

**CHARACTERIZING DOMESTIC VIOLENCE AGAINST MEN: INSIGHTS FROM  
KIRINYAGA CENTRAL WARD**

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**A RESEARCH PAPER SUBMITTED TO THE INSTITUTE OF ANTHROPOLOGY,  
GENDER AND AFRICAN STUDIES IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS IN GENDER AND  
DEVELOPMENT OF UNIVERSITY OF NAIROBI**

**NOVEMBER, 2018**

## DECLARATION

This project is my original work and has not been presented in any other university for examination.

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This project has been submitted with my approval as a university supervisor.

Signed \_\_\_\_\_ Date: \_\_\_\_\_

**Dr. Stevie M. Nangendo.**

## **DEDICATION**

I dedicate this project to my two children and my husband. They provided me with the motivation to carry on and see to its completion. I also dedicated it to all male victims of domestic violence. I hope that they emerge stronger than ever as survivors.

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## **ABBREVIATIONS AND ACRONYMS**

<b>DVAM</b>	Domestic Violence Against Men
<b>IPV</b>	Intimate Partner Violence
<b>WHO</b>	World Health Organization
<b>KDHS</b>	Kenya Demographic and Health Survey

## **ACKNOWLEDGEMENTS**

I would like to express my very great appreciation to my supervisor Dr. Stevie M. Nang'endo for his invaluable and constructive guidance during the entire development of this research work. His patience and willingness to give his time so generously and to keep in constant communication is much appreciated. I would not have done this project without his support. I would also like to express my gratitude to my classmates for their constant advice and support during my research period.

I am particularly grateful for the role played by Mr. Murithi, my peer, who helped refine my research topic and provided valuable insights in the course of my research. Finally, I wish to thank my family and friends for their support and encouragement throughout my study.

## **ABSTRACT**

Domestic violence against men is a common social phenomenon that is at the centre of gender relations and other gender discourses. Despite its glaring prevalence and magnitude, the phenomenon of domestic violence against men is not well documented and most cases are known through the media and only when they are aggravated. Research on the issue reveals that different factors produce unique environments for men to experience violence from their intimate partners. The study sought to characterize domestic violence against men. The study site was Kirinyaga County and the study employed qualitative methodology. Guided by the Social Learning theory, the study investigated the drivers of domestic violence against men, the forms of violence and the coping mechanisms. Qualitative data from semi-structured interviews and key informant interviews were analysed through content and thematic analysis. Findings show that both perpetrator-related and victim-related factors combine in different magnitude to act as drivers of domestic violence against men. Desire to dominate, peer pressure, anger and frustrations, alcoholism and infidelity (our suspicion of) on the other hand contribute to the prevalence and persistence of domestic violence against women as drivers. Although sexual assault is apparent in domestic violence against men, physical and emotional violence are the common forms of violence. While physical violence entails acts such as burns, beating, and slapping, verbal abuse and shaming constitute emotional violence perpetrated against men by their intimate partners. Due to the violence, men adopt oscillatory pathways as coping mechanisms. These include further indulgence to alcohol, suicide ideation, and spiritual nourishment and reporting to police for redress. The study concludes that domestic violence against men is a complex social and gender issue that cannot be accounted for by a single factor. While some factors apply in some contexts, others drive domestic violence against men in different combinations and others are initial triggers of embedded factors. It is recommended that stakeholders strengthen the existing campaign and advocacy programs for awareness creation on the issue of domestic violence against men and in mitigation. Social networks for men need to be strengthened through welfare and support groups.

## CHAPTER ONE: BACKGROUND TO THE STUDY

### 1.1 Introduction

Domestic violence is a central subject in gender discourse and presents a way of understanding relations between males and females. It refers to a pattern of abuse by one partner against the other within an intimate relationship including marriage, dating or cohabitation. The concept is synonymously used with family violence, domestic abuse, spousal abuse/battering or intimate partner violence. On intimate partner violence, the WHO (2012) terms it as any behaviour within an intimate relationship that causes physical, psychological or sexual harm to those in a relationship. This definition conjures well with the view that domestic violence may take several forms including physical aggression acts such as kicking, throwing objects and shoving; emotional abuse, sexual abuse, intimidation and economic deprivation. It is a blend of physical and coercive acts and behaviours that serve to dominate and manipulate a spouse (Adebayo, 2014). Domestic violence is gender-based, transcending class, race, religion, culture and national boundaries.

Both men and women are subject and parties to the phenomenon (Chan, 2011). However, in most of the literature on the topic, the term is often used to imply violence against women. Domestic violence against men is a reality and encompasses violent acts committed against men by their intimate partners. In both developing and developed countries, domestic violence against men is common but a rarely reported phenomenon. A Canadian survey shows that the percentage of men being physically and sexually victimized by women partners in 2004 was 6% (McDonald and Tijerino, 2013). In England, 2011 reports show that 4% of men were victims of domestic violence (Smith *et al.*, 2011). Cases of domestic violence against men have also been reported in Africa. For example, a study conducted by Andersson *et al.* (2007) showed that domestic violence against men is 27% in Zambia, 7% in Mozambique and 7% in Malawi.

In Kenya, domestic violence against men has been on the steady rise. The cases that make it to the public through the media show a gradual rise of cases of male victims of domestic violence (King'ori, and Bitrus-Ojiambo, 2016). A deliberate gendered attempt to document intimate partner violence is traced to Kenya Demographic and Health Survey, 2014. Kenya Demographic and Health Survey (2014) was the first ever to incorporate intimate partner violence against men and women. In the survey, findings showed that 39% of ever-married women and 9% of men age 15-

49 report having experienced spousal physical or sexual violence (Kenya Demographic and Health Survey, 2014). Among women and men who have ever experienced spousal violence (physical or sexual), 39% and 24% respectively, reported experiencing physical injuries. Forty-four percent of women and 27% of men have sought assistance from any source (Kenya Demographic and Health Survey, 2014).

The phenomenon of female superiority and challenged masculinity has been linked with a worrisome trend in the mass media (King'ori and Bitrus-Ojiambo, 2016). Men organizations in Kenya have occasionally staged protests over the experiences of domestic violence that have resulted into death and grievous injuries on the victims including: burnt bodies, chopped private parts, deformed faces and broken limbs. However, in defence, females have cited deep-rooted frustrations and forced proclivity to perpetrate violence against their male partners. Specifically, they have cited abandonment and negligence, substance and alcohol abuse as well as infidelity as motivations for domestic violence against men (Kubai, 2012). Other studies have indicated that some of the behaviours such as alcohol and substance abuse are indeed a manifestation or result of domestic violence against men than the cause. This is where male victims of domestic violence adopt negative coping mechanisms such as substance and alcohol abuse (Heise *et al.* 1999; Kubai, 2012).

The explanation and perception of domestic violence against men has taken twists and debates but the experience remains real, on the rise and no longer in doubt. This study, therefore, wishes to characterize the phenomenon of domestic violence against men, to identify the drivers, coping mechanisms adopted by the survivors and the specific forms of domestic forms that men face or are at risk of experiencing.

## **1.2 Problem statement**

Domestic violence has been in the limelight for a long period and the focus has been on women as victims and men as perpetrators. Gender activism has advocated for an end of domestic violence against women and, in fact, this has been a topical area in feminist studies. Various studies have focused on how women's rights and autonomy are violated during violence against women including domestic violence (Andersson *et al.*, 2007; Bosede, 2013; Ilika, *et al.*, 2002; WHO, 2005; Tjaden and Thoennes, 2000). Thus, domestic violence against women has been in the public

eye for many years, with studies examining the nature and extent of the problem. Although these studies are anchored in the reality of domestic violence against women, they might imply that men are not victims of domestic violence. Domestic violence takes a gender dimension and recent studies have shown that men are increasingly becoming victims of domestic violence or are at risk (Adebayo, 2014; Kumar, 2012; Dienye and Gbeneol, 2008). Although these studies are few, they provide fresh insights on how shifts in the gender relations and power have seen men at the receiving side of domestic violence. They, thus, present new areas of research on the phenomenon of domestic violence against men.

