

**DOMESTIC VIOLENCE AGAINST MEN IN KIAMBU EAST SUB-COUNTY**

**CHRISTINE CHELANGAT**

**REG NO: N69/76744/2009**

**A PROJECT 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 STUDIES OF THE UNIVERSITY OF NAIROBI**

**OCTOBER, 2016**

## **DECLARATION**

This is my original work and has not been presented to any other university or institution for the award of a degree.

Sign\_\_\_\_\_

Date\_\_\_\_\_

Christine Chelangat

This project paper has been presented for examination with my approval as the university supervisor

Sign\_\_\_\_\_

Date\_\_\_\_\_

Dr. Salome Bukachi

## **DEDICATION**

To all people who believe that a peaceful world revolves around the cognizance of gender equality.

## **ACKNOWLEDGEMENT**

I wish to express my sincere and unreserved gratitude to my university supervisor, Dr. Salome Bukachi, for her invaluable guidance throughout the study period. Her patience and dedication to walk me through this work was a timely asset and I feel forever indebted to her.

I wish to convey my special thanks to the entire teaching staff of the Institute of Anthropology, Gender and African Studies who gave me an insight into the study topic. I am indebted to their candid and unreserved inputs to see me through the proposal and project development stages.

My sincere appreciation goes to FIDA representative, local administration in Kiambu East Sub-County and the Kiambu hospital Gender-Based Recovery centre staff for their insurmountable input of information into this study. Your ideas were such an asset to me and the broad academia; thank you so much and be blessed.

To all my study subjects, thank you and be blessed for the cooperation throughout the study period.

Lastly but not least, I would like to thank my family; my dear husband, Dickson Wekesa, and our daughter Victoria Wekesa for their encouragement, moral support and giving me peaceful environment to study. I thank my parents for all support they gave me in terms of finance and encouragement.

## TABLE OF CONTENTS

DECLARATION .....	ii
DEDICATION .....	iii
ACKNOWLEDGEMENT .....	iv
TABLE OF CONTENTS.....	v
LIST OF FIGURES.....	viii
ABSTRACT.....	ix
LIST OF ABBREVIATIONS AND ACRONYMS .....	xi
1.0 Background to the study .....	1
1.1 Introduction .....	1
1.2 Problem statement .....	4
1.3 Study objectives .....	4
1.3.1 Overall objective .....	4
1.3.2 Specific objectives.....	4
1.4 Justification of the study.....	5
1.5 Scope and limitations of the study .....	5
1.6 Definition of key terms .....	5
2.0 Literature Review .....	7
2.1 Introduction .....	7
2.2 Prevalence of domestic violence against men.....	7
2.3 Nature of violence and abuse experienced by men in heterosexual relationships.....	9
2.3.1 Physical abuse .....	11
2.3.2 Psychological or Emotional Abuse .....	12
2.4 Consequences of violence.....	13
2.5 Theoretical framework .....	15
2.5.1 Ecological Framework .....	15
2.5.2 Relevance to the study.....	17

2.6 Assumptions of the study .....	18
3.0 Methodology.....	19
3.1 Introduction .....	19
3.2 Study Site .....	19
3.3 Study Design.....	20
3.4 Study population and unit of analysis.....	20
3.5 Sample size.....	20
3.6 Sampling procedure .....	21
3.7 Data Collection Methods .....	21
3.7.1 Individual In-depth Interviews .....	21
3.7.2 Key Informant Interviews.....	21
3.7.3 Case Narratives .....	22
3.6.4. Secondary data sources .....	22
3.7 Data Processing and Analysis.....	22
3.8 Ethical Considerations.....	22
4.0 Results.....	24
4.1 Introduction .....	24
4.2 Demographic characteristics of the respondents.....	24
4.3 Extent of domestic violence in kiambu East Sub-County.....	27
4.4 Forms of domestic violence in kiambu East Sub-County.....	29
4.5 Consequences of domestic violence.....	32
5.0 Discussion and Conclusion .....	36
5.1 Introduction .....	36
5.2 Discussion.....	36
5.2.1 Prevalence of domestic violence .....	36
5.2.3 Forms of domestic violence .....	38
5.2.4 Consequences of domestic violence.....	39

5.3 Conclusions .....	40
5.4 Recommendations .....	41
References .....	42
Appendix 1: Consent Form .....	44
Appendix 2: In-depth Interview Schedule .....	45
Appendix 3: Key Informant Interview schedule.....	46
Appendix 4: Case Narratives schedule.....	48

## **LIST OF FIGURES**

Figure 2. 0-1 Ecological Model of Factors associated with IPV .....	16
Figure 3. 1: Map of Kiambu East Sub-County. Source MoPDN(2008).....	20
Figure 4. 1 Age groups of the respondents .....	24
Figure 4. 2 Marital status of the respondents .....	25
Figure 4. 3 Educational levels of the respondents .....	26
Figure 4. 4 Income levels of the respondents .....	26



## **ABSTRACT**

Men experience domestic abuse in different forms affecting them in many ways. For instance, they are exposed to physical injuries, sexual abuse, verbal abuse, psychological torture, financial constraints and many other forms. They are also be abused through law or administrative accusation. The project main aim was to explore domestic violence against men in Kiambu East Sub-County.

The study used a cross-sectional design on domestic violence against men in Kiambu East Sub-County. It was carried out in Kiambu Subcounty Hospital Gender Based Violence Recovery Centre. The study sought to determine the men violation by the partners, the various types or forms of domestic violence and find out the consequences of domestic violence against men in Kiambu Subcounty.

The study was guided by the ecological model developed by Bronfenbrenner (1977) who describes it as an interrelationship among individual, surroundings, and socio-cultural characters that can result to this domestic violence. This theory framework has been extended and used by many researchers to conceptualize Intimate Partner Violence and the interactions between the individual, surrounding environment and traditional or cultural practices that can impact to violence.

The study findings indicate that domestic violence is understood by the study subjects as acts of raping, beating, pushing, economic deprivation, verbal abuse and coerced sexual intercourse by someone they are quite intimate with. Domestic violence has resulted into the feeling of anxiety, fear, depression, injuries to the victims and economic turmoil for the families entangled in violence. Moreover, male victims of domestic violence expressed

losing the 'community image of masculinity' hence stigmatized by the peers. This has a negative impact on reporting incidences of domestic violence.

This study concludes that domestic violence though underreported in in Kiambu East Sub-County has assumed several forms cutting across economic, physical, sexual and intimate partner violence with negative effect on the family relations, the children and victims.

There is need by the government and private stakeholders to sensitize the community on the effects of domestic abuse on male victims and encourage men as victims to report occurrences for timely interventions and a further study should be conducted in the occurrences of men abused to give further strategic interventions.

## **LIST OF ABBREVIATIONS AND ACRONYMS**

<b>DGBV</b>	Domestic Gender Based Violence
<b>GBVRC</b>	Gender Based Violence Recovery Centre
<b>KIIs</b>	Key Informant Interviews
<b>LSK</b>	Law Society of Kenya
<b>FIDA</b>	Federation of women lawyers- Kenya
<b>IPV</b>	Intimate Partner Violence

## **1.0 Background to the study**

### **1.1 Introduction**

Dealing with domestic abuse in a controlled manner has to be assessed effectively and should include both the men and women. Elizabeth Stanko's demonstrated the tension which exists when responding to these issues of domestic violence. Some people have debated that there has been a decline in addressing this matter on men violation as they fear that women will be neglected concerning their abuse and could weaken the women protection as it has been the trend.

Our traditions or culture have a big role to play when reducing the abuse men are exposed to at home places. The victimized men experiences public intimidation as public tend is always amused on the men violence as it is not cultural supported. (Suzanne *et al.*, 1988). Domestic violated men according to the history, are ignored, laughed at or chastised at the community. The media also exposes men abused making their story interest to the public as they make them as a topic of the day by use of cartoon to show woman chasing male. (Saenger, 1963).

Research study on public perception shows that the attitudes of people on slapping have changed in men, but women still hold on (Murray *et al.*, 1994). The media, movies or internets shows how men are being abused, for instance scenes in which men are being battered by women after women being exposed to emotional upset by men. The public watch this shows and their reactions is usually cheer showing that the weak part can also have strength meaning men can also tortured by women. This brings a perception by women that they can be able to intimidate men. On the other hand, if a man victimizes a woman, the reaction is opposite as the public perceives that men are more stronger than women and this is taken as women abuse that can lead to even legal action.

The televisions, radios ,internets and all sort of media have played a big role in men violation  
The media has led to the decline of moral values of men as it has played a part showing that women can also abuse men without even being taken to any legal procedures. (Parker, 1999). Domestic violence against men has been of interest in the news headlines, the content is displayed well so that public can be able to listen or see well to make a joke on that or to make it more interesting or attractive. This notion has made the public attitude showing that women being weaker and men being stronger in the society and in case of any violence against men no serious action is taken.

There is no tool that ensures that all gender is treated with equal or neutral and there are no programmes which are addressing domestic violence in both genders. In all contexts the language of addressing the violated victims lacks (Cook, 1997:112). On the other hand, many people especially the counsellors sees that domestic violence is part of their career and stopping such will mean the earnings will be reduced.

Duluth Model has shown similar beliefs in prevalent of domestic violence in. The model brings a picture on domestic violence as a Power and Control Wheel diagram that shows the character experienced by women who stay together with male who batter” (Cook, 1997:126). Duluth Model pictures only the women victims who are battered or violated with men and it doesn’t address the other side of battering. The lack of addressing gender neutrality makes male victims to be in a state of being not wanted, fear and causes harm to male victims. The violated man is intimidated by the society and to large extend can be seen as a weak vessel in the community. This can extend in his socio-economic activities affecting the society at large.

