The prevalence and effects of abuse against men in the three tribal authorities in INgwavuma District in KwaZulu-Natal.

by

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A thesis submitted in fulfilment of the requirements for the award of the degree of the Doctor of Philosophy in the department of Psychology at the University of Zululand

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2018
DECLARATION

I, Thanduxolo Peace Mngomezulu, declare that

(i) This study, “The prevalence and Effects of Abuse against Men in the three Tribal Authorities in iNgwavuma in KwaZulu-Natal”, is my original work.

(ii) This thesis has never been submitted to any other university for the award of a degree or examination.

(iii) This dissertation is not a duplication of any persons’ data, pictures, graphs or other information, except for those specifically acknowledged as being sourced from other persons.

(iv) Information used in this project has been acknowledged in the text, references and appendices.

Signature……………………………….. Date 16 August 2017
Thanduxolo Peace Mngomezulu

APPROVAL

Signature……………………………….. Date 16 August 2017

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DEDICATION

This thesis is first and foremost dedicated to the Almighty God, who has been with me throughout the project.

I also dedicate this project to my lovely wife Nondumiso Mngomezulu and my awesome daughter Thandolwethu Mngomezulu; they have been with me throughout the challenging times without knowing it. They have always inspired and given me power to pull through.
ACKNOWLEDGEMENTS

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I also wish to thank all the people who supported, and kept on motivating me throughout the challenging journey. I salute them.

- My father who is late, his amazing love and support from primary to tertiary. Also for believing in me that one day I will be something in life.
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- My colleagues in the psychology department.
- The NRF and NIHSS/SAHUDA for financial assistance from the beginning up to the end of the project.
ABSTRACT

The study aimed at investigating the prevalence and effects of abuse or violence against men in an intimate relationship in the province of KwaZulu-Natal. Notably, the thesis is entitled “The prevalence and Effects of Abuse against Men in the three Tribal Authorities in Ingwavuma in KwaZulu-Natal”. The study defines domestic violence as an abusive behaviour by one or both partners in an intimate relationship (e.g. marriage, dating, family, friends, and cohabitation). Domestic violence as a public health problem leads to death, physical disabilities, mental health problems, psychological problems, economical deficiencies, to mention a few. The study was informed by three main research objectives: to identify the causes of men abuse; to determine the effects of men abuse; and to develop strategies for addressing men abuse.

The theoretical framework that underpinned the study was Social Learning Theory by Bandura. The study used a post-positivist research paradigm which enabled the researcher to yield multiple perspectives from the target population rather than a single reality. In that light, the study used both quantitative and qualitative research methods during data collection. The qualitative data were gathered through open-ended questions among men who once experienced abuse by their intimate partners while quantitative data were gathered through a survey. The study also used in depth literature review and document analysis which formed part of qualitative content analysis.

The study drew a sample from men who once experienced abuse from their intimate partners. The study adopted non-probability sampling because the researcher did not know the size of the population. Additionally, the researcher used snowball and purposive sampling techniques. These sampling techniques were used at different stages to select the respondents. Snowball was largely used because the researcher did not know the victims of abuse. The study sampled 60 men who once experienced abuse and interestingly, all of them were interviewed as intended by the study. The collected data were analysed through the use of qualitative content analysis.

The study acknowledged the wealth of knowledge on the concept ‘abuse’ by the respondents. The findings showed that men abuse is not a new thing in the province but is well-known and experienced by a number of men. The concept ‘abuse’, among men, meant different ways of
abuse experienced by any gender in an intimate relationship. For example, the findings showed that abuse means an intimate partner who may pull a man by his private parts, being beaten, insulted, forced to clean the floor and wash nappies. It is observed that men abuse is a problem in the area and is well-known in the community. The findings showed that a large number of men suffer silent abuse because they believe that it is a mark of shame to be known as a man who is abused by his wife. It was established that the main cause of men abuse is power hunger by women. It was established that some women deprived men of sexual intercourse; some young women cheated with young men, they call Ben 10s, in the community. It was observed that a large number of men do not report cases of abuse. It was revealed that the reason men do not report cases of abuse, is the fear of being in the spotlight and that they do not know where to report.

The study found that the few men who reported cases of abuse by their intimate partners ended up being a joke in the community. It was revealed that the culprit is never punished. The study showed that men do not have rights in KwaZulu-Natal. In other words, there is nothing that protects men from their women intimate partners. The strategies for preventing men abuse from their intimate partners are well presented. The most crucial strategies spelled out were related to raising awareness campaigns on men abuse; community workshops on men abuse; and educating women on men abuse. The full thesis is available in the University of Zululand Institutional Repository.
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# ACRONYMS AND ABBREVIATIONS

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Form</th>
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<tbody>
<tr>
<td>IP</td>
<td>Intimate Partner</td>
</tr>
<tr>
<td>IPV</td>
<td>Intimate Partner Violence</td>
</tr>
<tr>
<td>PTSD</td>
<td>Post-Traumatic Stress Disorder</td>
</tr>
<tr>
<td>DV</td>
<td>Domestic Violence (DV)</td>
</tr>
<tr>
<td>KZN</td>
<td>KwaZulu-Natal</td>
</tr>
<tr>
<td>UZ</td>
<td>University of Zululand</td>
</tr>
<tr>
<td>SLT</td>
<td>Social Learning Theory</td>
</tr>
<tr>
<td>UNIZULU IR</td>
<td>University of Zululand Institutional Repository</td>
</tr>
<tr>
<td>GBV</td>
<td>Gender-Based Violence</td>
</tr>
<tr>
<td>TV</td>
<td>Television</td>
</tr>
<tr>
<td>SPSS</td>
<td>Statistical Package of Social Sciences</td>
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CHAPTER ONE

INTRODUCTION AND BACKGROUND OF THE STUDY

1.1 INTRODUCTION

Over the past many years, domestic violence has been perceived as a problem for females. This has resulted in much attention given to women who are abused by men. Men are usually regarded as perpetrators and women as victims of domestic violence. This is supported by Barber (2008) who argues that domestic violence has focused mainly on women as victims and men as perpetrators. Kaura and Lohman (2007) assert that studies and most literature on social science research and the medical field focus on how much females are impacted by domestic violence. This has made the researcher to embark on this study which focuses on the abuse of men in the three tribal authorities (Mngomezulu, Mathenjwa, and Nyawo) in iNgwavuma District in KwaZulu-Natal.

There is little difference between females who abuse males and males who abuse females in today’s society. Females use a number of ways in abusing their spouses such as physical, emotional, financial, sexual, psychological, spiritual, and social, to mention a few.

A study by Du Plat-Jones (2006) reveals that men experience similar types of physical abuse as women. He further argues that all over the world, the effects of such domestic violence are the same for both males and females in modern times. Hines, Brown and Dunning (2007) describe the experiences of 190 callers in the first ever domestic abuse helpline for men established in the U.S. in 2000 as having offered preliminary understanding of the experiences of male victims of domestic abuse. The results reveal that males have the same experiences like their female counterparts. George and Yarwood (2004) mention such characteristics of physical violence experienced by men as emotional, financial, sexual and psychological.

Moreover, Hines and Douglas (2011), in their investigation of the association between post-traumatic stress disorder and victims of intimate partner violence, found males to be grossly affected by the former. Most people who are in an abusive relationship find it hard to break the relationship, mainly because of their commitment, time, sacrifices and children they have in that relationship. Some people who are in an abusive relationship fear to break and start anew; they resolve to stick with the abusive partner.

Hines and Douglas (2010) share the same sentiments in that the males who were severely violated by their female intimate partners sought for help. It can therefore be concluded that abused men experience both mental and physical harm, thus leaving the abusive relationship in the hands of their families, since they are already committed to marriage and children.
1.2 BACKGROUND OF THE STUDY

Recently, over two million injuries, inflicted by intimate partners, were experienced by women each year, according to Black and Breiding (2008). Research on intimate partner violence (IPV) has found various types that differ in prevalence and severity. For example, Johnson and Leon (2005) show that both partners can perpetrate violence which can be mild and bidirectional or situational but can escalate to be more serious and unidirectional which is at the stage of intimate terrorism.

According to Stith, Rosen and Thompson (2004), each year many individuals, couples and families seek counselling or therapy for issues related to intimate partner violence. Smith, Whiting, Servino, Oka and Karakurt (2010) elaborate that clinical work with couples can be a difficult task when identifying types of abuse. They further indicate that understanding the relationships between safety in intimate relationships and violence in intimate relationships is critical for the assessment and treatment of intimate partner violence. However, very little research on perceptions of safety exists. Schacht, Dimidjian, George and Bens (2009) further state that in clinical work, safety is of paramount importance among couples and individuals. The inadequate literature on issues of safety among intimate partners leaves clinicians in limbo regarding the manner in which they could routinely assess safety. There is therefore a need for more research on how safety is perceived within an intimate relationship and how it could be better assessed.

According to Cordova, Gee and Warren (2005), safety in a relationship tends to be taken for granted. This is because safety is only mentioned when it is not there. Safe individuals are free to be anything they want in an intimate relationship. When individuals feel safe in relationships they feel free to be themselves. It is important for clinicians to understand how people who have experienced IPV perceive safety in an intimate relationship. Such an understanding would help clinicians accurately predict the likelihood of intimate partner violence and will also assist in improving treatment for the afflicted.

Cordova et al. (2005) conducted a study to examine whether interpersonal violence, post-traumatic stress disorder (PTSD) symptoms, intrapersonal symptoms and relational adjustment could predict safety in intimate relationships. PTSD symptoms were highly correlated with experiencing traumatic stressors, and often present in persons experiencing moderate to severe IPV. According to a study by Perez and Johnson (2008), PTSD symptom’s severity was both a result of IPV and a contributor to future violence. Taft, Vogt, Mechanic and Resik (2007) indicate that this is in agreement with other researches that associated IPV with negative outcomes of physical and mental health.

George and Yarwood (2004), focusing on the forms of violence experienced by men which are physical, sexual, verbal, emotional, economic, spiritual and social, implying that males and females
face the same results of domestic violence. Common anecdotal experiences for both include feelings of shame, fear, isolation, guilt, confusion, loss of self-worth, and loss of confidence (BBC, 2005).

It was found that males were most unlikely to report cases of abuse and when they attempted were often discouraged by false arrests and threats of such which encouraged the culture of turning on the victim (Dewar, 2008). Those male victims who went to the police were often left in the cold. However, when they garnered strength and reported, they were often discriminated and prejudiced. Sadly, very few females who perpetrated violence got arrested and those who were either charged or convicted were even fewer. Similarly, Carney, Butell and Dutoon (2007) state that male victims of domestic violence (DV) are often abused by their female partners, both mentally and physically. Most male victims felt they could not talk to the police about DV; those who were bold enough to report were often wrongly accused or were simply not taken seriously. In fact, some male victims report that the police did not seem interested in having cases of violence opened against female perpetrators. About 62% male victims managed to disclose their predicament to other people in their surroundings even though they could not talk to the police about DV.

Carney et al. (2007) further indicate that men are significantly less likely to talk to the police when they have been physically attacked and when they have been assaulted with an object. Psychological violence is not visible and therefore more difficult to prove. This difficulty might be a reason why victims do not report psychological abuse to the police.

In a study which focused on a group of 18 participants (12 men and 6 women) who were family physicians in active practice, it was found that vulnerability, fear, and denial were prevalent factors that influenced men not to seek help. Men are viewed as unacceptable victims of marital violence, and the concept of male victim is a great taboo. When men report abuse they are typically treated with blatant discrimination and harsh comments, such as “Look at the size of you! Maybe she was just defending herself!” (Male Victims and Domestic Violence, 2007:4).

Although it is known that violence in couples can be bidirectional with both individuals alternating between victim and perpetrator, and that there might be a gender symmetry and asymmetry in domestic violence with a broad spectrum of abuse behaviour, Johnson’s study (2006) only focused on unilateral violence against men. Other conditions known to predispose victims towards DV are alcoholism, depression, physical disability, past history of abuse relationships, rigid partner roles, childhood abuse of the perpetrator, and external stressors like poverty and loss of work (Swan & Snow, 2003).

Men are traditionally viewed as being physically stronger than women. Consequently, male victims may not report incidents of domestic violence or seek help because of the fear of being perceived as
weak and the fear of being subjected to ridicule (Du Plat-Jones, 2006). Men may feel unable to describe their experiences of domestic violence because of the perception that the society has of men as being physically and emotionally stronger than women. Men who attempt to report incidents of domestic violence are often met with discrimination and disbelief by health professionals and society in general (Men Cry Too, 2006).

Staffordshire Police (2008) suggest that men often find it hard to admit that they are being abused. It is suggested that men are not encouraged to report abuse; they are conditioned not to ask for help, may feel disempowered by those in authority, and are therefore less likely to report incidents of domestic violence (Du Plat, 2006).

Osborne (2004) found that the availability of social support, situational distress and acceptance of vulnerability were significant predictors of at least one form of help-seeking such as advice or guidance, practical assistance, companionship, and emotional support.

Liu and Lwamoto (2006) discovered that endorsement of cultural values is related to a high incidence of gender role conflict. Studies and related research on domestic violence consistently suggest that Asian men’s adherence to traditional and cultural values is related to their reluctance to seek help. It can be extrapolated that when Asian men are assaulted by their partners, their unique psychology, personal barriers and traditional values greatly affect or even jeopardize their decision to seek help. Despite the underreporting of abuse against men and underutilisation of services by male victims, men do need help. Their resistance to step forward has raised a need to provide services solely for men.

One of the possible explanations for the tendency not to report is masculine manifestations in multi-layered postmodernist culture space (Tereskinas, 2003). In Western societies, systematic research on this issue (including aspects of male victimization in the family) was conducted and presented for public discussion only in the seventies (Hines, Brown & Dunning, 2007). Only about five per cent of cases involved women physically abusing men. Research conducted by Hines, Brown and Dunning (2007) demonstrated that 43.7% of men were beaten by their wives; 41.8% were shoved; 39.2% were kicked; and 24.7% experienced punching.

However, many authors agree that women’s violence against men should be analysed in the context of women’s self-defence and fear (Swan, Gambon, Caldwell, Suliwan Sullivan & Snow, 2008). Research performed by Caldwell, Swan, Allen, Sullivan and Snow (2009) confirmed the fact that the main motives for violence against men are related to expression of negative emotions, self-defence, and jealousy.
According to Caldwell et al. (2009), it must be acknowledged that domestic violence is in principle, a gender-based problem; violating the individual’s right to freedom, secure life and self-realization. As has been mentioned, domestic violence mostly involves female and child victims. Male victimization is mostly analyzed in the discourse of sexual violence in various social spaces. Normative concepts of masculinity which so far have been firmly entrenched in patriarchal society, hinder development of progressive gender relations, and also social analysis of the man as a likely victim of violence, because masculinity as a cultural form represents political, moral, physical and sexual power. There is a view that violence should be treated not through the sexuality prism but as a large-scale human problem. In seeking to perceive all aspects of domestic interpersonal violence, it is relevant to analyze the experiences and emotional feelings of men experiencing domestic violence (Caldwell et al., 2009).

Domestic violence affecting men tends to go unrecognized because men are less likely to admit or report being abused because they fear embarrassment, ridicule and lack of support services. Domestic abuse of men is taboo, and is often ignored or trivialized by society, which means that the extent of the problem remains unknown. As a result, male victims of domestic violence may not have their health and social care needs met by health care professionals (Du Plat-Jones, 2006). Hines et al. (2007) state that the society is still not adapted to offer men the same services as women. In the Netherlands, however, a recent pilot study started to offer shelter to male victims of domestic violence so as to get more insight into this issue. It is asserted that social services and professionals in health care should be more aware of male victims of domestic violence (Hines et al., 2007).

Although health care professionals are now being trained to screen victims of domestic violence, the training mainly focuses on children and female victims. Education to recognize male victims of domestic violence and the possibility of referring them to services have now been understood to deserve proper attention. Most screening tools are developed for women and children. However, Shakil, Donald, Sinacore and Krepcio (2005) indicate that it might be interesting to develop a valid, brief screening tool specifically for men. More research should be done in future to investigate how a screening tool for men should differ from the one for women. Shakil et al. (2005) further state that one must realize that a system has been set up to help female victims of domestic violence, and there is no programme designed to assist male victims. Social agencies dealing with family violence might not help male victims because they focus primarily on female victims. Based on a number of male victims in our sample who reported that the police did not take them seriously, it is understandable why the male victims may easily feel isolated and not know where to go for information or support.
1.3 PROBLEM STATEMENT

African communities believe that violence in an intimate relationship especially against men is a mark of shame (Nahunja, 2012). For example, a study by Kubai (2014) spells out that domestic violence against men remains largely unreported. Kubai’s (2014) study also showed that in Kenya, there is an underlying consensus of the incidents and cases of husbands beaten by wives. It is reported that such cases are growing at a very shocking rate. Based on the above reports by several authors, the researcher of the current study, having worked as a Psychosocial Manager at Zisize Educational Trust where he counselled both men and women who were emotionally and physically abused, observed that a large number of men were reporting cases of being beaten by their wives; pulled by their private parts; boiling water poured on them; salaries taken by their wives; wives cheating with other men, and so on.

It is argued that the causes of abuse or violence against men are not easily identifiable. In that regard, there is a mutual understanding that men’s alcohol consumption and the resultant inability to provide for their families and fulfil their conjugal obligations are some of the main underlying factors that trigger women into abusing them (Kubai, 2014). The current study therefore seeks to investigate the prevalence or causes and effects and consequences of abuse against men in intimate relationships where the problem is gradually becoming rampant.

The study also focuses on the issue of silence. The researcher noticed that a number of men do not seem to report cases of abuse by their intimate partners. A study conducted by Nahunja (2012) also reported that in African tradition, it is unheard of for a woman to batter a husband physically whether stronger than him or not. Most communities deem this a taboo for a woman to raise a hand on her husband (Nahunja, 2012).

The media in South Africa has conspicuously highlighted cases of men who had been battered and murdered by their wives. For example, there is a case of a stalwart Ntobeko Patrick Maqubela whose body was found in June 2009 decomposing in his bed. His wife, Thandi Maqubela was convicted of murder and sentenced to an effective 18 years in prison (eNCA, 2015).

Apart from South Africa, cases of women abusing their men as intimate partners are reported. For example, a study by Kubai (2014) also reported various incidences of women abusing their husbands in intimate relationships in Kenya. Kubai (ibid) states that a man’s back was burnt beyond recognition. It is reported that these incidences have caused a backlash in society with some men deciding to boycott meals prepared by their wives as a sign of solidarity with the battered men (Femnet, 2012). Another example of female brutality against men is the sorry story of husband battering in Nyeri in February 2012 which became a major media story. Men are made a laughing
stock in the media because such cases are not common in Africa (Femnet, 2012). The researcher of the current study believes that these incidents clearly show that there is a problem which is left unattended and needs serious attention.

It is widely acknowledged that in many parts of the world, violence against men is kept secret (Abrahams & Jewkes, 2005). As a result, literature on violence against men is very scarce and rare. The researcher believes that there are many cases of men abuse which are ignored because they are not common and others are not reported as they should. The researcher of the current study assumes that men do not report cases of abuse by their intimate partners mainly due to traditional cultures permitting a man to discipline his wife.

Based on the observations made from reports of male victims of abuse, the researcher wishes to identify the causes that led to assault and abuse of men by their spouses. The researcher of the current study believes that a solution is required to help the abused men; this therefore led to this investigation. Literature cited so far indicates the prevalence of abuse against men, but work that comprehensively underscores the effects of such abuse on men and society are very sparse. Therefore, this research is designed to investigate the effects of abuse against men in the three tribal authorities in iNgwavuma District in KwaZulu-Natal.

1.4 AIM

The aim of the study was to investigate the prevalence and effects of abuse or violence against men in an intimate relationship in the three tribal authorities in iNgwavuma District in KwaZulu-Natal.

1.5 OBJECTIVES OF THE STUDY

To achieve the aim of the study, the study set out to:

- Identify the causes of men abuse.
- Determine the effects of men abuse.
- Develop strategies for addressing men abuse.

1.6 RESEARCH QUESTIONS

- What are the causes of men abuse?
- What are the effects of men abuse?
- What can be done to address men abuse?

1.7 SIGNIFICANCE AND CONTRIBUTION OF THE STUDY

A study by Kwake (2007:18) asserts that the significance of a study is measured by its contribution towards advancing research and knowledge. In that light, this study is of importance to the researcher
in many different ways. First and foremost, it has broadened the researcher’s research skills. Secondly, this research allowed the researcher to precisely know the conduct of partners in an intimate relationship. Lastly, the current study is of huge value to the profession of Psychology in the Department of Psychology in many ways including the following: (1) contribution to psychology studies theory and (2) contribution to teaching and learning.

1.7.1 CONTRIBUTION TO PSYCHOLOGY STUDIES THEORY

It must be mentioned that one of the tasks faced by African tertiary institutions that are teaching psychology is the shortage of local literature on domestic violence against men. Based on that, a number of teaching and research materials available in both academic and public institutions to train psychology students and workers is imported. Moreover, it is important to point out that there is less or no literature from the African perspective. The current study contributes information for the purposes of teaching, research and general knowledge as well as community empowerment. It is hoped that it would help in devising mechanisms to minimise violence against men. Furthermore, the study would benefit the community in that the researcher planned to use it as a community outreach programme to educate the community about violence against men.

1.7.2 CONTRIBUTION TO TEACHING AND LEARNING

It is argued that transformation is taking place in almost every field including psychology studies. It is therefore imperative to recognise and appreciate the changes that are taking place in the psychology environment. Thus, the training curriculum offered in psychology studies must be revised in order to accommodate new developments in the field. There is an urgent need to consider what this study has achieved and integrate it into the curriculum of the African School of Psychology at the University of Zululand, South Africa.

This study contributes towards the teaching and learning of mental psychology as part of the module in any academic institution. Lastly, the study adds value to the Department of Psychology by adding literature on the causes of violence against men in Africa and South Africa in particular. It also adds value in the effects and consequences of abuse against men by intimate partners.

1.8 LITERATURE REVIEW

A study without literature review is like a house without a foundation. Thus, the literature of the study was sourced and reviewed from journals, conference papers, research publications, official government publications, books, newspapers, television and internet. It must be acknowledged that most information was gathered from the internet, since it is a reservoir for latest publications. The
internet is regarded as the main source of retrospective and current sources of information. The sources pertaining violence or abuse in general, causes of violence or abuse against men, the effects and consequences of violence or abuse against men, and prevention strategies for improving the health of men were reviewed. Lastly, the theoretical framework used for this study was the Social Learning Theory, theorised by Bandura (1963). The details of the theoretical framework and the literature review are discussed in chapters two and three respectively.

1.9 SCOPE AND LIMITATION OF THE STUDY

The scope of a study in research includes the area, degree or latitude a study can cover. In that regard, the limitation of a study is defined as the borders that are imposed on the research (Mugenda & Mugenda, 1999:41). The following section presents the scope, subject coverage and methodological frames of the study.

1.9.1 SCOPE

The current study examines the prevalence and effects of abuse against men in the three tribal authorities in iNqwavuma community in the Province of KwaZulu-Natal. The study emphasises different types of the causes of abuse, namely power hunger, gender stereotypes, conjugal right, alcohol, unemployment, infidelity, help-seeking experiences, family or emotional terrorism, and suspicion of unfaithfulness. These are known as common causes of abuse among intimate partners in a relationship in the area of iNqwavuma.

The current study acknowledges the features of abuse or violence in general, the common causes of violence or abuse against men, effects and consequences of violence or abuse against men, the availability of men’s rights, organisations or institutions responsible for men abuse or violence, prevention strategies for improving the health of men who have been abused by their intimate partners and the services required to alleviate men abuse cases.

It must be mentioned that the current study targeted the population of 60 men who were victims of abuse by their intimate partners. The study used snowball sampling to select the 60 men who were the victims of abuse by their intimate partners in iNqwavuma area in the province of KwaZulu-Natal. The study was able to interview all sampled participants. To be precise, the study focused only on men who once experienced abuse by their intimate partners because the researcher considered them to have full knowledge and understanding of abuse.