Domestic violence against men has far-reaching consequences on the lives of the victims and constitutes a gross violation of their rights (Campbell, 2002; Kumar, 2012). However, the reality and magnitude of the problem might be obscured within the traditional gender norms and equating domestic violence with violence against women. In domestic violence, it is culturally assumed that the man is the aggressor and the woman as the victim. However, in recent times evidence from practice and research shows substantial risks and realities of men being assaulted in marital or cohabitation relationships by their intimate partners. This study, therefore, sought to fill the gaps, characterize the phenomenon of domestic violence against men and answer the following questions:

1. What are the drivers of domestic violence against men in Kirinyaga County?
2. What forms of domestic violence are perpetrated against men in Kirinyaga County?
3. What are the coping mechanisms for male domestic violence survivors in Kirinyaga County?

### **1.3 Research objectives**

#### **1.3.1 Broad objective**

To describe the phenomenon of domestic violence against men in Kirinyaga County

#### **1.3.2 Specific objectives**

1. To determine the drivers of domestic violence against men in Kirinyaga County
2. To identify the forms of domestic violence that are perpetrated against men in Kirinyaga County

3. To establish the coping mechanisms for male domestic violence survivors in Kirinyaga County

#### **1.4 Assumptions of the study**

1. There are drivers of domestic violence against men in Kirinyaga County
2. There are several common forms of domestic violence against men in Kirinyaga County
3. Male domestic violence survivors in Kirinyaga County resort to negative coping mechanisms.

#### **1.5 Justification of the study**

This study has significance to the scientific and scholarly community especially on the topic of domestic violence. A majority of studies on domestic violence have focused on women as victims and men as perpetrators. This is to the extent of equating domestic violence with violence against women. This study, therefore, looks at the other side of the gender dimension of the phenomenon. The study findings will add to the literature on domestic violence against men and add to research-based and empirical evidence on the same topic.

Domestic violence against men bears similar individual, social, right, legal and economic implications as that of violence against women. It constitutes abuse and violation of individual rights and deserves equal attention. The study findings can be used to affirm the prevalence of the phenomenon and existing gaps and double standards. This can be used for not only raising awareness but also inform policy strengthening. The study, therefore, has policy strengthening significance.

Men deserve the right to protection against any form of violence just like women. However, the case of partner brutality with men at the receiving end is not accorded attention based on existing gender norms and relations within the femininity-masculinity nexus. This is despite the far-reaching implications of domestic violence against men. This study will, thus, be part of advocacy and amplify the voice of men suffering in silence. It will contribute to voicing out issues affecting men in the light of partner violence as they have a right to a better quality of life as married men.

## **1.6 Scope and limitations of the study**

The study was conducted in Kirinyaga County and focused on domestic violence against men. The study specifically focused on the drivers of domestic violence against men, the forms of domestic violence that men experience and the coping mechanisms adopted.

In the theoretical scope, the study used the Social Learning Theory, which conceptualizes the phenomenon of domestic violence as a socially learned behaviour, or practice, which can be unlearned or reinforced. The coping mechanisms that the study envisaged to study can also be learned, take a cognitive process and be reproduced under motivation. The study was, however, be limited theoretically since it conceptualized domestic violence against men entirely as a learned behaviour and will interpret it from a learning point of view.

The methodological scope of the study was defined by a cross-sectional study using a qualitative approach. This is where qualitative methods of data collection such as semi-structured interviews and key informant interviews and analysis will be used to characterize domestic violence against men in Kirinyaga County. The study focused on men who have been in marital or cohabitation relationships in the past or at present.

The nature of the study is emotive especially when the focus is on men. The study, thus, faced potential consenting problems or limited disclosure. However, no single respondent declined to consent.

Further, the study was conducted in Kirinyaga only and used a small sample size. However, being a qualitative study, it contextually captured the phenomenon of domestic violence against men and was not be affected by the representativeness requirement.

## **1.7 Definition of terms**

**Domestic violence:** Violent, abusive and intimidate behaviour perpetrated by and to an intimate partner in a marriage or cohabitation relationship.

**Domestic violence against men:** Violence committed against men by their intimate partners in the domestic, marital or cohabitation settings.

**Drivers:** Refer to the direct or indirect factors and predisposing causes.

**Coping mechanisms:** Refer to ways or strategies that involve cognition of a stressor and attempts to relieve the stress. Coping mechanisms could be positive or negative.



## **CHAPTER TWO: LITERATURE REVIEW**

### **2.1 Introduction**

This section is a review of the literature on the phenomenon of domestic violence against men. The section provides what has been written on the experiences, drivers, consequences and the coping mechanisms in the case of domestic violence against men. The literature review is arranged to provide tentative insights on the research objectives. The section ends with the theoretical framework that will guide the study and the relevance of the theoretical framework to the study.

### **2.2 Domestic violence against men**

The first step in exploring domestic violence against men is perhaps an understanding of domestic violence. It encompasses violence perpetrated by intimate partners or other family members and it often takes place in domestic settings such as marriage or cohabitation (Adebayo, 2014). The term is compound and constitutes various forms of violence and, thus, can be sexual, physical and emotional. It can happen in any marital or cohabitation set up irrespective of the religion, ethnicity, income level, sexual orientation or education status of the perpetrator and victim. Thus, domestic violence against men describes violence committed against men by their intimate partners in the domestic, marital or cohabitation settings.

A gender aspect of domestic violence is also apparent and bears a striking characteristic or parameter of the problem. Power relations between men and women are mostly manifested in domestic violence. Studies have agreed that domestic violence rests on the power differences between men and women (Coker *et al.*, 2002; Ilika *et al.*, 2002). This has led to the general consensus that domestic violence constitutes a behavioural pattern or tendency to maintain power and control over an intimate partner. Thus, men and women are involved in domestic violence either as perpetrators exerting power or as victims on the receiving side (Dienya and Gbeneol, 2009).

The gender dimension in domestic violence introduces a discussion of domestic violence against men. The big question is whether men can be victims of domestic violence. The complexity of the question and the answer perhaps rests on the traditional gender norms and beliefs that men are the perpetrators of violence against women. In many gender discourses addressing issues affecting

women, domestic violence against women is overly cited as a barrier to women autonomy and empowerment. Feminist views cast women as victims and men as perpetrators and equates domestic violence with just violence against women. However, the gender dimension of the problem at least implies a possibility of men being victims. The view that men are also victims of domestic violence rests on evidence from research. Studies have shown that cases of domestic violence against men are on the rise and that the situation has reached worrisome levels (Adebayo, 2014; Coker *et al.*, 2002). Cases of domestic violence against men have also been reported in African studies in Malawi, Nigeria, Kenya, Zambia and Mozambique (Andersson *et al.*, 2007; Adebayo, 2014, Coker *et al.*, 2002).

Due to culturally and socially ingrained gender norms that serve as barriers, the problem is not well recognized and has not gotten the attention it deserves (Ilika *et al.*, 2002). The masculinity expectations pose barriers to disclosure and reporting. According to Adebayo (2014), silence, fear and shame that come with the abuse prevent reporting. This has led to the view that the reported and known cases of domestic violence against men only represent a small fraction of the whole. Having established that domestic violence against men is a reality than a myth, it is important to assess the literature on the drivers.

### **2.3 Drivers of domestic violence against men**

There is no single cause of domestic violence against men. Instead, domestic violence against men is an amalgam of factors in different combinations and frequencies. While some factors have direct connection to domestic violence against men, others are indirect. Domestic violence against women has been linked to men perpetrator's history of abuse, exposure against domestic violence and low level of education (WHO, 2017). Studies have linked the same factors to domestic violence against men, albeit with ensuing debate in some of them. Studies done on the phenomenon have indicated that domestic violence against men is influenced by personal attributes of the perpetrator, personal attributes of the victim as well as the overlying complex social linkages (Cook, 2009; Adebayo, 2014). These factors act in measures to account for domestic violence against men.