Male victims of violence affect the individual so much that they feel intimidated by the society. The social ridicule and the fear that man faces may affect him completely (Doug, 2000). Men believe that society expects them to be courageous, very strong, dominant with power and self-dependent and they are not expected to be victims of violence (Steinmetz and Lucca, 1999). This makes men less likely to report when they are victimized physically or emotionally because they will feel intimidated or ashamed about being open on their family challenges as most of them follow their culture strictly and according to their traditional male are seen and are supposed to control his family (Murray, 1999).

The effects of domestic violence against men are less likely to reach law enforcement (Raeside, 1993). For instance if two men fight and one is injured, the bruised man is difficult in disclosing that he was beaten. If this is the case then it's more difficult when it comes to a woman and man fight especially when a man is battered.

On the other side we find many women groups dealing with challenges facing their fellow women especially on violation against them. But it is rare to find men forming groups in a society where they come together to protect their fellow men who have been victimized. (Beaupre, 1997). Another reason is many doctors or clinicians rarely believe that men can be battered that's why it's difficult for them to ask questions on victimized male. (Macchietto, 1992). Many groups like gender feminists are exclusively supporting the women and children victims of violence rather than men. This becomes difficult for men who have been victimized to be recognized (Sommers, 1999).

The problem with these movements is of more support on women than men and hence of feminist politics than an organization of helping the society facing domestic violence in

neutral way. They sometimes help women who have violated men and this becomes so unfair to male victims

## **1.2 Problem statement**

Problems of domestic violence is a problem ranging from an individual and points out to the society. The trend has continually increased from generation to generation. The advocates have intensified the problem because of unequal treatment between genders (Margi, 1995). Women abused by men have been a concern in public for a long period of time. The type or nature, structures, legislation, policies and change in police have been set up since then to ensure the law suits the women in society. On the other hand, men are also victims of violence by women, but the issue is neither well known nor addressed to the public. The question coming in our minds is, “What about the men who are also victims of domestic violence”? This study therefore sought to explore domestic gender based violence against men in Kiambu east district. To answer to the foregoing objective, the study was guided by the following questions:

- i. What extent is the domestic violence against male of in Kiambu East Sub-County?
- ii. What forms of violence against men occur in Kiambu East Sub-County?
- iii. What are domestic violence consequences against men of in East Sub-County?

## **1.3 Study objectives**

### **1.3.1 Overall objective**

The overall objective was to explore domestic violence against men in Kiambu East Sub-County.

### **1.3.2 Specific objectives**

The specific objectives were:

- i. To find out the extent of domestic violence against men in Kiambu East Sub-County.
- ii. To describe the forms of domestic violence against men in Kiambu East Sub-County.
- iii. To find out the consequences of domestic violence against men in Kiambu East Sub-County.

#### **1.4 Justification of the study**

The study has yielded findings that will be important in informing the intervention policies and approaches at the gender based violence recovery centers towards focusing on the plight of men seeking care. In particular, the findings will inform policy advocate bodies such as the Law Society of Kenya (LSK) and Federation of Women Lawyers (FIDA-K) to put into focus barriers that male victims of violence face when seeking care and justice.

The study will be an important source of literature for scholars interested in documenting the results or effects of domestic abuse on the individual or society and the couple relations.

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

This study was carried out in Kiambu East Sub-County and focused on the extent, forms of domestic violence on male victims and the effects of such abuse on the survivors and the families. However, the study has used a small sample size which may limit the generalizability of the findings to depict the picture of domestic violence across the country. In the study, triangulation of data collection tools was undertaken to ensure rich data is collected to answer to the study objectives. The findings obtained from the research provide information that future scholars can build upon.

#### **1.6 Definition of key terms**

**Domestic violence:** an array of sexual, physical and psychological violence committed against male members of the family. This might also include incidences of threat of such acts at home.



**Men:** Abused men within households.

**Consequences:** the socio-economic effects of abuse

**Gender-based violence (GBV):** Act of abuse affecting one type of sex

**GBV survivors:** People who have been victims of gender-based abuse in their life.

**Care:** Psychotherapy and psychosocial care for GBV survivors.

**Intimate partner violence:** Act of abuse against spouse or partner, boyfriend partner.

## **2.0 Literature Review**

### **2.1 Introduction**

This chapter presents a review of the literature related to the study topic. The review is done along the following topics: extent men violated in home places and the form of violence against them. This section finally presents the theoretical framework and assumptions that will guide the study.

### **2.2 Prevalence of domestic violence against men**

To determine the seriousness of the problems associated with violence against men who are hit by their wives is difficult as this varies from place to place.(Stark & Flitcraft, 1998, cited in Atmore 2001: 48). The researchers have shown that there is an increase of men who want assistance in helping them cope up with the violence at home especially from women couples. The problem now remains that the data showing the victimization of men is limited and this gives a challenge in establishing the extend of violated men. The big issue here is that men fear giving the information wherever they are approached during the and this hinders the data collectors in establishing the problems of domestic violence against men. Another problem is that during some data collection processes, it has been shown that violence against men is low. For instance, in Australian research, it was shown that in some cases of domestic violence against men conducted through a telephone where both men and women over 18 years participated in the interview (Ferrante *et al.* 1996). The questionnaire was targeting threats, robbery, and attack on people, sexual violence and use of force. 1,511 males were sampled where three reported being victim of attack though there were dubious about the recalling of these scenes, and it was shown that the two of them have been victimized because they involved with someone else's partner' (Ferrante *et al.*, 1996: 63). These few incidents made it impossible for evidence and further analysis.

Another problem in establishing the problem of violence against men is that it is sometimes difficult to distinguish between men who are perpetrating violence from male victims. For instance 22 male in Scottish Crime Survey, 2000, showed that they had experienced in domestic violation from women (Gadd *et al.* 2002). The men in some cases, there description as violated victims, the analysis did not show any relationship with the abuse details they had given during the interview. The surveyor classified the men in groups of four: primary instigators (n = 1), equal combatants (n = 4), retaliators (n = 8) and non-retaliatory victims (n = 9). It was established that at the men who had had a past violence should have had to give a repeated form of violence or abuse, but the half of the partners in these cases showed suspicion (Gadd *et al.*, 2002: 44). Despite these, the half of men accounted victimization. The researchers reported that half of the male interviewed had had genuine abuse by their partners. (Gadd *et al.*, 2002: 45).

The inaccuracy in data collection has been claimed by researchers on violence against men at domestic levels. Its often debated that men do not report the abuse by their partners because they fear being embarrassed, this makes the subject of violence against men being underreported. It is established that female violated under-report being victimized and it has been shown that men on the other hand can over-estimate their partner's violence. The women report gives information by under-estimating men's violence against them by normalizing or by use of excuse (Flood, 2003:4). On the other side men can under-estimate their violation while their partner women tend to overestimate (Kimmel, 2001:10-11). In 1998, Currie found that men uplifted their women's violent characters while women downplayed their spouse abuse. However, women abuse against male spouse requires detailed study.

### **2.3 Nature of violence and abuse experienced by men in heterosexual relationships**

There is evidence to show that male violence by their partners causes serious experience in terms of abuse; this can make the victim to have a long negative impacts of life threatening. Nevertheless, data collected since then shows different life experience in form of violence which has been reported by men and women victims within a period of time. Bagshaw and Chung (2000: 11) reviewed on literature concerning violation and they were able to find some differences:

- Males victims said that they were living peaceful without any fear;
- No violated relationships were experienced by males; and,
- Experiences of post-separation by males were rarely on violence and, for instance one case, which were reported far less than severe.

In 2000 Scottish Crime Survey, male respondents showed generally that male victims were rarely to be a repeat victims of abuse by being assaulted, injured seriously, and to report being nervous in their home places. These features, combined with other factors as embarrassment makes male victims feel downplayed and the factors helps to account the irregularity where male victims of abuse at domestic levels needed to be addressed by the Scottish Police (Gadd *et al.*, 2002:6).

The other factors, for instance like sexual preference, tradition background, or level are vital, this is given attention in the relationship to masculinity of male. This applies to the case with women having domestic violence, and hence it's vital to have a sense of understanding the way of their past experiences. Atmore (2000: 12) showed that research done currently in Victoria, Amanda Barclay interviewed 14 people who were workers and also were victim in

Melbourne on their views about the experiences and their needs of by female partners in their home places.

The research shown by Barclay has given highlight on men's exposed to violence are broader, not primarily context to physical abuse forms. This is well understandable, because men's features and strength are much greater compared to female partners. This also explains the reasons men often report negative answers that they are living peaceful with their couples. Men's were shown in the study by Barclay said that the issue originated from various issues concerning financial dependence on spouse, not access family resources, being isolated, not accessing children, and exposure to threats or irritating characters.

Bagshaw *et al.*, 2000 in South Australian study collected information on men's experiences. Men gave forms of abuse like physical example being assaulted directly, spat on, scratched, hair abuse, throwing of pots, rushed at, choked, kicked, and knife threatening. The men despite these exposure feared reporting assaulted sexual from their couples, rather, feared the effects of being reported of their low sexual performance. Verbally and emotionally victimization like smack downs, abuse of infidelity, bad comments, and name-calling. Few men or respondents said they experienced abuse socially (Bagshaw *et al.*, 2000b:54-55).

Analysis in details has shown men's experiences of victimization survey are required, particularly where men are shown as aggressor in the relationship of abusive. James *et al.* (2002) identified 24 men's perceptions about men's programmes on domestic violence run by Relationships Australia. The research involved were men participants attending programmes which was dealing with the violence and victimization which they exposed to the couple. The study, showed that the scenes of men reporting incidents of couples abusing especially

emotionally or taking advantage over them or having them suffer more than their couples. The comment by the Author that, despite the position embraced by male couple, the men were affected emotionally (James *et al.*, 2002:11).