The data that were received from the participants through interviews were organised, coded and presented for analysis. Data consisted of biographical data and ‘Yes’ or ‘No’ responses. Data were
analysed using the Statistical Package of Social Sciences (SPSS) for descriptive and inferential statistics and Microsoft Excel for conversion. The data obtained from interviews were clustered into themes and keywords. It was then presented in tables by means of content analysis for narrations of men as victims of abuse by their intimate partners.

1.9.2 SUBJECT COVERAGE OF THE STUDY

The study mainly focuses on the prevalence and effects of men abuse in an intimate relationship in iNgwavuma area in the province of KwaZulu Natal. It also covers prevention strategies for improving the health of men who have been abused.

1.9.3 METHODOLOGICAL SCOPE

The study used a survey research method to collect both quantitative and qualitative data from men who were abused by their intimate partners. The full detail of the discussion of methodology is in chapter 4.

1.10 DISSEMINATION OF RESEARCH RESULTS

This study considers dissemination as a process of sharing information and knowledge for use by the people in the same discipline. In other words, it is to make the research material physically available to a targeted audience (Dlamini, 2016). A study by Ocholla (1999:141) emphasises a need to disseminate ownership of information for the benefit of a wider audience. Thus, the outcomes of this project would be disseminated through a thesis that would be submitted to the University of Zululand Institutional Repository (UNIZULU IR) for wider distribution. Additionally, part of the research output would be disseminated through conference presentations and as chapters in peer-reviewed books as well as peer-reviewed journals.

1.11 DEFINITION OF TERMS

Abuse or violence in an intimate relationship: This is defined by Coker (2002) as an abusive behaviour by one or both partners in an intimate relationship (e.g. marriage, dating, family, friends, and cohabitation). It is also considered as any incident or threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or are family members, regardless of gender or sexuality (Pandora Project, 2009).

Prevalence: The word prevalence comes from the Latin praevale, meaning "condition of being widespread or general (Kim & Mmatshilo, 2002). In other words, prevalence is an on-going violence or abuse between couples.
**Intimate relationship**: The word intimate relationship means an interpersonal relationship that involves physical and/or emotional intimacy. Thus, physical intimacy is categorised by friendship, platonic love, romantic love or sexual activity. In that regard, humans have a general desire to belong and to love, which is usually satisfied within an intimate relationship (Bradley, Smith, Long & O'Doud, 2002).

**1.12 STRUCTURE OF THE THESIS**

The thesis is organised according to the following chapter divisions:

**Preliminaries**: Title page, declaration, acknowledgements, dedication, abstract, table of contents, list of tables/figures, abbreviations and acronyms, and list of appendices.

**Chapter one**: Introduction and background to the study.

Chapter one presents the study and offers the introduction and background of the study, problem statement, aims, objectives and research questions, significance and contribution of the study, literature review, scope and limitations of the study, dissemination of results, and definition of terms.

**Chapter two**: Theoretical framework.

This chapter discusses the Social Learning Theory and how it applies to gender-based violence (GBV).

**Chapter three**: Literature related to the current study.

Chapter three deals with literature review on the concept of intimate partner violence, common causes of abuse or violence against men, effects and consequences of abuse against men and the prevention strategies for alleviating cases of abuse against men.

**Chapter four**: Research Methodology.

The chapter describes the survey research method, the qualitative and quantitative approaches used, the study's population, the sampling methods and the data collection instruments. Data collection procedures and analyses are also discussed.

**Chapter five**: Data presentation and analysis.

Chapters five presents the results relating to each research question. The findings are presented in the form of numbers, tables and narrations.

**Chapter six**: Results and Discussions.

Chapter six presents the explanation of vital findings in the light of the research objectives and questions.
Chapter seven: Summary of Results, Conclusion and Recommendations.

This chapter presents the summary of the results as derived from the set objectives, conclusions and recommendations of the study for the field. It also proposes areas for further research.

References

This section shows a list of references, that is, books, journal articles and online resource materials that were used in writing this research project.

Appendices

These are supportive materials that are placed at the end of the thesis and they include data collection instruments and letters.

1.13 SUMMARY

This chapter has provided an introduction and background of the study. It went on to discuss other important aspects such as the statement of the problem, aim, objectives, research questions, significance, literature review, scope and limitations of the study, dissemination of results and definition of terms, and structure of the study.

This chapter also highlighted how abuse or violence was taken by the society in the previous years. It demonstrated that domestic violence has been perceived as a problem affecting only women and children. It also revealed that more attention on issues of violence is given to women who are considered to be abused by their intimate partners in a relationship. It emerged from the discussions that men are regarded as perpetrators of domestic violence and women are victims.

The chapter revealed that men suffer abuse just like women. It established that women use a number of ways in abusing their intimate partners such as physical abuse, emotional abuse, financial abuse, sexual abuse, psychological abuse, spiritual abuse, and social abuse. Interestingly, the chapter has shown that abuse against men is something that is discussed worldwide. It also revealed that men who have been abused by their intimate partners usually suffer from traumatic stress disorder.

It emerged from the discussions that violence between intimate partners can range from mild, that is, bidirectional violence (i.e. both partners perpetrating violence), or situational couple violence, to severe, which is unidirectional violence often referred to as intimate terrorism. It was also established that every year, many individuals, couples and families seek counselling or therapy for issues related to intimate partner violence. However, the majority of those seeking help are women. The chapter revealed that some of the couples in an intimate relationship are not safe. It was revealed that safety in a relationship tends to be taken lightly and at times is not there at all.
Following is Chapter 2 that discusses in detail the theoretical framework used in the study.
CHAPTER TWO
THEORETICAL FRAMEWORK

2.1 INTRODUCTION
This chapter focuses on the theoretical framework concerning the prevalence and effects of abuse against men in an intimate relationship in iNgwavuma in the province of KwaZulu Natal (KZN).

This chapter discusses the following themes: theoretical framework in general, social learning theory, the relevance of social learning theory in the study, and summary.

2.2 DEFINING A THEORETICAL FRAMEWORK
The term theory and theoretical framework are widely defined and applied in research. A theoretical framework acts as a guide and supports literature review. A theory is defined as a set of logically interrelated concepts, definitions, and propositions that are advanced to explain and predict facts. A theory can be explained or defined by the framework of assumptions and concepts in which it is embedded (Kumar, 2014).

The advantage of a theoretical framework is that it serves as a guide to a researcher in his or her investigation in a broad field of expertise by expounding on underlying principle(s), rationale, or foundation with respect to the research topic (Khan, 2010). On the other hand, a study by Neuman (2011) posits that theoretical framework provides a collection of assumptions, concepts, and forms of explanation. Authors such as Awang (2011) believe that a theoretical framework is a systematic diagram showing how the study believes the variables should relate among each other.

Ocholla and Le Roux (2011) highlight that theoretical framework is objectively geared towards enhancing clarity, appropriateness and effectiveness in research. The two authors explain that theoretical framework functions as that part of a research proposal or study that sets out to describe the research question (hypothesis) and the line of inquiry and methodology used to answer it. Ocholla and LeRoux (2011) concluded that a theoretical framework function as an agenda, outline, and theoretical construct of a research approach and normally precedes literature review. Thus, concepts and constructs are used at theoretical level while variables are used at empirical level as explanations or interventions. As such, theories are generalisations about variables and the relationships among them.
2.3 DISCUSSION OF THE SOCIAL LEARNING THEORY

This section discusses the Social Learning Model used in the study. The current study applied the social learning model theory because it is accurate and applicable to the topic the researcher has chosen. The following section defines social learning model and how the theory works.

Bandura (1963) formed a theory known as Social Learning (SL) model. Its advantage is that it mixes behavioural and mental models of learning so that it can deliver an inclusive model that could account for the wide range of learning experiences that occur in the real world (Bandura, 1963: 36). Notably, this SL theory motivates people to listen carefully and pay attention in order to learn. In his theory, Bandura (1973) contends that behaviours are learned through observation and imitation of other people’s behaviour. For Bandura (1973), behaviour is subsequently maintained through differential reinforcement, initially by the parent, and then later by others and through automatic reinforcement. The author adds that observational learning, also called social learning theory, occurs when an observer’s behaviour changes after observing the behaviour of a model. In this process, an observer is affected by either positive or negative consequences called vicarious reinforcement or vicarious punishment of a model’s behaviour.

In social learning theory, Bandura (1977) argues that behaviour is learned from the environment through the process of observational learning. A fundamental tenet of this theory is that early parental interactions are particularly salient models from which a child learns a variety of behaviours. Similarly, McLeod (2011) emphasises that in society, children are surrounded by many influential models, such as parents within the family, characters on children’s TV, friends within their peer group and teachers at school. Bandura, (1961) reinforces that children observe people around them behaving in various ways and then do as they do. These models therefore provide examples of behaviour to observe and imitate. Violence is learned, through role models provided by the family (parents, siblings, relatives, and boyfriends), either directly or indirectly. It is reinforced in childhood and continued in adulthood as a coping response to stress or a method of conflict resolution (Bandura, 1973). According to Bandura (1972), there are four separate processes involved in social learning or observational learning, namely, attention, retention, production and motivation. It is believed that the four processes are the core of the social learning theory.

Observational learning, according to Bandura (1972), happens by witnessing, recalling, and repeating performance taken through socialisation. For Bandura (1972), the persons acting the copied performance are known as replicas. It is argued that this type of learning can take place at any stage in life; it is thought to be particularly important during childhood when authority is important. It is
believed that observational learning allows for learning without any direct change of behaviour. In other words, behaviour must occur for learning to have taken place.

It is widely acknowledged that experiences learned can completely influence and change old behaviours. Thus, learning encourages earlier prohibited manners. In some cases, it can cause an influence on manners that are alike, but not distinguishable to the ones being demonstrated. For instance, seeing a child memorising mathematics may influence another child to do likewise. It can be said that observational theory of learning denotes that behaviour is not merely made by instant consequences, but relatively by bearing in mind the effects of an action (Bandura, 1972).

It can thus be said that families are responsible for teaching and endorsing violence (Gelles, 1972). In that regard, as children always witness violence among family members, they end up thinking that it is a way of life. Fierceness may also end in instant strengthening, such as reduction in the aversive, conflict-laden setting and intensification in feelings of self-efficacy (Mihalic & Elliott, 1997; Wekerle & Wolfe, 1999). Mihalic and Elliott (1997) in particular are of the view that observing and undergoing fierceness can lead one to become violent. Although there is some evidence for increased risk of perpetration when childhood abuse or inter parental violence is reported (Fang & Corso, 2007; Linder & Collins, 2005), the evidence is limited and suggests a more complex set of factors that lead to domestic violence. Mihalic and Elliott (1997) posit that throughout infant and puberty, witnessing how parents and other relatives handle themselves in close affairs affords an opportunity for them to learn a certain behaviour which is “suitable” for such an affair. In that regard, if a child witnesses a family controlled by pressure, annoyance and bellicosity, chances for the child to become violent later are very high.

According to Jacobson et al. (1994), witnessing or directly experiencing violence as a child places the person at future risk of interpersonal violence due to messages learned about the functional nature of violence, that is, to express oneself, to solve problems, to control and dominate others. Wekerle and Wolfe (1995) argue that immediate rewards for the use of violence in partner relationships may include decreasing conflict-related aversion (e.g. feelings of tension, perceptions of demanding) and increasing feelings of personal agency. The cycle of violence hypothesis has received empirical support (Widom, 1989) although methodological limitations place restrictions on the ability to scientifically determine its validity.

Maltreated children have an increased risk of relationship violence because the foundations for such violence, while organized in childhood, become activated in adolescence with the onset of dating (Earls, Cairns, & Mercy, 1993). The cumulative effects of exposure to experience of violence may be observed, in particular, during the adolescent dating stage (Carlson, 1990). Adolescence is closer in time to their previous maltreatment experiences than adulthood, and is also a time when parental
abuse increases (Sedlack & Broadhurst, 1996). Thus, it is not surprising that the amount of variance in the prediction of relationship violence explained by the family of violence origin is often greater for adolescents at about 20%; (Wolfe et al., 1998) than for adults at about 4%; (O’Leary, Malone, & Tyree, 1994).

The contribution of same versus opposite-sex modelling also merits consideration. O’Leary et al. (1994) is of the view that witnessing father hitting mother predicts relationship violence for males but not females in a community sample of married partners as well as dating partners. However, girls and women who witness violence in childhood are less likely to seek help in leaving an abusive relationship (Jaffe, Lemon, Sandler, & Wolfe, 1996). To address this issue, a range of violence-related variables need to be assessed, including the nature and degree of parental violence, its overlap with direct child abuse, and so forth. For instance, in a structural equation analysis, paternal violence seemed most significant for males, whereas both paternal and maternal violence seemed equally impressionable for females (Riggs & O’Leary, 1996). Finally, social learning theory acknowledges that the media and cultural factors are persuasive influences on one’s personal understanding of interpersonal violence (Miedzian, 1995).

According to Barongan and Hall (1995), through the entertainment media, youth are introduced to powerful examples of coercive and sexist models of relationships. Youth with histories of maltreatment are particularly vulnerable to such messages, most likely because of their confused notions of expressions of love and concern for others and their need for acceptance (Wekerle & Wolfe, 1998a; Wolfe et al., 1997). Media portrayals of relationships help this process of confusion along, through attractive portrayals of sex and violence in television programs and ads. Unsatisfactory conditions in a family promote the affective need for a young person to select and attend to music videos that enable escapism and fantasy. The video may seem more personal and intense than it might to another person from a more satisfactory family environment (Strouse, Buerkel-Rothfuss & Long, 1995). As a result, their perception of intimate relationships, sexual involvement, and romance begins to reflect those presented in the video.

2.4 THE FOUR PROCESSES OF SOCIAL LEARNING OR OBSERVATIONAL LEARNING MODEL

Bandura (1977) classifies observational learning as a means of learning new skills in which the copied behaviour of adult role models ends-up influencing the child. For Bandura (1997), observational learning model has four processes, namely, attention, retention, production, and motivation.
2.4.1 Attention

It is argued that observers cannot learn unless they pay attention to what is happening around them. This process is influenced by characteristics of the model, such as how much one likes or identifies with the model, and by characteristics of the observer, such as the observer’s expectations or level of emotional arousal. In simpler terms, attention processes determine what features of the modelled behaviours the observer will focus on. “People cannot learn much by observing unless they attend to, and perceive accurately the significant features of the modelled behaviour” (Bandura, 1977: 6). It is argued that the observer must have his or her attention directed toward the modelled behaviours in order to learn from them (Bethards, 2014). In other words, observers become what they daily learn from their role models or masters. It can be concluded that observers thoroughly observe the model accurately enough in order to imitate behavior. Bandura (1977) emphasizes that witnesses cannot just learn but they need to pay attention to what is going on around them. Bandura (1977) states that this process is perpetuated by behaviours as well as how much the observer likes or identifies with the model. It is also argued that the model’s behaviours sway the spectator, such as the spectator's level of emotional arousal.

2.4.2 Retention

In this process, Bandura (1977) argues that observers must not only recognize the observed behaviour but must also remember it at some later time. This process depends on the observer’s ability to code or structure the information in an easily remembered form or to mentally or physically rehearse the model’s actions. Bethards (2014) argues that retention processes help the observer to imprint the observed behaviours to memory in symbolic form. Bandura (1977) adds that the characteristic of retention is that observers use mainly imaginary and verbal systems to remember the modelled behaviours. In other words, observers envision performing the modelled behaviour at a later time or in a different situation. It can be concluded that the observer remembers the aspects of the behaviour through a mental picture and thus silently rehearses steps in behaviour. In other words, the observer uses his or her ability to code or structure the information so that it is easily remembered. Astray-Caneda, Busbee, and Fanning (2011) conclude that remembrance plays a vital role as the observer may reuse what he/she has witnessed.

2.4.3 Production

Bandura (1977) argues that observers must be physically and intellectually capable of producing the act. For example, motor reproduction would be to learn to ride a bike. In many cases the observer
possesses the necessary responses. But sometimes, reproducing the model’s actions may involve skills the observer has not yet acquired. It is one thing to carefully watch a circus juggler, but it is quite another to go home and repeat those acts. Authors such as Allen and Santrock, (1993) argue that once the observer has witnessed the behaviour of a model, the observer will demonstrate what was learned.

### 2.4.4 Motivation

In general, observers will perform the act only if they have some motivation or reason to do so. The presence of reinforcement or punishment, either to the model or directly to the observer, becomes most important in this process. It is argued that an observer must be motivated to reproduce the actions they have seen. It is further argued that the observer’s need to want to copy the behaviour, and whether or not he/she is motivated depends on what happened to the model. On the other hand, if you observed the model being punished, you would be less motivated to copy; this is called vicarious punishment. In addition, the more an observer likes or respects the model, the more likely they are to replicate the model's behaviour. Motivation can also come from external reinforcement such as rewards promised by an experimenter (Bandura, 1977).

### 2.5 THE RELEVANCE OF SOCIAL LEARNING THEORY TO THIS STUDY

The relevance of any model is measured by its capability to achieve the desired goal (Dlamini, 2016). Thus, this study used social learning theory for various explanations. The current model endorses that people who encountered violence before in their lives are more likely to use violence in their homes than those who have never experienced violence at all in their lives. The theory also emphasises that a child who was once a victim of abuse is at high risk of abusing other people in life (Gelles, 1995).

This study applied Social Learning Theory because of its foundation. For example, the Social Learning Theory asserts that people who are violent in life were not born violent, but they inherited it from somewhere. They might have inherited it from family members or friends (Siegel, 2005). Moreover, behaviour modelling is an element of social learning which also shows that people learn by observing what others are doing, especially children. Thus, a study by Siegel (2005) spells out three main sources from which offenders learn violent behaviour: family interactions, environmental experiences, and mass media.

a) Family interactions.

A study by Siegel (2005) cautions that studies of family life shows that aggressive children have parents who use similar tactics when dealing with others. For example, the children of wife beaters
are more likely to use aggressive tactics themselves than children in the general population, especially if the victims (their mothers) suffer psychological distress from the abuse.

b) *Environmental experiences.*

Siegel (2005) is of the view that people who reside in areas where violence occurs daily are more likely to act violently than those who dwell in low-crime areas whose norms stress conventional behaviour.

c) *Mass media.*

Siegel’s (2005) study maintains that films and television shows commonly depict violence graphically. Moreover, violence is often portrayed as acceptable, especially for the heroes who never have to face legal consequences for their actions.

Based on the above three views by Siegel (2005) who supports the idea that violence is learned, it can be said that Social Learning Theory (SLT) supports the idea that family violence is learned from childhood. Thus it regards the family as the organisation and social group where people learn the roles of husband and wife, parent and child. In other words, the home is the principal place where all family members learn how to deal with various stresses, crises, and frustrations (Gelles, 1995). Gelles (1995) also cautions that in many cases, the home is also where a person first experiences violence and also learns how to justify being violent. For example, hearing a father say, "This will hurt me more than it will hurt you," or a mother saying, "You have been bad, so you deserve to be spanked," contributes to how children learn to justify violent behaviour.

A study by Viano (1992: 8) states that the social learning theory stresses the nature versus nurture debate. It is argued that anger and fierceness are passed from generation to generation. Thus, anger and fierceness is revealed through a particular social context, such as households where alcohol and/or drug abuse is prevalent (Kubai, 2014).

Bandura (1973), in one study, opines that violence is learned when children witness it from their parents. In other words, when people who are in an intimate relationship argue and fight one another, children observe and become violent themselves. As such, violence in many cases is learned from home or peers. In a nutshell, parents become role models for children and the children resemble the behaviour of their parents (Doumas et al., 1994: 49).

Notably, a social learning model explains plainly that the background of an individual counts in the cause of violence. In that regard, the more an individual is exposed to violence the more violent he/she becomes (Gelles, 1972). In most cases, children who have witnessed violence at its extreme grow with a mentality that in life, you discipline and correct through fighting (Simons et al., 1998).
Reinforcement plays a role in learning but is not entirely responsible for learning. Moreover, Bandura’s theory maintains that when children grow under the supervision of parents who are abusive, they in turn will become abusive.

In a nutshell, every person in life becomes what he/she learned as a child. In that note, abuse is learned and passed on from generation to generation through socialisation. It means the more people who are violent stay together with those who are not violent, the more those who are not violent learn to become violent (Bandura, 1973).

Social Learning Theory is relevant in this study because it does not dismiss the fact that a person may be born with a mental or physical predisposition towards violence; however, social learning theorists argue that environmental factors are the reason that trigger offenders to engage in violent acts (Siegel, 2005). In that regard, social learning theory depicts four factors that may trigger or contribute to violent behaviour (Siegel, 2005):

a) *An event that heightens arousal*
For example, a person may frustrate or provoke another through physical assault or verbal abuse.

b) *Aggressive skills*
Learned aggressive responses picked up from observing others, either personally or through the media.

c) *Expected outcomes*
This is the belief that aggression will somehow be rewarded. Rewards can come in the form of reducing tension or anger, gaining some financial reward, building self-esteem, or gaining the praise of others.

d) *Consistency of behaviour with values*
The belief, gained from observing others, that aggression is justified and appropriate, given the circumstances of the present situation (Siegel, 2005: 5).

Social Learning Theory demonstrates that offenders in violence may have been buttered as children. In other words, childhood experience of home abuse has a connection with high risk of future ferocious conduct. It is argued that young boys who witnessed violence in a family at a young age are twice as likely to be violent as adults (National Coalition Against Domestic Violence, 2007). It is argued that childhood abuse is also common in households where domestic violence occurs. Social Learning Theory also showed that where there is approximately 30% to 60% of domestic abuse,
observers who turn out to be offenders also engage in child abuse (National Coalition Against Domestic Violence, 2007).

Another factor that has been shown to predict domestic violence in a family is the prevalence of domestic violence among military workers and personnel. It is argued that the environment that military service produces is one of constant aggression and complete obedience to rules and orders (Rawls, 2009). Social Learning Theory supports the proximity of military housing which also creates a “subculture” in which military personnel are expected to have complete control over their household, husband, wife, and children (Hanser, 2007).

The study applied Social Learning Theory because it maintains that individuals learn social behaviours by observing and imitating other people. For example, children observe the behaviours of their parents and imitate them. It is revealed that this process can be observed from a child in the development of language, aggression, and moral decision-making. It can be said that social learning model acts as a mirror which shows clear that being aggressive is learned from childhood stage through the process called witnessing.

2.6 SUMMARY

It has been observed from the theory that certain habits are learned from childhood. As such, such habits become part of one’s life. Like in the case of this study, it is clear that abuse is learned from family members and can be stopped by doing the right thing. Social learning model has demonstrated that children can stop bad behaviours if they observe older people in the family doing the right thing. It can be concluded that social learning model is a tool that can be used to eradicate bad behaviours in young people and train them to grow the right way. Additionally, social learning model as a tool can be used as a platform that stimulates an atmosphere of confidence, hope and love. The next chapter discusses literature review.
CHAPTER THREE
LITERATURE REVIEW

3.1 INTRODUCTION

This chapter discusses literature about gender-based violence against men. Neuman (2011: 111) defines literature review as the theory that adds knowledge and that the public learns from and builds on what others have written. Hammond and Wellington (2013: 99) opine that the benefit of a literature review cannot be over emphasised. For example, it provides a summary of what has been written on a particular subject or theme and discloses what others have covered in a particular topic. It also shows the authors and provides prevalent ideas and methods of a particular field (Hammond & Wellington, 2013:99). In that regard, it is acknowledged, then, that the information collected helps researchers to acquire and continue where previous authors have left. Neuman (2011) highlights key components of reviewing literature. These are:

- To establish awareness with a body of knowledge and establish integrity. In that note, it informs the reader that the investigator knows the study in the area and knows the views and results of other scholars in that area of research;
- To display the pathway of previous investigations and how a present study is linked to them. It also summarises the path of research in a question and displays the growth of knowledge;
- To assimilate and review what is acknowledged in the area. It additionally brings together and combines different results; and
- To acquire from others and arouse ideas. It summarises what others have discovered so that the scholar can be helped from the efforts of others.

The present chapter looks at the following topics: an overview of the effects of violence against men, causes of violence against men, reasons why men abuse is not taken seriously, and strategies to combat violence against men. Finally, the chapter summarises the reviewed literature.

