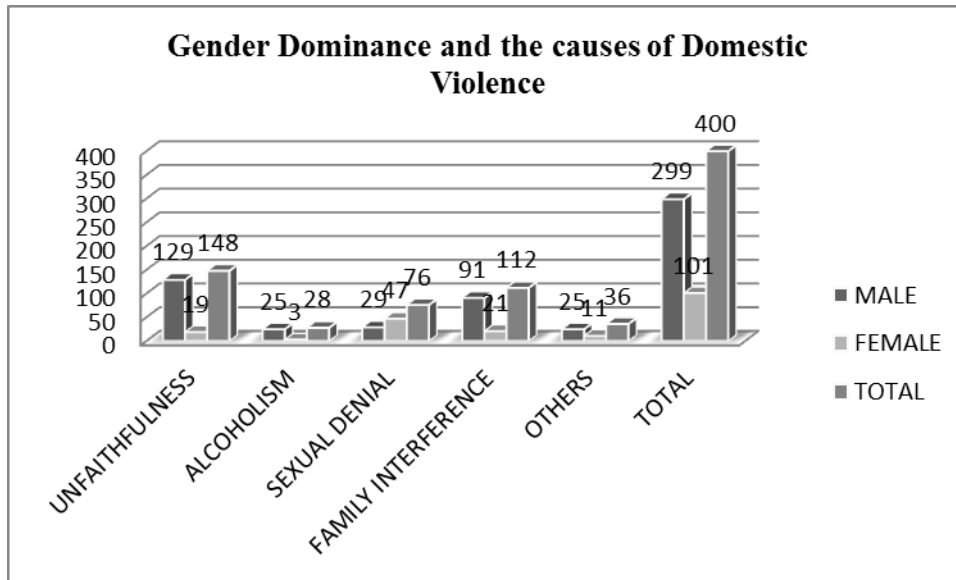
4. Do you agree that community's silence on domestic violence has increased its prevalence?

.....
.....

5. In what ways do you think that community can help in reducing domestic violence.....

.....

APPENDIX III



Causes of Domestic Violence * Gender Dominance/Control

			Gender Dominance/Control		Total
			Male	Female	
Causes of Domestic Violence	Unfaithfulness	Count	129	19	148
		% of Total	32.3%	4.8%	37.0%
	Alcoholism	Count	25	3	28
		% of Total	6.3%	.8%	7.0%
	Sexual Denial	Count	29	47	76
		% of Total	7.3%	11.8%	19.0%
	Family Interference	Count	91	21	112
		% of Total	22.8%	5.3%	28.0%
	Others	Count	25	11	36
		% of Total	6.3%	2.8%	9.0%
	Total	Count	299	101	400
		% of Total	74.8%	25.3%	100.0%

Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	72.175 ^a	4	.000
Likelihood Ratio	66.062	4	.000
Linear-by-Linear Association	8.915	1	.003
N of Valid Cases	400		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 7.07.

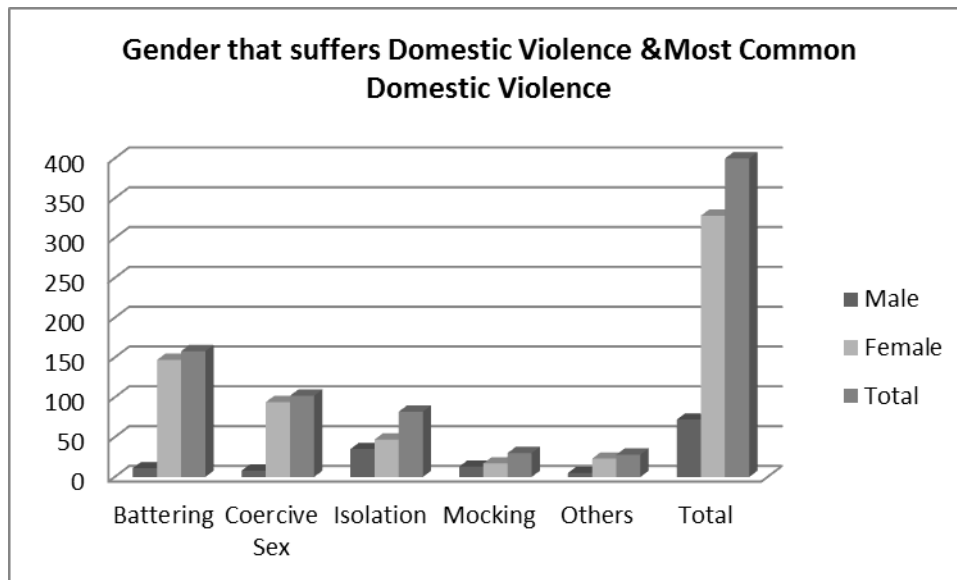
Symmetric Measures

		Value	Asymp. Std. Error ^a	Approx. T ^b	Approx. Sig.
Nominal by Nominal	Phi	.425			.000
	Cramer's V	.425			.000
Interval by Interval	Pearson's R	.149	.044	3.016	.003 ^c
Ordinal by Ordinal	Spearman Correlation	.126	.046	2.529	.012 ^c
	N of Valid Cases	400			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.



Gender that suffers Domestic Violence * Most Common Domestic Violence

		Most Common Domestic Violence					Total	
		Battering	Coercive Sex	Isolation	Mocking	Others		
Gender that suffers Domestic Violence	Male	Count	11	8	35	13	5	72
		% of Total	2.8%	2.0%	8.8%	3.3%	1.3%	18.0%
	Female	Count	147	94	47	17	23	328
		% of Total	36.8%	23.5%	11.8%	4.3%	5.8%	82.0%
Total		Count	158	102	82	30	28	400
		% of Total	39.5%	25.5%	20.5%	7.5%	7.0%	100.0%

Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	67.063 ^a	4	.000
Likelihood Ratio	61.948	4	.000
Linear-by-Linear Association	31.330	1	.000
N of Valid Cases	400		

Chi-Square Tests

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	67.063 ^a	4	.000
Likelihood Ratio	61.948	4	.000
Linear-by-Linear Association	31.330	1	.000
N of Valid Cases	400		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 5.04.

Symmetric Measures

		Value	Asymp. Std. Error ^a	Approx. T ^b	Approx. Sig.
Nominal by Nominal	Phi	.409			.000
	Cramer's V	.409			.000
Interval by Interval	Pearson's R	-.280	.047	-5.824	.000 ^c
Ordinal by Ordinal	Spearman Correlation	-.310	.045	-6.495	.000 ^c
N of Valid Cases		400			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.