### **2.3.1 Physical abuse**

Over 15 years old men were interviewed in 1999 by Statistics Canada surveyed. This included 11,607. It was shown that men who had had former partner or living with current partner within last five-years period, 7% of them were exposed to some form of partner abuse at least once, as opposed of 8% of the female couples (Canadian Centre for Justice, 2000:9). These being the same as previous studies of partner relationship abuse, the research on GSS found that abuse was an obvious: The percentage, 54% of the victim had been exposed to paternal violence once or more in the years after marriage. Of these, 13% of men had been exposed more than ten times (Canadian Centre for Justice, 2000:14).

The rate of victimization cannot be predicted, it is impossible to know this percentage because there is a change as the survey shows that male abuse data had not been collected by Statistics Canada before 1999. The information available indicates that partner homicide abuse rate of men victims is decreasing from 1974 to 2000 (Canadian Centre for Justice, 2000:11). The study further shows that the population of, on the other hand, in number, partner assaults in men reporting the cases to the police was higher in 2000 than in 1995. This increase in rate probably reflects variety of causal factors: willingness on the side of abused to inform the police; the way in which the police handle; or legislation changes, enforcement practices or policing (Canadian Centre for Justice Statistics, 2002: 8).

A survey in Canada in 1987 questioned 528 women over 18 years who were married or living together in common-law, if they physically victimized their spouses during the past 12

months. 23.3% sampled women informed that in the previous years, they had abused their partners physically once or more (Lupri, 1992).

In 1987, a study by an Alberta telephone on married or cohabiting 356 men and 351 women showed that 12.3% men reported that they had had an abuse from their spouse female in the last 12 months from the preceding survey; 12.5% of these, women admitted that they caused abuse on their male spouses (Kwong *et al.*, 1999).

The 1999 GSS research showed that the affected men were easy than victimized women to inform that they had violence in form of thrown at them or having been slapped, kicked, and bitten or hit. In the year 1987, the Canadian survey showed similar rate of women and men informing infliction of major and minor physical abuse on spouses. On the other hand, in 1999, GSS indicated that abused women exposed to major forms of abuse such as beatings, sexual abuse, choked, knife threatening were more likely to report than men in the past five years (Canadian Centre for Justice Statistics, 2002: 8).

### **2.3.2 Psychological or Emotional Abuse**

Mind torture or emotional abuse has various forms reducing or demeaning and managing the character of someone. The emotional abuse research by the GSS in 1999 measured seven distinct items which ranged from limiting the contact with outsiders and the access to financial information. Approximately five men (18%) and women (19%) were shown having exposed to any form of emotionally abusive character in their live either current or previous five years in their intimate relationships. 11% of men and 9% women were estimated to equally likely giving their experience in the two controlling forms of character when a woman or a man is jealous and is not willing to interact with other women or men and one is demanding to know the one you are talking to, where one is and the place (O'Leary, 1999).

The emotional pain created by the mind torture due to violation can also be one of physical abuse. The 1999 GSS shows that at a five-year rates, abuse in a relationship were even 10 times more than men reporting emotional abuse unlike those who never reported. The past study shows that emotional or psychological victimization and physical violation are more correlated, these is different with longitudinal data which are needed to identify any causal direction (Strauss & Sweet, 1992).

#### **2.4 Consequences of violence**

Violation results to direct physical and emotional end results on the victim. In 1999, GSS, showed that 13% of male abused by spouses gave information of partner abuse in form of physical harm while 3% required further medical treatment (Canadian Centre for Justice Statistics, 2000: 14.). A quantitative review recently, where more than 80 researches on physical violation amongst heterosexual relationships, it was found that about 35% of victims were injured a spouse while 39% of those requiring further treatment were men (Canadian Centre for Justice Statistics, 2002: 15.).

The GSS in 1999, indicated 29% of victimized men reported of being upset, confused or stressed because of violence they were exposed to, 26% were angry, and 21% were as a result of emotions or disappointment (Brinkerhoff, 1992). Other researches has shown that the victims have not been reporting the cases and this have increased physical and psychological abuse inform at very low level and this have led to report lower levels of self-esteem than do to those not affected psychological well-being were shown to suffer as a result of abuse (Grandin *et al.*, 1998). Study recently has shown that emotional hurt also affects men. Most women fight back against men of violence and against traditions, structures, social norms,



and attitudes, men abused by their female spouse fight with mentality of maintaining a masculine ideal (Dobash and Dobash, 1978).

An in-depth interview was done to assess the experiences and results of physical harm on 12 married men, of 25 to 47 of age. The men victims had physical injuries like multiple bruises and abrasions, injured genitalia, minor head trauma, dislocated ribs, numerous lacerations, and internal injuries. The women used any tool like clothe hangers, steak knives, scissors, screwdrivers, cellular phones, fingernails, metal pots and pans, rolling pins, keys and other thrown objects. This research provided some insight ideas on the interviewee feelings about their state and the impacts of such environment on their self esteem.

Having been victimized by a woman, the men perceived of failing to maintain their cultural and their power as a man in the home such as independence, strength, toughness and self-reliance. These meant a man was reduced to emasculate and marginalized, and felt not to expose their fears, seek assistance, or even express their exposed violent experiences (Migliaccio, 2001). The abused victim men showed a sign of shame and embarrassment during the interviews. The men said that they expression their abuse was more of disbelief, surprise and skepticism from that state of legal-based administration and hospitals, friends and neighbors. These reactions added pain and male victims to feel even more abused.

The information collected cannot be generalized, but they give more of the requirements to give the insight of the factors that can lead to the abuse of the physical and psychological abuse on (Grandin, 1995). Such relationship abuse can cause also impacts indirectly which might affect other families. 25% of abused male victims of spousal informed that their children been witnessed, Canadian Centre for Justice Statistics, 2000: 17). There is more research on the long-term on impacts of abusive victims on children in an environment of an

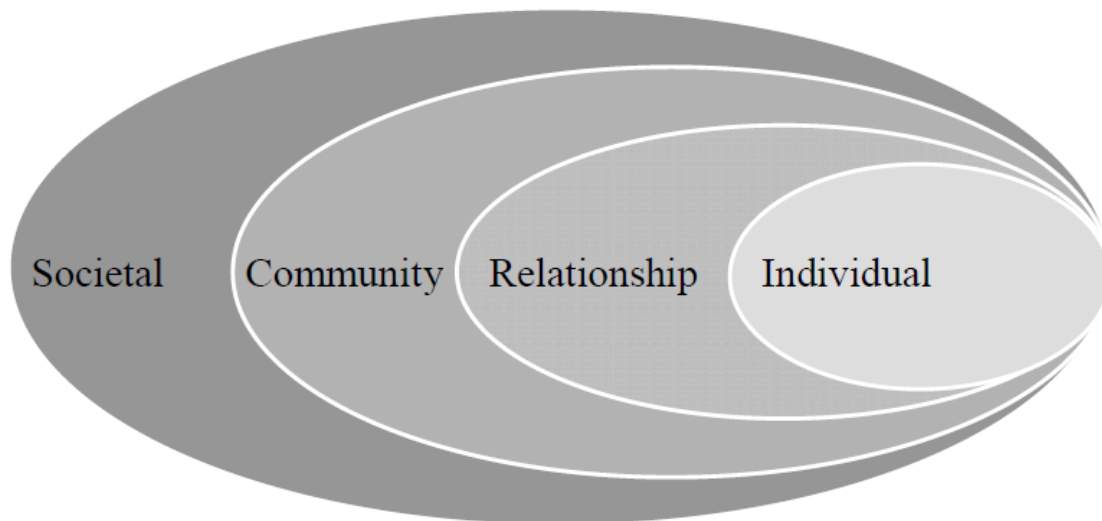
abusive home, including the following: effects such as aggression and delinquency, and emotional impacts as anxiety, stress and low self-esteem; and more likelihood that, as they grow, they will have the same behavior as their parents in their relationships (Wolak and Finkelhor, 1998).

The indirect results can extend more and reach to economic costs in a society or a country at large. In Canada, each year it has been established by three researches that women exposed to abuse caused billions of dollars. No comparable assessments have been established by on male abuse. Nevertheless, there are evidence showing its costly to our productivity, for instance 11% of male partners have taken off from work because of physical abuse (Kerr and Mclean, 1996).

## **2.5 Theoretical framework**

### **2.5.1 Ecological Framework**

This study was guided by the ecological framework developed by Bronfenbrenner (1977), who showed relationship between one, environmental, socio-cultural influences that can result to violence. This model has been more used in many researches to conceptualize IPV and shows the links between the personal, situational, and socio-cultural factors that combine to cause the violence. This project embraces the ecological framework framed by Heise et al. (1998) and Krug et al. (2002). In this model, IPV caused by the interaction of factors at different levels of the social environment conceptualized as four circles in the figure below.



**Figure 2. 0-1 Ecological Model of Factors associated with IPV**

The model shows that no single feature standing on its own can describe the reason why some group people are at a higher risks of IPV whereas others are at low risks or how it happens often in some period or places than other environmental situations. But the model shows that violence is caused by combination of a number of factors; the model demonstrates how one person's experiences from violence is caused by features at levels of an individual, relational, community and societal levels (Krug *et al.*, 2002; Heise *et al.*, 1998).

**Individual level** comprises of factors like biological, beliefs and attitudes, and personal experiences from history background that can change an individual's perception to violence. The causes include one being male, personality characters, attitudes and beliefs on violence, exposure to violence, violence experience history, violence in the home places, father not being there or rejecting father, child abuse, drug abuse.

**Relationship level** is shown as a person interaction with society levels can cause or result to violence. Factors such as family control or management such as male leaders in wealth and

decision-making, marital violence and inter-family fights due to other relatives because of culture.

**Community level** reflects the structures of relationships at society levels as in neighbors workplaces and schools, and features of those situations that gives rise to or barriers against violence. They include poverty, unemployment, and low socio-economic status, male peer groups which condone and legitimize men's violence, social norms restricting women and women's isolation and lack of social support.