3.2 THE CONSTITUENCIES OF VIOLENCE OR ABUSE AGAINST MEN

It is widely acknowledged that domestic violence, or intimate partner violence (IPV), has emerged as a significant public health crisis which affects thousands of individuals and families each year (Coker et al., 2002). Domestic violence is defined by Coker et al. (2002) as an abusive behaviour by one or both partners in an intimate relationship (e.g. marriage, dating, family, friends, and cohabitation). A study by Pandora Project (2009) explains that domestic abuse is any incident or threatening
behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or are family members, regardless of gender or sexuality. Coker et al. (2002) argue that domestic violence is a public health problem because it leads to physical disabilities, mental health problems, psychological problems, and economical deficiencies.

A study by Kubai (2014) reported that abuse or violence against men is a very old subject, yet it has been ignored. Pandora Project (2009) posits that the incidence of women abusing their intimate partners or husbands appeared since the study of family violence began as early as mid-1970s. Kubai (2014) asserts that there is a concern that women are considered perpetrators of violence targeting their intimate partners. It is argued that there is a rapid increase of cases involving women beating their intimate partners. In that regard, the most frequent violence against men is physical battering and psychological abuse. A study conducted by Kubai (2014), and another by Pandora Project (2009), stated that a large number of men regardless of colour, age, marital status, creed, and socio-economic status constantly experience a threat of domestic violence whether battery or emotional abuse by their intimate partners. However, a number of studies have shown that men abuse has been hidden or not known in the community. Thus, there are several reasons why the community is unaware of violence against men. Firstly, there is scarce information about men abused by women. Secondly, there are almost no reported cases of men abused by women. On the other hand, most cases involve women as victims of domestic violence. However, a study by Sethuraman (2008) reported that approximately forty thousand men are physically and emotionally abused on yearly basis in the United States by their partners or intimate partners.

It is widely acknowledged that home mistreatment and fierceness is taken differently by all genders. The motives and purposes are often different between genders. It is revealed that a woman is capable of not only hurting the body of her male partner but also thrashing his self-esteem. However, in modern African communities, men and women frequently collide in fights both in the home and in alcohol bars (or taverns). Therefore, men have had to be more cautious about their behaviour. Sethuraman (2008), for instance, narrates that women are at times heartless towards men. It is not hard for a woman to boil water and pour it on the face of a man with an intention to destroy him. Sethuraman (2008) further observes that women become violent to their intimate partners as a tactic to get what they want. For Sethuraman (2008), women do not know any other way of resolving their conflicts than to fight their intimate partners. Redner (2004) also stated that men suffer severe attacks from their women intimate partners. Men are battered, stabbed, shot, and hurt emotionally and physically. It is argued that men may wish to fight back but are unable to do so because they fear that the law will point to them as perpetrators of violence. It takes a man to fight back a stubborn and
ruthless woman. The majority of men are under threat of being detained once they fight their intimate partners (Redner, 2004).

It is widely acknowledged that many cases of violence or abuse against men by their intimate partners do not catch public attention because men in general do not report cases of abuse because according to them, it is barbaric for a man to be beaten by a woman in an intimate relationship (Kubai, 2014; Pandora Project, 2009). It is believed that traditional customs about the conduct of men and women vary greatly depending on geographic region and sub-region, even area by area sometimes, and physically abusive behaviour of partners against each other varies from being viewed as a crime to being a personal matter (Kubai, 2014). A study by Pandora Project (2009) identified several constituencies of violence or abuse as:

3.2.1 Emotional abuse:
(a) Being constantly put-down, insulted and humiliated.
(b) Being blamed for things that are not your fault.
(c) Being ordered around and constantly dictated to.
(d) Having your beliefs and opinions ridiculed and discounted.
(e) Intimidation – being threatened with violence, breaking things, screaming etc.
(f) Threatening suicide, divorce, to hurt or deny access to children / pets.

3.2.2 Financial abuse:
(a) Being denied any financial control or autonomy.

3.2.3 Isolation:
(a) Having social contacts controlled.
(b) Being stopped from seeing or talking to friends and family.
(c) Being restricted access to the outside world / groups / organizations.

3.2.4 Physical abuse:
(a) Being pushed, slapped, punched, kicked, beaten etc.
(b) Having things thrown at you.
(c) Having a weapon used against you.
(d) Being denied basic essentials i.e. food, sleep, medicine etc.
3.2.5 Sexual abuse:

(a) Being forced (either physically by threats, or by coercion) to participate in a sexual act you do not want to participate in.

(b) Being exploited in a sexual way i.e. harassment, unsolicited and inappropriate sexual comments to you or others.

3.3 CAUSES OF DOMESTIC VIOLENCE IN INTIMATE PARTNER RELATIONSHIP

It must be mentioned that many societies pay attention to cases that paint only men as culprits of fierceness and it is uncommon that women can abuse a man in an intimate relationship (Kubai, 2014). A study by Steinmetz (1977) recognised the ‘battered husband Syndrome’ back in the late 1970’s and still today named as a taboo amongst patriarchal societies. In that regard, lack of recognition for men victims of domestic violence means men expected to cope without any help, support and guidance. Pagelow (1985) believes that a woman intimate partner is sometimes abusive and creates a fearful atmosphere for her partner. However, it is argued that because there is no adequate proof for the prevalence of this syndrome, men continue to be ill-treated, abused, and battered without any help from the authorities.

It is argued that the main intention for violence or abuse against an intimate partner is to create and maintain authority and control over a partner. Additionally, if the violated partner tries his/her level best to fight back the attempts to control him/her; the abusive intimate partner takes other additional steps to ensure that the partner is fully under his/her control (Kubai, 2014). It is believed that abuse in an intimate relationship happens frequently with the other partner not noticing in the beginning. Thus, as time passes on, violence continues and tends to be more frequent and more severe. It is also noted that when men are faced with abusive or violent intimate partners, men tend to be placed in a very difficult position. Based on that, men are expected to stand up and fight for their own rights rather-than to be punished and suffer severely because they cannot speak openly about problems they are encountering. Men are always considered culprits of abuse, yet women punish men with an intention to kill (Sniechowski & Sherven, 1995: 69-73).

There are several causes of violence and diverse subjects on the nature of violence. For example, a study by Njenga (1999: 6) highlighted that the causes of domestic violence are relatively different. On the other hand, it can be said that one of the causes of violence is the space in which people live in. In that regard, the more congested people are, the more violence is possible to be. It can be asserted that scarceness of food is a real threat of violence among couples. For example, if there is no food in
the house, women become restless and emotional and they end up punishing their intimate partners (Njenga, 1999).

It must be mentioned that financial constrains is another cause of violence and abuse among intimate partners. In that regard, a study by Njenga (1999) observes that once men are unable to find their superiority psychologically, they become bully. The present society expects men to be hard, cultured, inventive, and sharp in the mind, while women act totally different from the aforementioned abilities (Shabalala, 2012). It is argued that the way fathers and mothers raise up their children at times determine how they will be in the near future. For example, if a teenage boy in his family was raised by a father who wants boys to always assist in the kitchen, when he gets married he will do the same in his house. However, the wife will take it as a duty of a man to always assist in the kitchen, and that might cause violence. Men can assist their intimate partners willingly but not forcefully, because if men are forced, they become stubborn, and that creates tension in an intimate relationship. On that note, women must accept that men help in the kitchen if they want, but not as a duty (Shabalala, 2012).

A study by Bitangaro (1999) summarises the reasons of fierceness as rooted in the beliefs of a society today. As such, a study by Saran (1999:19) highlighted that another cause for violence between intimate partners is what people call a myth. According to her, the myth is that the way a woman dresses and her conduct at times can lead to rape. It is believed that for a woman to dress like ‘that’, it places her at the risk of being raped and the blame goes back to the woman for rape as it views men as the gender that cannot tame their feelings. Saran (1999: 19) concludes by saying that some women are known as party animals or mockers and wear sexually provocative outfit. It is said that these women pry for attention and flattery. Study by Kubai (2014) and Redner (2004) identified several characteristics of men and women who are abusive to each other.

### 3.3.1 Power as a cause of Intimate Partner Violence

A study by Kumar (2012) addresses the issue of power as another cause in an intimate relationship. For example, Kumar (2012) opines that it is important to understand the traditional and current power structures of the community. Once individuals comprehend both the traditional and the current power structure, they will have knowledge about male or female dominance in a relationship that leads to domestic violence or intimate partner violence. Additionally, Kumar (2012) is of the view that the community power structure is demonstrated in interpersonal relationships. Men or women abuse the authority invested on them while they are in intimate relationship. Moreover, in an intimate partner relationship, men and women always analyse the head of the family in terms of “who is powerful” economically and politically in between themselves (Kumar, 2012). This question addresses the level
of insecurity. In the old dispensation, men were more empowered economically than women. However, these days, women are more economically and politically empowered than men. This paradigm shift in power has created more insecurity among men since they have to depend on their female partners.

3.3.2 Gender stereotype as a cause for Intimate Partner Violence

According to Maguire (2010), in the past, men were viewed as superior to women. This led women to have inferiority complex. Most women lost their identity and confidence as human beings since they were perceived to be far below men. They were made to depend on men for everything, and for them, there was no life without men. They worshiped men since men were the ones who provided everything for them. The society, therefore, empowered men in many aspects of life such as in politics and economy. This could be a contributing factor to the animosity women show in physical aggression and violence towards men in relationships (Dobash & Dobash, 2004). This has also been aided by the recent power distribution towards both genders, giving women more power in society which some women use to abuse their partners. Since men were untouchable, they became abusive physically, emotionally, financially, sexually and verbally. This perspective influenced gender roles. The way men and women were socialized emanated from gender stereotype.

3.3.3 Conjugal Right as a cause for Intimate Partner Violence

It is widely reported that most men when they are home, their partners raise a number of complaints (Kumar, 2012). For example, women or wives refuse to have sex with their husbands or partners for no reason (Kumar, 2012). This act is meant to punish their partners and it is also utilized as a bargaining instrument. It is when women are demanding something from their partners that they deprive them of sexual engagement until their demands are met. Kumar adds that for any married couple, sex plays an important role. This means that both partners need sexual gratification. When this need is not met, it is likely to promote infidelity. He further states that most men are threatened and verbally abused by their in-laws and such acts lead to domestic or intimate partner violence. Men are also offended by their partners regarding their sexual performance shortcomings caused by aging and other physical challenges. Men who experience verbal and emotional abuse from their partners are likely to be mentally tortured. This further contributes to the failure of men to fulfil their partners’ needs in the bedroom (Kumar, 2012).

It is widely acknowledged that women who are offensive, rude and aggressive to their intimate male partners have impractical hopes and make abnormal burdens to their male intimate partners (Shabalala, 2012). It is reported that such women naturally experience recurring incidents of sadness, worry and moodiness (Shabalala, 2012). Thus, their psychological and emotive conditions emanate
from uncertainties, sensitive challenges, and juvenile shocking experiences. Unfortunately, women who are controlled by their emotions, always find fault in their men with whom they are involved in an intimate relationship. They also take accountability of how they live their lives, or do something about how they make themselves miserable. These women reject treatment and in most cases even claim that their male partners require an urgent need of treatment. On the other hand, women always feel that men should do something for them in order to feel better. Thus, they at times appease their emotions and anger with alcohol. Consequently, when men are unable to make them feel better; these women develop dissatisfaction and assume that men are doing it on purpose (Shabalala, 2012).

3.3.4 Alcohol

Heavy consumption of alcohol often leads to aggression and intimate relationships fall prey to this aggression. Therefore, a high rate of intimate partner violence or domestic violence is amongst partners who drink heavily. Gayford (1975) reports, in a survey study, that about half of all abused women revealed their intimate partners were fully involved in everyday drinking of alcohol which led to intimate partner violence. Frequent intake of alcohol is the contributing factor to family disorganization or disruption. When both partners are heavily engaged in alcohol consumption, there is likelihood to witness extreme abuse since they at times behave like people out of their senses. On the other hand, it is believed that extreme drinking by a male partner can exacerbate financial difficulties, child care problems and infidelity (Dienye Gbeneol, 2009: 34).

Kubai (2014) opines that a connection between abuse or violence and drinking as well as drunkenness is socially learnt and not universal. For Kubai (2014), taking heavy alcohol leads to abuse among people who are in intimate relationship. In that regard, once all genders are under the influence of alcohol, their behaviour changes and become more abusive. They believe that everyone will understand that their behaviour is as a result of the intake of alcohol (Cook, 2009: 89).

Cunradi et al. (2008) suggest that labourers experience elevated rates of IPV in comparison to couples in administrative or professional occupations. For example, results of a pilot survey conducted among a sample of 100 construction industry workers showed high rates of reported MFPV. Similarly, in an analysis of 897 couples of administrative and professional employment, Cunradi et al. (2008) found that a high rate of FMPV is reported. In support of the above, Schafer et al. (1998) reported MFPV rates of 14%, and FMPV rates of 18%, among a nation’s sample of full-time workers aged 18 to 64. Labourers had the highest rate (16%) of past month heavy alcohol abuse (drinking five or more drinks on the same occasion for five or more days in 30 days) (Larson et al., 2007). This study reveals that heavy drinking raises IPV risk (Leonard, 1993; 2001). It is crucial to acknowledge the link between a drinking problem and IPV among workers (and their partners) in this occupational group. A
drinking problem (e.g. heavy or binge drinking; intoxication) on the part of the male often leads to IPV (Leonard, 2005). Upon studying male alcoholics, it is discovered that IPV is greatly reduced after rehabilitation (O’Farrell et al., 2003; Stuart et al., 2003).

It is argued that African men normally take local beer with an intention to release stress. It is believed that this type of alcohol makes men act negatively. For example, local or traditional and modern beverages generally contribute to all men to be negligent. Additionally, men may be bodily existing in their households; however, their presence is not felt except in violence. It is believed that once men start to abuse even alcohol, household properties are in danger of getting lost. In that regard, women start being hard on men which may lead to abuse over men (Kariuki, 2013).

3.3.5 Unemployment as a cause of Intimate Partner Violence

Loss of employment is known to be a stressful life event (Holmes & Rahe, 1967). It is even more stressful to males as it is a general expectation that males should financially provide for their families. It is socially degrading when the male loses his role of being the breadwinner. This stress aggravates males’ aggression towards the family thus increasing the rate of family violence. For low income generating couples, male unemployment causes economic distress, which in turn triggers IPV (Fagan & Browne, 1994). General arguments tend to be on the rise amongst these couples due to the underlying problem of insufficient finances in the household. The time spent by unemployed males at home allows opportunities for negative interactions with their spouses/partners (Benson et al., 2003) which is a risk factor for MFPV. Race/ethnicity of the couple also plays a role in the relationship between male unemployment and IPV (Cunradi et al., 1999; Jasinski et al., 1997).

3.3.6 Infidelity as a cause of Intimate Partner Violence

Relationships are territorial in a sense that each partner perceives the other as their territory of which neither desires to share. In the event where one ends up sharing the other, there will be tension in that relationship and that tension increases the risk of IPV. Many reported cases of MFPV are a result of infidelity and the violence is used as a consequence of this infidelity. Men who experience IPV victimisation have a number of mental health concerns. The traumatic negative experiences they encounter when seeking help can further isolate victims and keep them in an abusive relationship for longer periods of time. Intimate partner violence (IPV) creates fear of the perpetrator and that fear is used as a tool to prevent infidelity (Kumar, 2012).

The research conducted in Mexico and Uganda found that one motivation for male perpetrated IPV is men suspecting their wives/partners of cheating (Agoff et al., 2006; Kaye, Mirembe, Ekstrom, Bantebya, & Johansson, 2005). In Brazil and Peru, males perpetrate IPV in response to their partners’
anger and reactions to the men’s own infidelity (Cizino da Trindade, de Almeida, & Alves Rozendo, 2008; Fuller, 2001).

### 3.3.7 Help seeking experiences as a cause of domestic abuse

It must be mentioned that partners differ when looking for assistance depending on whether they are male or female victims. It is proven that there are more cases of women who look for assistance compared to men (Galds, Cheater & Marshall, 2005). It is argued that when men look for help based on abuse by intimate partners, it is rare for them to get the kind of assistance they are looking for. In reality, men are taken as culprits of abuse in intimate relationships. It is also revealed that even the police fail to respond when men complain or ask for help regarding abuse by a woman (Cook, 2009; Hines, Brown, & Dunning, 2007). A study by Douglas and Hines (2011) reported that men are left unattended by their family members and by the constitutional law when looking for assistance regarding violence at home. It can be argued that men are tough and can be able to resist anything that comes their way.

According to Kumar (2012), many men have reported that when they come home, usually their wives start grumbling, murmuring, and cursing. Many men reported that women withheld sex without reason, especially since, generally, men in India do not enjoy sex outside marriage. It was also reported by many men that sex was a bargaining tool for women. Many men reported that they were scared of their wives and their in-laws with the latter commanding them to act as their wives say. The study also showed that most women involved in violence against men were verbally abusive. They insulted men and their aged parents.

Women find faults and harass men in different ways. These faults are related to profession, attitude, day-to-day work, and sexual life as not all men are capable of satisfying the needs of a wife after a certain age or due to a physical problem. Most physical dysfunction in the bedroom occurs because of sarcasm by the wife. This verbal abuse leads to mental torture. Generally, the society holds that women cannot be verbally or mentally abusive to men. In some cases, it was also found and reported that when things go wrong or a husband is not following what his wife is demanding, her family and in-laws start to threaten him with false cases such as anti-dowry or domestic violence act. These realities complicate the help seeking process, causing further perpetration of IPV.

### 3.3.8 Family or emotional terrorism

It is widely acknowledged that abuse against men in an intimate relationship is not only based on bodily attack. It is argued that women have taken another drastic step which ensures that men are terrorised in many different ways in intimate relationships. For example, women use anything at their
disposal to ensure that men are fully punished and pay the price of being irresponsible. Women have attitudes of annihilation, wickedness, animosity, and behave as if they are under the influence of drugs (Pizzey, 1998). Kubai (2014) opines that such women are characterised as ‘family terrorists’. Kubai (2014) also reported that such women regularly become even more abusive or violent when their intimate partner decides to end the relationship.

Pizzey (1998) posits that the terrorist’s actions know no bounds. The intimate partner who is considered a family terrorist makes such actions as pestering a spouse or ex-spouse, bodily attacking the spouse or the spouse’s new partner, phoning all mutual friends and business associates of the spouse in an effort to ruin the spouse’s character. The family terrorist is capable of pressing untrue illegal charges against the spouse (including alleged battery and child molestation), staging intentionally unsuccessful suicide attempts for the purpose of manipulation, snatching children from the spouse’s care and custody, vandalizing the spouse’s property, murdering the spouse and/or the children as an act of revenge (Kubai, 2014).

3.3.9 Suspicion of unfaithfulness

It must be mentioned that unfaithfulness contributes largely to violence against men. In that regard, Fowler (2002: 9) posits that a number of men are reportedly alleged to be cheating with the wives of their friends. It is further argued that some men even cheat with women who are housekeepers which makes their intimate partners bitter, who when they get a chance beat them angrily. Moreover, some men are reportedly spending their hard earned cash with prostitutes, which make them irresponsible in their homes. Conclusively, some men fail to pay school fees for their children because money is spent elsewhere (Fowler, 2002: 9).

3.4 REASON WHY VIOLENCE AGAINST MEN IS NOT RECOGNIZED AND NOT TAKEN SERIOUSLY

For decades, violence has been framed only against men, while women were perceived innocent in everything. Additionally, attention is only given to women and children abuse while men are considered as the only perpetrators of violence. Consequently, men abuse is not given the attention it deserves. It is reported that approximately 20% of men are fiercely suffering from intimate relationships (Lee, 2015). Furthermore, a study by Straus (1999) showed that men are as equally the victims of violence as women. In that regard, it is reported that more women are gradually detained, accused, and sent to intervention programs for violence against men (Buttell & Carney, 2004). More interestingly, as evidence, a study by Martin (1997) also supports the views above that a significant number of women are detained and accused of domestic violence.
It is widely acknowledged that violence against men goes unnoticed for various reasons. Below, Sethuraman (2008) highlights some of the reasons why violence against men is not recognised.

(a) It is not easy to find accurate statistics for men who are suffering from abuse of their intimate partners.
(b) Women have been reporting cases of violence by men in intimate violence. However, it is said that men seem discouraged to report cases of abuse by their female intimate partners.
(c) It is revealed that men who are now victims of intimate partner fierceness have been taken lightly and is impossible to most hearers that several men would not even try to report cases of violence.
(d) It is evident that counselling and community have answered to the domestic violence against women. On the other hand, when comparing cases of men abuse, there are few resources that talk about cases of violence and abuse against men in the community.
(e) Notably, in several instances, the real bodily harm inflicted by male intimate partner is much bigger than that by a female intimate partner. Thus, the effect of female-to-male domestic violence is less likely to be heard by other people.
(f) It is common that when male victims report cases of abuse by their intimate partners, a large number of people are so amazed that even men themselves as victims of abuse feel shy and end up assuming that nobody believes them. In that regard, it is generally presumed that when men have a bruised eye or swollen chin, he was hurt while performing his duties.
(g) It is widely believed that women on the whole are not associated with violence or abuse towards men.

3.5 EFFECTS AND CONSEQUENCES OF VIOLENCE AGAINST INTIMATE PARTNERS

This section looks at the effects and consequences of abuse or violence against intimate partners in a relationship. The first part of this section discusses the effects of violence or abuse against intimate partners in a relationship.

3.5.1 EFFECTS OF VIOLENCE AGAINST INTIMATE PARTNERS IN A RELATIONSHIP

Coker (2002) highlights some of the effects of domestic violence as discussed below.

3.5.1.1 Physical Effects of IPV

Organizations like Centres for Disease Control and Prevention (2011) argue that IPV exists along a continuum from a single occurrence of violence to continued battering. The Centres for Disease
Control and Prevention (2011) highlights the characteristics of physical effects as physical or sexual violence, threats of physical or sexual violence, and emotional abuse that occurs between two people in a close relationship. In a report by the Department of Justice (DOJ) which summarizes the results of the National Violence against women survey, it is estimated that the annual incidence of male-to-female perpetrated rape and physical assaults is approximately 4.8 million, and the incidence of female-to-male perpetrated physical assaults at approximately 2.9 million (Tjaden & Thoennes, 2000).

A recent study by Douglas and Hines (2011) reported that the rate of male to female physical intimate partner violence has declined over the past 30 years but the rate of female to male physical intimate partner violence has remained constant. However, it is also revealed that men do not report intimate partner violence due to privacy concerns (Catalano, 2007). Authors such as Haileyesus, Swahn and Saltzman (2007) argue that in most cases, both men and women are perpetrators of violence; however, they point out that women are prone to be more aggressive.

It is also widely acknowledged that woman-to-woman abuse has taken the world by storm. In this regard, Caetano, Vaeth, and Ramisetty-Mickler (2008) state that moderate to intense female to female perpetrated intimate partner violence is common around the world. It must be mentioned however, that government and private donor funding is highly used to support women who are abused by men. In that regard, there is no funding coming from government and private donors that support men as victims of intimate partner violence. Moreover, men cases of abuse are left unattended because they are not known (Fiebert, 2007).

Furthermore, IPV results to substantial unproductive time and lengthy period of recuperation from bodily effects for its sufferers. There are likely health consequences of intimate partner abuse which can cause a person to die, disabled, nervous breakdown, sadness, sleeplessness, and long-lasting pain (Caetano et al., 2005; CDC, 2011). Notably, it is possible that all gender sufferers of intimate partner violence experience a high danger of poor health, signs of unhappiness, substance abuse, and harm (Coker et al., 2002).

It is argued that men suffer physiologically from the impact of intimate partner abuse. It is said that abused males are eager to report emotional abuse than physical abuse (Whittaker et al., 2007).