### **2.3.1 Personal attributes of the perpetrator and the victim**

Women partners may perpetrate violence against intimate male partners partly due to personal attributes that may be exacerbated by other triggers. The personal attributes in question may include previous exposure to violence and history of abuse, personality issues and mental illnesses. These act as predisposing factors as they heighten the tendency to perpetrate domestic violence against men. According to Dutton and Golant (1995), individuals with Borderline Personality Disorder (BPD) are more likely to be perpetrators of domestic violence and 75% of the diagnosed patients are women. On the same note, a history of abuse and exposure to domestic violence among women perpetrators of domestic violence against men is evident. The idea is that women who have been subjected to violence before are likely to perpetrate the same to the intimate partners in marital or cohabitation relationships. A study by Dutton and Golant (1995) indicated that 75% of persons who suffer from bipolar disorder, a majority of whom are women, have been physically or sexually abused in the past. Further, manic depression and bipolar disorder, attention deficit disorder (ADD) and malignant narcissistic exhibitionism among women have been shown to increase domestic violence against men. Conditions associated with low levels of serotonin are conspicuously linked with violent behaviour (Corry *et al.*, 2002). In the media, female perpetrators are framed as high-tempered and dangerous by personality (King'ori and Bitrus-Ojiambo, 2016).

The personal characteristics of the victim have been identified and linked with the risk of domestic violence against men. Specifically, previous exposure to violence or abuse is associated with future experiences of violence. Thus, men with previous experiences of violence are likely to be victims of violence, hence, creating a risk factor or driver for domestic violence against men (Corry *et al.*, 2002). The connection of a person's previous exposure to violence or abuse and being a perpetrator of violence is well established in theoretical and empirical frameworks (Higgins and McCabe, 2001). In psychoanalysis, the childhood experiences have an impact on the adulthood experiences especially if not resolved. According to the psychoanalytic framework, unresolved childhood experiences manifest in adulthood. Empirically, most adult victims and perpetrators of sexual or physical violence had abuse experiences as children (Chapman *et al.*, 2004; Higgins and McCabe, 2001; Watts-English *et al.*, 2006).

Substance and alcohol use and abuse by both men and women have been cited as risk factors and drivers of domestic violence against men. For women perpetrators, substance and alcohol use increases the chances of perpetrating domestic violence against men based on stimulation and can include abuse of prescription drugs especially anti-depressants (Corry *et al.*, 2002). However, this can be an indication or symptom of deep-seated psychoses. Nevertheless, either accounts for personal attributes to perpetrate domestic violence against men. On the part of the male victim, alcohol and substance abuse are cited as causes for being subjected to domestic violence. The explanation is that alcoholism exposes men not only to physical vulnerability to violence from an intimate partner but also motivating women to unleash violence based on frustration (Kubai, 2012). This is where women feel betrayed and let down by their drinking intimate partners and, therefore, they perpetrate violence in frustration.

According to Coker *et al.* (2002), male drunkenness has been linked with domestic violence against men. Women perpetrators connect male drunkenness with staying out late and subsequent suspicion of infidelity and ensuing jealousy. This triggers violence and a state of disharmony combined with feelings of let-down and frustration (Ilika *et al.*, 2002). Dienney and Gbeneol (2008) found that infidelity or suspicion thereof and jealousy are other isolated factors leading to domestic violence against men. Other studies have however shown that male indulgence to alcohol and substance abuse is a sign of underlying conditions and could be the consequence of domestic violence against men than a cause or risk factor (Ilika *et al.*, 2002; Kubai, 2012).

### **2.3.2 Social drivers**

The changes in the social and cultural environments within which gender relations take place have had profound effects in gender roles reversals and challenged masculinity and femininity and associated effects. In patriarchy societies, the wave of women empowerment has challenged the position of the man in the family. Gender equality and mainstreaming have placed females as equal partners and males no longer use women disempowerment to their advantage like before. Women have ascended to positions previously thought as men's and have become active in manufacturing, agriculture and service industries. The role of men as breadwinners and household heads is no longer absolute and affirmed as women are equally playing the roles. Masculinity has been challenged and presented loopholes for violence (Canham, 2009). This idea rests upon the

acceptance of the fact that the growing feeling of powerlessness among men is a vulnerability for violence. Challenged masculinity might also drive men to the feeling of worthlessness and resort to alcohol and substance abuse, which may in turn trigger violence from the intimate partner.

In addition, the socio-cultural matrix within which men live does not allow identification, sensitization, reporting and addressing domestic violence against men. The persistence of domestic violence against men is attributable to this overlook. Traditionally, men are thought predominantly to be perpetrators of domestic violence than the victims. This forms the first step to obscure the reality that men are on the receiving end of domestic violence. Traditional gender norms and masculinity expectations do not enable men to report cases of domestic violence perpetrated against them. According to Ilika *et al.* (2002), male victims of domestic violence are less likely to report to the authorities for fear of stigma, breaking traditional norms and community sanctions. Similar findings have been reported by Adebayo (2014) and Kubai (2012).

#### **2.4 Forms of domestic violence against men**

Domestic violence takes many forms and men are prone to several of them. These include physical assault (hitting, biting, throwing objects, shoving and slapping), emotional violence, sexual violence, intimidation, and domineering, economic and psychological violence. Studies have shown that although men are more prone to physical violence or assault, they are also more likely to suffer from psychological, emotional and sexual violence (Kubai, 2012; Rennison, 2003). In Kenya, cases of physical violence against men in domestic circles including kicking, throwing objects and burning body parts have been reported (King'ori and Bitrus-Ojiambo 2016; Kubai, 2012). Chopping of the men's sexual parts by their intimate partners has also been reported and constitutes sexual assault. However, according to King'ori and Bitrus-Ojiambo (2016), media portrayals have framed women as cruel and the perpetration of violence against men could be a gender stereotype. Nevertheless, the phenomenon of domestic violence against men cannot be ignored. Tjaden and Thoennes (2000) found that a substantial number of men are subjected to rape or physical assault by their intimate partners. In their study, Coker *et al.* (2002) found that 22% of men had experienced physical, psychological or sexual violence from their intimate partners.

## **2.5 Coping mechanisms**

When faced with an external stressor, human beings adopt certain strategies to survive or deal with a felt problem. In domestic circles, there are numerous stressors affecting intimate partners. Domestic violence presents especially the victims with a sense of unworthiness, lowered self-esteem, depression and trauma. Life threatening injuries and other far-reaching mental and physically illnesses are results of domestic violence (Campbell, 2002). In order to cope with some of the effects of domestic violence, the victims might adopt positive and/or negative coping mechanisms (Itimiet *al.*, 2014). Studies have shown that most male victims/survivors of domestic violence engage in a wide-range of psychological effects, negative, self-destructive and dangerous coping mechanisms. These include substance and alcohol abuse, mood disorders as well as suicide in response to guilt and shame (Heise *et al.*, 1999). Other coping mechanisms by male victims or survivors of domestic violence include divorce and abandonment, denial or withholding of sex and refusal of food cooked by the woman (Adebayo, 2014). These findings indeed indicate that some of the perceived drivers and causes of domestic violence against men could actually be the effects in the form of coping mechanisms.

The phenomenon of domestic violence against men has been overlooked and lost mainly because domestic violence is often seen as violence against women. The scanty literature and isolated studies on domestic violence against men are illustrations that the area is yet to be explored and much written about it. However, the existing literature shows that domestic violence against men is a real problem that the society has to contend with.

## **2.6 Theoretical framework**

The study was guided by the social learning theory which stems from the work of Bandura (1977), a psychologist. Social Learning Theory rests on the assumption that human beings have an inherent capacity to learn. Human beings, thus, learn from the environment and this accounts for their behavioural patterning. The theory is medial, coming between cognitive and behavioural psychology because of its focus on memory, attention, and motivation.