**Societal level** factors demonstrates the environment conditions of a place that either encourage or barriers violence, such as disturbing issues and values, attitudes and tradition of the place that can have an impact of the other three levels. These may include factors such as male dominance in terms of masculinity and honor, rigidity, role of gender, manhood, leadership, culture giving men power over female characters, embracement of violence as a solution to conflict such as physical punishment of women and religion perception. The behavior of a society to victimize persons of violence is one way of cultural ways that accepts IPV in dealing with women and directs an individual's ways to cope up with violence.

### **2.5.2 Relevance to the study**

The theory weights and factors in the situational, personal and socio-cultural ways that results to violence. These factors in combination can show direction why we have high prevalence of violence against men in Kiambu East Sub-County. The framework in its various levels illustrate the possible types of violence that can be perpetrated, for example, at individual level, there is an array of physical , sexual including marital conflict that are feasible. Socio-economic violence is found to be manifest at community and society levels given the tolerating attitudes in which the recipients of violence are thought to provoke the same, hence, the theory explains various types of violence experienced in Kiambu East Sub-County. The theory also outlines consequences of violence at different levels such as the disruption of

family units, health consequences and multiple socio-economic sufferings endured by the violence victims. This is important in addressing the objective on the consequences of violence.

## **2.6 Assumptions of the study**

- i. There is great extent of gender-based domestic violence against men in Kiambu East Sub-County.
- ii. Various forms of gender-based domestic violence are met against men in Kiambu East Sub-County.
- iii. There are multiple consequences of domestic gender based violence against men in Kiambu East Sub-County.

### **3.0 Methodology**

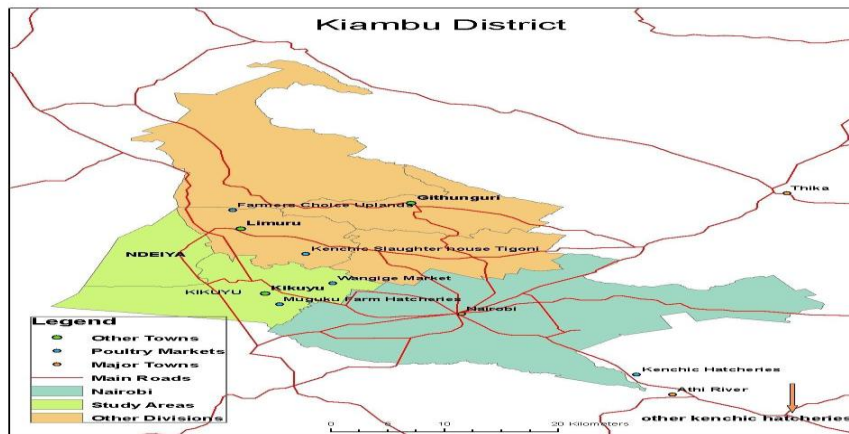
#### **3.1 Introduction**

This chapter describes the study site, study design, study population, sample size, design, data collection and analysis of data. The chapter finally presented the ethical considerations that guided the study.

#### **3.2 Study Site**

Kiambu East Sub-County (figure 3.2) is in central Kenya. It comprises of 1,623,282 people (Male – 49%, Female – 51%). It has 469,244 Households. 25% is the poverty level and the main activities include agriculture, food industries, leather industry, mining textile processing and trade.

It has also well established health facilities which include four District Hospitals, three Sub-County Hospitals and Dispensaries, hundred and eight Health Centres and other health operations like, Medical Clinics, Nursing Homes, Maternity Homes among others. This study was carried out at the Gender Based Violence Recovery Centre (GBVRC) at Kiambu Subcounty Hospital. The hospital is the oldest and the largest public facility in Kiambu County. It has 600 beds, 30 wards and 10 out-patient clinics. The GBVRC offers psychotherapy and social services to the survivors besides the court and medical services and receives an average of 10 survivors a day.



**Figure 3. 1: Map of Kiambu East Sub-County. Source MoPDN(2008)**

### 3.3 Study Design

This was a cross-sectional descriptive study that utilized qualitative research methods in understanding violence against men. The study employed individual in-depth interviews, case narratives and key informant interviews in data collection. The collected data have been analyzed thematically and verbatim amplifying the informants' voices used alongside the main themes.

### 3.4 Study population and unit of analysis

The study population included all male gender-based violence survivors at Kiambu Subcounty Hospital Gender-Based Violence Recovery Centre. The unit of analysis was the individual gender based violence survivor.

### 3.5 Sample size

A sample of 30 male gender-based violence survivors were selected for the study. This sample was deemed adequate given the qualitative nature of the study that yielded rich data to answer the study objectives.

### **3.6 Sampling procedure**

Convenience sampling was used to select the sample population from gender based violence survivors at Kiambu GBVR centre. The sampling procedure was used to select 30 male DGBV survivors who are psychosocially and medically stable to give informed consent and they were engaged as informants in in-depth interviews. Purposive sampling was used to identify 6 DGBV survivors as informants to give case narratives as well as 3 Kiambu GBVR staff, one government official from gender ministry, one lobbyist and one legal expert who were engaged in key informant interviews.

### **3.7 Data Collection Methods**

#### **3.7.1 Individual In-depth Interviews**

Thirty individual in-depth interviews were conducted amongst 30 gender-based violence survivors who had reported to Kiambu GBVRC. It was the main data collection method for this study and was important in providing the individual lived experience of domestic violence thereby helping in achieving a wholistic understanding of the interviewee's situation. The interviews were conducted using an interview schedule (Appendix, 2) containing open-ended questions so as to provide room for thorough probing to elicit detailed information.

#### **3.7.2 Key Informant Interviews**

These were conducted with the hospital staff working under GBV recovery centre, one legal expert drawn from Law Society of Kenya (LSK), one lobbyist from a civil society and a government official from the Gender Ministry, Children, Social Services and police. The key informants were significant in providing data on factors perpetuating domestic gender based violence in different settings, the policies in place to curb gender-based violence across different settings of occurrence. All the key informants were purposively drawn for the study. A key informant interview schedule (Appendix, 3) was used to collect the data.



### **3.7.3 Case Narratives**

A narrative is a spoken or text, which explains a scene or an event or a process of scenes interconnected. These were used to source information from 6 male DGBV survivors who were prepared to share their past life with the forms of violence met on them, the health consequences of violence on the survivors and the effect on the family relations. A case narrative schedule (Appendix, 4) was used to collect data.

### **3.6.4. Secondary data sources**

Secondary information collection review was undertaken in order to provide contextualized background information on historical and contemporary issues on gender based violence. Information was drawn from existing scholarly articles, government documents, working papers and websites. The process was elaborately used in informing the discussions.

### **3.7 Data Processing and Analysis**

Quantitative data obtained from key informant interviews, case narratives and in-depth interviews was analyzed thematically. A descriptive approach was involved where direct quotations and selected comments from informants was used to explain the key messages in the themes.

### **3.8 Ethical Considerations**

Before the interviews were conducted, a statement of consent (Appendix, 1) was read to all subjects in the study and they were asked for their informed consent to participate. Explanations were given to all the informants concerning confidentiality. The study ensured confidentiality and privacy by using codes and pseudonyms instead of the real names of the informants. Confidentiality and privacy was maintained throughout the data collection, analysis and dissemination stages. The informants were given a brief introduction of the study topic and expectations in a consent form, of which they were to sign to voluntarily participate in the research. Informants were also informed of their right to disqualify

themselves or withdraw at any stage of the study. Furthermore, ethical clearance was sought from Ministry of Higher Education through National Council for Science and Technology (NACOSTI) and the KNH-University of Nairobi Ethical Review Committee before embarking on fieldwork.

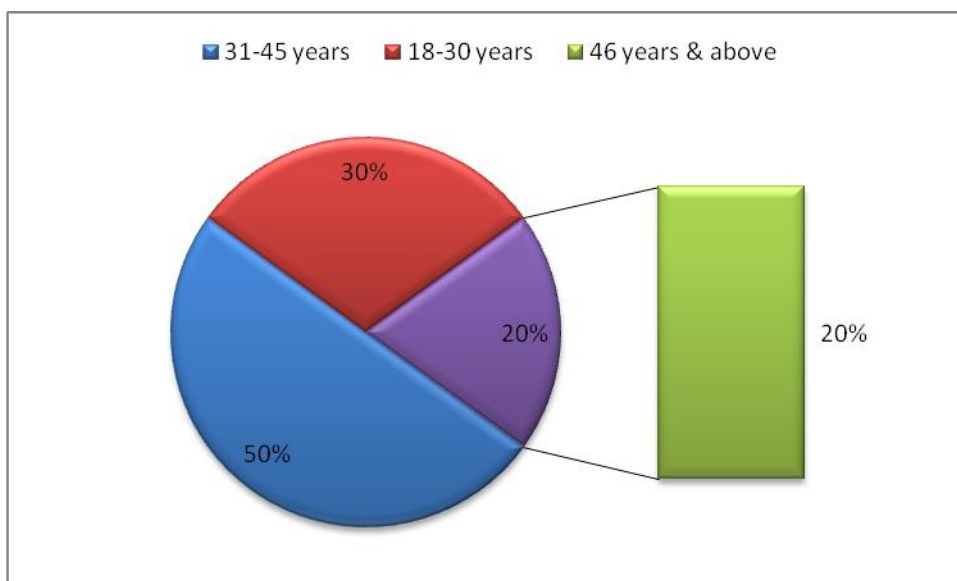
## 4.0 Results

### 4.1 Introduction

This chapter presents the findings on domestic violence against men in Kiambu Sub-County. The chapter starts with presentation of the demographic characteristics of the informants and then discusses the rest of the findings.