According to the World Health Organisation (2005), IPV is a physical health crisis in the sense that the victims suffer from temporary loss of senses e.g. eyesight; loss of certain body parts e.g. teeth; temporary loss of certain bodily functions e.g. failure to chew due to broken jaw; permanent loss of senses e.g. permanent loss of eyesight; permanent loss of bodily functions e.g. permanent limping due to irreversible tissue damage and in worst cases, death.
3.5.1.2 Emotional effects of IPV

Several studies such as Maguire (2010), and Dobash and Dobash (2004) acknowledge that human beings are violent and aggressive in general and that women are not an exception. It is argued that domestic violence researches show that men and women act violently in relationships at about the same rate (Maguire, 2010). Furthermore, men and women are equally likely to instigate violence against one another. The truth is surprisingly egalitarian: about half of all domestic violence occurs with both partners abusing each other. It is reported that approximately 25% violence occurs with only men assaulting women, and the other 25% occurs with only women assaulting men (Corry, Fiebert, & Pizzey, 2002).

The bibliographic study by Fiebert (2007) has examined 2009 studies and found that females are generally bodily hostile when compared to male partners. In reality, females are extremely ferocious compared to males in their intimate partner relationships (Dobash & Dobash, 2004; Straus & Gelles, 1990; Morse, 1995; Moffitt, Robins, & Caspi, 2001). Definitely, power relations, gender roles, norms, values, and socio-cultural environment affect and influence the expression of this behaviour. In fact, for centuries, it has been depicted in various mythologies, literature and forms of expressions that women are inferior and men are superior.

It is argued that men are powerful, aggressive, and oppressors and women are on the receiving end as the oppressed and silent sufferers of all forms of violence. These notions are mostly guided by gender roles and norms where women cannot be violent, aggressive, and oppressive because of their social positions (Fiebert, 2007). Power relations, gender roles, norms, and values are not static, and they change over time. It is widely assumed and believed that women are always the victims and men are always the perpetrators, this assumption arising from the long standing inferiority complex of women in society. This has caused an emotional reaction from women which has driven them into becoming perpetrators of this violence (Fiebert, 2007).

A study by Sarkar, Dsouza and Dasgupta, (2007) highlight that there are many reasons behind an assumption that, men are never victims. The idea that men could be victims of domestic violence is so unthinkable that many men do not even attempt to report the violence. It is further stated that acceptance of violence by women on men is generally considered as a threat to men folk, superiority and masculinity. Although there is no systematic study or record on domestic violence against men in India, it is generally estimated that in 100 cases of domestic violence, approximately 40 cases involve violence against men and underlying dynamics of violence (Sarkar, Dsouza & Dasgupta, 2007).

There are various reasons for under-reporting, but it is mainly due to our social system and values attached to men, which stop them from sharing and reporting domestic violence. Even when men
report domestic violence, most people do not believe them (Sarkar, Dsouza, & Dasgupta, 2007). When men try to narrate their problems of torture, struggle, and harassment within marriage and family, no one listens to them; instead people laugh at them (Sarkar, Dsouza, & Dasgupta, 2007). Many men are ashamed of talking and sharing that they are beaten by their wives (Sarkar, Dsouza, & Dasgupta, 2007). Since men are afraid of reporting or sharing their feelings, they continue living in a very painful situation with their emotions suppressed (Sarkar, Dsouza, & Dasgupta, 2007).

According to Fiebert (2007), many victims of IPV end up with emotional instability. This is evident when they become short tempered and have exaggerated reactions to minor irritations. They throw regular unnecessary tantrums. It is argued that some become highly tolerant to offensive behaviour from their partners due to fear of confrontation as they believe that the end result of confrontation is violence.

An investigation by Save Family Foundation of 1650 husbands ranging from 15 to 49 years on men’s health in domestic violence reveals 32.8% economic violence, 22.2% emotional violence, 25.2% physical violence, and 17.7% sexual violence. Research indicates that domestic violence increases with the period one spends on an intimate relationship. Men who are exposed to violence in their first year of marriage are likely to have the same experience for the rest of their lives. Domestic violence is a public problem with far reaching health consequences such as stress disorder. Research reveals that domestic violence is experienced across all socio-economic classes. The investigation reveals that most men in strategic positions at work and well educated are more likely to be exposed to intimate partner violence. There are various reasons why men stay in an abusive relationship. One of the reasons is the fact that they do not want to lose their dignity and family (Sarkar et al., 2007).

According to Sarkar et al. (2007), most men in abusive relationships would work hard to keep their families together because they fear to be condemned as failures. Once the family becomes dysfunctional, men living with abusive partners start blaming themselves for anything that goes wrong within the family. Economic dependence by men on women is another factor that contributes to men continuing to stay with abusive partners. The 2001-2005 labour and employment ministry revealed that more women were employed than men and this raised the number of men who are economically depended on women. Sarkar et al. (2007) indicate that employment decreased by 14 lakh, from 228, 4 lakh in 2005. It becomes a challenge for abused men to leave his partner when he is financially, mentally, and emotionally depended on her.

Men abuse is not taken serious since it manifests itself in various ways. Moreover, most women abuse men emotionally, mentally, verbally, and less physically. It is very difficult to identify the impact of men abuse and it is also a challenge for it to come to the attention of the public (Babette et et al., 2013).
Babetteet et al. (2013) further state that a number of men in intimate relationships experience emotional and physical abuse from their partners. In Babetteet’s et al. (2013) study, it is reported that men who were humiliated in public by their partners reported that they were more devastated than being physically abused. Most women are more brutal than men in emotional and mental abuse. Men and women are mentally and emotionally hurt differently. Men who are regarded as cowards, failures, and impotent would always perceive themselves as useless and worthless in life than women (Babetteet’s et al., 2013).

Gender based violence is widely rated. For example, a study by Arias and Johnson (1989) rated male – female and female – male aggression. The outcomes of their rating were that female - male aggression is more negative than male – female aggression. The above view nullifies the perception by many that women are always victims of domestic violence. Du-Plat (2006) refutes that both women and men encounter similar kinds of domestic violence. In some studies, women are identified as using more physical aggression than men. In some instances, they use weapons and assault that do not require physical strength (Straus, 1980).

Straus (1980) revealed that this is an indication that men are in danger of losing their lives since they are living with dangerous women. It can be concluded that violence against men is unnoticed as men protect themselves from embarrassment in the public. It is revealed that most of the studies conducted were very biased as they always supported women, yet men were also experiencing emotional abuse.

3.5.1.3 The Psychological or Mental Effects of IPV
The mental functioning of people who experience IPV is always affected. Victims of domestic violence are likely to display illogical thinking, that is, they become subjective and lose the sense of objectivity. They develop emotions such as fear which causes them not to confront reality but have defensive strategies of dealing with the situation. Their psychological state makes them believe what is being done to them is right and they deserve it. In other cases, it makes them think of corrective actions which may result in reversing this action in its original form, resulting in all parties exchanging positions of victim and perpetrator. This results in an ongoing mental or psychological war of superiority and inferiority (Hines & Douglas, 2010).

Cook (2009) states that most people who encounter IPV generally suffer from traumatic experience. This trauma leads to the high range of psychological disorder with more common types of responses such as post-traumatic stress disorder (PTSD). People who experience such trauma are likely to resort to alcohol and substance abuse. Cook further states that the experience of intimate partner violence victimisation has a number of mental health concerns, and that negative experiences when seeking help can further isolate victims and keep them in an abusive relationship for longer periods of time.
3.5.2 CONSEQUENCES OF VIOLENCE AGAINST INTIMATE PARTNERS IN A RELATIONSHIP

This section discusses the consequences of violence or abuse against men in an intimate relationship. It focuses mostly on psychological and emotional distress, physical injuries, death and social consequences.

3.5.2.1 Psychological and emotional distress

In a study that specifically addressed the issue of abuse against men, Simonelli and Ingram (1998) highlight that intimate partners who experience abuse from their partners always suffer from psychological distress and depression, emotional or physical abuse. Simonelli and Ingram (1998) found that 90% of intimate partners suffer from emotional abuse and 69% experience severe and minor physical abuse. Additionally, the study also found that 50% of intimate partners suffered from psychological distress and depression. Conclusively, it was reported that abused men appear to be at extensive risk for experiencing depression and psychological distress in an intimate relationship (Simonelli & Ingram, 1998).

A study by Kubai (2014) highlights some of the consequences of abuse or violence in an intimate relationship which include behavioural problems that are often associated with child management problems, school problems, and lack of positive peer relations. In that regard, children who are exposed to an abusive intimate relationship also experience a number of school adjustment difficulties, including dropping out of school. Campbell (2002) also supports the above views by highlighting that a study by Hughes on children residing in shelters, found that 55% of the sampled children were characterized as withdrawn from school and 10% were described as having made suicidal gestures. On the other hand, Kubai (2014) stated that children who are exposed to an abusive or violent intimate relationship normally have a high degree of anxiety, with children biting fingernails, pulling their hair, and having somatic complaints of headaches and tight stomachs. A study by Jaffe et al, (1990: 85) concluded that a number of children who always witness a high frequency and intensity of IPV or abuse normally perform significantly less on a measure of interpersonal sensitivity (the ability to understand social situations and the thoughts and feelings of persons involved in those situations) than those children who are less exposed to intimate partner abuse behaviours.
3.5.2.2 Physical injuries and death

It must be mentioned that in an intimate partner relationship, abusive partners leave the other partner severely injured or dead. For example, a study by Cascardi et al. (1992) also reported that 2% of men who reported cases of abuse have experienced minor or severe abuse in the hands of an intimate partner. For Cascardi et al. (1992), men are left suffering from broken bones, broken teeth, or injury to a sensory organ. On a similar note, a study by Makepeace (1986) reported that 2.2% of the men in his sample of 2,338, reported that they sustained a moderate or severe physical injury as a result of the dating violence they experienced. Kubai (2014) also reported that a number of men who experience violence or abuse in the hands of their intimate partners are left severely assaulted and in need of medical attention. The reports of these studies are rational, seeing the relative size of the average man compared with the average woman. It is well known that men can inflict more harm with their fists than women, and they are more able to restrain an abusive partner than women; however, women can sometimes even hit harder by throwing objects and liquid that could hurt their partners (e.g., knives, hammer, dishes, boiling water, boiling oil, or a frying pan just to mention a few) (Kubai, 2014). Conclusively, the consequences of violence against men are far reaching. Thus, it impacts on all aspects of the family such as their relationship, health and that of their children.

3.5.2.3 Social Consequences

It is widely acknowledged that abuse or violence in an intimate relationship may contribute to separation and divorce (Kubai, 2014). A study by Kubai (2014) also reported that almost two-thirds (64%) of divorced or separated men reported that they had once experienced violence from their intimate partners. Interestingly, a high proportion (40%) of men who never got married also reported an experience of physical violence from their intimate partners. Despite the picture of domestic violence perpetration that emerges from the empirical literature, male victimization is not taken seriously, in part because of a cultural belief that men should be able to defend themselves or a disbelief in female violence (Kubai, 2014).

3.6 PREVENTION STRATEGIES FOR ADDRESSING ABUSE AGAINST MEN

This section discusses the common prevention strategies for addressing men abuse. There are a number of prevention strategies of abuse or violence against intimate partners; however, they are all contingent on the abuse experienced. They are discussed as follows:
Development of strong support system as a strategy to alleviate men abuse

Some men have reported that when they call the police during an incident in which their female partners are violent, the police sometimes fail to respond. Other men report being ridiculed by the police or being incorrectly arrested as the primary aggressor. Within the judicial system, some men who sustained IPV reported experiencing gender-stereotyped treatment. Even with apparent corroborating evidence that their female partners were violent, they reportedly lost custody of their children, were blocked from seeing their children, and were falsely accused by their partners of IPV and of abusing their children. Cook (2009) asserts that the burden of proof for male IPV victims may be especially high.

The qualitative experiences of male victims of IPV need to be expanded to also quantitatively document the experiences of men who seek assistance from the DV service system, i.e. the number of those who seek help and whether they receive it adequately or not. There is also little research on reactions of the medical or mental help professions on men who receive help for IPV, and there is no information concerning the implications of male help seekers’ mental health when they encounter barriers such as the ones described above.

Despite over 30 years of research documenting that men can sustain female perpetrated physical, sexual, and psychological intimate partner violence, these findings are controversial. Those that are especially controversial are statistics showing that women report using physical intimate partner violence at equal or higher rates than men, a finding that has been replicated in dozens of studies (Archer, 2000). The findings of higher rate of violence by female partners have been challenged primarily on conceptual bases because it is inconsistent with dominant theoretical perspective of the cause of IPV: the patriarchal construction of the nation (Ferraro & Johnson, 1983; Marshall, 1992; Miller & White, 2003). This controversy may help explain why men may face difficulties when seeking help for IPV victimisation. Lawrence (2003) adds that means of assisting abused women are available whereas for men who are victims of intimate partners are still being considered. Moreover, abused women and children have their own safety homes but when it comes to men, they have none. It can be said that violence against men is not known, thus, they have no support at all.

The literature on males seeking help, in general, indicates that men are less likely than women to seek help and that those who do seek help must overcome internal and external obstacles (Galds et al., 2005). Men are not likely to seek help for problems that the larger community deems non-normative or determine that they should be able to solve or control on their own (Addis & Mahalik, 2003). When seeking help for the type of IPV victimisation, one can imagine that obstacles are great, given our gendered notions of male and female roles in heterosexual relationships (Lye & Biblarz, 1993; Sweeney, 2007) and the framing of IPV as a women’s issue (Arndt, 1982; Walker & Browne, 1985).
3.6.2 Help line as a strategy to alleviate abused men

Qualitative research has documented experiences of men who sought help for female-to-male IPV (Cook, 2009; Hines et al., 2007). For example, Cook (2009) performed in-depth interviews of 30 men who sustained all types of IPV from their female partners and tried to seek help. This shows that men often experience barriers when seeking help. When calling domestic violence hotline, for instance, men who sustained all types of IPV report that the hotline workers say that they only help women, inferring or explicitly stating that men must be the actual instigators of violence.

Male help-seekers also report that hotline will sometimes refer to batters’ programs. Some men have reported that when they call the police during an incident in which their female partners are violent, the police sometimes fail to respond. Other men reported being ridiculed by the police or being incorrectly arrested as primary aggressors (Cook, 2009).

3.6.3 Instilling confidence as a strategy to stop abuse against men

It can be said that abuse against men go un-noticed because of a number of reasons. In that light, it is argued that men do sound an alarm on cases of abuse against them. Additionally, scholars make quotations of women abuse not men abuse. Cook (1997), and Lewis and Sarantakos (2001) suggested that female violence directed against male victims was largely ignored by society and the media because it is taboo. A UK government resource manual on domestic violence made little reference to men as potential victims of domestic violence and instead focused on experiences of women (Department of Health, 2005). The Royal College of Nursing’s (2000) guidance on domestic violence only briefly mentions men as potential victims of such violence.

The word ‘man’ is gender-biased, denoting power, embedded with masculine behaviour, appearance, and control of emotion. It is a common belief and perception that separates males and females in terms of expressing their feelings. It is shameful for men to disclose their suffering in a male dominated society. It also has ill effects on his family and children and responsibility towards them. Because of this, men start living in distress and cannot disclose their feelings to anybody. Unavailability of a strong support system (counselling services, institutional support, help line, family support, etc.) is another factor (Kumar, 2012).

3.6.4 Help line as strategy for abused men

The attitude towards domestic violence may perpetuate the common assumption that women are victims and men are perpetrators of such violence. Men are traditionally viewed as being physically stronger than women. Consequently, female abused victims may not report incidents of domestic
violence or seek help because of the fear of being perceived as weak and subjected to ridicule (Du Plat-Jones, 2006).

Men feel unable to define their experiences of domestic violence because of the perception that the society has of men as being physically and emotionally stronger than women. Society perceives male victims as being ‘wimps’, who are not believed to be victims. Men who attempt to report incidents of domestic violence are often met with discrimination and disbelief by health professionals and society in general (Men Cry Too, 2006).

3.6.5 Training professionals to handle cases of men abuse

Staffordshire Police (2008) suggest that men often find it hard to admit that they are being abused. Gelles (1999) suggests that male victims may not seek help because care agencies often deny the existence of violence against men where the wife or the female partner is the perpetrator. It is suggested that men are not encouraged to report abuse; they are conditioned not to ask for help and may feel disempowered by those in authority and therefore less likely to report incidents of domestic violence (Cook, 1997; Du Plat-Jones, 2006). Disbelief of the victim, a culture of victim blaming and reluctance of the police to produce and act on crime reports on domestic violence against men contribute to unwillingness of men to report abuse (Lawrence, 2003).

It is also important to educate care-giving professionals on the term ‘abuse’. It is vital to emphasize that abuse is the ill feeling derived from offensive behaviour. In such a scenario, there is a perpetrator and there is a victim and these roles are not dependant on gender; either gender can occupy either position. This understanding will help professionals handle these situations more objectively.

3.6.6 School-based interventions

This prevention strategy is divided into three categories namely: primary, secondary, and tertiary. The three categories are discussed as follows:

3.6.6.1 Primary prevention

Primary prevention involves efforts to reduce the incidence of a problem in a population before it occurs. This strategy introduces prevention strategies to the infants and preschool age children from (0-5 years); school-age children (6 to 12 years); adolescents (13 to 18 years); and adults. It introduces new values, thinking processes, and relationship skills that are incompatible with violence and that promote healthy, nonviolent relationships (Wolf & Jaffe, 1999). It ensures that children between 0-5 years receive a healthy start, including freedom from emotional, physical, and sexual abuse, and from
the trauma of witnessing domestic violence. It must be mentioned that the primary prevention strategy begins by defining the values of a healthy child rearing environment. For example, it is widely accepted that the details of a healthy environment for very young children to thrive and grow to be nonviolent, productive adults, they must be cared for by supportive and nurturing adults. It is also revealed that the young children should have opportunities for socialisation, and have the freedom within protective boundaries to explore their world (Cicchetti & Lynch, 1995).

Primary prevention also supports parents or neighbourhood that are at risk of domestic violence in the community. It ensures that parents who are at risk of child abuse or violence are identified. Thus, it ensures that the improvement of parenting skills and prevention of social isolation is addressed (Cicchetti & Lynch, 1995; Wolf & Jaffe, 1999).

A study by Wolf and Jaffe (1999) spell out that schools are perfect places where primary prevention programs addressing the incidence of abuse or violence to wide ranges of children because most children attend school. The other reason for choosing schools is that much of children’s social learning takes place in schools, and research has shown that social learning can play a role in the development of behaviours and attitudes that support domestic violence (Sudermann & Jaffe, 1998).

It is believed that teachers, who characteristically represent the second most important influence in the lives of children, are in an ideal position to motivate students to consider new ways of thinking and behaving (Sudermann & Jaffe, 1998; Wolf & Jaffe, 1999).

Wolf and Jaffe (1999) opine that adolescence is a time of important mental and social development. In that regard, teenagers learn to reflect more rationally and become capable of thinking hypothetically. On the other hand, teenagers also develop a greater understanding of the possible risks and consequences of their behaviours and learn to balance their own interests with those of their peers and family members. They tend to gradually lose their parental opinions throughout the adolescent stage, while their peers become increasingly influential until they are completely out of adolescent stage (Crockett & Petersen, 1993).

It is widely acknowledged that romantic relationships become more significant by mid-adolescence. Thus, early and mid-adolescence offer unique windows of opportunity for primary prevention efforts that make teenagers aware of the ways in which violence in relationships can occur, and that teach healthy ways to form warm and friendly relationships (Furman & Buhrmester, 1992; Sanderson & Cantor, 1995). It is believed that when the youth and/or teenagers are offered opportunities to explore the richness and rewards of relationships, they become eager and show willingness to learn about choices and responsibilities. Additionally, clear and understandable messages about personal
responsibility and boundaries, delivered in a loving and caring manner, are generally acceptable to this age group (Dryfoos, 1991).

Broadly speaking, the primary prevention programs conveyed universally through high schools often involve activities aimed at increasing awareness and dispelling myths about relationship violence (Wolf & Jaffe, 1999). As such, there are activities that might be involved such as school auditorium presentations involving videotapes, plays, professional theatre groups, or speeches from domestic violence or teen dating violence survivors, classroom discussions facilitated by teachers or domestic violence services professionals; programs and curricula that encourage students to examine attitudes and behaviours that promote or tolerate violence, and peer support groups. Some school-based programs have resulted in youth-initiated prevention activities such as theatrical presentations to younger children, and marches and other social protests against domestic violence (Wolf & Jaffe, 1999).

It is believed that public awareness campaigns play a pivotal role among intimate partners in a relationship in alleviating violence or abuse among themselves. Thus awareness campaigns such as public service announcements and advertisements are common approaches to primary prevention of domestic violence by adults. Additionally, these campaigns naturally offer information concerning the cautionary signs of domestic violence as well as community resources for victims and perpetrators. It is strongly suggested that the use of television advertisements in delivering the message that there is no excuse for domestic violence, and making referrals to local domestic violence services is of paramount importance (Klein, Campbell & Soler, 1997).

### 3.6.6.2 Secondary prevention

The goal of secondary prevention is to target individuals to decrease the prevalence of a problem by minimizing or reducing its severity and the continuation of its early signs. An example of secondary prevention is a clear protocol for the way teachers can assist students who have discussed witnessing domestic violence in their homes but who do not show serious signs of harm.

### 3.6.6.3 Tertiary prevention

Tertiary prevention efforts are the most common and emphasize the identification of domestic violence and its perpetrators and victims, control of the behaviour and its harm, punishment and/or treatment for the perpetrators, and support for the victims. Intensive collaboration and coordinated services across agencies may be vital in tertiary prevention efforts to address chronic domestic violence and to help prevent future generations of batters and victims. However, tertiary efforts can be very expensive and often show only limited success in stopping domestic violence, addressing long-term harm, and preventing future acts of violence.
World Health Organisation (2009) advises working with school children before gender attitudes and behaviours are deeply ingrained. School-based interventions help address, evaluate and attempt to create equal relationships and change attitudes and norms towards dating. In that regard, school-based interventions attempt to address gender norms and equality early in life, before gender stereotypes become deeply ingrained in children and youth. A number of initiatives have been developed to address gender norms, dating violence and sexual abuse among teenagers and young adults. These target either male peer groups, or male and female youth together, and aim to increase knowledge of intimate partner violence, challenge gender stereotypes and norms and reduce levels of dating violence. Evaluations of these programmes showed that such programmes increase knowledge about dating violence and improve attitudes towards it. It is revealed that such programmes are effective at reducing levels of actual abuse towards females to males and males to females (Hickman, Jaycox & Aronoff, 2004).

3.6.6.4 Community interventions
Community interventions try to effect change in an individual and whole community, by addressing gender norms and attitudes. They can include methods to empower women economically and to enlist men as partners against gender-based violence (World Health Organisation, 2009). Additionally, community interventions work solely with men peer groups focusing on masculinity, gender norms and violence. Women on the other hand are also taught on the subject of women and violence. Thus, this reflects a growing awareness of the importance of engaging men and boys in intervention, not only to redefine concepts of masculinity based on dominance and control, but also to engage them in stopping violence against women. On the other hand, women and girls are made aware of the importance of taking a position of a woman at home with an intention of helping the husband to achieve goals that will benefit the whole household/family without engaging themselves in any violence. Conclusively, community engagement or intervention aims to change not just the way sexes think and behave, but to mobilize the entire society in an effort to alleviate violence against each other (Barker, Ricardo & Nascimento, 2007; Guedes, 2004).

3.6.6.5 Media intervention
Public awareness campaigns use mass media to challenge gender norms and attitudes and try to raise awareness in the society about violence towards women, men and children and how to prevent it. For example, media such as television, radio, the internet, newspapers, magazines and other printed publications reach a wider range of audience and effect change within a society (Campbell & Manganello, 2006). Moreover, the main aim of using media is to make all genders aware of violence against each other. It must be noted that media interventions are effective in altering social norms and values (e.g. the belief that masculinity is associated with aggression) through public discussion and
social interaction. Media campaigns have proven successful in increasing knowledge of intimate partner violence and influencing attitudes towards gender norms, but less is known about their ability to reduce violent behaviour, as it is difficult to measure potential changes in levels of violence associated with media interventions (Campbell & Manganello, 2006; Guedes, 2004).

3.7 SUMMARY

This chapter has revealed that violence against men is something that exists but not common. The literature also showed that violence or abuse against men is a serious concern worldwide. It was revealed through the literature that men are abused just as women and children. Moreover, the literature showed that men are at a high risk of severe injuries from women as they use any weapon they come across to harm them. On the other hand, even though men are at high risk of abuse by their intimate partners, it was revealed that men do not report cases of abuse. It was revealed that the reason men do not report cases of abuse by their intimate partners is because men are shy and do not want to be on the spotlight of abuse by their intimate partners.