According to the social learning theory, learning occurs within a social setting and mainly through modelling which involves observing others. Human behaviour is understood as a persistent change in the interaction between the environment and cognition. According to Bandura (1977), the

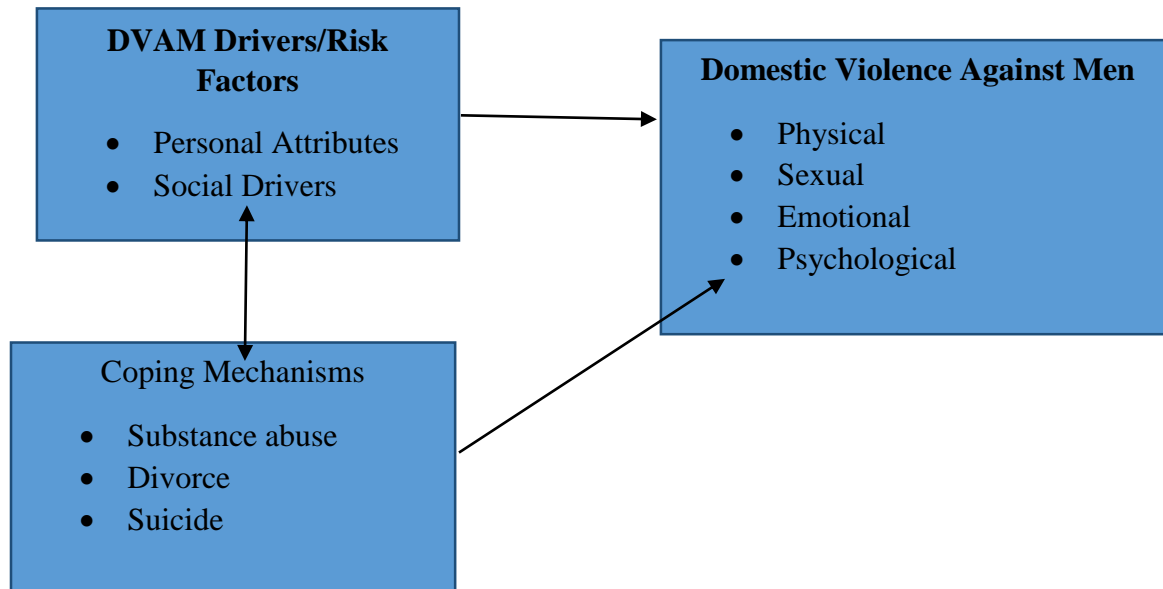
modelling must fulfil certain conditions for effectiveness. These conditions are attention, retention, reproduction and motivation (Bandura, 1977). The observable must gain the attention or keenness of the observer who is also the learner. The learner retains the observed and is able to reproduce that in another social setting. Motivation entails the platform or having sufficient reason and will to put into practice or imitate what is learned (Bandura, 1977).

## **2.7 Relevance of theory to the study**

Social learning theory is central in explaining the development of behaviours within individuals. It provides the mechanisms and conditions under which the learning takes place. Further, the theory posits the influence of the environment in the learning process. Firstly, the theory provides the framework for understanding domestic violence against men.

By definition, domestic violence against men is a behaviour pattern involving the abuse of men by their intimate partners within the domestic settings. Thus, this is a behaviour subject to learning, as in the case of Bandura's (1977) learning process. Secondly, domestic violence against men is a learned behaviour that is internalized, practiced and reproduced within domestic setting by the intimate perpetrators. The motivation for perpetrating domestic violence against men would be control and domination while the environment is the marriage or cohabitation relationships. Finally, the theory explains that the occurrence and recurrence of domestic violence against men may be attributable to Bandura's (1977) reinforcement and reward where lack of reporting and lack of an enabling environment would motivate its persistence. The theory helps answer the research objectives on the drivers (motivations) of domestic violence against men, forms of domestic violence against men and the coping mechanisms. The coping mechanisms centre on learning (as espoused in the theory) and the survivors are, thus, seen learning coping behaviours in response to domestic violence against them.

## 2.8 Conceptual framework



**Figure 2.1: Conceptual framework**

The conceptual framework shows domestic violence against men (independent variable) being influenced by the drivers or the risk factors and the coping mechanisms (dependent variables). Both the drivers and coping mechanisms influence how domestic violence against men is experienced. There is a reciprocal relationship between the risk factors and the coping mechanisms. This is exemplified, for instance, by the link between substance abuse and domestic violence against men where the former is both a driver and a coping mechanism.



## **CHAPTER THREE: METHODOLOGY**

### **3.1 Introduction**

This methodology section provides a blueprint or methodological design and approach that was used to characterize the phenomenon of domestic violence against men in Kirinyaga County. The section includes a description of the study site, study population and unit of analysis and the sampling procedure. It also includes a description of the data collection methods as well as data processing and analysis. The ethical issues that the study considered are also outlined in this section.

### **3.2 Research site**

Kirinyaga County is one of the 47 counties in Kenya and it is located between latitudes 0<sup>01</sup>' and 0<sup>040</sup>' South and longitudes 37<sup>0</sup> and 38 East<sup>0</sup> and it covers an area of 1,478.1 square kilometres (Kirinyaga County, 2013). In 2012, the population density was 488 people per kilometre square and it was projected to reach 524 people per kilometre square in 2017 (Kirinyaga County, 2013). It borders Embu County to the east and south, Nyeri County to the north-west and Murang'a County to the west. The county has 4 constituencies, namely, Gichugu, Kirinyaga Central, Mwea and Ndia with 20 county wards (Kirinyaga County, 2013). Based on the Kenya Population and Housing Census 2009 report, the county's population was 528,054, with 260,630 males and 267,424 females and an annual growth rate of 1.5% (Kenya National Bureau of Statistics, 2010). The county is dominated mainly by Agikuyu, a Bantu tribe. However, there are other ethnic groups that form the minority. They include Akamba, Embu, Meru, and other groups who have interacted with Kirinyaga people through trade, work, marriage and other forms of exchanges (Kirinyaga County, 2013). The main economic and subsistence systems in the county are mainly agriculture and horticulture that account for more than 50% employment and source of livelihood (Kirinyaga County, 2013).



Figure 3.1 Kenya's map

Source: Google Maps Outlay

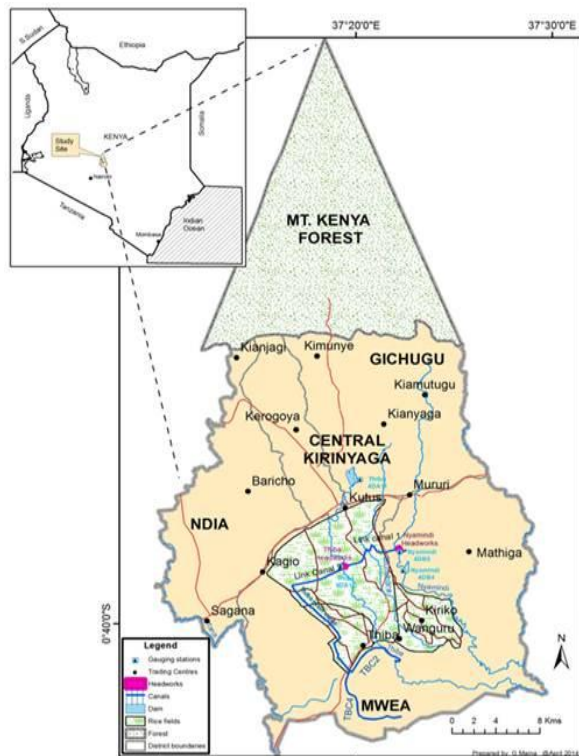


Figure 3.2 Study site map

Source: Google Maps Outlay

### **3.3 Study design**

The study was a cross-sectional description of the phenomenon of domestic violence against men in Kirinyaga County. Cross-sectional studies investigate a phenomenon at one point in time (Bernard, 2011). It used a qualitative design in the methodological approach where qualitative methods of data collection and analysis were employed.