### 4.2 Demographic characteristics of the respondents

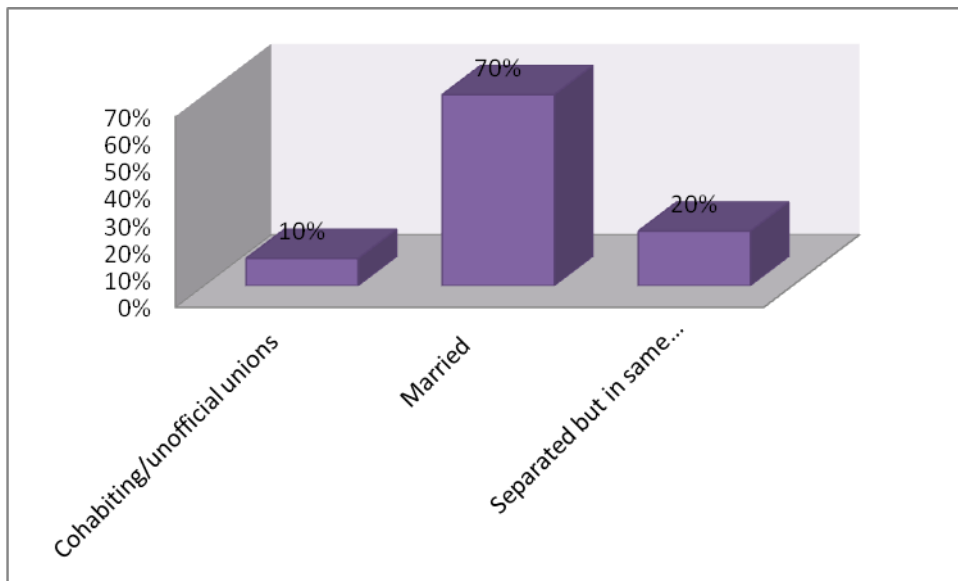
In this study, half (50%) of the respondents in this study were aged between 31 and 45, 30% were aged between 18 and 30, while those aged 46 years and above comprised 20% as summarized in figure 4.1 below. By implication, most male survivors of domestic violence can be said to be in their mid-life ages in Kiambu Sub-County. Domestic abuse is seen to affect this middle-aged group downwards to 18 years. Males affected within the age of 18-30 years were also established to be recently married.



**Figure 4. 1 Age groups of the respondents**

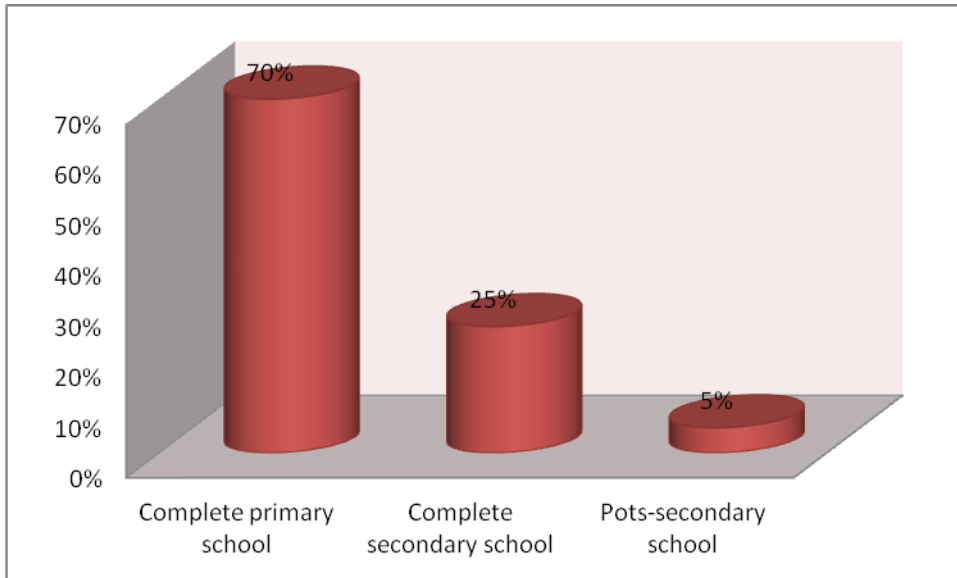
Analysis of marital status of the informants revealed that 10% were cohabiting or in unofficial unions, 70% were married and 20% were separated but still staying in the same household as summarized in figure 4.2 below. Marital status was an important variable in this

study because the presence or absence of a spouse is an important determinant of the relationship between the victim and the perpetrator of domestic violence.



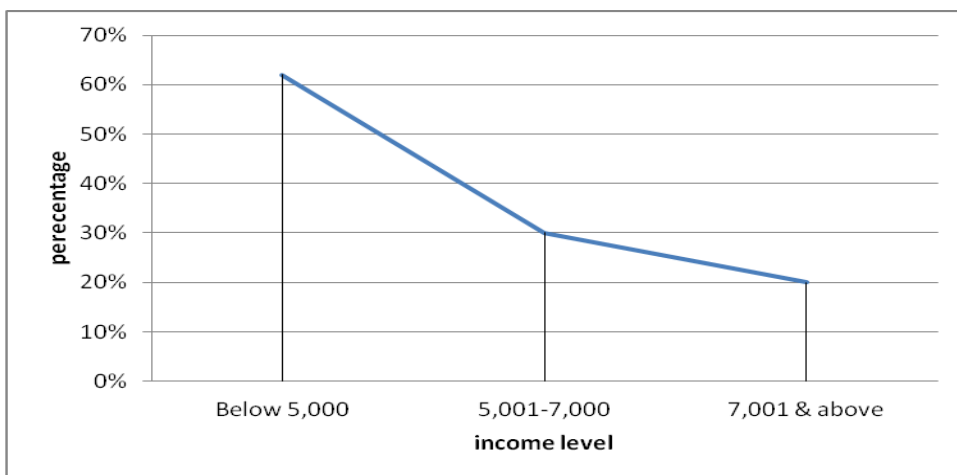
**Figure 4. 2 Marital status of the respondents**

On education, the findings indicated that most (70%) of the respondents were through with their primary school, while 25% were through with secondary education. The 5% learned post-secondary schooling as summarized in figure 4.3 below. Thus, none of the respondents had informal education background. Educational level defines the survivors' knowledge of the care seeking procedures and the authorities that one should inform.



**Figure 4. 3 Educational levels of the respondents**

On income levels, 62% of the respondents earned below KES 5,000 a month, 30% reported earning between 5001 and 7, 000 while the remaining 20% reporting earning 7001 and above as summarized in figure 4.4 below. Income level is an important variable since it determines the form of abuse perpetrated on the victim and the victim’s ability to seek post-abuse care in the process.



**Figure 4. 4 Income levels of the respondents**

#### **4.3 Extent of domestic violence in kiambu East Sub-County.**

The study sought to know the frequency with which the survivors of domestic violence at the GBVRC centre had been exposed to violence. This was important in diagnosing the cycle of domestic violence and whether the occurrence was a one-time event or a continuous manifestation in the households. Most of the survivors at the GBVRC reported that they had been exposed to violent behaviours and treatment on a number of times. The findings revealed that only when violence proved to be life threatening did the informants opt to seek for care at the hospital. The tendency not to report incidences of domestic violence by men is enshrined in the strong patriarchal leaning of the society in Kiambu East Sub-County where men are supposed to identify with images of aggressive and dominant masculinity. The informants observed that it was difficult to quantify the extent of domestic violence since certain incidences were regarded as mere disagreements between married couples only as in the quote below:

“I was denied my conjugal rights several times when I complained it extended to regulated meals in the house, I thought this would end when I started helping with domestic work, soon it grew to occasional slaps and banging of doors every time I asked something from her...the trend continued till the day she poured hot water on my back that landed me in the hospital...”. (**An interview with 34 year old survivor**).

Domestic violence against men in kiambu Sub-County is underreported and hardly given the research attention it deserves. This is due to the nature and sphere of violence that is usually closed to the public and the prevalent notion that men cannot be humiliated and/or violated in their own homes. In the study, the informants were of the opinion many of their male colleagues had chosen to go quiet on violent experiences from their female partners in order to avoid community ridicule irrespective of the potential danger it posed to the people's lives.

“Violence against men in the household is much abound within kiambu East district, the problem is that men have refused to talk about it let alone report the incidences to local authorities...sometimes when they seek care, they report that they were involved

in fights with male friends...it is because the societal expectations have built on men a trait that it is 'womanly' and 'feminine' to go public that you are being frustrated by a woman in the house. **(An interview with 40 year old survivor)**.

Studies on domestic violence within the area have based much on women partners victims rather than the male. In a similar pattern, violence against men is said to have been a retaliatory tactic employed by women who have been subjected to abuse by their husbands hence more often recorded at different levels as self-protection. The local administration specifically the chiefs are blamed to have undervalued the reports from men raising concerns over violent behaviour from their female spouses and branded cowards.

“even if you gather courage to report to the chief in the area about frequent verbal and physical attacks from your wife, the common response is that you need to take charge as a man and avoid bringing outsiders into your domestic affairs, this attitude contributes largely to underreporting of violence against men in the district...”. **(An interview with 29 year old survivor)**.

In the study, key informants pointed out mixed causes for underreporting the extent of domestic violence against men in kiambu east Sub-County. A cultural belief about the image of 'a real man' who is naturally heads the household and cannot be questioned neither subjected to cruelty is still prevalent. Those abused have been classified as 'female-males' who can no longer provide for the family. Similarly, the key informants reinstated the propositions by the informants that domestic violence is overly privatized and seems to get to the public only when men are critically injured or through the children's report about the home reality. There was also an observation from the key informants that the extent of reported domestic violence against men depends largely on what the survivors define as an abuse and within which time span they choose to report the same as in the quote below.