The literature reviewed has also explored the causes of violence against men. It was revealed that the causes of men abuse are almost common worldwide depending on the type of violence. The most common causes of violence are power hunger, conjugal rights, alcohol, unemployment, suspicion of unfaithfulness, family or emotional terrorism and infidelity. It was noted that the help for men victims is marginal and of poor quality. Therefore, this literature review has greatly confirmed real occurrences of violence against men in an intimate relationship. It was also revealed that violence against men is uncommon yet men are terrorised on a daily basis. The literature shows that men were mostly considered as perpetrators of violence compared to women. It was also evident that men hardly report cases of abuse. The literature proved that women are always considered innocent and that they are not associated with violence against men.

It was observed from the literature that there are consequences of violence or abuse in an intimate relationship. The literature established the consequences of violence as psychological and emotional distress; physical injuries and death as well as social consequences. Lastly, the literature revealed various prevention strategies that can be employed to alleviate violence or abuse in an intimate relationship.

The next chapter discusses the methodology of the study.
CHAPTER FOUR
RESEARCH METHODOLOGY

4.1 INTRODUCTION

This chapter clarifies how research methodology was implemented in the study. Neuman (2011) describes research methodology as a design of action. More importantly, methodology provides details on how a study can be conducted. It describes significant subjects which include research design, population, sample and sampling techniques, data type and a description of the instruments to be implemented to collect the relevant data (Mouton, 2012; Mugenda & Mugenda, 1999: 149).

In order for this study to meet the expectations of the objectives, both quantitative and qualitative research approaches were used and were discussed in detail in the sections that follow. However, this study is much dependent on qualitative research approach.

4.2 RESEARCH PARADIGMS

It is argued that social researchers use research paradigms to define how they view and perceive the environment we live in (Mertens, 1998). De Vos, Strydom, Fouché and Delport (2005) postulate that research paradigms are used by researchers to investigate the core theme of their research project, in the discipline of their curiosity. Noticeable, research paradigms are used as core essential outlines where scientists systematize their remarks (Babbie, 2010; McKerchar, 2008). It is also argued that a research paradigm is used as set of theories about how research themes are put together in order to have valid and trustworthy findings (Johnson & Christensen, 2012; Whisker, 2001). It can be said that paradigms are influenced by realist or objectivist and constructionist ontology (Fraser, 2014; Sarantakos, 2013). Additionally, research paradigms are an ontological dimension; an epistemological dimension, and methodological dimension with approaches for coming up with understanding of reality. Additionally, a paradigm encompasses a view of nature of reality (ontology) whether it is external or internal to the knower; a related view of the type of knowledge that can be generated and standards for justifying it (epistemology); and a disciplined approach to generating that knowledge (methodology).

As such, paradigm guides the process of inquiry and forms the basis for the practice of science by directing the researcher towards appropriate research methods and methodologies, depending on the nature of the phenomenon being investigated (Clarke, 1999; Kuhn, 1970).
There are three (3) main types of research paradigms, namely: positivism, interpretivism/constructivism and post-positivism (Pickard, 2013; Cohen, Manion & Morrison, 2000). The three main research paradigms are discussed as follows.

4.2.1 Positivism

It is argued that positivism paradigm is used to study the social world just as the ordinary universe is studied (Mertens, 1998). Additionally, social researchers consider boffins as eyewitnesses of social truth (Cohen, Manion & Morrison, 2000). It can be said that the societal ecosphere is usually studied by means of data gathering method (Mertens, 1998). A study by Oakley (2000) argues that positivism research is seen as an expert because it considers objectivity as the truth and subjectivity as lies. Positivism as a type of research paradigm is widely used and well established in universities worldwide. It strives to investigate, confirm, and predict law-like patterns of behaviour; commonly used in natural sciences, physical science, and to some extent, in the social sciences, especially where large sample sizes are involved. In a nutshell, the focus of this research paradigm is on the objectivity of the research process (Creswell, 2014).

4.2.2 Interpretivism/Constructivism Paradigm:

When using an interpretive paradigm, scholars consider individuals and the meaning they attribute to the world, as well as their perceptions, as fundamental data sources (Mason, 2002). Moreover, interpretivism regards that entities pursue to understand the universe they reside in. In that light, this is done in order to understand the historic and traditional locations of the people targeted (Creswell, 2014). It can be said that interpretivism pursues to comprehend the whole framework at the macro and micro environment level. Lastly, one of the advantages of interpretivism is its philosophical way of making people comprehend connotations to conditions, and applies those connotations to understand their area and influence their behaviour (Creswell, 2014).

4.2.3 Post-positivism

Post-positivism research paradigm is used to challenge the traditional belief of the exact reality of knowledge. It can be said that post-positivism admits that people can never be “optimistic” when learning their behaviour and movements (Phillips & Burbules, 2000). It also admits the influence of
values and theories in research. It advocates rigorous methods of qualitative data collection and analysis (Creswell, 2007).

It must be mentioned that this study adopted a post-positivist research approach. This research paradigm was employed because it allows multiple perspectives from participants rather than a single reality. Post-positivism used when a researcher uses mixed methods. As such, the study used post-positivism paradigm because it allows the use both of open and closed-ended questions to get information on the causes of men abuse in an intimate relationship. It is also able to identify the effects of men abuse in an intimate relationship. This method is typically dependent on the types of research questions asked by the researcher, with an intention that each research method can assists where the other is weak. Post-positivism is used to address bias in research (Wildemuth, 1993).

4.3 RESEARCH APPROACH

It must be mentioned that there are different types of research approaches that are used by researchers. They are quantitative, qualitative or mixed method research (Creswell, 2014). The quantitative research approach is used in academic studies to gather data in various forms such as in figures or numbers (Awang, 2014: 84; Braun & Clarke, 2013; Hammond & Wellington, 2013: 173; Neuman, 2011; Remenyi, 2011: 35). It is argued that quantitative research method is used by the researcher who wants understanding by numerical examination. In that regard, it is characteristically logical in nature (Teddlie & Tashakkosri, 2009). Moreover, researchers use quantitative research approach to approve or disregard specified hypothesis. It is argued that quantitative research uses tests, quasi-experiments, correlations and survey studies. On the other hand, quantitative research begins with a theoretical framework established from the literature review. From this framework a hypothesis will emerge and the variables within that hypothesis can be identified (the notion of the hypothesis can also be translated into research aims and objectives) (Pickard, 2013).

The advantage of using quantitative research approach is that it tests objective theories by examining the relationship among variables. The variables are then measured, typically on instruments, so that number data can be analysed using statistical procedures (Creswell, 2014). Thus, the final written report of a research that utilises a quantitative approach typically consists of the introduction, literature review, theory, research methods, results and discussion.

Qualitative research approach is commonly used in academic research to gather data which can be in various forms such as words, pictures, objects and host of others (Hammond & Wellington, 2013: 173; Nueman, 2011: 171; Piaw, 2013: 53; Remenyi, 2011: 35). This research approach uses interviews, observations and pictures for data gathering. Additionally, it deals with connotations and
own experience (Denzin & Lincoln, 2005). It must be mentioned that interpretative paradigm largely uses the qualitative research method. Evidently, studies that use qualitative research approach rely heavily on purposive sampling, the literature review, conceptual framework, just to mention a few (Pickard, 2014). This approach is concerned with discovering and understanding the significance persons assign to a social or human problem. This involves developing questions and measures that are accurate for data collection (Creswell, 2014). It must be mentioned that the main qualitative instruments are for collecting data includes the literature review, interviews and observation (Myers, 2013).

Another widely used research method is the mixed method. Mixed method is a mixture of both quantitative and qualitative research methods in order to avoid bias in research (Hammond & Wellington, 2013:137). Notably, mixed method is adopted when researchers want data coming from both research approaches in order to assimilate the research findings, and come up with conclusions based on the two research approaches (Tashakkori & Creswell, 2007). Interestingly, mixed method research relies not in one method but applies an amalgamation of methods. In that regard, mixed method research is an inquiry involving collecting both quantitative and qualitative data, integrating the two forms of data, and using distinct designs that may involve philosophical assumptions and theoretical frameworks (Ngulube, 2015; Creswell, 2014). Additionally, mixed methods research (MMR) is in the realm of multi-paradigms since it employs both the positivist and interpretivist paradigms. Thus, it goes beyond the boundaries of triangulation which utilises a number of research techniques in the same research design (Romm & Ngulube, 2015).

Advocates of a combination of qualitative and quantitative research approach applaud the worth of using this method because it develops a profound understanding of the phenomenon. For example, the researcher may at times use interviews and questionnaires to simultaneously gather data about ways in which men are abused by their intimate partners. Regardless of the adopted research approach, the main feature of a mixed research method is its systematic use and its approach in collecting, analysing, and presentation of data in a single research inquiry (Venkatesh, Brown & Bala, 2013).

The above mentioned explanations gave the researcher confidence to use a mixed method to collect data. The study used MMR because of the combined strengths of both qualitative and quantitative research approaches. Generally, the two approaches produce balanced research findings (Ngulube, 2015). Noticeably, the two approaches are able to use very detailed open and closed-ended questions. It can be said that the advantage of using both quantitative and qualitative research approaches is its reliable conclusion and its ability to add understanding which is always missed when using only one
method. Moreover, using a mixed method increases the chances of simplifying the results compared to only one method (Venkatesh, Brown & Bala, 2013).

It can be said that the advantage of using mixed methods is to balance the findings of the study. For example, where qualitative is weak, quantitative is strong and vice-versa (Ngulube, 2015; Creswell, 2013; Neuman, 2011). Lastly, using the two research methods offer a more improved understanding of the research question(s) rather than applying only one method (Creswell, 2013; Neuman, 2011).

4.4 RESEARCH DESIGN

The research designs are types of inquiry within the qualitative, quantitative, and mixed methods approaches that provide specific direction for procedures in a research design (Creswell, 2014). A study by Denzin and Lincoln (2011) called it strategies of inquiry. In other words, the research design is used to guide and direct the collection and analysis of data. It is argued that when the research design is used the study achieves its resolution and that the available resources will meet the expectations of the study (Durrheim, 2006). It makes the life of a researcher easier by answering all possible questions that require his/her attention. It must be mentioned that research designs are used in research to guide data gathering up to the analysis (Flick, 2009). The study used the research design as a key plan for adopting research paradigm, data collection instruments sampling procedures and for interpreting of research results. This study adopted survey research design which was used to help the researcher gather, examine data and draw conclusions.

The survey method was used in this study to establish the perceptions, opinions and attitudes of men who once experienced abuse by their intimate partners. Since this method finds application capacity in both quantitative and qualitative research approaches, it is the most widely used technique for the collection of primary data and the establishment of beliefs, opinions, attitudes, motivation, expectations, characteristics and behaviour of the respondents. This view propounded above is also corroborated by Hammond and Wellington (2013: 137); Wegner (2000: 73); and Mugenda and Mugenda (1999: 165). They stated that the survey method provides a speedy and economical means of determining facts about an economy and about people's knowledge, attitudes, beliefs, expectations, and behaviours. It involves collecting data by putting a set of pre-formulated questions, in a pre-determined sequence in a structured questionnaire, to a sample of individuals drawn so as to be representative of a given population (Fox & Bayat, 2007). In a study by Neuman (2003), surveys are widely used in social science research whereby researchers seek to explain the causes of phenomenon by comparing the attributes of each variable within the phenomenon, as well as identifying and examining other characteristics that are systematically linked to the phenomenon.
In this study, only one survey data collection method was used to collect data that assisted the researcher in answering the study objectives. This involved, mainly the use of interviews where both open and closed-ended questions were used. This was mainly used to ascertain the main issues; which are germane to men abused by their intimate partners. The principal issues that concerned men abuse were:

(a) Knowledge on abuse in general.
(b) The types of abuse experienced by men.
(c) Reasons for men abuse.
(d) Reasons why men do not report cases on men abuse
(h) Organisations that deal with men abuse cases.

4.5 THE STUDY POPULATION AND SAMPLING

4.5.1 Target population

A target population is used as a specific number of participants or respondents that researchers are interested to use in a particular study. A targeted population can be individuals or a crowd that is being studied (Neuman, 2011: 224). Mugenda and Mugenda (1999) opine that respondents include persons, substances with common and visible features. The present study considered a population as a specific number of men found in one geographical area for inclusion in the study (Hammond & Wellington, 2013:173).

Therefore, the study’s population consisted of only men who had an experience of abuse by their intimate partners. The study used men who once encountered abuse because the study did not want assumptions but accurate, reliable and specific information regarding men abuse. In that regard, the study involved only men with personal experience of abuse by their intimate partners.

4.5.2 Sampling

The researcher noticed that men in the community of iNgwavuma were many to be handled effectively, thus it was important to take only a sample of them. As argued by authors such as Kumar (2014: 382), and Moule and Goodman (2014: 291), sampling is a process of logically picking cases for inclusion in a research project.
Kumar (2014: 382) and Nueman (2011) assert that the advantage of sampling is that it enables the researcher to manage data effectively. It also enables the researcher to store, manipulate and statistically analyse as well as examine the collected data. In that regard, sampling acted as a pointer, process or technique of choosing appropriate sample for inclusion in the study.

It must be mentioned that sampling in this study helped the researcher to accurately choose the relevant population which could give reliable information on abused men. Additionally, sampling also assisted the researcher in reducing the time and saving money.

4.5.2.1 Types of sampling

In research, there are two types of sampling methods: probability and non-probability sampling.

Neuman (2011) considers probability sampling as randomization. It means the researcher is fully aware of the population for inclusion in the study. On the other hand, probability sampling encompasses five sampling methods. These methods include simple random sampling technique; systematic sampling; stratified sampling; cluster sampling and multi-stage sampling.

Moreover, non-probability sampling is applied by researchers who lack knowledge of the population prior to going to the field (Neuman, 2011). Thus, non-probability sampling method encompasses quota sampling; convenience sampling; purposive sampling and snowball sampling.

The current study adopted non-probability sampling because the researcher lacked knowledge of the size of the population to be used. Moule and Goodman (2014: 298), and Neuman, (2003: 211) contend that non-probability is vital to researchers who rarely determine the sample size in advance and have limited knowledge about the larger group or population from which the sample is taken. The researcher in this study used snowball and purposive sampling methods. The researcher used snowball sampling method because it is used by researchers who are referred from one targeted population to another until the actual number required is covered (Kumar, 2014: 244; Neuman, 2003). Snowball sampling is important for researchers who are referred to the population by those already used. It must be mentioned that the pilot study was very helpful to the researcher in getting referrals of men who were once or were still abused by their intimate partners. The researcher therefore collected data among sixty (60) men who were abused by their intimate partners.

4.6 DATA COLLECTION INSTRUMENTS

Researchers use a variety of instruments for data collection. These instruments include questionnaires, interviews, observation, just to mention a few (Neuman, 2011). However, this study
used questionnaires and a semi-structured interview. The reason for using the two data collection instruments was so that the researcher would help men who were uneducated to fill the questionnaire and those who were educated filled the questionnaire on their own. For those uneducated, semi-structured interviews were used to acquire the information.

4.6.1 Semi-structured interview

An interview is defined as a short-term, secondary social interaction between two strangers with the explicit purpose of one person obtaining specific information from the other (Hammond & Wellington, 2013: 170; Richards, 2015: 47). In this regard, the interviewee asks questions directly to the person who has been targeted by the study to provide the relevant data as required by the study (Neuman, 2011). In this study, the researcher took advantage of interviews because the majority of the respondents were not educated. Additionally, the researcher used interviews because the respondents preferred to talk than to write, which they thought would require a lot of time. The researcher also used a cell phone to record the respondents while they were being interviewed.

In semi-structured interviews, some structured questions were asked together with some open-ended questions. The researcher took notes during the interviews and supplemented that by using voice recording using a cell phone. Mugenda and Mugenda (1999: 87) contend that there are a number of advantages for using note-taking. Firstly, note-taking facilitates data analysis since the information is readily accessible and already classified into appropriate categories by the interviewer. Secondly, it is observed that note taking ensures that there is no data left out due to amnesia and/or exhaustion.

4.6.2 Validity and reliability of instruments

Validity and reliability are necessary for data collection (Leedy & Ormrod, 2010). Validity and reliability are used by researchers as data quality control measures in research. They help establish honesty, integrity and plausibility of findings (Ndunguru, 2007: 89; Neuman 2011: 188). Leedy and Ormrod (2010) stated that validity and reliability are verified either through face or content. This is done in order to do away with unnecessary materials.

4.6.2.1 Validity

Validity means truth (Neuman, 2011: 208). In other words, it is about how the research findings accurately represent what is really happening in the situation. In a nutshell, validity puts a stamp on what is happening in reality.

One of the benefits of validity is that it aids to tests how accurate an instrument is and whether it measures the specific concept it is planned to measure (Leedy & Ormrod, 2010: 155; Neuman, 2011:
The researcher relied on the experience of the supervisor in the Psychology Department. The experience of the supervisor guaranteed that the instrument is able to measure what it is expected to measure. On a similar vein, Leedy and Ormrod (2001: 31) posit that validity is implied in a situation where the devices used for measurement yield accurate and true results. Several approaches were used to ensure the validity of the results in this study. For example, confirmation of the instruments with related ones, appropriate examination and proof-reading by knowledgeable persons in the field of psychology as well as semi-structured interviews conducted and endorsement by the supervisor.

4.6.2.2 Reliability
Neuman (2011: 208) considers reliability as the degree that measures and gives dependable as well as unchanging results in a measurement process. The author considers the characteristics of reliability as consistency and dependability. Additionally, reliability does away with biasness. To ensure the application of reliability in the study, a pilot study was conducted. This was done with an aim of checking whether the main objectives of the study were met as intended by the study. Teijlingen and Hundley (2001: 1) also argue that carrying out a pilot study shows in advance whether the main research objectives fail and where proposed methods or instruments are unsuitable or too difficult. The pilot study was also used by the current study to test whether the respondents would have clear understanding of the questions asked during interviews. The study improved the dependability of the research instrument by using close ended and open-ended questions during interviews. It must be mentioned that the study applied just simple, direct and unbiased wording in order to yield better results. The pilot study was conducted in June, 2016.

4.6.3 DATA COLLECTION STRATEGY
Since the researcher was not from iNgwavuma community, the researcher hired a research assistant from within the community. The researcher wanted a person well-known to the community members and connected to the leader of the community. The researcher trained his research assistant in order to understand the information required from the respondents. Interestingly, the research assistant was also a victim of abuse by his intimate partner and was able to do referral to other men having the same problem. The researcher submitted a letter seeking approval to do research in the area. Approval was granted to collect data in the area.

4.6.3.1 Research assistant
As mentioned, the researcher hired only one research assistant because only 60 men were targeted. Out of 60 men who were targeted by the study, 40 were interviewed and the 20 answered the questions on their own because they were literate. The researcher used the same questions for interviews and for those who answered on their own. The research assistant was hired and trained in order to be
familiar with research questions and objectives of the study. During the training, the translation of research questions into isiZulu and Siswati, the local languages of the community was done.

Moreover, the research assistant was given his set of the interview schedule to carry along when making appointments for interviews. Before the interviews, the research assistant went through the questions to ensure that he understood the questions very well.

4.6.3.2 Pilot study

Pilot studies are important in doing away with ambiguity. More importantly, a pilot study helps to examine, redefine and reinforce the instruments before the actual study is conducted. Additionally, pilot studies save the researcher’s effort and time (Leedy & Ormrod, 2011: 111). Marshall and Rossman (2016: 105) point out that the advantage of using a pilot study is that it buttresses the argument and basis for a genre strategy. The current study used Vulindlela Township to conduct the pilot study. Notably, Vulindlela is 200 kilometers away from iNgwavuma. The reason for using Vulindlela as a pilot study was because the University of Zululand is located in that area and the researcher used that area because it was conveniently closer to the place of work. The researcher also did not want to use the same area where the main study was going to be conducted.

The researcher and the research assistant conducted the pre-test of the pilot study using the semi-structured interviews and distribution of questionnaires regarding the causes of men abuse by their intimate partners in iNgwavuma community in the province of Kwa-Zulu Natal. The researcher conducted the pilot study in order to guarantee trustworthiness of the tools. The results of the pilot study were used to improve, adjust and manage the interviews in the real study.

4.7 ETHICAL CONSIDERATIONS

It must be mentioned that all research projects need to consider the importance of ethical consideration before the study is conducted. For example, a research must not infringe on the rights of the target population. In that regard, an ethical clearance is always required (Hammond & Wellington, 2013: 60; Mugenda & Mugenda, 1999: 190). Therefore, the researcher kept in mind the rights of the target population when data were collected. The researcher also kept in mind the respondent’s rights such as informed consent, protection from disclosure of information and respect for their privacy and confidentiality (Corbin & Strauss, 2015: 13; Neuman, 2003: 127).

The researcher took into consideration the integrity of the research process by following the principles of research integrity. The study also considered the eight fundamentals of truthfulness. These include exactness in data gathering and handing out, use of suitable research methods; correct understanding of data, and precise reporting (Ikoja, 2002: 188).
4.8 DATA PRESENTATION AND ANALYSIS

The study analysed data in order to get the exact words of the respondents if they were addressing the research objectives and questions as intended by the study (Shabalala, 2012). Moreover, Corbin and Strauss (2015: 7) are of the opinion that irrespective of the kind of data used, they are analysed by means of a procedure known as constant comparisons. The two authors state that in constant comparisons, the data are broken down into manageable pieces with each piece compared for similarities and differences (Corbin & Strauss, 2015).

For instance, as the answers expected were “Yes” and “No”, “Agree” and “Disagree” the researcher had to allocate the number 1 to Yes or Agree and 0 to No or Disagree. Because the study heavily relied on analysing data using content analysis, collected data were tabulated under various themes and subheadings, and presented using tables and generalisations. Moreover, all open-ended themes were analysed by means of narrations using content analysis. A study by Neuman (2003: 310) also states that content analysis is narrations of themes, denotations, images, signs, thoughts, that can be linked. Content analysis is used for coherent groupings of the information with like meaning (Kumar, 2014: 318; Mugenda & Mugenda, 1999: 174). In other words, the open-ended questions were perused to decide on words or phrases that were frequently used by the respondents. The words which appeared the most were grouped together to avoid repetition.

4.9 SUMMARY

The current chapter has discussed the research design, study population, sampling procedure, data collection procedure and instruments, data analysis, pilot study, validity, reliability and research ethics.

Both quantitative (survey-questionnaires) and qualitative (semi-structured interviews) approaches were used which allowed the study to do away with biasness in the findings. This chapter also addressed matters of validity and reliability in order to confirm the dependability of the research findings. The limitation of this study is that it did not include organisations that deal with men abuse cases in the area.

Sixty (60) men who were once victims of abuse by their intimate partners were sampled. In that regard, 30 men were interviewed and 20 filled questionnaires on their own. The data gathered was then analysed using the Statistical Package of Social Sciences (SPSS) and content analysis.

The next chapter discusses the presentation, interpretation and analysis of data.
CHAPTER FIVE
DATA PRESENTATION, INTERPRETATION AND ANALYSIS

5.1 INTRODUCTION
This chapter presents and analyses data collected using semi-structured interviews among men who once experienced abuse by their intimate partners in iNgrabvuma community. Sixty interviews were completed. The chapter is organised as follows:

Demographic characteristics of the respondents
Responses on abuse
Summary.

5.2 Demographic characteristics of respondents
Despite the fact that respondents’ characteristics were not part of the study objectives, it was considered necessary to present these data because the background of the respondents could partly explain abuse among the respondents. Therefore, the study had to describe the characteristics of the respondents who participated in the semi-structured interviews in terms of age, gender, education level, marital status, and disability.

5.2.1 Age

Figure 1 is a representation of the ages of participants of the study. The study included the age so that every person could have an equal chance of being included in the study as long as one had an intimate partner. Figure 1 summarises the findings.
This figure shows that 19 (32%) respondents were 51 years and above, closely followed by 17 (28%) between 41 and 50 years of age. Nine (15%) were between 31 and 40 years, followed by 8 (13%) between 21 and 30 years. Only 7 (12%) respondents were between 16 and 20 years of age. This shows that most ages were represented.