### **3.4 Study population and unit of analysis**

The study population was men in marital or cohabitation relationships residing in Kirinyaga County. The unit of analysis will be the individual man.

### **3.5 Sample population and sampling procedure**

The sample population consisted of men who have been or are in marital or cohabitation relationships. The study targeted a sample size of 30 men for semi-structured interviews. Convenient sampling technique was used and selection for participation was subject to meeting the criteria of inclusion during recruitment. The criteria included first, the respondents were at least 18 years old by the time of the study. Second, the respondents had a marriage or cohabitation relationship prior to or during the study. Third, the respondents were residents of Kirinyaga County.

The study targeted 3 key informants who were local administration personnel, preferably female perpetrators and male victims as well as Gender and Protection Officers in the County Government Ministry of Gender, Culture and Social Services.

### **3.6 Data collection methods**

#### **3.6.1 Semi-structured interviews**

Semi-structured interviews were used as the main method in the study. Semi-structured interviews were used to collect data on respondents' experiences, knowledge, perceptions and attitudes towards domestic violence against men and the coping mechanisms. A semi-structured interview guide was used to focus on key areas on the forms of violence, drivers and the survival pathways (Appendix 2).

### **3.6.2 Key informant interviews**

Key informant interviews were used to augment data from the semi-structured interviews. The interviews were administered to knowledgeable persons including male victims and female perpetrators. The study also targeted Gender and Protection Officers in County Government Ministry of Gender, Culture and Social Services who handle matters of domestic violence. The interviews will provided information on the prevalence, drivers and coping mechanisms. A key informant guide was used (Appendix 3).

### **3.7 Data processing and analysis**

Qualitative data processing and analysis techniques were used. The data in the voice records were transcribed verbatim. The transcripts were checked for completeness and accuracy before being exported to the Atlas qualitative data analysis software. Based on the interview guides and the transcripts, the researcher developed a codebook, detailing emerging codes or themes from the interviews. The codes were exported to the software. This facilitated the coding of the transcripts. The data were analysed thematically, with themes attached to respective research objectives. Direct quotes have been extracted from the coded transcripts to exemplify the thematic areas in this final manuscript.

### **3.8 Ethical considerations**

Prior to the study, the researcher complied with research authorization in Kenya by obtaining relevant research approvals including a permit from the National Commission for Science, Technology and Innovation in the Ministry of Education, Science and Technology.

Participation in the study was voluntary and there were both written and oral consent. The researcher explained to the respondents the purpose of the study and the process that was used. The respondents were informed of their right to withdraw at any stage of the study and that such withdrawal would not be used against them. However, in the study, no respondent withdrew. They were also assured of confidentiality and anonymity of the information they gave.

In order to ensure confidentiality, the interviews were conducted in a private place of the respondents' convenience. The information given by the respondents was not be used for other purposes than the stated ones. In addition, the study data was safeguarded and protected by

passwords to avoid access by unauthorized persons. Study computers were protected against malwares.

Concerning anonymity, the researcher ensured that the true identity of the respondents was not be revealed. Towards this end, no names were used and all identifiers were removed. As part of the responsibility to the academic and scholarly community, the study findings are made available in the University of Nairobi Institute of Anthropology, Gender and African Studies library.

## CHAPTER FOUR: CHARACTERIZING DOMESTIC VIOLENCE AGAINST MEN

### 4.0 Introduction

This chapter presents the study findings and describes the thematic areas identified in data collection and analysis. The chapter is composed of two main sections. The first section presents the socio-demographic characteristics of the respondents. The second section presents the study findings in relation to the research objectives while linking the findings with other studies and perspectives.

### 4.1 Socio-demographic Characteristics of Respondents

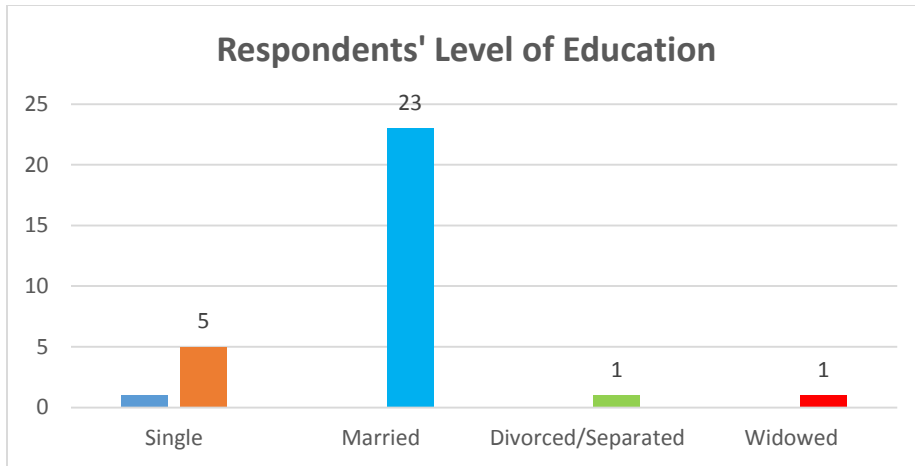
#### 4.1.1 Age

The age of the participants is shown in Table 4.1. Majority of the respondents were aged between 31 and 40 years, representing 40%. The respondents aged between 18 and 30 accounted for 26.7% while those aged between 41 and 50 years accounted for 23.3%. Only 10% of the respondents were aged 51 years and above (Table 4.1).

**Table 4.1: Age of the Respondents**

Age	Frequency	Percentage
18-30	8	26.7
31-40	12	40
41-50	7	23.3
51 and above	3	10
<b>Total</b>	<b>30</b>	<b>100</b>

### 4.1.2 Education

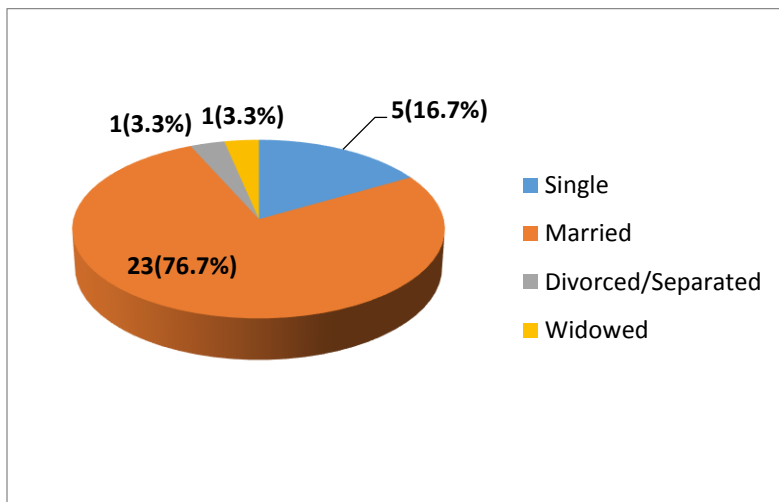


**Figure 4.1: Respondent's Level of Education**

Figure 4.2 shows the highest level of education attained by participants. Most respondents had secondary level of education and accounted for 14 (46.7%). Those who reported Primary level of education were 10 and accounted for 33.3% of the respondents. Five respondents reported University/college level of education while only one reported to have no formal education (Figure 4.2).

### 4.1.3 Marital Status

In the marital status of the respondents, majority (76.7%) were married while only 16.7% were single. Each of the separated/divorced and widowed status accounted for 3.3% of the respondents. The marital status of the respondents is illustrated in Figure 4.3.



**Figure 4.2: Marital Status of Respondents**

#### 4.1.4 Religion

The religious affiliation of the participants showed that majority (46.7%) were Catholics. Only 8 participants, constituting 26.7% were Protestants and Other African denominations. Table 4.4 shows the religious affiliation of the respondents.