“There is a lot of silence around domestic violence against men...the cultural definition of a man as being strong naturally situates the men into denial of such occurrence...it is deemed as a household conflict that should not be exposed to 'outsiders', some of the survivors only think that domestic violence has to be physical to qualify the definition of violence... these and other personal considerations of

image protection largely affects the reporting on extent of domestic violence”. (**An interview with a staff at Kiambu GBV recovery centre**).

From the research, it was shown that the domestic abuse in Kiambu East Sub-County is underexplored and unquantified requiring an independent investigation. However, the study was able to establish that domestic violence occurrence in the private sphere and strong patriarchal leaning of the society which see men as the final authorities in the households had largely contributed to lack of interest in the prevalence of violence against men. Moreover, in incidences where such occurrences were reported in the media, it had always attracted ridicule rather than the attention that would bring an amicable solution to it.

#### **4.4 Forms of domestic violence in kiambu East Sub-County.**

The study sought to know from the subjects the various forms of domestic violence that they had experienced within their homes. However, this question was preceded by the subjects’ understating of domestic violence in its entirety. The latter was necessary in gauging the subjects’ knowledge on various forms of gender-based violence besides the one that they had undergone. Most subjects in this study defined domestic violence as an act of raping, beating, pushing, and coerced sexual intercourse by someone they are intimate with and/or reside with.

Other informants were of the opinion that denying someone room to take part in the family decisions making process as well as the over-control of economic resource utilization was another aspect of domestic violence. From the opinions of the study informants, it was clear that there is not a single binding definition of domestic violence, however, the very characteristics that define violence between couples of opposite gender and occurring within the household sphere underlined their perception of domestic violence. Similarly, previous experiences with home-based abuses also informed the very definitions that the informants gave in the interviews. A sample of their responses is given below:



(It) domestic violence refers to rape or even in the home when your spouse wants to have relations (have sexual intercourse) but you are not interested he will do it by force...when you as a man force yourself on your wife it is considered that you have violated her (**26-year-old newly married survivor**).

Domestic violence is being denied food because you have not made a financial contribution in purchasing the family meal...this occurs on the days your contributions have slowed down thus you are treated as a weakling without the basis to hold a family obligation of providing for your children (**36 year-old survivor**).

Sometimes the women would just slam the door in your face or attempt to beat you up in your sleep, it is a common occurrence when dialogue fails to work between the couples, I was hit by a blunt object for my refusal to buy her a new dress during one of the sister's wedding and that caused an internal bleeding one side of me head, I cannot remember how many items she had shouted at me before that fateful day that she hurled a knife that ripped my face (**48-year-old survivor**).

The three case definitions cited above affirm experiential definition of domestic violence against men with women seen as the perpetrators putting a caveat on incidences where male children have also perpetrated violence against their fathers in fight over property as documented in other literature. In the definitions, it was established that economic and psychological forms of gender-based violence are manifested by the survivors being denied money and freedom silence coupled with occasional slamming of the doors by the abusers. From the three accounts, the abusers are seen to be known to the survivors thus dismissing the notion of safety of women at home.

The key informants were in concurrence with fact that one's understanding of domestic violence is shaped by experiences that they had undergone. The various forms of violence tend to orient the informants' categorization of domestic violence.

“Understanding of violence is largely experience-informed...largely; there is no single definition of domestic violence that shies away from gender based violence, only that the sphere of occurrence is so enclosed within the home arena and it is more often between persons that are closely related either through marriage or by blood...in the context of men, we may want to add the point that they are seen more as recipients of the violence as in this study...”. (**An interview with LSK representative**).

Forms of domestic violence reported in the study ranged from sexual, economic, psychological and physical violence. The informants reported having suffered a degree of

conjugal harassment and denial from their spouses, isolation and humiliation before children on the survivors' inability to pay school fees or make other household provisions, occasional battering and use of crude weapons by women to cause damage on their husbands. In the study, physical violence was predominantly suffered by the survivors. It should be understood that the violence forms mentioned in the study did not take part in isolation but tended to be on a mixed basis. A sample of responses pointing to the forms of domestic violence suffered is given below.

“It started out as uncalled for arguments over dinner tables about my inability to provide for the family when I lost my job, I got frustrated because it used to take place before our two children, one time she told me that I should begin sleeping on the couch or look for another house but I resisted that...I was constantly reminded of being a burden and the night we fought, she threw a burning stove at me and that is when I got admitted...”(An interview 45 year old survivor).

“I was accused by my wife of cheating on her with other village women because I used to get back home quite late in the nights, she had on several days warned of unspecified consequences if I continued with the trend despite my explanations of the true reflections of my delays...one day while asleep, she took a hot knife and pressed it on my stomach, I got serious injuries and I had to be hospitalized”. (An interview with 36 year old survivor).

“our fights began when she would not allow me to have any sexual union with her, she blamed for being lazy and unfulfilling, psychologically I was a bit embarrassed, she would leave the bedroom to sleep in the living room, at one point she came to sleep and when I touched her, she pulled a sharp object that missed my private parts by an inch but caused me a lot of pain”. (An interview with 30 year old survivor).

The cases of domestic violence sampled above serve to indicate that various forms are suffered by survivors in kiambu East Sub-County. More importantly, they showcase the fact that the cycle of violence is always long with occasional warnings by the perpetrators but the inability of the survivors to take preventive measures has always resulted into near fatal outcomes as illustrated in the examples above.

The key informants in the study were of the opinion that forms of violence depends on the socio-economic status of the abuser and the survivor. In essence, economic violence was seen to take place where the abuser had more financial muscle and might than the survivor, physical violence where men fall prey was seen to be factor of retaliation after long period of psychological violence. The cultural silence surrounding issues of sexual violence has meant it becomes the least reported form of domestic violence. Similarly, the key informants observed that various types of violence tend to be reinforcing thus they are suffered in a more collective manner as in the quote below.

“Sometimes you may not just want to treat a survivor from the physical injuries but we do a lot of cross-referencing in order to solve the psycho-social facets of violence, a person may be visibly subjected to physical abuse but the root causes could be in social and economic standings in the household...” (An interview with GBVRC staff).

In conclusion, domestic violence against men in kiambu East Sub-County assumes many forms. It cuts across the physical, economic and psychological violence. The most identified form of violence is the physical form that more often involve large-scale battering. The informants in the study seem to delay reporting any other forms of violence till they are physically violated. The net effect of this has been the cumulative psychological pain suffered many years in the hands of the victims. Economic abuse is largely reported in cases where male survivors were either unable to provide for their families’ upkeep or lost their jobs and began depending on their spouses for upkeep. The concept largely draws from the societal construct of manhood images of family provision.

#### **4.5 Consequences of domestic violence**

The study sought to know how domestic violence has affected the male survivors. This was assessed across the physical, psychological and socio-economic consequences of the

violence. In the study, the informants observed that they had suffered injuries in many parts of the body both internally and externally:

“I was admitted here with dislocated ribs and a stinging pain based on the hot iron she had used on me, I feel a lot of pain from one side of my stomach and I do not think I will view her same again after I recover”. (**33 year old survivor**).

“There is a pain around my genitalia since that day she attacked me, am not so sure I will be able to recover fully but this is going to be a permanent scar in my life...(29 year old survivor).

The research gave out ideas on the mind set about the effects on their self esteem, feelings and effects both on an individual level and societal levels. The cases of men abuse by women made men to feel they have failed to play their role as in the society to gain that self confidence, power and confined to cultural practices. The victims of violence seemed to be embarrassed and ashamed as they narrated their experience in life. The disclosure of their life experience came as surprise, unbelievable and skepticism as they gave their experiences to institutions and hospitals, as well as friends and neighbours. These affected them even more feeling violated and abused again.

“I feel so bad about my image amongst other men in the society; they perceive me as weakling and a man unable to contain a woman, this keeps me feel rejected and relegated to the group of men without power...it is even embarrassing when women ridicule you...”. (**An interview with 28 year-old survivor**).

The study established that domestic abuse against male has no good impacts on the relations with their family members. Children who saw the male survivors being humiliated rejected as well as created ‘a mock-effect’ kind of relationship with their fathers who in return expressed being psychologically being depressed. Moreover, the post-violence experiences naturally affect the intimate relations between the spouses and in certain cases threaten divorce or separation as in the quote below.

“I do not think I have any respect from children, they have been principle witnesses to abuses met on me by their mother, sometimes, they even discuss the affairs with their friends, it is a shame you would not want to live with as a man in the community...after my recovery, my family will help me to send her back to their place, she has proven to be so evil”. **(An interview with 35 year-old survivor)**.

The finding in the quote above indicates a negative effect of abuse at home at the intimate level of a family relationship. In the research, key informants observed such domestic squabbles have a long negative effect on the children who may in future turn to be abusive based on what they had witnessed in their childhood as in the quote below.

“Domestic violence can negatively impact on the children...they may grow up to accept violence as a means of resolving disputes and in turn become abusers when they grow up...”**(An interview with ministry of gender official)**.

Domestic violence was established to have an effect on the economic stability of the family at any given occurrence. Physical violence resulting into multiple injuries consumes a lot of family savings in the hospital treatment while the psychological violence takes a long process to heal through counseling which turns out to be expensive. In conclusion, domestic violence has the potential to rip off families by breeding hatred between married couples, negatively impact on the household’ productivity and increase overall health expenditures in terms of treatment and seeking legal dispute resolution mechanisms which always turn out to be long and expensive.