5.2.2. Gender

Only males were considered in this study.

5.2.3. Disability

It was important for the study to consider if the respondents had any disability. This was to ensure that both normal and disabled men were represented in the study. Additionally, the study wanted to see if wives took advantage of their disabled partners. The findings are summarised in the figure below.
This figure above clearly shows that 87% (52) of the participants were not among disabled people while 13% (8) were disabled. Even though there were few respondents who were disabled, the findings suggest that all men were at risk of abuse regardless of disability status.

5.2.4. Type of disability

It was important to know the types of disability experienced by the respondents. The table below summarises the findings.

**Table 1: Types of disability [N=8]**

<table>
<thead>
<tr>
<th>Variables</th>
<th>Frequency</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partial blindness</td>
<td>4</td>
<td>50%</td>
</tr>
<tr>
<td>Crippled leg</td>
<td>2</td>
<td>25%</td>
</tr>
<tr>
<td>Crippled hand</td>
<td>1</td>
<td>12.5%</td>
</tr>
<tr>
<td>Blindness</td>
<td>1</td>
<td>12.5%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>8</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Table 1 above shows that a total of 4 (50%) respondents were partially blind; closely followed by 2 (25%) who had crippled legs; 1 (12.5%) had a crippled hand, and another 1 (12.5%) was blind. These findings suggest that men suffer abuse from their intimate partners regardless of disability.
5.2.5. Marital status

The study required participants to specify their marital status. The study did this to guarantee that all marital statuses were included in the study. The findings are presented in Figure 3 below.

**Figure 3: Marital status**

According to the above graph, many men (46%) were married while 42% were single or separated. Only a few (7) 12% were divorced.

5.2.6. Level of education

Six categories of the level of education were used to describe the educational characteristics of the respondents. These categories were: never attended school, primary school, secondary school, college and university. The summary of the responses is in Table 2 below.

<table>
<thead>
<tr>
<th>Level of education</th>
<th>Frequency</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never attended school</td>
<td>11</td>
<td>18%</td>
</tr>
<tr>
<td>Primary school</td>
<td>20</td>
<td>33%</td>
</tr>
<tr>
<td>Secondary school</td>
<td>24</td>
<td>40%</td>
</tr>
</tbody>
</table>

Table 2: Level of education [N=60]
The above table shows that the majority (24 (40%)) of the respondents had secondary school education; closely followed by 20 (33%) respondents who had primary school education. Eleven (18%) respondents had never attended school. There were only 4 (6.6%) respondents who had gone as far as tertiary level.

### 5.3 General knowledge about abuse

The study wanted participants to show whether they had understanding of the word ‘abuse’. The aim behind this question was to identify those who knew the word ‘abuse’ from those who were not familiar with the word. The figure below shows the number of responses for each reason and the corresponding percentages.

**Figure 4: General knowledge about abuse [N=60]**

The above figure reveals that 54 (90%) respondents have knowledge about abuse, while 6 (10%) sometimes have knowledge about abuse. These findings inform that a high number of the respondents have knowledge about abuse.

#### 5.3.1 General explanation of abuse

The respondents in the area of iNgwavuma gave their own understanding on the concept of abuse as it is likely to occur in their own lives. Their responses were given in order to compare them with the
previous studies done on men abuse from their intimate partners. The responses that were similar were combined together in order to avoid repetition. The table below shows the findings of the study.

Table 3: Meaning of abuse [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning of abuse</td>
<td>• It is to be treated unfairly by someone you are in love with;</td>
</tr>
<tr>
<td></td>
<td>• It is when someone you are in love with is rude and offensive towards you and always criticises you;</td>
</tr>
<tr>
<td></td>
<td>• It is when the wife sides with the children and the husband has no say at all;</td>
</tr>
<tr>
<td></td>
<td>• It is to do something painful to your partner (e.g. refusal to engage in sexual activity) all the time;</td>
</tr>
<tr>
<td></td>
<td>• It is when your intimate partner hurts your feelings, abuses you physically, mentally and emotionally;</td>
</tr>
<tr>
<td></td>
<td>• Abuse means violating the rights of your intimate partner;</td>
</tr>
<tr>
<td></td>
<td>• It is when your intimate partner pulls you by your private parts in the sense of murder;</td>
</tr>
<tr>
<td></td>
<td>• One old man said “abuse means forcing your husband to wash nappies and clean the floor”;</td>
</tr>
<tr>
<td></td>
<td>• It is forcing your male partner to wash dishes at home;</td>
</tr>
<tr>
<td></td>
<td>• It is to force your male partner to leave the house when he has no money, and</td>
</tr>
<tr>
<td></td>
<td>• It is being shouted by your intimate partner in front of other people.</td>
</tr>
</tbody>
</table>

All men were asked about the meaning of abuse in order to measure their understanding. It was observed in their responses, they had a clear understanding of what abuse means. From the narratives, it was evident that the word abuse meant different ways of abuse by your intimate partner; for example, when your intimate partner pulls you by your private parts.

5.3.2 Knowledge of whether men abuse is a problem in the area

Another question required the respondents to indicate whether men abuse was a problem in the area. This was done in order to get information on how men are abused in iNgwavuma area. The results are summarised in Figure 5 below.
Figure 5: Knowledge of whether men abuse is a problem in the area [N=60]

This figure indicates that the majority of the respondents (92% (55)) were of the opinion that men were abused in the area. Only 5 (8%) were not aware that there was men abuse in the area. The findings suggest that men abuse is a problem in the area of iNgwavuma.

5.3.3 Ways in which men are abused in the area

The respondents mentioned ways in which men were abused in the area. As mentioned earlier, the responses which were similar were put together to avoid duplication. The findings of the study are a sign that men abuse is not only practiced in South Africa but a universal problem. The findings are reported in the following table.

Table 4: Ways in which men are abused in the area [N=55]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>How men are abused</td>
<td>• Women pull men with their private parts with an intention of killing;</td>
</tr>
<tr>
<td></td>
<td>• Men are not given the respect they deserve;</td>
</tr>
<tr>
<td></td>
<td>• Men are given a lot of pressure by their wives;</td>
</tr>
<tr>
<td></td>
<td>• Once men are drunk, they are beaten by their wives;</td>
</tr>
<tr>
<td></td>
<td>• Men are forced to clean the floor and wash dishes in the evening;</td>
</tr>
<tr>
<td></td>
<td>• Men are commanded to change nappies for their children;</td>
</tr>
<tr>
<td></td>
<td>• Men who are not employed are expelled from their homes by their wives;</td>
</tr>
<tr>
<td></td>
<td>• Men complain that their wives deprive them of sexual intercourse because they do not have money, and</td>
</tr>
</tbody>
</table>
On the table above, it is evident that men are highly abused in iNgwavuma which needs an urgent attention from the government of South Africa. It was observed that men suffer different forms of abuse from their intimate partners. One shocking experience of abuse was that women pull men with their private parts with an intention of killing them. These results suggest that women were generally vicious towards men and that men were generally not safe in the hands of abusive women/intimate partners.

5.3.4 People who are mostly abused in the area

Respondents were asked to establish a group of people who are usually abused in the area. The aim behind this question was to establish whether there is existence of abuse against men in general. The table below summarises the results.

### Table 5: Most abused people in the area [N=60]

<table>
<thead>
<tr>
<th>Abused people</th>
<th>Number</th>
<th>Percentage %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td>Women</td>
<td>59</td>
<td>98</td>
</tr>
<tr>
<td>Men</td>
<td>51</td>
<td>85</td>
</tr>
</tbody>
</table>

*The table above represents multiple responses*

From the findings of the study in Table five above, 98% of the respondents felt that women are the most abused in the area. This was followed by men at 85% and children at 20%. These findings suggest that all people whether woman, man and child experience abuse in iNgwavuma community. Moreover, the findings indicate that all genders are exposed to abuse as opposed to other studies which indicated that only women and children suffer the negative impact of abuse.

5.3.5 Most men suffer silent abuse

The respondents were asked if men suffer silent abuse in the area. This question was asked in order to establish the reasons why men do not report cases of abuse by their intimate partners. Four options were given to the respondents, i.e. agree, strongly agree, disagree and strongly disagree. The results are discussed in figure 6 below.

**Figure 6: General knowledge whether most men suffer silent abuse**
The findings of the study reveal that fifty six (93%) respondents strongly agreed that men suffer silent abuse in the area and 4 (7%) agreed that men suffer silent abuse in the area. These findings suggest that men in iNgwavuma community suffer silent abuse by their intimate partners.

5.3.6 Common causes of men abuse

The respondents in the area of iNgwavuma were asked to name the common causes of abuse against men they were familiar with. Their responses were grouped together in order to avoid replication. The responses are presented in the table below.

Table 6: Common causes of abuse against men [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common causes of men abuse</td>
<td>• Some old men and young men said “women naturally are power hungry”;</td>
</tr>
<tr>
<td></td>
<td>• Men who are unemployed suffer from abuse;</td>
</tr>
<tr>
<td></td>
<td>• Lack of finances is the cause of men abuse;</td>
</tr>
<tr>
<td></td>
<td>• Upbringing;</td>
</tr>
<tr>
<td></td>
<td>• Some young and old men said “the reason we are abused is because there is no law that protects men from abuse”;</td>
</tr>
<tr>
<td></td>
<td>• One old man said “we are heavily abused because women”</td>
</tr>
</tbody>
</table>
From the data, it is evident that the common causes of abuse against men are known. The most common cause of men abuse seems to be power hunger by women.

5.3.7 Different types of abuse occurring against men in the area

The respondents were asked to mention the different types of abuse against men. This question was meant to equate the findings with the other studies conducted which required almost similar data. The responses of the respondents were also grouped together to avoid repetition. The responses are presented in the table below.

<table>
<thead>
<tr>
<th>Theme of abuse against men</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Women deprive men of sexual intercourse;</td>
</tr>
<tr>
<td></td>
<td>Men suffer verbal abuse from women;</td>
</tr>
<tr>
<td></td>
<td>Men suffer from emotional abuse;</td>
</tr>
<tr>
<td></td>
<td>Four old men said “we as men suffer from psychological abuse”;</td>
</tr>
<tr>
<td></td>
<td>Financial abuse;</td>
</tr>
<tr>
<td></td>
<td>Men suffer from physical abuse (e.g. beating, cleaning the floor and washing dishes);</td>
</tr>
</tbody>
</table>

Table 7: Different types of abuse occurring against men in the area [N=60]
The table indicates that men were abused differently by their intimate partners. For example, some women deprived men of sexual intercourse; some young women cheated with young men who are called Ben 10s in the community. From this, it can be concluded that men are abused differently in the area.

5.3.8 Personal experience with abuse

The respondents were asked if they had ever experienced abuse in their own lives. This question was asked in order to identify the type(s) of abuse experienced and to observe whether it was minor or severe. The responses are presented in the figure below.

Figure 7: Personal experience with abuse [N=60]
The above chart indicates that 49 (82%) respondents had once experienced abuse. Eleven (18%) respondents indicated that they sometimes experience abuse. This confirms that men indeed suffer abuse in the present day society.

5.3.9: Common abuse experienced by men

The participants in the area of iNgwavuma were further asked the type(s) of abuse they experienced. The information gathered from the respondents was going to be compared with the literature review. The findings are summarised as follows.

Table 8: Common abuse experienced by men [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abuse experienced</td>
<td>• Verbal abuse</td>
</tr>
<tr>
<td></td>
<td>• Physical abuse</td>
</tr>
<tr>
<td></td>
<td>• Sexual abuse</td>
</tr>
<tr>
<td></td>
<td>• Financial abuse</td>
</tr>
<tr>
<td></td>
<td>• Assault</td>
</tr>
</tbody>
</table>

From the narratives, it is evident that men experienced different abuses in iNgwavuma community. It can be deduced from the findings that approximately a large number of men suffer from verbal abuse. On the other hand, it was deduced that a few number of men suffer from assault from their intimate partners.

5.3.10: Reasons for men abuse

Another question required the respondents to indicate why their intimate partners abused them. This was also done in order to establish the reasons behind abuse against men and to compare with the literature in the same subject. The results of the data are summarised in the table below.

Table 9: Reasons for abuse [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons for abuse</td>
<td>• Wives/women always demand money from their husbands/men even if they may be aware that there is no money available;</td>
</tr>
<tr>
<td></td>
<td>• Wives/women always refuse to engage their husbands/men in sexual intercourse because of financial reasons;</td>
</tr>
</tbody>
</table>
It was observed from the narratives that a large number of men suffer from abuse because their intimate partners always demand money even if they are aware that there is no money available. There seems to be an urgent need to address cases of men abuse in iNgwavuma community.

### 5.3.11 Reporting cases of men abuse

The respondents in the area of iNgwavuma were asked whether they reported cases of abuse against men. The aim behind this question was to compare information gathered from the respondents with the other information gathered by other scholars on the same subject on abuse against men. The responses are presented in the figure below.

**Figure 8: Reporting cases on men abuse [N=60]**

The above figure clearly indicates that forty five (75%) respondents did not report cases of abuse. Only fifteen (25%) reported.

- Wives/girlfriends cheat with other men when the husband/man is drunk;
- One old man said *“once a woman gets drunk, she sleeps with any man who is interested in her”*;
- Highly educated women use their power to oppress their husbands or men, and
- Well salaried women use their financial power to oppress their husbands or men.
5.3.12 Place(s) where abused men report their cases

This question was directed to those respondents who reported cases of abuse. The respondents were asked to state the place where cases of abuse against men were reported in the area. Notably, only 15 (25%) respondents answered this question. Table 10 highlights some of the places which emerged from the respondents.

Table 10: Place(s) where abused men report their cases [N=15]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place where abused men report cases</td>
<td>• Police Station&lt;br&gt;• Report to the family-in-laws&lt;br&gt;• Friends</td>
</tr>
</tbody>
</table>

The findings show that some men report cases of abuse in the police station. Other abused men reported to family-in-laws, and others to friends.

5.3.12.1: Reasons for not reporting cases of abuse

Again, this question was answered by those respondents who did not report cases of abuse. This question required respondents to give reasons why they were not reporting cases of abuse. There were 45 (75%) respondents who answered this question. The results are summarised in Table 11 below.

Table 11: Reasons for not reporting cases on abuse [N=45]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons for not reporting</td>
<td>• A large number of men said “Men fear to be on the spotlight of abuse by their intimate partner”;&lt;br&gt;• Another large number of men reported that “Men do not know where to report and how to address such a shameful experience”;&lt;br&gt;• Few young men said “we as men do not report cases of abuse because other people will take us as failures in life”;&lt;br&gt;• People might think we as men fail to manage our marriage;&lt;br&gt;• A number of elderly men said “Men are not supposed to report any abuse by intimate partner because reporting makes the ancestors angry”;</td>
</tr>
</tbody>
</table>
From the table above, there are various reasons why men do not report cases of abuse. Evidently, a large number of men feared to be on the spotlight of abuse by their wives/women. Interestingly, men reported that they do not report cases of abuse because reporting will make the ancestors angry at them. These findings suggest that men keep to themselves that they are abused by their wives or women in iNgwavuma community.

5.3.12.2 Knowledge whether help is found in cases of abuse

This question required respondents to indicate if help is received once cases of abuse are reported. Figure 9 below summarises the findings.

The above figure clearly shows that of those who reported, fifty four (90%) did not get any help; only 6 (10%) did.

5.3.12.3 Kind of help received

This question was for those respondents who received help when reporting cases of abuse. The respondents were asked to indicate the kind of help they received after reporting cases of abuse. Only
6 (10%) respondents answered this question. Table 12 highlights some of the kinds of help which emerged from the respondents.

**Table 12: Kind of help received [N=6]**

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of help received</td>
<td>• My wife was sent back to her family to be retrained by her parents;</td>
</tr>
<tr>
<td></td>
<td>• One of the man said “I was advised to take another wife”; and</td>
</tr>
<tr>
<td></td>
<td>• My wife was brought before elders to be disciplined.</td>
</tr>
<tr>
<td></td>
<td>• Some men said “I was given counselling”;</td>
</tr>
<tr>
<td></td>
<td>• One man said “that witch was brought before justice and was arrested”; and</td>
</tr>
<tr>
<td></td>
<td>• The woman/wife was sent back to her family.</td>
</tr>
</tbody>
</table>

From the table above, some men said their intimate partners were sent back to their homes to be retrained by their parents. Other men said they were advised by their parents to take another partner. Conclusively, it was observed that a decision was taken against women who abused men even though in this study there were few men who reported cases of abuse.

**5.3.12.4 Reasons for not punishing the culprit**

This question was intended for those respondents who did not report that they were abused by their intimate partners. The respondents were asked to respond to a question that required them to state the reasons why the culprits went unpunished. Notably, 54 (90%) respondents answered this question. The researcher had to combine their responses in order to avoid repetition. Table 13 below highlights some of the reasons which emerged from the respondents.

**Table 13: Reasons for not punishing the culprit [N=54]**

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons for not punishing the</td>
<td>• A large number of men said “abuse against men is not taken very seriously”;</td>
</tr>
<tr>
<td>culprit</td>
<td>• Some men said “Becoming a laughing stock is not my character”;</td>
</tr>
<tr>
<td></td>
<td>• Men were not meant to be abused by women, therefore</td>
</tr>
</tbody>
</table>
From the narratives above, there are various reasons why women go unpunished for abusing their husbands/men. From the table above, it was revealed that men felt that abuse against men was not taken very serious. Some women were not reported that they abused men. These findings suggest that men abuse is a concern and that women take advantage that men do not report cases at all.

5.4 Effects of abuse against men

The participants of the study were required to state the effects of abuse against men. The question was aimed at comparing the effects of abuse against men with the literature review of the study. There were many effects that were reported by men who were abused by their intimate partners. The results are summarised in Table 14 below.

Table 14: Effects of abuse against men [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effects of abuse</td>
<td>• A large number of men said “Men become irresponsible and lose self-worth”;</td>
</tr>
<tr>
<td></td>
<td>• Some men reported that stress, loneliness and depression are the effects of men abuse;</td>
</tr>
<tr>
<td></td>
<td>• Men believe in committing suicide after they have been abused;</td>
</tr>
<tr>
<td></td>
<td>• Men think killing all his family members is a solution;</td>
</tr>
<tr>
<td></td>
<td>• Some men revealed that taking illegal drugs and becoming alcoholic is better; and</td>
</tr>
<tr>
<td></td>
<td>• Taking another woman or wife is an option.</td>
</tr>
</tbody>
</table>

The table above shows that once men are abused they become irresponsible and lose self-esteem. Additionally, the findings show that the effects of abuse against men are stress, loneliness and depression. Also, once men are abused by their intimate partners, they take harsh decisions such as committing suicide; killing all family members; taking illegal drugs and becoming alcoholic. These findings suggest that abuse against men require attention from all bodies responsible for the rights of each individual in the country of South Africa.
5.4.1 Knowledge on how men feel after they have been abused

This question required the respondents to state how they felt after having been abused by their intimate partners. The question on how men felt after they have been abused drew a number of comments from the participants. The responses were combined together in order to avoid repetition. The results are summarised in Table 15 below.

Table 15: Knowledge of how men feel after they have been abused [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feelings of men after they have been abused</td>
<td>• Inferiority complex;</td>
</tr>
<tr>
<td></td>
<td>• Men feel ashamed, sad, betrayed and disappointed;</td>
</tr>
<tr>
<td></td>
<td>• It feels like your intimate partner has murdered you; and</td>
</tr>
<tr>
<td></td>
<td>• It feels like it is better to die than to live.</td>
</tr>
</tbody>
</table>

The table above shows that men have diverse feelings resulting from abuse by their intimate partners. For example, men reported inferiority complex and felt ashamed, sad, betrayed and disappointed after abuse. These findings suggest that men feel degraded after they have been abused by their intimate partners.

5.4.2 Knowledge whether men share their experiences of abuse with other men who are abused

The respondents were asked whether they shared their experiences of abuse with other men. This was aimed at finding the response of those men who hear about the cases of men abuse. The researcher also wanted to establish whether there was any advice given and how it helped the victim of abuse. Here are the responses from the respondents.

Figure 10: Knowledge whether men share their experiences of abuse with other men who are abused [N=60]
The above figure clearly shows that forty six 46 (77%) respondents, which is the majority, do not share their experiences of abuse with anyone at all. Only 14 (23%) indicated that they share their experiences with other men. It can be deduced that men abuse is taken by men as a shameful thing which need not be communicated at all.

5.4.2.1 The response of those with whom the experience(s) of abuse were shared

The respondents were also asked to state the response of those with whom they shared the experiences of abuse. This question was aimed at establishing whether help was received from those with whom the respondents shared their experiences of abuse. This question was attended by only fourteen respondents (23%) who said they shared their experiences of abuse. The results are summarised in Table 16 below.

Table 16: The response of those with whom the experience(s) of abuse were shared [N=14]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Response of other men on the issue of men abuse</td>
<td>The majority of men said “Please divorce that thing”;</td>
</tr>
<tr>
<td></td>
<td>• Report your wife to social work department;</td>
</tr>
<tr>
<td></td>
<td>• Report her to the elders of the family; and</td>
</tr>
<tr>
<td></td>
<td>• If you want peace in your house, let your wife lead in everything without arguing with her.</td>
</tr>
</tbody>
</table>

It was observed that men had different opinions regarding decisions to be taken by abused men. For example, some advised abused men to divorce their wives in order to have peace in their lives. Interestingly, some men were advised to report abuse to the department of social work. These findings show that some men who are abused are brave in seeking help and advice.

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5.4.2.2 Awareness of men’s protection in South Africa

The respondents in iNgwavuma were asked to state if they were aware of men’s protection in South Africa. This was done in order to compare their responses with the literature review on the rights of men who are abused. The responses are presented in the figure below.

**Figure 11: Awareness of men’s protection in South Africa [N=60]**

The above figure clearly shows that fifty (83%) respondents, who are the majority, were not aware of men’s protection in South Africa. Only 10 (17%) indicated that they were aware. These findings indicate that men’s protection is generally not known.

5.4.2.3 Types of protection for men who are abused

This question required the respondents to state the protection for men who are abused. Only 10 (16.6%) respondents answered this question. The results are summarised in Table 17 below.

**Table 17: Types of protection for men who are abused [N=10]**

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rights for men</td>
<td>- South Africa has rights (protection) for all human beings to report any ill-treatment they receive;</td>
</tr>
<tr>
<td></td>
<td>- We have rights to report any case of abuse in social welfare;</td>
</tr>
<tr>
<td></td>
<td>- We have rights to report cases of abuse in a police station, and</td>
</tr>
<tr>
<td></td>
<td>- South Africa has a right of freedom of expression.</td>
</tr>
</tbody>
</table>

From the table above, it is evident few men who are abused by their intimate partners reported a number of rights for men. The narrations show that rights for all human beings in South Africa exist
regardless of gender. It can be said that the findings demonstrate that men have rights just as women have.

5.4.2.4 Reasons why men do not have their own rights (protection) on abuse

It must be mentioned that this question was attended by only those respondents who said there were no men’s protection in the area. This question was aimed at establishing the reasons why men did not have protection in the area. Interestingly, 50 (83%) respondents answered this question. The results are summarised in Table 18 below.

Table 18: Reasons why men do not have their own protection [N=50]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons why men do not have rights</td>
<td>• The government of South Africa only addresses women and children’s protection;</td>
</tr>
<tr>
<td></td>
<td>• Men are considered as perpetrators of violence against women and children;</td>
</tr>
<tr>
<td></td>
<td>• Men are mocked whenever they report a case of abuse by a woman or wife; and</td>
</tr>
<tr>
<td></td>
<td>• Men are considered wrong all the time.</td>
</tr>
</tbody>
</table>

It is observed from the table above, that men who do not report cases of men abuse have many reasons for not reporting. It was observed that one of the reasons why men do not report is that the government of South Africa only addresses women and children’s protection. They also stated that men are considered perpetrators of abuse and are considered to be always wrong.

5.4.2.5: Knowledge whether abused men receive the attention they deserve

The respondents were asked whether they received deserved attention on cases of abuse. The question was aimed at establishing the kind of attention they receive. Figure 12 below summarises the results.
The figure above clearly illustrates that all 60 (100%) men feel that they do not receive the attention they deserve about abuse. These findings suggest that men are not taken serious when they are abused by their women or wives.