**Table 4.2 Religious Affiliation of Respondents**

Religious Affiliation	Frequency (n)	Percentage (%)
Catholic	14	46.7
Protestant	8	26.7
Other	8	26.7
<b>Total</b>	<b>30</b>	<b>100</b>

The role of religion in the context of domestic violence against men was illustrated in the respondents' views about the spiritual channels that the male victims might turn to as a coping mechanism. Consider the quote below.

Others do not find fun in drinking (alcohol). They go to church and just feel comfortable away from home. They are few though (Respondent 25).

Thus, one of the coping mechanisms that men victims of domestic violence adopt is religious and spiritual.

#### 4.1.5 Occupation

In the respondents' occupation, the main source of income was used as the criteria for classification into 3 main categories. The first category consisted of respondents who reported to be in official/professional employment such as teachers and whose payment is monthly (salary). This category constituted 35% of the respondents. Informal category included respondents who reported engage in irregular income generating activities such as casual jobs whose payment is weekly (wage). This accounted for 40%. Respondents who reported to own and run businesses such as running kiosk or operating food kiosks were categorized under business/self-employed category. These accounted for 25% (Table 4.4).



**Table 4.3: Occupation of Respondents**

<b>Occupation</b>	<b>Frequency (n)</b>	<b>Percentage (%)</b>
Formal Employment	10	33.4
Informal employment	12	40
Business/Self-employed	8	26.6
<b>Total</b>	<b>30</b>	<b>100</b>

In the findings, occupation was found to influence significantly the experience of domestic violence by men.

One becomes drunkard because there is no job to do. They become idle and can only drink cheap or free liquor. In turn, they become vulnerable to being beaten since they also depend on the woman for upkeep (Respondent 7).

However, occupation was linked to proclivity to engage in infidelity, a factor which predisposes men partners to violence by their intimate partners, whether in marital or cohabitation setting.

A good job where a man has resources to see other women can make the wife jealous and do something to harm him (Respondent 14).

Income is thus an important factor in the experience of domestic violence by men.

## **4.2 Drivers of Domestic Violence Against Men**

### **4.2.1 Attributes Related to the Perpetrator**

Findings show that there are set of attributes for perpetrators to subject their male intimate partners to violence.

#### **Desire to seek dominance**

In the study, it was found out that women who perpetrate violence against their intimate partners do so because of the desire to control and be head of the household. Thus, women express dominance and signify it through violence.

You find that women here are go-getters. They want to dominate and feel on top of things. One of the ways to do that is through looking down upon the husband or beating him (Respondent 9).

The thrill that comes with the feeling of having won is something with women especially the young and the uneducated. They think of just taking

control. This way, they can even insult you in public so as to feel great and show that they really own you (Respondent 21).

Thus, desire to control and express dominance is one of the drivers of domestic violence against men.

### **Anger and Frustration: Mixed emotions**

Findings showed that anger and general feeling of let down and frustration leads women to perpetrate violence against men in marital or cohabitation context.

Just like any other human being, women get angry. When she is angry and disappointed, it is easier that they will resort to violence at the slightest provocation. An ideal spot for the violence is the man, especially when he is not as strong (Respondent 1)

The idea of anger and frustration as a driver of domestic violence against men is reinforced by a key informant.

Sometimes it is about basic anger. At different times, women might get emotional and often the immediate person to relieve the pressure might be the husband (KII 3)

Displacement is also key in characterizing the drivers of domestic violence against men.

A woman can be frustrated elsewhere maybe in the *chama* (women group).

In the emotional dissonance, she might not know where to empty the anger.

The man at home becomes the victim (KIII).

### **Peer Pressure**

The other perpetrator-based characteristic that serves as a driver of domestic violence against men is peer pressure. Findings show that women might encourage each other to perpetrate violence against their men. In this case, one of the women serves as an example and the other women in the network get influenced.

They are told by other women to beat their (Respondent 6)

A key informant added that mostly, women who perpetrate violence to their men have similar characteristics, are friends, know each other and perhaps influence each other.

The inclination to beat husband is something that runs around in groups.

You find certain clichés of women and the common denominator is that they beat their men or abuse them (KII 2).

Findings however indicate that peer pressure is a factor reinforced by other embedded factors and only comes after other conditions prevail and create an enabling environment for violence.

With peer pressure, you see that this comes second. That is, there must be something else that peer pressure adds to. It is not common that a woman would be told to beat her man just like that without another cause.

You cannot rule out peer pressure though. It is a factor (KII 3).

Nevertheless, peer pressure plays a role in predisposing women to perpetrate violence against their intimate partners.

#### **4.2.2 Attributes Related to the Victim**

Apart from the attributes related to the perpetrator, findings show that there are attributes related to the victim that serve as drivers of domestic violence against men.

##### **Joblessness and Alcoholism**

Findings show that a key cause of violence against men by intimate partners is alcoholism and not having an income generating activity.

Mostly, it is because of drinking alcohol. You find that most men here are not responsible in terms of providing for the family. They just drink. When they come home drunk, they are beaten (Respondent 6).

Most men who are insulted or beaten are jobless. It is rare that an employed man can be beaten. The woman can fear that. So if they are not employed, they are likely to be beaten (Respondent 28)

The idea of joblessness and alcoholism was reinforced by a key informant. Ideally, lack of a job for the man leads to financial arguments and often lead to violence.

The two go hand in hand: joblessness and drunkenness. Without a job, a man drinks easily. This shows irresponsible behavior and the result is commotion at home. Again, without a job, financial constraints and arguments are inevitable (KII 1).

Further analysis showed that alcoholism among men is one of the factors that lead to violence against them since it fuels partner anger and frustration.

The women find that she is working alone and being exploited. She becomes angry when the man comes home drunk and with nothing. The result is obviously violence and bad mouthing (Respondent 5).

Alcoholism was also related to another driver of violence against men: lack of sexual satisfaction.

### **Infidelity, suspicion and Lack of Sexual Satisfaction**

Findings show that infidelity among married men is a key driver of domestic violence against them by their intimate partners.

Women are jealous. When she realizes that you are cheating and just taking her for granted, she will have a plan for you. Most likely, she will pour hot water on you and your secret lover (Respondent 25)

Lack of faithfulness for men is an issue. The woman feels betrayed. If she cannot control the emotions, it is easy that she will perpetrate violence somehow (Respondent 2).

Further, lack of sexual intimacy and satisfaction on the side of men triggers violence against them by their women. Findings show that irresponsibility in the sexual rights is a driver of violence against non-performing men.

You find that a woman does not want to cheat but she is denied conjugal rights by the husband. Then she might suspect that the man is cheating. With that combination, she is likely to beat him (Respondent 16).

A key informant connected lack of sexual satisfaction by men to alcoholism.

Men drink a lot until they fail to play conjugal roles. This exposes them to the risk of violence by the frustrated women.

Thus, infidelity and suspicion of unfaithfulness, coupled with lack of sexual intimacy and satisfaction incline women to perpetrate violence against their intimate partners.

Drivers of domestic violence are well documented. In the context of domestic violence against men, Coker *et al.* (2002), male drunkenness has been linked with domestic violence against men.

Women perpetrators connect male drunkenness with staying out late and subsequent suspicion of infidelity and ensuing jealousy. This triggers violence and a state of disharmony combined with feelings of let-down and frustration (Ilika *et al.*, 2002). Dienye and Gbeneol (2008) found that infidelity or suspicion thereof and jealousy are other isolated factors leading to domestic violence

against men. Other studies have, however, shown that male indulgence to alcohol and substance abuse is a sign of underlying conditions and could be the consequence of domestic violence against men than a cause or risk factor (Ilika *et al.*, 2002; Kubai, 2012). This study has documented similar findings. Further, female perpetrators of domestic violence are framed as high-tempered and dangerous by personality (King'ori and Bitrus-Ojiambo, 2016). This means that anger and personality issues are central in explaining drivers of domestic violence. It is however important to identify direct and underlying issues causing the anger (Ilika *et al.*, 2002).