From the case narratives, the prevalence, forms and consequences of domestic violence could clearly be deduced as in the quote below:

“Last month (August. 2012) I came back home as usual, my wife looked a bit reserved and unhappy, I thought it was the result of the argument we had that morning about the frequent female callers on my line even when am off-work, I tried talking to her but she would not give me any audience, she kept telling me to say my last prayer that I was still alive because of what was about to befall me, I could not

relate it to anything serious because that was not the first time she was threatening to kill me...soon I realized that our two children were not in the house or anywhere close, I asked about their whereabouts but she told me they had been taken to their grandmother...I immediately realized something was a miss in the house and pressed her to clear the air...her response was swift and calculated, she stood up and pulled a panga from below her seat, I was lucky to have been caught off my shoulders as tried to grab the weapon from her...I got help from the neighbours who were attracted by the commotion...they arrested her and am yet to testify against her in a court of law since she was charged with attempted murder, I have been here for two weeks after amputation but I have no idea where our children are...my family went up in flames of violence just because my wife suspected some woman was following me on phone for a relationship...”. (**An interview with 43 year old survivor**).

From case narrative, the victim is seen to have suffered psycho-social trauma and the physically life threatening effects of domestic violence. The case gives an insight into how the long term verbal abuse and exchanges turned fatal and brooked up the family in one single day. It demonstrates what kind of violence men undergo in the community and how family level violence has spill-over effect into the society.

## **5.0 Discussion and Conclusion**

### **5.1 Introduction**

This chapter discusses the findings in relation to the study objectives. Following the discussions, conclusions are drawn and recommendations made.

### **5.2 Discussion**

#### **5.2.1 Prevalence of domestic violence**

The study has established an underreporting of domestic violence against men in Kiambu East Sub-County. This has been observed by experts as lack of concerted efforts by gender based violence advocates to focus on men as victims rather than perpetrators of abuse against the females. Moreover, statistics cumulated over time have come to favour the notion that women receive more violence at the domestic level than their male counterparts. For example, in a previous study by Canadian Centre for Justice (2000), it was shown that men with former partner in five year had, 7% exposed to spousal abuse once compared with 8% of their female partners. While the study showcases almost a parity in the margins, it goes ahead to portray women as the unfortunate recipients of the abuse explaining the lack of interest in men as victims of abuse.

The research shows the unhealthy images of manhood, embarrassment and the prevalent picture of the man as the head, the final authority and decision maker in the household was established to be a barring factor in reporting the occurrences of abuse against men. The outcomes revealed that only when violence proved to be life threatening did the respondents opt to seek care at the hospital. The tendency not to report incidences of domestic violence by men is enshrined in the strong patriarchal leaning of the society in Kiambu East Sub-County where men are supposed to identify with images of aggressive and dominant masculinity. These findings compare well with the works of Gadd et al. (2002) where male informants of

the 2000 Scottish Crime Survey, have shown repeated abuse or seriously injured, and to report feeling fearful in their own homes

In the study, all men reported being victims rather than being on the offensive side. However a close interrogation of the verbatim in the study reveals a reactive and counteractive pattern which also points to men as aggressors. This makes it difficult to distinguish the men who suffered as perpetrators and those who were purely victims of offensive attacks from their spouses. In the previous survey by Gadd et al (2002), they conclude that the men's perceives themselves as abused in domestic conflicts which were not correlated with details of the violence. Both women and men should be treated equal when it comes to issues of violation. Atmore (2000: 12) showed that currently in Victoria by Amanda Barclay who interviewed 14 workers from a range of victim services in Melbourne about their views of the experiences and needs of male victims of violence by their female partners.

The study therefore concludes that the prevalence of domestic violence against men in Kiambu East Sub-County suffers the statistical quantification and research detailing that should reveal the prevalence rates. Furthermore, the cultural aspects stigmatizing men from reporting incidences of domestic violence to the local authorities remain a major obstacle in documenting the prevalence of domestic violence against men. Further analysis of men's experiences of abuse is required, especially in instances where men are also identified as the aggressor in the abusive relationship. From the previous studies by James *et al.* (2002) report on the perceptions of 24 men attending domestic violence men's programmes conducted by Relationships Australia. The participants showed that has tortured men who were attending programmes were influenced by a partner. The study informed of incidents where couples



had sometimes been abused emotionally and suffered more than their spouse. The writer commented that men were affected emotionally more (James *et al.*, 2002:11).

### **5.2.3 Forms of domestic violence**

In this research, most subjects in this study defined domestic violence as an act of raping, beating, pushing, and coerced sexual intercourse by someone they are intimate with and/or reside with. Similarly, informants in the study were of the opinion that denying someone a room to take part in the family decisions making process as well as the over-control of economic resource utilization was another aspect of domestic violence. The findings reinforce the earlier conclusions reached by Bagshaw *et al.* (2000) where men gave information of direct abuse by women. However they did not report sexual assaults.

The study respondents reported being physically abused by their spouses through the use of crude weapons meant to inflict harm on the victims. The informants who had reported to the GBVRC centre reported having had broken ribs and pains inflicted on their bodies by their partners in the study. The findings therefore concur with the 1999 GSS; Over 15 years old men were interviewed in 1999 by Statistics Canada surveyed. This included 11,607. It was shown that men who had had former partner or living with current partner within last five-years period, 7% of them were exposed to some form of partner abuse at least once, as opposed of 8% of the female couples (Canadian Centre for Justice, 2000:9). These being the same as previous studies of partner relationship abuse, the research on GSS found that abuse was an obvious: The percentage, 54% of the victim had been exposed to paternal violence once or more in the years after marriage. Of these, 13% of men had been exposed more than ten times (Canadian Centre for Justice, 2000:14).

The study informants reported being emotionally stressed and lacking the original masculine identity and image within the community after being abused. The very fear of losing out their

family members and the loved ones was established to further have negative psychological effect on the victims of violence in the study. In a previous survey by Strauss & Sweet (1992) shows that violence occurs 10 times higher among men who reported emotional abuse than those who did not.

The study therefore concludes that informants under the study had undergone emotional, physical and economic abuse; however, all these forms of abuse stood to be mutually reinforcing to cause a lasting pain on the victims at any given time.

#### **5.2.4 Consequences of domestic violence**

The study established that domestic violence has life threatening physical impact on the victims especially where weapons are used to inflict harm. Similarly, the physical injuries attract a lot of economic implications for the victims when they seek medical care which turns to ruin the families' economic fortunes. These findings compare to the findings of Canadian Centre for Justice Statistics (2000) which concludes that abuse produces direct physical and/or psychological consequences for the victims where 13% of male victims of partner abuse reported physical injury and 3% required medical attention. Moreover, a meta-analysis (quantitative review) of more than 80 studies of physical abuse between heterosexual partners found that 35% of victims injured by an intimate partner and 39% of those requiring medical treatment were men.

The children who had witnessed the males being abused in 6th the study were reported to have developed a mockery attitude toward their fathers by the informants. Similarly, the experts observed that children exposed to such violence may develop knowing that it is prudent to resolve conflicts through violent behaviours and therefore may turn out to be violent themselves as adults. Wolak and Finkelhor (1998) point to a growing body of research on the long-term effects on children of growing up in an abusive home, including the following:

behavioral effects such as aggression and delinquency, and psychological effects such as anxiety, depression and low self-esteem; and greater likelihood that, as adults, they will become involved in abusive marital relationships.

The study informants expressed degree of anxiety, fear and loss of self-esteem. Study by Grandin et al., (1998) found that both perpetrators and victims of physical and psychological abuse report lower levels of self-esteem than do non-victims, and men's psychological well-being has been found to suffer as a consequence of abuse.

The male victims in the study reported receiving ridicule from colleagues as being 'unmanly' and 'female-males' so as to be beaten by their female spouses. (Doug 2000).

### **5. 3 Conclusions**

The subjects in this study reported a deep understanding of domestic violence in terms of its defining characteristics. In the study, physical violence, economic violence, sexual violence and were established to be highly prevalent in Kiambu East Sub-County. The study also established that domestic violence took place in both the private spheres, so shrouded in the cultural image of manhood and greatly impacts on men for a long time before it is reported. Moreover, conceptualization of domestic by men survivors who report to Kiambu GBVRC and whom a majority are from rural area is relatively high and commensurate with previous studies that look at violence as a nonconsensual sex, uninvited touches and other forms of sexual harassment.

On the other hand, the study also found low reporting of cases amongst the victims of domestic violence. This was irrespective of the fact that the victims had been subjected to

long term socio-psychological torture by their abusers. In this study, several consequences of domestic violence have been identified to range from fractures, broken ribs, burns, depression, anxiety, anger and the socio-economic breakdown of the victims.

#### **5.4 Recommendations**

- There is need to establish one-stop-centres by the Ministry of Health for gender-based violence survivors at the health care institutions to provide care across medical, psychological, social, cultural, economic and legal referrals at Kiambu Sub county hospital and the same replicated in the health centres across the Subcounty;
- The Government should ensure that all service providers manning gender based recovery centres are properly trained to handle the various dimensions of domestic violence;
- There is need by the government and private stakeholders to sensitize the community on the negative effects of domestic violence on men and encourage men as victims to report occurrences for timely interventions;
- This study recommends a further study on the quantitative prevalence of domestic violence against men to inform strategic interventions.