5.4.2.6 Reasons why men do not receive the attention they deserve

The respondents were also asked why abused men do not receive the attention they deserve on the cases of abuse. The responses of the respondents were also combined to avoid repetition. The following views emanated from the respondents.

Table 19: Reasons why men do not receive the attention they deserve [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons why men do not receive attention</td>
<td>• Men abuse is not known and men do not report cases of abuse;</td>
</tr>
<tr>
<td></td>
<td>• Men abuse is taken lightly and is not addressed at all;</td>
</tr>
<tr>
<td></td>
<td>• It is considered that there is no man who can be abused by his woman/wife; and</td>
</tr>
<tr>
<td></td>
<td>• Men are made a laughing stock if they report cases of abuse by their wives/woman.</td>
</tr>
</tbody>
</table>

From the table above, it is evident that men abuse is a new thing in the ears of the community. These findings clearly suggest that men abuse is a big issue which needs an urgent attention.

5.4.2.7 Knowledge whether there are organisations or institutions responsible for men abuse

The participants of the study were required to state whether there are organisations or people dealing with cases of abuse against men in the area. The results are summarised in Figure 13 below.

Figure 13: Knowledge whether there are organisations or institutions responsible for men abuse [N=60]
The figure above clearly illustrates that 59 (98%) respondents think there are no organisations or institutions responsible for men abuse in the area. Only 1 (2%) indicated there are organisations or institutions responsible for men abuse in the area.

5.4.2.8 Organisations or institutions responsible for men abuse

This question was attended by only one person who indicated that there are organisations dealing with cases of abuse against men in the area. The results are as follows: social welfare; police station and counselling department.

5.4.2.9 Reasons why there are no organisations or institutions addressing men abuse

The respondents were asked to state the reasons why there are no organisations or institutions addressing cases of abuse against men in the area. This question was attended by 59 (98%) respondents who indicated that there was no organisation or institution responsible for men abuse. The following views emanated from the respondents.

Table 20: Reasons why there are no organisations or institutions addressing men abuse  
[N=59]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reasons for not having an organisations</td>
<td>• Our government does not care about cases of men abuse;</td>
</tr>
<tr>
<td>rendering abuse</td>
<td>• No one cares about men abuse because it is not known yet men are heavily abused;</td>
</tr>
<tr>
<td></td>
<td>• Men do not report cases of abuse because they are not taken seriously; and</td>
</tr>
</tbody>
</table>
From the table above, it can be deduced that cases of men abuse are not considered. Additionally, these findings suggest that men abuse is a serious concern yet it is not given enough attention.

5.5 **Prevention mechanisms that may be used to eradicate abuse against men**

The participants of the study were asked to recommend their prevention strategies that can be used to combat abuse against men in intimate relationships. Noticeably, there were positive responses that emanated from the respondents. The responses are summarised as follows.

**Table 21: Prevention mechanisms to alleviate men abuse in iNgwavuma area [N=60]**

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strategies to alleviate men abuse</td>
<td>• Raising awareness campaigns on men abuse;</td>
</tr>
<tr>
<td></td>
<td>• Community workshops on men abuse;</td>
</tr>
<tr>
<td></td>
<td>• Educating women on men abuse;</td>
</tr>
<tr>
<td></td>
<td>• Introducing men’s rights;</td>
</tr>
<tr>
<td></td>
<td>• Opening job opportunities for men;</td>
</tr>
<tr>
<td></td>
<td>• Encouraging men to study in order to get proper education and professional jobs;</td>
</tr>
<tr>
<td></td>
<td>• Educate men, women and children on abuse generally;</td>
</tr>
<tr>
<td></td>
<td>• Men abuse must be taught even in schools of lower and higher learning;</td>
</tr>
<tr>
<td></td>
<td>• Encourage men to report cases of men abuse; and</td>
</tr>
<tr>
<td></td>
<td>• Need to have a help line for abused men.</td>
</tr>
</tbody>
</table>

From the table above, men who are abused have many solutions to the problem. Notably, a large number of men emphasised an urgent need to raise awareness campaigns on men abuse. Other urgent strategies have been suggested in the above table.

5.6 **Services needed to improve health among men who are abused in the area**

The participants highlighted propositions that are possible to implement in order for abused men to get proper support. The table below highlights the findings.
Table 22: Amenities obligatory [N=60]

<table>
<thead>
<tr>
<th>Theme</th>
<th>Selected Narratives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Services required</td>
<td>• Rights for men on abuse.</td>
</tr>
<tr>
<td></td>
<td>• Counselling is required;</td>
</tr>
<tr>
<td></td>
<td>• Shelter is required;</td>
</tr>
<tr>
<td></td>
<td>• Support groups, and</td>
</tr>
<tr>
<td></td>
<td>• Men abuse awareness campaign.</td>
</tr>
</tbody>
</table>

From the narrative above, men are of the opinion that there is an urgent need for men’s rights in the area. Abused men require counselling.

5.7 Summary

The findings of the study revealed that men, generally, have sufficient knowledge about abuse. That is, respondents understand that abuse is to be treated unfairly by someone you are in love with; it is when someone you are in love with is rude and offensive towards you and always criticises you, and it is to do something painful to your partner (e.g. refusal to engage in sexual activity) all the time. The findings also showed that men abuse is a problem in the area of iNgwavuma. The respondents further revealed various ways in which men are abused in the area such as women pulling men with their private parts with an intention of murder; men not given the respect they deserve; once men get drunk, they are beaten by their intimate partners, just to mention a few. Additionally, the findings also revealed that women, men and children, all suffer the negative impact of abuse in the community. On the other hand, the findings of the study established that men in general suffer from silent abuse.

The findings of the study also showed the common causes of men abuse in general, such as that women are power hungry; unemployment; financial constraints, upbringing, lack of law that protects men; men not reporting cases of abuse, and alcohol. The respondents further revealed different types of men abuse in the area, such as that men are deprived of sexual intercourse by their intimate partners; men suffer from verbal abuse by their intimate partners; psychological abuse; emotional abuse; financial abuse; physical abuse, to mention a few. The respondents also revealed that they had personal experience with abuse in their lives such as verbal abuse, physical abuse, sexual abuse, financial abuse, and assault. Additionally, the findings also indicated that a high number (75%) of men do not report cases of abuse. The findings further showed a number of reasons why men do not report cases of abuse, such as that men fear to be on the spotlight of abuse by their intimate partners; men do not know where to report and how to address such a shameful experience; men do not report
cases of abuse because other people will take them as failures in life, and some men believe that reporting would make the ancestors angry.

The findings also reveal that women, as culprits of men abuse, go without punishment even if men report them. The respondents went on to highlight some of the reasons that make women to go unpunished, such as that men do not report cases of abuse; abuse against men is not taken very seriously; men abuse makes men a laughing stock, and because men were not meant to be abused by women, reporting is a mark of shame. The respondents also revealed that there are no men’s rights in South Africa. They further indicated various reasons for lack of men’s rights in South Africa, such as that the government of South Africa only has women and children’s rights; men are considered perpetrators of violence against women and children; men are mocked by their intimate partners whenever they report cases of abuse and men are considered wrong all the time.

The findings also showed that there are organisations and/or institutions responsible for men abuse in the country. The respondents further revealed various reasons for not having organisations or institutions responsible for men abuse, such as that the government of South Africa does not care about cases of men abuse and that men abuse cases are not known because they are not reported at all.

In conclusion, the findings identified various strategies that can be used to combat men abuse, such as raising awareness campaigns on men abuse; conducting community workshops on men abuse; educating women on men abuse; introducing men’s rights, and giving information about men abuse in schools. The respondents also revealed various services needed in the community that would improve the health of abused men, such as rights for abused men; counselling for abused men; shelter for abused men; support groups and campaigns about men abuse.
CHAPTER SIX
DISCUSSION OF KEY FINDINGS

6.1 Introduction

The preceding chapter presented the results of the study. The purpose of this chapter is to discuss the results. This chapter organises and discusses data obtained from interviews and other studies on the research. The discussions are represented in sections 6.3 to 6.6 and prearranged by main research questions. Section 6.2 offers the demographic profiles of the respondents.

6.2 Demographic profile of the respondents

The characteristics of respondents used in this study encompassed age, gender, education level, marital status, and disability. The respondents of the study were drawn from iNgwavuma community in KwaZulu Natal Province, in South Africa. The study targeted only men who were once abused by their wives and/or women. Sixty men were interviewed and all their responses were analysed (see Chapters 5).

The age variety displays that respondents are more matured in age which indicates they have extensive experience in marriage and/or relationship. The characteristics of the respondents also show that there are both normal and disabled men in the study (see Figure 2 in Chapter 5). The minority of men in the study are married (see Figure 3 in Chapter 5). Regarding the level of education, the highest level attained is tertiary education and the lowest level of education is secondary school (see Table 2 in Chapter 5).

6.3 What are the causes of men abuse?

This section discusses the causes of men abuse. The results show that men who were once abused by their intimate partners have clear understanding of the term ‘abuse’. The findings reveal that all (100%) respondents know what abuse means in general (see Figure 4 in Chapter 5). The respondents stated that abuse means to be treated unfairly by someone you are in love with; it is when someone you are in love with is rude and offensive towards you and always criticises you; it is to do something painful to your partner (e.g. refusal to engage in sexual activity) all the time; it is when your intimate partner hurts your feelings, abuses you say, physically, mentally and emotionally (see Table 3 in Chapter 5). Additionally, one old man stated that “abuse means forcing your husband to wash nappies and clean the floor” and pulling a male intimate partner by his private parts with an intention of murder (see Table 3 in Chapter 5). It can be deduced that abuse means different ways of abuse by intimate partners.
These findings are in line with Mayo Clinic (2014) which defined abuse or violence against men as any form including emotional, sexual and physical abuse and threats of abuse. Abuse can occur in both heterosexual and same-sex relationships. Additionally, the findings were also consistent with the characteristics of abuse discussed by Mayo Clinic (2014), that abuse is calling your intimate partner by names, insulting him/her; preventing your intimate partner from going to work or school; stopping your intimate partner from seeing his/her family members or friends; trying to control how your intimate partner spends money; acting jealous or possessive or constantly accuses him/her of being unfaithful; getting angry when your intimate partner drinks alcohol; threatening your intimate partner with violence or a weapon; hitting, kicking, shoving, slapping, choking or otherwise hurting you, your children or your pets; forcing your intimate partner to have sex or engage in sexual acts against his/her will, and blaming your intimate partner for his or her violent behaviour as well as telling your intimate partner that you deserve bad things happening in your life.

Similarly, Coker (2002) defined abuse as an abusive behaviour by one or both partners in an intimate relationship (e.g. marriage, dating, family, friends and cohabitation). Thus, abuse has risen as a public health problem because it leads to physical disabilities, mental health problems, psychological problems and economical deficiencies. Pandora Project (2009) similarly regarded domestic abuse or fierceness as any occurrence or intimidating conduct (emotional, bodily, sexy, monetary etc.) among intimate partners in a relationship irrespective of sexual category.

The findings also indicate that all men are aware that men abuse is a problem in the area; and that all men had experienced abuse (see Figure 4 in Chapter 5). The findings suggest that men are vulnerable to abuse by their intimate partners in the area. Mayo Clinic (2014) similarly states that women are not the only victims of domestic violence; men are also victims of abuse. Karakurt and Silver (2013) also point out that just like women; men are at a high risk of being abused by their intimate partners. The respondents further identified various ways in which men are abused in the area. For example, it was reported that women pull men by their private parts with an intention of killing; men are forced to clean floors and wash dishes in the evening; men complain that their wives deprive them of sexual intercourse because they do not have money, to mention a few, (see Table 4 in Chapter 5). It can be concluded that abusive women are generally brutal towards men and that men are largely not safe in the hands of abusive women/intimate partners. The study findings also concurred with the findings of Sethuraman (2008) who reported that females are proficient in causing severe harm to a male intimate partner’s body and emotions. Moreover, Sethuraman (2008) mentions that women are capable of boiling water and pouring it on men with an intention to burn them beyond recognition.

In addition, the study findings indicated that women, men and children all suffer the most from the negative impact of abuse (see Table 5 in Chapter 5). Although the number of abused women is higher
than men, the gap is not as big as what the public normally reports. This is supported by Shabalala’s (2012) findings who reported that all genders are at risk of violence or abuse. Expectedly, Shabalala’s (2012) findings showed that children and women are at a higher risk of abuse compared to men. The findings of the study are in line with Bjinsdorp and Montgomery (2003) who reported that males and females grieve the undesirable effect of abuse universally. It can be said that the knowledge of the participants agree with the opinions of the authors above that all genders including children suffer the worst negative impact of abuse.

The findings of the study also show that men generally suffer silent abuse (see Figure 5 in Chapter 4). These findings suggest that men prefer not to talk about abuse by their intimate partners. This concurs with Shabalala (2012) who stated that the majority of people in general do not report cases of abuse or violence because they fear to be known in the society. Heise (1994) also reported that victims of abuse fear disgrace, revenge, helplessness, lack of support, and lack of civic amenities. A study by Pandora Project (2003) also highlights that men do not report cases of abuse by their intimate partners because they fear being portrayed as ‘a guy who is abused by his wife’. The organisation states that men are therefore regarded as weak, pathetic and stupid for being abused by the wife or woman. Pandora Project (2003) further reported that men do not ordinarily talk to others about their feelings. Unfortunately, this can leave men very isolated and unsupported, feeling very alone and that there is no way of breaking out of their silence.

The findings of the study revealed many common causes of men abuse which are that women are naturally power hungry; men are unemployed; lack of finances; upbringing; men are not protected by law; women take advantage of the fact that men do not report cases of abuse; a wife/woman who is paid more than her husband or man, and alcohol (see Table 6 in Chapter 5). Shabalala (2012) also reported diverse causes of abuse in general. The author mentions unlawful element, sentence, poverty, sexual orientation and deprived association. Njenga (1996) also highlights that there are many common causes of violence or abuse by intimate partners in the present day society. The author identifies some of the causes as overcrowding, financial constraints, poverty, and power hunger. Similarly, Kumar (2012) points out that women and men normally argue on questions like “who is powerful” in terms of economical and political empowerment. Kumar (2012) further states that the paradigm shift in power creates more insecurity among men since they have to depend on their female partners and this leads men to be abused by their female partners. The findings of the study are also in line with Kumar (2012); Shabalala (2012); Maguire (2010); Cunradi et al. (2008); Agoff et al. (2006); Galds, Cheater and Marshall (2005); Dobash and Dobish (2004); Gayford (1975); and Holmes and Rahe (1967), that other common causes of men abuse are gender stereotyping, conjugal rights, alcohol, unemployment, infidelity, and help-seeking experiences.
The respondents further indicated the diverse kinds of incidents of abuse happening in the area. These cases of abuse are women depriving men of sexual intercourse; verbal exploitation; mental abuse; monetary abuse; physical abuse such as battering, cleaning the floor and washing dishes; wives or women cheating with young men; and women spending their salaries in alcohol and in fashion (see Table 7 in Chapter 5). The findings of the study are in line with Hines and Malley-Morrison (2001) who reported in their study that people must know that just like women who are at a high risk of physical injury, men are also at high risk of physical injury as well. The two authors lament that out of 2% of men who report cases of physical abuse, 1.2% of them suffer non-injury or minor injury, yet 0.8% who suffer severe spousal abuse reported suffering broken bones, broken teeth, or injury to a sensory organ. Hines and Malley-Morrison (2001) also reported that because men tend to be at low risk of physical injury at the hands of their female partners, most damages of abuse against men are the psychological effects.

The findings also showed that all (100%) respondents had experienced abuse by their intimate partners (see Figure 6 in Chapter 5). The findings are in line with Lee (2015) who reported that approximately 15% of men suffer from intimate partner violence. Similar observations by Fiebert and Gonzalez (2007) affirm that approximately 38% of men are abused around the world. Hines and Malley-Morrison (2001) also reported in their study that reports of women abusing their husbands started appearing in the mid-1970s. Straus (1999) also shows that men are equally victims of violence just like women. Similarly, Rhymes (2014) points out that a man is the victim of domestic abuse every 37.8 seconds.

The findings further reveal the type(s) of abuse experienced by men in the community. These include verbal abuse, physical abuse, sexual abuse, financial abuse, and assault (see Table 8 in Chapter 5). Shabalala (2012) also found that there are different types of violence or abuse cases reported worldwide. The author highlights some of the cases as sexual abuse (which according to Heise (1999) involves stroking and anal contact), physical mistreatment, mental mistreatment, psychosomatic abuse and monetary abuse. Similarly, Kumar (2012) reported that women or wives refuse to have sexual intercourse with their intimate partners for no reason and that women use this strategy as an act which is meant to punish their partners which is also utilised as a bargaining instrument.

The findings of the study are also in line with Pandora Project (2009) who also mentioned different types of abuse such as emotional abuse (e.g. being constantly put down, insulted and humiliated, being blamed for things that are not your fault, being ordered around and constantly dictated to, having beliefs and opinions ridiculed and discounted); intimidation (e.g. being threatened with violence, breaking things, screaming etc., threatening suicide, divorce, to hurt or deny access to children or pets); financial abuse (being denied any financial control or autonomy); isolating (e.g.
having social contacts controlled, being stopped from seeing or talking to friends and family, and being restricted access to the outside world / groups / organisations); and physical abuse (e.g. being pushed, slapped, punched, kicked, bitten etc., having things thrown at you, having a weapon used on you and being denied basic essentials i.e. food, sleep, medicine etc.); and sexual abuse (e.g. being forced (either physically, by threats, or by coercion) to participate in a sexual act you do not want to participate in, being exploited in a sexual way i.e. harassment, unsolicited and inappropriate sexual comments to you or others).

The findings revealed various reasons why men are abused. The respondents indicated that they were victims of abuse because their intimate partners demanded money; refused to engage in sexual intercourse with them; wives cheated with other men when their husbands were drunk; once a woman gets drunk, she would easily sleep with other men; highly educated women oppressed their intimate partners, and well salaried women use their financial power to oppress their intimate partners (see Table 9 in Chapter 5).

With regards to reporting cases of men abuse, the findings showed that a larger number of men do not report cases of abuse (see Figure 7 in Chapter 5). The findings also indicated reasons why cases of abuse are not reported. These include men fearing to be on the spotlight; men not knowing where to report and how to address such a shameful experience; men not reporting cases of abuse because other people take them as failures in life; men not supposed to report any abuse by intimate partner because reporting would make ancestors angry; men not reporting cases of abuse because they fear being abandoned by their intimate partners, and men feeling that their relationship with their wives or women is illegal and is without a blessing of parents (see Table 11 in Chapter 5). These findings suggest that men keep to themselves that they are abused by their wives or women and that they might feel embarrassed if they report. Only few men report cases of abuse (see Figure 7 in Chapter 5). The number of respondents who report cases of abuse further stated the place where cases of abuse are reported. These places include police station, family-in-laws, and friends (see Table 10 in Chapter 5).

Shabalala (2012) also reported that victims of violence generally do not report cases of abuse. Similarly, Heise (1994) agrees that victims of violence are afraid to report cases of violence because it would put them on the spotlight. The findings also concur with Lee (2015) who reported in his study that for decades, violence has been framed only against men, while women were perceived innocent in everything. The author laments that attention is only given to women and children abuse while men are only considered perpetrators of violence. Straus (1990) posits that men are generally afraid to report cases of abuse by their wives to the police station because the police do not take their allegations seriously. Strauss (1990) further observed that men are always concerned that if they
report abuse, their intimate partners may counter their allegations, stating that they are the ones who have been abused. In other words, they hit out in self-defence.

Other reasons for a man not to report cases of abuse are highlighted by Strauss (1995) as:

He feels afraid that his partner would leave him;
He feels financially insecure since he depends on the female partner;
He loves his partner and believes they may change and stop being abusive;
He feels obligated to stay under threats and abusive wife or woman;
He does not want to lose access to his children - or he believes the children will be left in a vulnerable situation;
He is afraid that if he reports, the law will compel him to leave his intimate partner yet he has nowhere to go;
He believes that he can handle the situation;
He does not want others to know about the abuse, shame, embarrassment, uncertainty;
He does not want to leave his partner alone;
He at times blames himself for the abuse even if he is innocent;
He may believe that "real men should be able to keep their wives under control".

The few respondents who reported cases of abuse revealed that reported cases were well attended (see Figure 8 in Chapter 5). The findings show a number of steps taken against the wife or woman who is considered a culprit. These steps include giving counselling; the culprit brought before the elders and arrested; and the culprit sent back to her family members. These findings concur with Fontes (2003) that generally, only 1-2% of men who are battered by their women are likely to report the abuse to the police or outside agency. The study concludes that although men are abused heavily, reporting is a challenge.

6.4 What are the effects of men abuse?

This study has identified various effects of men abuse. The findings showed that a large number of men reported that once men are abused by their intimate partners, they become irresponsible and lose self-worth; men suffer from stress, loneliness and depression; some men commit suicide; some think killing all family members is a solution; some men become alcoholic and take illegal drugs, and others are forced into polygamy (see Table 14 in Chapter 5). The findings also show that once men are abused by their intimate partners, they have diverse feelings about themselves, their partners, and the
society at large. For example, men developed inferiority complex; felt shameful, sad, betrayed and disappointed; felt as though their woman or wife had murdered them, and that they would be better dead than alive (see Table 15). These findings suggest that men feel degraded after they have been abused by their wives/women. These findings also agreed with the findings of Mayo Clinic (2014) which reported that domestic violence or abuse can leave the other intimate partner depressed and anxious. Mayo Clinic (2014) also stated that violence or abuse might leave the intimate partner wanting to engage in unprotected sex. It leaves men unlikely to report cases of violence or abuse by their intimate partners because men are traditionally known to be physically stronger than women. In that regard, they fear to be embarrassed in the society that they are abused by their intimate partners. Correspondingly, Mayo Clinic (2014) also mentioned that a man being abused by another man as an intimate partner might be reluctant to talk about the problem because of how it reflects on his masculinity or because it exposes his sexual orientation. Ramos (2014) also highlights the effects of abused men as follows:

Abused men are more likely to linger at work or after-work activities because they do not want to go home;

Abused men tend to have excessive reading, watching TV, or playing video games becomes his way of escaping reality.

Abused men tend to be involved in substance abuse, especially alcohol and illegal drugs;

Abused men demonstrate unwillingness to trust, have low self-esteem, feel emotional numbness, or depression;

Abused men tend to have suicidal thoughts that may stimulate a sudden reckless behaviour.

This can be as casual as reckless driving or walking into the road without looking. Or it can be a fascination with extreme sports such as mountain biking, bungee jumping, and other thrills in which death would be considered accidental, and It is common among abused men to sometimes have stress that will manifest itself physically with vague physical symptoms like insomnia, fatigue, indigestion, and headaches.

The findings of the study further reveal that a large number of men do not share their experiences of abuse by their wives or women. Only a handful share their experiences (see Figure 10 in Chapter 6). It can be deduced that men abuse is taken by men as a disgraceful thing which needs not to be communicated to the community. Pandora Project (2009) similarly found that anyone who has been the victim of any type of abuse understands that it is really not that simple to report. It is argued that the cycle of abuse, especially if it takes place over a long period of time, can make the victim feel powerless and very fearful of change, as well as often experiencing a feeling of personal responsibility
for what is happening to them. Stets and Strauss (1990) also reported that men are much less likely than women to talk about domestic abuse to friends and family. The findings are supported by Stets and Strauss (1990) that men are 5 times less likely to report cases of men abuse. The findings also showed that there are few men who report their cases of abuse. Additionally, the findings revealed that when men report their cases of abuse, they receive various advices. These advices include divorce; reporting the wife to the social work department; reporting the wife or woman to the elders of the family, and letting the wife lead in everything without arguing with her. The findings conclude that there is help in the society if men report. These findings are in line with Fontes, (2003), who also noted that generally, only 1-2% of men who are assaulted by their female partners are likely to report the abuse to the police or outside agency.