### **4.3 Forms of domestic violence perpetrated against men**

Findings indicate that men are subject to a wide variety of forms of violence perpetrated by their intimate partners. The forms occur in different combinations and a single case of domestic violence might involve different forms of violence. In the study, it was found out that the most common forms of domestic violence against men include physical and emotional violence as well as sexual assault.

The most common is beating and flogging. Especially when the man is drunk and physically unstable, the common form is beating. This is through slapping, kicking and beating with objects (Respondent 2).

Physical violence perpetrated against men also entails scolding with hot water, poison, stabbing and burns.

Other forms can include being burnt by hot water or burning firewood. Recently, there was a man who was found with another woman and was burnt with hot water by the wife (Respondent 25).

The choice of the form is the woman's and depends with what is available. Some use hot water, others use poison on the food (KII 2).

Stabbing with knife is common. Another one of late is poisoning (Respondent 5).

Aggravated cases of physical violence including stabbing and chopping off of sexual organs can be fatal and represent sexual violence as well.

Knife stabs and being chopped off the private parts can lead to bleeding and death. Even hot water can change your appearance for ever. I know several men who have gone through this (Respondent 5).

In addition, findings also showed women also use witchcraft as violence against their men. This can be used in place of beating and is more permanent.

Some women go to the witchdoctor to change the way their men look. The aim is to alter man's behaviour. If the woman wants the man to be coming home early, there is something they do and change the man (KII 1).

However, the idea of witchcraft can go against the expectations and have negative physical consequences as explained by a key informant

The process can backfire and you find a man can have physical disabilities or just develop mental health issues. But bewitching husband is only common if the women want to inherit something (KII 3).

Emotional violence is another form perpetrated to men by their intimate partners. This includes public ridicule and insults.

Embarrassing a man in public by calling him bad names is emotionally draining. Women who want to perpetrate violence do this as they know it will hurt the man. Some men have however gotten used to insults (Respondent 5).

Women also use words to hurt. One can insult a man and this will leave an indelible mark in a man's ego (KII 1).

Name calling is another way of perpetrating violence that I have seen women use. They just insult and reprimand the man even when the children are there (Respondent 1)

Apart from the emotional violence, being denied food and sex are other forms of violence perpetrated to men by their intimate partners.

Other men are denied food and sex. This serves as punishment for other faults (Respondent 5).

Refusal to consent to sex especially when the woman knows the man is unfaithful. She can use that to punish you (KII 2).

The forms of violence are thus mainly physical and emotional and sexual assault, although physical violence is dominant.

The study findings on the forms of domestic violence against men are consistent with findings in other studies. According to Kubai (2013) and Rennison (2003), men are more prone to physical

violence or assault in domestic violence. The study findings show that men are recipients of activities that constitute physical violence. These include flogging, slapping and kicking. According to King'ori and Bitrus-Ojiambo (2016), cases of physical violence against men in domestic circles include throwing objects, burns, and chopping of body parts. Similar to this study, other studies have found that men also subject to psychological and emotional violence. Cooker et al (2002) assert that men experience psychological and emotional violence from their intimate partners.

Apart from being denied sex, this study did not find classical sexual violence such as rape perpetrated against men. However, sexual assault (chopping of private parts) is apparent and documented in this study. In other studies, Tjaden and Thoennes (2000) found that a substantial number of men are subjected to rape or physical assault by their intimate partners.

#### **4.4 Coping mechanisms for male domestic violence survivors**

Findings show that male domestic violence survivors have different coping mechanisms. However, one major mechanism identified in the study is more indulgence to alcoholism.

It is not easy to come to terms that you are being beaten or threatened by your wife.

So what men do is to try to forget through binge drinking (Respondent 3).

Unfortunately, the commonest coping mechanism is substance abuse. In order to avoid the reality of domestic violence against him, a man drinks even more. This is a negative coping behaviour though (KII 1).

Another way of coping with domestic violence is suicide. Findings show that some men develop suicide ideation and execute it.

We have one here who hang himself. Family and police say it was because of domestic wrangles that the man could not bear with (Respondent 30)

Others become suicidal. It is that serious (KII 1).

According to a key informant, men might not seek professional help and counselling. This is attributable to the social definition of masculinity that may curtail reporting and acceptance.

The society is structured such that it is hard for men to confess domestic violence against them. They thus resort to these negative coping behaviours (KII 3).

Indeed, findings also show that another coping mechanism is total silence and isolation.

Beaten men become isolated and may hate everyone. They become withdrawn and can break marriage or commit a capital offense as a way of coping (Respondent 8).

Further, men report to police and hospital. However, this is in rare circumstances and when conditions are worse and warrant police intervention

Few of the beaten men go to police to report. However, they can if the situation is that bad such as stabbing and other fatal form of violence (Respondent 6).

In isolated cases, men resort to religious and spiritual intervention.

Others do not find fun in drinking (alcohol). They go to church and just feel comfortable away from home. They are few though (Respondent 25).

The findings show the oscillatory pathways men adopt in order to cope with domestic violence against them. In other studies, similar trends have been documented. Itimi *et al.* (2014) observe that men adopt both negative and positive coping mechanisms or strategies in the context of domestic violence. Heise *et al* (1999) reckon that alcoholism and suicide ideation is one of the coping strategies for battered men. These findings conjure well with the findings of this study. Although the study did not find denial of sex for men as a coping mechanism, Adebayo (2014) found out that denial of sex and refusal to take food cooked by the woman are some of the coping mechanisms and consequences of domestic violence against men. According to Campbell (2002), the coping mechanisms for domestic violence are not gender specific but men tend to engage in destructive coping behaviours.



## **CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATION**

### **5.1 Introduction**

This chapter presents a summary, conclusion and recommendations drawn from the study findings. It also highlights other areas of interest that can be pursued by future researchers.

### **5.2 Summary**

The study sought to characterize domestic violence against men and had three objectives. Findings show that domestic violence against men is a function of different factors that in different combinations, act as drivers for the occurrence and persistence of the problem. The findings indicate that men are subjected to domestic violence by their intimate partners based on attributes for both man and woman. In the first tier, characteristics of the perpetrators incline them to subject their partner to violence. Although the literature in the topic points personality traits and likelihood of certain personalities to be violent, this study found out that anger and frustration, that are part of emotions and personality traits are critical factors. Essentially, the anger, resulting from frustrations can explain the occurrence of domestic violence against men. However, it is important to note that anger is triggered by other underlying factors and it is therefore prime to investigate the underlying or embedded factors.

Partner or perpetrator attributes such as peer pressure and sheer desire to dominate and control are other drivers identified in the study. This finding points to megalomaniac explanations of domestic violence against men. The desire to be in control and dominates inclines women to perpetrate domestic violence as a mark of authority and victory. Violence is a sign, message and indicator of dominance. On the same note, the findings show that some women are just influenced by other women to perpetrate violence against men. The study documented that women who beat their husbands are friends and hang out in groups, an indication of a central theme of violence and possibility of peer influence. However, it is noted that peer pressure is only secondary since there are other underlying factors that are exacerbated by peer pressure.

In search for the micro drivers of domestic violence against men, the study found out that the socio-cultural matrix does not support address and identification of cases of domestic violence against men. Masculinity hinders reporting of cases and therefore provides a platform for thriving. The silence on the issue is a driving force as it accommodates and justifies the status quo. Men are

expected to be strong and not express emotions. This can be used as leverage for perpetrating violence against them.

There are victim-related attributes that predispose them to violence from their intimate partners. The study has documented certain common attributes that battered men might bear. In the study area, these attributes include infidelity and drunkenness. In the study, it was found that suspicion of unfaithfulness can trigger anger. Further, women become frustrated by the burden of an alcoholic husband and resorts to violence as a way of acting out.