## References

- Atmore, C. 2000, Men as victims of domestic violence: Some issues to consider. *DVIRC Newsletter*, 4: 3-14.
- B. Beaupre, (1997) *No Place to Run for Male Victims of Domestic Abuse: Shelters, Support Groups Rare for Men*, The Detroit news Apr. 20.
- Bagshaw, D. & Chung D. 2000, *Women, Men and Domestic Violence*, Partnerships Against Domestic Violence, Commonwealth of Australia, Canberra
- Bowlby, J. (1980). By ethology out of psychoanalysis: An experiment in interbreeding *Animal Behavior*
- Canadian Centre for Justice Statistics, *Family Violence in Canada: A Statistical Profile 2002* Ottawa: Canada
- Canadian Centre for Justice Statistics. 2000. Canadian Crime Statistics 1999. Catalogue No. 85-205. Ottawa: Canadian Centre for Justice Statistics, Statistics Canada.
- Canadian Centre for Justice Statistics. 2002a. Canadian Crime Statistics 2001. Catalogue No. 85-205. Ottawa: Canadian Centre for Justice Statistics, Statistics Canada.
- Dutton, D. G., & Painter, S. L. (1981). Traumatic Bonding: The development of emotional attachments in battered women and other relationships of intermittent abuse. *Victimology: An International Journal*, 7(4), 139-155.
- E. Grandin, 1995 "Intimate Violence: Asymmetry and Symmetry" Doctoral Thesis, University of Calgary.
- E. Grandin, E. Lupri and M.B. Brinkerhoff, (1998): "Couple Violence and Psychological Distress," *Canadian Journal of Public Health*.
- E. Lupri, (1992) "Why Does Family Violence Occur?" In *Everyday Life: A Reader*, edited by L. Tepperman and J. Curtis Toronto: McGraw-Hill Ryerson Ltd
- Gadd, D. (2002), *Domestic abuse against men in Scotland*, Scottish Executive Central Research Unit, Department of Criminology, Keele University
- Griffith J. (1993), *Husband Survives the Lumps and Bumps of a New Marriage*, the Oregonian,
- J. Macchietto, 1997 *Male Victimization and Female Aggression: Implications for Counseling Men*, *Journal on mental health counselling* pp.375-92
- J. Wolak and D. Finkelhor, (1998) "Children Exposed to Partner Violence" In *Partner Violence: A Comprehensive Review of 20 years of Research*, edited by J.L. Jasinski and L.M. Williams ,Thousand Oaks: CA Sage.
- K.D. O'Leary, (1999) "Psychological Abuse: A Variable Deserving Attention in Domestic Violence," *Violence and Victims*.

- M.A. Straus and S. Sweet (1992) "Verbal/ Symbolic Aggression in Couples: Incidence Rates and Relationship to Personal Characteristics," *Journal of Marriage and the Family*.
- M.B. Brinkerhoff, E. Grandin and E. Lupri, (1992) "Religious Involvement and Spousal Violence: The Canadian Case," *Journal for the Scientific Study of Religion*.
- M.J. Kwong, K. Bartholomew, D.G. Dutton, (1999): "Gender Differences in Patterns of Relationship Violence in Alberta," *Canadian Journal of Behavioural Science*.
- Murray A. Straus & G. Kaufman-Kantor (1994), *Cultural Norms Approving Martial Violence: Changes from 1968 to 1992 in Relation to Gender, Class, Cohort, and Other Social Characteristics* (unpublished report, Family Research Lab., Univ. of N.H.)
- Murray A. Straus (1999) *The Controversy Over Domestic Violence by Women: A Methodological Theoretical, and Sociology of Science Analysis*, in violence in intimate relationships
- R. Kerr and J. McLean (1996) *Paying for Violence: Some of the Costs of Violence Against Women in B.C.* Victoria, BC: Ministry of Women's Equality
- R.E. Dobash and R.P. Dobash, (1979) *Violence Against Wives: A Case Against the Patriarchy* New York: Free Press.
- Saenger, G. (1963), *Male and Female Relations in the American Comic Strips in the funnies: An American idiom*
- Suzanne K. Steinmetz & Joseph S. Lucca (1988) *Husband Battering* in Handbook of Family Violence pp.234 Vincent B Van Hasselt, et al. (eds.,)
- T.A. Migliaccio, (2001) "Marginalizing the Battered Male," *The Journal of Men's Studies*.

### **Appendix 1: Consent Form**

Hello, my name is Christine Chelangat, a masters degree student in Gender and Development at the University of Nairobi. I am conducting a research on violence against men in Kiambu east district. You have been conveniently selected to participate in the study as a survivor seeking care. I want to assure you that all of your answers will be kept strictly in secret. To this extent, I will not keep a record of your name or address or any leading identification documents. You have the right to stop the interview at any time or to skip any questions that you don't want to answer. There is no right or wrong answers in this research. Some of the topics may be difficult to discuss, but many survivors have found it useful to have the opportunity to talk. Your participation is completely voluntary but your experiences could be very helpful to other survivors in the country. The interview will take approximately 45 minutes to complete. Do you agree to be interviewed?

Please sign here as surety of your consent Sign\_\_\_\_\_ Date \_\_\_\_\_

Thank you for your cooperation.

## **Appendix 2: In-depth Interview Schedule**

Hello, my name is Christine Chelangat, a masters degree student in Gender and Development, University of Nairobi. I am conducting a research on domestic violence against men in Kiambu East district. You have been selected to participate in the study. I want to assure you that all of your answers will be kept strictly in secret. I will not keep a record of your name or address. You have the right to stop the interview at any time, or to skip any questions that you don't want to answer. There is no right or wrong answers in this research. Some of the topics may be difficult to discuss, but many survivors have found it useful to have the opportunity to talk. Your participation is completely voluntary but your experiences could be very helpful to other survivors in the country. The interview will take approximately 45 minutes to complete. Do you agree to be interviewed? Thank you for your cooperation.

- i. What is your experience of gender-based violence in the community (**definition of GBV, characteristics, where it occurred, which types are often reported, how frequent the occurrence of GBV in the place of residence is etc.**)
- ii. Extent of reported gender based violence in the community (**cases at the local council, religious bodies, local administrators, women welfares, police posts etc.**)
- iii. Causes of gender-based violence in the community/area of residence (**economic, social, cultural, violence in the society...probe for any other causes**)
- iv. Relationship between men and women and gender-based violence in the community (**unequal power relations between men and women , the silence of women & continued abuse, intimidation by men ...probe to bring out unequal; power relations**)
- v. Minimal economic and social might/power and gender-based violence (**financial might & differences between spouses, use of financial power to coerce sex, bribing authorities etc.**)
- vi. Abusive relationship and gender-based violence in the community (**reasons for tolerating abuse relationships, what are the common abuses, how do they withstand the same, the value pegged on children to sustain the relationship...probe to get other reasons**)



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

Hello, my name is Christine Chelangat, a masters degree student in Gender and Development, University of Nairobi. I am conducting a research on domestic gender based violence against men in Kiambu east district. You have been selected to participate in the study. I want to assure you that all of your answers will be kept strictly in secret. I will not keep a record of your name or address. You have the right to stop the interview at any time, or to skip any questions that you don't want to answer. There is no right or wrong answers in this research. Some of the topics may be difficult to discuss, but many survivors have found it useful to have the opportunity to talk. Your participation is completely voluntary but your experiences could be very helpful to other survivors in the country. The interview will take approximately 45 minutes to complete. Do you agree to be interviewed? Thank you for your cooperation.

- i. What is the manifestation of gender based violence in Kiambu East district (**family arena, which ways, what types, how often across different classes in society, reported incidences...probe to bring out the indicators of DGBV**)
- ii. Prevalence of violence against men in Kiambu East district (**estimated percentage, variations across slum-up markets, estimates on men suffering and reporting, any reasons for underreporting among men DGBV survivors...probe to know the estimates specifically among men DGBV survivors**)
- iii. Causes of violence against men (**probe across social, cultural, economic, power differentials, educational levels, and any emerging issues....be vigilant and biased toward men survivors**)
- iv. Survivors' knowledge of social and legal rights(**knowledge of reporting places, time span between occurrence and reporting, knowledge of sexual offences act amongst lay people & its impact, what rights should survivors know and channels to pursue the same...probe into legal, cultural and social rights of the survivors**)
- v. Availability of the care systems to DGBV survivors (**how accessible are they, affordability of the same, availability of the same, services offered to the victims, missing link rather the gaps in the care systems, gender sensitivity of**

**the care systems especially on women's needs...probe to bring out the benefits and gaps)**

- vi. Existence of nonviolent relationships between men and women (**absence of any form of intimidation whether socially, economically or across other variables, how safe are women in these relationships?**)
- vii. Mobilizing community resources and availing care resources ( **the community reactions in terms of initiatives, how effective are they, any emerging gaps, how can the community be capacitated to address GBV on women**)

#### **Appendix 4: Case Narratives schedule**

Hello, my name is Christine Chelangat, a masters degree student in Gender and Development, University of Nairobi. I am conducting a research on domestic gender-based violence against men in Kiambu East district. You have been selected to participate in the study. I want to assure you that all of your answers will be kept strictly in secret. I will not keep a record of your name or address. You have the right to stop the interview at any time, or to skip any questions that you don't want to answer. There is no right or wrong answers in this research. Some of the topics may be difficult to discuss, but many survivors have found it useful to have the opportunity to talk. Your participation is completely voluntary but your experiences could be very helpful to other survivors in the country. The interview takes approximately 45 minutes to complete. Do you agree to be interviewed? Thank you for your cooperation.

- i. Experience of gender-based violence (**the violence he experienced, how often, his first reactions...probe to have a clear DGBV history and its nature**)
- ii. Common causes of gender-based violence in the community (**household power inequality, perceived driver as per experience of the survivor...probe across economic, social, relationships if not mentioned**)
- iii. Belief factors in the community perpetuating gender-based violence (**societal perception of abuse rather is it a disciplining norm, the community on wife battering, the value of women in the society that perpetuates abuses etc.**)
- iv. The period between occurrence of the offence and care seeking (**how long did it take you to report and why, what was your experience at the reporting point?, what kind care did you receive, was it satisfactory, in case of referral them who did it, what was your expectation and was it met...probe to get an idea on the care system operations and the gaps**)
- v. How the community copes with domestic gender-based violence (**what is been the attitude toward abused men in the community, how do they rectify the situation, are there effective community initiatives etc.**)
- vi. How do the family members perceive of the violence victims? (**stigma cases, blaming men for causing/provoking abuse, straining the relations, intimidating victims from reporting the offence ...probe to get the reactions of members of the family & how these affect health care seeking**)

vii. Your lived experience after gender-based violence (**how have you coped, overcome the situation, restored any relationships...probe to come up with post abuse strategies to re-adjust to normal life**)