The findings of the study revealed that a large number of men are not aware of men’s protection in South Africa (see Figure 11 in Chapter 6). The respondents gave reasons why men do not have their own protection in the country. The reasons are that the government of South Africa only addresses women and children’s rights/or protection; men are considered as perpetrators of violence against women and children, just to mention a few (see Table 18 in Chapter 6). Pandora’s Project (2009) also concurs that there is no male refuge or place to report men abuse cases. The findings show that only a few respondents of men are aware of men’s rights (see Figure 11 in Chapter 6). The few respondents who indicated that there are men’s protection mentioned that South Africa has protection for all human beings to report any ill-treatment they receive; has rights to report cases of abuse in social welfare and police station, and the right of freedom of expression (see Table 18 in Chapter 6).

The current study established that abused men do not receive the attention they deserve (see Figure 12 in Chapter 6). It can be concluded that the reason men are not taken serious on cases of men abuse is that men are regarded as perpetrators of abuse. In addition, men are not taken serious because men abuse is not known and men do not report cases of abuse; men abuse is taken lightly and is not addressed at all, and it is believed that no man can be abused by his wife or woman (see Table 19 in Chapter 6). Sethuraman (2008) similarly reported a number of reasons why cases of men abuse go unnoticed. The reasons as highlighted by Sethuraman (2008) are that the prevalence of fierceness against males is not known since it has been only females reporting men as culprits of abuse. It can be said that males are reluctant to make known what they are going through in their intimate relationships. Also, for males to be sufferers of intimate partner fierceness is unbelievable to people who hear it. In addition, the counselling has all along been extended to violence against women not against men. In fact, there are comparatively few resources to cater for cases of violence and abuse against men in the community. Additionally, in several instances, the real bodily harm imposed by a male intimate partner is much bigger than the one imposed by a female intimate partner. Thus, the
effect of domestic violence is seemingly less likely to come to be heard by other people. Furthermore, when male victims report cases of abuse, a large number of people are so amazed that even themselves as victims of abuse feel shy and end up assuming that nobody believes them. In that regard, it is generally presumed that when men have a bruised eye or swollen chin, he was hurt while performing his duties. Lastly, it is widely believed that women are largely not related with violence or abuse against men.

The current study also revealed that the majority of men experiencing exploitation are not aware of any organisation dealing with men abuse (see Figure 13 in Chapter 6). There are reasons why there are no organisations dealing with men abuse. The reasons are that the government does not care about cases of men abuse; men do not report cases of abuse because they are not taken seriously or they are made a laughing stock, and the government only focuses on women and children abuse (see Table 20 in Chapter 6). Only 1 (2%) respondent was aware that social welfare, police station, and counselling department are organisations that deal with men abuse (see Table 20 in Chapter 6). Therefore, serious and urgent attention needs to be given to men abuse cases.

6.5 What are the strategies for addressing men abuse in general?

The findings revealed various mechanisms that need to be implemented to eradicate men abuse. The respondents indicated that there is a need to raise awareness of men abuse as done to women and children abuse (see Table 21 in Chapter 6). Other strategies include introducing community workshops on men abuse; educating women on men abuse; introducing men’s rights; opening job opportunities for men; encouraging men to study in order to get proper education and professional jobs; equipping men, women and children with information about abuse generally; teach about men abuse in schools and encourage men to report as well as installing a helpline for abused men (see Table 21 in Chapter 6). Whitaker, Baker and Arias (2007) also outline primary prevention programs and secondary prevention programs as the main strategies for combating intimate partner violence in general. The primary prevention programs are dating-violence prevention and media campaigns. Dating-violence prevention programs focus on increasing intimate partner violence knowledge, and changing IPV attitudes, beliefs, and behaviours. On the other hand, media campaigns in the form of posters, television and radio spots, and public announcements are frequently used to prevent IPV. The goals of media campaigns are to increase awareness of IPV or to change attitudes associated with the use of violence in intimate relationships, and ultimately, to reduce the incidences and prevalence of IPV.

Similarly, Whitaker, Baker and Arias (2007) identified secondary prevention programs for all intimate partners regardless of gender. These secondary prevention programs include couples
counselling/marital therapy; substance abuse counselling; screening for intimate partner violence; community based services (e.g. shelters/transitional housing and advocacy); criminal and civil justice response (e.g. police responses, prosecutorial and judicial responses and sentencing interventions), and coordinated community responses/intervention projects.

Similar observations by Harvey, Garcia-Moreno and Butchart (2007) outlined primary strategies for preventing intimate partner violence. The primary prevention strategies include early childhood and family based approaches; school-based approaches; interventions to reduce alcohol and substance misuse; public information and awareness campaigns; community based prevention; structural and policy approaches; working with men and boys; and with women and girls. Other organisations such as World Health Organisation (2009) highlight the importance of the prevention measures for intimate partner violence. Authors such as Wolfe and Jaffe (1999) also suggest strategies for prevention of violence in general. The two authors suggest the implementation of such prevention to children as early as 0 to 5 years and then onwards.

The recommendations from the respondents cannot be ignored where several services that may help improve health among men who are abused are required. The respondents highlighted an urgent need to implement protection for abused men; a need to have counselling for abused men; shelter; support groups, and men abuse awareness campaigns (see Table 22 in Chapter 6). Shabalala (2012) also identified some of the services required for people who are abused in general.

6.6 Summary

Generally, different insights have emerged from this study. Firstly, it was established that all the respondents had a clear understanding of abuse in general. Respondents gave several examples of what it means to be treated unfairly by your intimate partner. For example, your intimate partner could be rude and offensive towards you or always criticises you. Secondly, the findings of the study also established that men abuse is a big concern. There are various ways in which men are abused such as women pulling men by their private parts with an intention of murder; beating men or forcing them to clean floors and wash dishes at night, just to mention a few.

The findings of the study show women, followed by men and children suffer from severe abuse. However, it was established that men suffer silent abuse. Moreover, the findings revealed various common causes of men abuse such as that women naturally are power hungry; unemployment; lack of finances; upbringing; lack of law that protects men from abuse; men do not report cases of abuse; women earn more than men, and alcohol. The findings also revealed different types of abuse such as women depriving men of sexual intercourse; verbal abuse; emotional abuse; men suffering from
psychological abuse; financial abuse; physical abuse; women cheating with young men called Ben 10s, Women squandering/spending their salaries in alcohol and in fashion.

All men who participated in this study had a personal experience of abuse in the form of verbal abuse, physical abuse, sexual abuse, financial abuse as well as assault. However, a large number of men do not report cases of abuse for a number of reasons. For example, men fear to be on the spotlight of abuse by their intimate partner; they do not know where to report and how to address such a shameful experience; they do not report because other people would perceive them as failures in life and in managing their marriages; some men believe that reporting makes the ancestors angry; others fear to be abandoned by their intimate partners.

The results also revealed various effects of men abuse. These effects include men becoming irresponsible and losing self-worth; men generally become stressed, lonely and depressed; they become suicidal, alcoholic, drug addicts, and practice polygamy.

The findings also established that 83% of men are not aware of men’s rights. Various reasons were spelled out why they feel there are no men’s rights in South Africa. For example, the government of South Africa only addresses women and children’s rights; men are considered as perpetrators of violence against women and children; men are mocked whenever they report cases of abuse by intimate partners; and men are considered wrong at all times. It was established that men do not receive the attention they deserve. This was because men abuse cases are not known and that men do not report cases of abuse; men abuse is taken lightly or is not addressed at all; it is believed that there is no man who can be abused by his intimate partner; and men are made a laughing stock if they report cases of abuse by their intimate partners.

It was established that a large number of men is not aware of any organisation dealing with men abuse cases. The findings showed several reasons why there are no organisations dealing with men abuse. The reasons include the fact that the government of South Africa does not care about cases of men abuse; there is nobody who cares about men abuse because it is not known; men do not report cases of abuse because they are not taken seriously, and the government of South Africa only focuses on women and children abuse.

The respondents of the study revealed various strategies that can be used to alleviate men abuse. It was established that there is a need to raise awareness about men abuse; there should be community workshops on men abuse; educate women and children on men abuse; introduce men’s rights; open job opportunities for men; encourage men to study in order to get proper education and professional
jobs; introduce men abuse in schools; encourage men to report and encourage the government to open a helpline for abused men.

The study revealed services that are needed to improve the health of men who happen to encounter abuse in the area. The services include rights for abused men; counselling; shelter for abused men, support group and men abuse awareness campaigns.

The next chapter, Chapter 7, provides the summary of the findings, conclusions and recommendations.
CHAPTER SEVEN

SUMMARY, RECOMMENDATIONS AND CONCLUSION

7.1 Introduction
This chapter presents the summary of the key findings, conclusions and recommended strategies for improving health among abused men in the area of iNgwavuma. The study found it vital to interpret and discuss the data in order to ensure that the research questions are fully addressed. Additionally, it was important to ascertain that the objectives and research questions were fully addressed. The summary of the findings is presented based on the research objectives (see Chapter 1, Section 1.6). In addition, the conclusions are drawn from the data presented in Chapter 5. The study set out to investigate the prevalence and effects of abuse against men in the three tribal authorities in iNgwavuma District in the province of KwaZulu Natal.

7.2 The objectives of the study
The following specific research objectives were formulated in order to achieve the aim of the study:

a) To identify the causes of men abuse.
b) To determine the effects of men abuse.
c) To develop strategies for addressing men abuse.

7.3 Summary of research findings based on research objectives
The summary of the results is spelled out based on the research objectives and research questions as seen in Section 1.6 of Chapter 1. The research objectives correspond to each of the main research questions below.

7.3.1 Objective 1: To identify the causes of men abuse
This objective covers a number of issues relating to men abuse. It addresses the term ‘abuse’; knowledge of whether abuse is a problem in the area; ways in which men are abused in the area; people who are mostly abused in the area; general knowledge of whether men suffer silent abuse, and common causes of men abuse.

The study found that all (100%) respondents have clear understanding of what the term ‘abuse’ means. The respondents perceive that the term ‘abuse’ means to be treated unfairly by someone you are in love with; it is when someone you are in love with is rude and offensive towards you and always criticises you; it is to do something painful to your partner (e.g. refusal to engage in sexual
activity) all the time; it is when your intimate partner hurts your feelings, it is when one is abused physically, mentally and emotionally, just to mention a few. The respondents further said abuse means pulling a male intimate partner with his private parts with an intention of murder.

Most respondents confirmed that men abuse is a big problem in the area, with only a few who indicated that they were not aware that men abuse is a problem in the area. The study also revealed many ways in which men are abused such as women pulling their intimate partners with their private parts with an intention of murder; men being forced to clean floors and wash dishes in the evening; women depriving men of sexual intercourse, to mention a few.

The results of the study also established that women, men, and children usually agonise from the undesirable effect of fierceness. The respondents also reported that even though men are hugely affected by abuse, they mostly suffer from silent abuse. That is, men prefer not to communicate any abuse by their intimate partners. The respondents further indicated various reasons why cases of abuse are not reported which include men fearing to be on the spotlight of abuse by their intimate partner; men not knowing where to report and how to address such a shameful experience; men not reporting cases of abuse because other people would take them as failures in life; other men believing that they are not supposed to report any abuse by intimate partner because reporting would make the ancestors angry; men not reporting cases of abuse because they fear to be abandoned by their intimate partners; and men feeling that their relationship with intimate partners is illegal and is without a blessing of parents. The study concluded that most men do not report cases of abuse because they feel it is a disgrace for a man to be abused by his intimate partner. Additionally, the study also concluded that it is perceived an embarrassment for a man to report to the public that he is abused by his intimate partner. The study also revealed that there were only few men who report cases of abuse by their intimate partners. The study also noticed that those respondents who reported cases of abuse were reported in the police station, family-in-laws and friends. The study also revealed that those few respondents, who report cases of abuse, have their cases attended to by the authorities. Additionally, the study revealed various steps taken to ensure that men victims of abuse get help and that the woman as a culprit is punished. These steps include counselling; bringing the woman culprit before the elders or arresting her, and sending back the woman culprit to her family members. The study concludes that men who suffer the negative impact of abuse have a huge challenge when it comes to reporting.

The findings of the study established many common causes of men abuse in the area. These include power hunger by women; unemployment of men; lack of finances; upbringing; lack of law that protects men; women taking advantage of the fact that men do not report cases of abuse; a wife/woman being paid more than her husband or man, and alcohol abuse. The respondents also reported different cases of abuse occurring in their community. The cases are women depriving men
of sexual intercourse; verbal abuse; emotional abuse; psychological abuse; financial abuse; physical abuse (such as battering, cleaning the floor and washing dishes); some women intimate partners cheat with young men; women spend their salaries in alcohol or fashion.

All respondents (100%) that were interviewed had been abused before by their intimate partners. They had all experienced verbal, physical, sexual, and financial abuse.

The respondents highlighted some reasons for abuse by their intimate partners such as women intimate partners demanding money even if they are fully aware that there is no money available; women partners refusing to engage in sexual intercourse; some women intimate partners cheating with other men when their husbands are drunk; once a woman gets drunk, she easily sleeps with other men; highly educated women oppress their men intimate partners, and well salaried women use their financial power to oppress men intimate partners. The study concludes that abusive women intimate partners use any available strategy to ensure that their men intimate partners are severely abused.

7.3.2 Objective 2: To determine the effects of men abuse

The respondents reported that once men have been abused by their intimate partners they become irresponsible and lose self-worth; suffer from stress, loneliness and depression; some commit suicide; killing all family members becomes a solution; men become alcoholic and take illegal drugs, and some turn to polygamy. The study also revealed that abused men had inferiority complex; felt ashamed, sad, betrayed and disappointed; some felt like their woman intimate partner had murdered them, and others believed that it would be better to die than to live. The study concludes that men feel degraded after they have been abused by their intimate partners.

The respondents indicated that a large number of men do not share their experiences of abuse; only a few share their experiences of abuse in the community. Those men who share their experiences of abuse by their intimate partners receive advices such as divorce; reporting the intimate partner to the social work department; reporting the intimate partner to the elders of the family, and to let the intimate partner lead in everything without arguing with her. The study concludes that there is advice available to those who report cases of abuse in the society.

With regard to the awareness of men’s rights, the findings reveal a high percentage of men who felt that there are no men’s rights, with the exception of 17%. The stated reasons why they believe there are no rights for men are that the government of South Africa only addresses women and children’s rights; men are considered as perpetrators of violence against women and children; men are mocked
whenever they report cases of abuse by their intimate partners; and men are considered wrong at all times. However, the few respondents who indicated that there are men’s rights said that South Africa has rights for all human beings to report any ill-treatment they receive; they have a right to report cases of abuse in social welfare and police station, and South Africa has a right of freedom of expression.

The study showed that men do not receive the attention they deserve with regards to cases of men abuse. The reason men are not taken serious on cases of men abuse is that men are generally regarded as perpetrators of abuse. The study also revealed that cases of men abuse are not known because men do not report cases of abuse; men abuse is taken lightly and is not addressed at all as it is believed that no man can be abused by his intimate partner.

With regard to the organisations dealing with men abuse cases, the study revealed that the majority of the respondents were not aware of any organisation or institution dealing with men abuse cases in the area. The respondents further reported that the reason there are no organisations or institutions responsible for men abuse in the country is that the government does not care about cases of men abuse; men do not report cases of abuse because they are not taken seriously and they are made a laughing stock; and the government of South Africa only focuses on women and children abuse. Moreover, the study revealed that only 2% of the respondents were aware of organisations or institutions dealing with cases of men abuse. The respondents who were aware of organisations or institutions dealing with men abuse referred to social welfare, police station and counselling department. The study concludes that men who are abused need to be educated about organisations or institutions dealing with men abuse. The findings also suggest an urgent need for campaigns through television, radio and newspapers on issues of men abuse in the country. The findings also suggest that men are not taken seriously due to the fact that men are naturally considered stronger than women even when women are abusing them.

7.3.3 Objective 3: To develop strategies for addressing men abuse

The study found that there are a number of strategies that should be in place to address men abuse. The findings revealed that there is an urgent need to raise awareness of men abuse as done to women and children. The respondents also felt a need to have community workshops which address issues of men abuse. The study also highlighted some of the strategies as indicated by the respondents such as educating women about men abuse; introducing men’s rights; opening job opportunities for men; encouraging men to study in order to get proper education and professional jobs; equipping men, women and children with information about abuse generally; introducing information about men
abuse in schools and encouraging men to report cases of abuse as well as an urgent need to install a helpline for abused men.

7.4 Recommendations of the study with regard to services required to improve the health of abused men

This section looks at the recommendations and conclusions as well as recommendations for further research. They are presented in the following manner:

7.4.1 Recommendations of the study

The study identified five key services that are required to help improve the health of abused men in the community. These are:

- Implementation of rights for men who have been abused;
- Counselling;
- Shelter;
- Support groups, and
- Men abuse awareness campaigns.

7.4.1.1 Implementation of rights for men who have been abused

It is suggested that rights for men who have been abused be urgently put in place in the area. This would tremendously help address men abuse cases in the area. The respondents strongly believe that the rights for men would help make men communicate any ill-treatment received from their intimate partners.

7.4.1.2 Counselling

Counselling is urgently required for men who have experienced abuse from their intimate partners. The respondents strongly believe that counselling would come as a therapy and help men to become normal after such a traumatic experience.

7.4.1.3 Shelter

Most abused men need to be provided with shelter especially when they are chased away by their intimate partners. The study found that some men end-up having no place to stay as intimate partners are violent in the house. This shows that the provision of shelter would benefit men who have no place to stay due to abuse experienced in the house.
7.4.1.4 Support groups

The respondents also recommended support groups for men who encountered abuse in intimate relationship. It was indicated that there is need for support groups just as women are supported. It is therefore suggested that support groups be put in place in order for men to get a backing.

7.4.1.5 Men abuse awareness campaigns

There is an urgent need for men abuse awareness campaigns. The respondents strongly believe that young children, adolescents and women should be equipped with knowledge that abuse or violence against both men and women is not an option in life. Some respondents stated that awareness campaigns would eradicate the stigma that men are the only perpetrators of violence in a relationship.

7.5 Conclusion

In conclusion, there were diverse insights that emerged from the study. The study concluded that all respondents were familiar and had a clear understanding of what the term ‘abuse’ means. According to the respondents, abuse means being treated unfairly by your intimate partner whom you are in love with. For some respondents it also means being pulled with private parts by your intimate partner with an intention of murder.

The study found many ways in which men are abused in the area. Some women pull men with their private parts with an intention of murder; men are beaten by their intimate partners, and some men are forced to clean floors and wash dishes at night, just to mention a few.

The study also concluded that all sexes suffer abuse. The findings revealed that women are the ones who are mostly abused followed by men and then children. It can be concluded that both sexes are the perpetrators of violence in the community. The study also found that men who are the victims of abuse suffer silent abuse. It was found that men are silent because they fear that they would be a laughing stock in the society. The study concluded that men are not taken serious whenever they report cases of abuse in their relationships.

The study also concluded that the common causes of men abuse in general are that women are naturally power hungry, unemployment, lack of finances, upbringing, lack of law that protects men from abuse, men do not report cases of abuse, women earn more than men, and alcohol abuse. It was found that the aforementioned common causes are similar to those of the literature review. Other common cases occurring in the area are that women deprive men of sexual intercourse, men are verbally abused, men are emotionally abused, men suffer from psychological abuse, men suffer from
financial abuse, men are physically abused, women cheat many times with young men called Ben 10s, women squander/spend their salaries in alcohol and in fashion.

It was found that the types of abuse once experienced by men include verbal abuse, physical abuse, sexual abuse, and financial abuse. Even though a high number of men are abused by their intimate partners, it was found that 75% of men do not report cases of abuse in the area. The study found that men do not report cases of abuse for a number of reasons. Firstly, it was noted that men do not report cases of abuse because they do not want to be on the spotlight of abuse by their intimate partner. Secondly, it was discovered that men do not know where to report and how to address such a shameful experience. Thirdly, men fear to be called or perceived as failures in life. Fourthly, men believe that reporting cases of abuse by a woman intimate partner would make the ancestors angry. Lastly, men do not report abuse because they fear being abandoned by their intimate partners. The study concludes that men are faced with a number of challenges when it comes to reporting cases of abuse in the area.

It was found that once men have been abused, they become irresponsible and lose self-worth in the house. Others become stressed, lonely and depressed. The study also found that some abused men become suicidal, alcoholic and drug addicted. Additionally, some abused men prefer to practice polygamy in order to run away from abusive partners.

The study also concluded that a large number of men are not aware of men’s rights in the community except for 7%. The study found that the reason why there seems to be no men’s rights is because the government of South Africa only addresses women and children’s rights. Secondly, men in the country are considered as perpetrators of violence against women and children. Thirdly, men are mocked whenever they report cases of abuse by their intimate partners. Lastly, men are considered wrong at all times.

The study concluded that the majority of participants’ abused by women are not aware of any organisation or institution dealing with men abuse cases in the area. The study found that the reason why there seems to be no organisations or institutions dealing with cases of men abuse is because the government does not seem to care about cases of men abuse in the country. Secondly, the study found that there is nobody who cares about men abuse because it is not common. Thirdly, the study noted that men do not report cases of abuse because they are not taken seriously. Lastly, it was found that the government of South Africa only focuses on women and children abuse.
7.6  Recommendation for future research

The present study critically investigated the prevalence and effects of abuse against men in iNgwavuma District in the province of KwaZulu-Natal. Thus, there is a need to urgently investigate the prevalence and effects of abuse against men by their intimate partners nationally in order to draw a valid conclusion on the subject of abuse against men. Authors such as Karakurt and Silver (2013) also reported that just like women, men are also ill-treated by females. It is revealed that studies of this nature are not common in Africa, because as Africans, it is believed that a man cannot be abused by a woman. However, it has been noticed that a large number of men experience abuse by their intimate partners, there is a need to investigate the causes and effects of abuse against men, just like it is done in the case of women and children. The current study recommends the implementation of strategies as indicated by the literature and the findings of the study and measure how men have suffered from abusive intimate partners. This study also recommends the application of services recommended by the respondents of the study rather than waiting for the study to be conducted nationally. Keeping that in mind, the following needs to be considered:

- Government and NGOs should be fully involved in supporting research on men abuse by their intimate partners in all the provinces of South Africa;
- There is an urgent need to adopt the strategies and services as proposed by the respondents of the study;
- The strategies and services proposed should not add additional burdens to men who are abused but must make the government of South Africa use it as a mirror to solve violence or abuse against men by their intimate partners in the country;
- The strategies and services recommended need to be supported, documented and adapted;
- Focus should be on creating mutual understanding between all sexes in the country to ensure that everyone is safe in any intimate relationship, and
- The strategies and services recommended should be designed to enhance quality of life and should suit every gender.
References


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Violence, 21, 1314–1332.


APPENDIX A: RESEARCH INSTRUMENT

Biographical information:
Please mark with an x

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Awareness of abuse against men

1. Do you know what is meant by abuse? Yes or no.
   1.1. If yes briefly explain what it means
       ........................................................................................................................................
       ........................................................................................................................................
       ........................................................................................................................................

2. Is men abuse a problem in this area? Yes or no.
   ........................................................................
   2.1. If yes how?
       ........................................................................................................................................
       ........................................................................................................................................
       ........................................................................................................................................
       ........................................................................................................................................

3. Who do you think are the most abused people in this area? Men/women/children.
   ........................................................................

4. What do you think are the causes of abuse against men?
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5. Name the types of abuse against men which are likely to occur in this area.
   ........................................................................................................................................
   ........................................................................................................................................
   ........................................................................................................................................
   ........................................................................................................................................
6. Do you have any experience of abuse? Yes or no.

6.1. If yes what kind of abuse?

6.2. How did it occur?

6.3. Did you find help? Yes or no.

6.4. If yes what kind of help?

7. What are the effects of abuse against men?

8. Is abuse against men reported? Yes or no.

8.1. If yes, where is it reported?
8.2. If no, why it is not reported?

9. Do abuse cases receive the attention they deserve when reported? Yes or no.

9.1. If no why?

10. Are there any professional services and institutions established or set apart for men abuse? Yes or no.

11. If yes what are they?

12. Are these services enough to assist men who experience abuse from their partners? Yes or no.

13. Are men aware of their human rights? Yes or no.

14. Which services are needed to improve health among men who are abused in this area?
15. What strategies can be utilised to alleviate abuse against men in this area?