In the experience of domestic violence, men often are subjected to physical and emotional violence. While physical violence involves specific acts such as throwing objects, burns, beating, and slapping, emotional violence entail shaming, name-calling and general verbal abuse. The study also found out that sexual assault is apparent where physical injuries are inflicted by perpetrators on the victim's sexual organs.

The experience of domestic violence renders the survivors withdrawn and is associated with a number of coping mechanisms. A chose coping mechanism can be positive or negative. In the study, survivors were found to adopt negative coping mechanisms including further indulgence to alcohol and other self-destructive behaviours. Other coping mechanisms identified include seeking spiritual intervention by going to church, which is a positive coping mechanism. Suicidal ideation and reporting to authorities such as police are other immediate pathways adopted by the survivors. The negative coping mechanisms are attributable to the gender norms (masculinity) that make it hard for male survivors of domestic to seek help such as professional counselling.

### **5.3 Conclusion**

Domestic violence against men is a serious gender, social and legal issue with personal, legal and development implications. There is no single factor that can explain occurrence and persistence of domestic violence against men. While some factors apply in some contexts, others drive domestic violence against men in different combinations. In addition, other factors provide an enabling environment for other embedded ones in a trigger effect. For example, the cited frustration as a driver of domestic violence against men is triggered by underlying factors such as unfaithfulness or alcoholism. Both victim-based and perpetrator-based attributes collectively act as driver to the experience of domestic violence by men.

Physical and psychological/emotional violence are the commonest forms of violence men experience from their intimate partners. There are cases of physical violence such as chopping off sexual organs that constitute sexual assault. Based on these forms of violence, male survivors seek different pathways as coping mechanisms. In the coping mechanisms, drinking alcohol is cited both as a driver and consequence (coping mechanism) associated with domestic violence against men. This is because it triggers violence within domestic circles and is also a place of solace for the survivors.

#### **5.4 Recommendations**

Based on the study findings, the study makes the following recommendations.

1. Existing campaign programs need to be strengthened and sustained for awareness creation on the issue of domestic violence against men. This will give the phenomenon equal weight in the media and general society to that of violence against women. The program would also break gender stereotypes that provide fertile grounds for perpetration of violence against men.
2. Social networks for men need to be strengthened through welfare and support groups. These would provide men with capacity to not only air their marital problems but also provide source for better coping mechanisms.

#### **5.5 Areas of further research**

Future research can focus on a comparative approach where the occurrence of domestic violence among men in rural households is compared with the same in the urban areas. This would help identify patterns and differences in the occurrence and experience.

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## **APPENDICES**

### **Appendix I: Consent Form**

Investigator: Edith Karimi

#### **Introduction**

I am Edith Karimi from the Institute of Anthropology, Gender and African Studies, University of Nairobi. I am conducting a study on: Domestic Violence Against Men.

#### **Purpose**

The study seeks to characterize domestic violence against men in Kirinyaga County

#### **Procedure**

If you agree to participate in the study, you will be asked various questions related to the study. Although you will be asked certain specific questions, you will be free to provide more information that is relevant to the themes being addressed.

#### **Risks/Discomfort**

Although there are no direct and adverse risks in participating in this study, you might experience discomfort due to the nature of questions but I will phrase any of them in a friendly way.

#### **Benefits**

Although there will be no direct or immediate benefit for participating in the study, the investigator will assist in answering questions that you may have. Further, the study aims at characterizing domestic violence against men and will therefore be important in addressing the problem.

#### **Confidentiality and Anonymity**

Your confidentiality will be maintained at all times during the study. The information provided will not be used for any other purpose than the one stated. The names or identifiers of participants will not be used in the report or publications which may arise from the study. True identification of participants will be concealed at all times.

### **Compensation**

There will be no direct compensation for your participation in the study although you will be reimbursed your transport expenses.

### **Voluntariness**

Participation in the study is voluntary. You will be free to withdraw at any stage of the study and doing so will not attract any penalties or discrimination whatsoever. However, I humbly request for your cooperation, which will be highly appreciated.

### **Persons to contact**

If you have any questions regarding the study, you can contact Edith Karimi through telephone number 0720739775 or email:karimi.edith@gmail.com

I would like to know whether you have a question to ask now. If no, would you like to participate in the study? If yes, please sign the space below.

I\_\_\_\_\_ hereby voluntarily consent to participate in the study. I acknowledge that a thorough explanation of the nature of the study has been given to me by Mr./Ms.\_\_\_\_\_. I clearly understand that my participation is voluntary.

Signature\_\_\_\_\_Date\_\_\_\_\_

Signature of Reseacher/Assistant\_\_\_\_\_Date\_\_\_\_\_



## **Appendix 2: Semi-structured Interview Guide**

### **Introduction**

Hallo, my name is Edith Karimi, a Master of Arts in Gender and Development student at the University of Nairobi. I am conducting research on domestic violence against men in Kirinyaga County. This is part of the requirements for my Masters degree. You are one of the respondents chosen for this study as a resident in the County. Your name will not appear anywhere in this study and the information you give will be handled with utmost confidentiality. You are also free to withdraw from the interview if you feel uncomfortable. However, I ask for your cooperation and your responses to the questions will be highly appreciated. If you agree to participate in the interview, we may begin.

### **Demographic Information**

Age.....

Place of Residence.....

Highest Level of Education Attained

1. Primary
2. Secondary
3. Tertiary
4. University
5. Other (Specify.....)

Occupation.....

Sex

1. Male
2. Female

## Marital Status

1. Married
2. Divorced
3. Separated
4. Other (Specify.....)

Religion.....

## Questions

1. Typically describe the roles and expectations of a man in marital or cohabitation relationship
2. Briefly describe your experience in your marital or cohabitation relationship
3. What challenges do these relationships face and how do you handle them? What is the impact of these challenges
4. What is your understanding of domestic violence against men
5. Have you or a friend or someone you know has experience domestic violence.
  1. Yes
  2. NO
6. If yes above, please share the experience (Probe for driver/trigger, form, course of action/coping)
7. What do you think will make a man experience domestic violence? (Probe for male attribute and female attribute)
  - i. Male attributes
  - ii. Perpetrator attributes
  - iii. Other, environmental/social/household attributes
8. In the case of domestic violence, how do perpetrators commonly express this? (Probe for the forms physical, sexual, emotional,
9. In most cases, where do men survivors of domestic violence (can) go or do (Probe for coping strategies, effects, course of action)

## **Appendix 3: Key Informant Interview Guide**

### **Introduction**

Hallo, my name is Edith Karimi, a Master of Arts in Gender and Development student at the University of Nairobi. I am conducting research on domestic violence against men in Kirinyaga County. This is part of the requirements for my Masters degree. You are one of the respondents chosen for this study as a key informant. Your name will not appear anywhere in this study and the information you give will be handled with utmost confidentiality. You are also free to withdraw from the interview if you feel uncomfortable. However, I ask for your cooperation and your responses to the questions will be highly appreciated. If you agree to participate in the interview, we may begin.

### **Demographic Information**

Age.....

Occupation.....

### **Questions**

1. Please describe the nature and extent of the phenomenon of domestic violence against men in this County (Probe for prevalence, cases reported, trend)
2. What are the underlying factors that lead to the phenomenon (Probe for the drivers)
  - i. What inclines women to perpetrate domestic violence against their intimate partners
  - ii. What predisposes men to violence from their intimate partners?
  - iii. What other factors lead to domestic violence against men?
3. What forms of domestic violence do men experience here mostly (Probe for physical [specify], emotional, sexual)
4. What are the coping mechanisms for male domestic survivors (Probe for the Aftermath and course of action)?
  - i. What happens to the men after the violence
  - ii. How are they affected?
  - iii. Where do they go?
  - iv. What do they do
5. In your view, what do you think can be done to address the issue of domestic violence against men here?