DOMESTIC VIOLENCE AGAINST MEN: PREVALENCE, IMPLICATIONS, AND CONSEQUENCES

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Domestic violence against men is a phenomenon that has received little attention. The literature on domestic violence in both international, local (Nigeria) literature and even within the scholarly literature and other popular media are biased against men only directed towards women and children. This article discusses the various sources of the prevalence of domestic violence against men, the dominant theoretical explanation for IPV in general, and its implications for women perpetrators and men as victims in rapport to social work profession, as well as the current evidence of the consequences of domestic violence against men, convey into social work practice.

Keywords: domestic violence, women perpetrators, men victims, social work practice.

INTRODUCTION

The prevalence of domestic violence came to light in the early to mid 1970s in Gelles' (1972) study of physical aggression between husbands and wives, which found the "eruption of conjugal violence occurs with equal frequency among both husbands and wives". Since then, information regarding domestic violence against men and women has emanated from different sources. Domestic violence is a pattern of behavior which involves the abuse of one partner by the other in an intimate relationship or within the family. It is also known as intimate partner violence (IPV). Domestic violence is a gender-based issue that cuts across

nations, cultures, religion and class. It is a serious social problem in both developing and developed nations that occurs in different forms such as assault, kicking, slapping, hitting, throwing of objects and even death by stabbing or shooting. In a survey conducted on family violence, Straus (1999) estimated that within a year or a given period of time, at least 12% of men were targeted with all kinds of physical aggression by their female partners, and 4% - or over 2.5 million men in the USA suffered severe violence. Moreover, Tjaden & Thoennes (2000) stated that female-perpetrated violence resulted in 40% of all kinds of injury sustained through domestic violence within a year, and 27% of all the injuries required medical attention. In addition, Matczak et al. (2011) stated that 15% of men and 26% of women aged 16 to 59 had experienced some form of domestic violence since the age of 16, equivalent to an estimated 2.4 million male victims and 4.3 million female. However, for every three victims of domestic violence, two will be female, and one will be male. One in four women and one in six to seven men suffer from domestic violence in their lifetime, and 4.3% of men and 7.5% of women stated that they have experienced domestic abuse, equivalent to an estimated 713,000 male victims and 1.2 million female victims (Matczak et al., 2011).

The purpose of this article is to summarize the varied prevalence of domestic violence against men and then the conceptualization of IPV against men from a strict cultural patriarchal viewpoint that resulted in men as victims and women as the perpetrators. I also examine the implications and the consequences domestic violence brought into social work. I conclude with my current knowledge and view of men who sustain IPV by women, and further directions towards future research.

DOMESTIC VIOLENCE AGAINST MEN

The context of domestic against men can be described as a society of systemic gender inequality (Adebayo, 2014). Domestic violence against men is a term describing violence that is committed against men by the man's intimate partner (Sugg et al., 1999). Tjaden & Thoennes (2000)

stated that domestic violence against men is a rare finding in some cultures. Even though there have been so many instances of domestic violence against women across the globe, domestic violence against men is a reality that occurs in a different dimension. The problem of domestic violence against men concerns gender issues that amount to silence, fear, and shame for most men, because their masculine nature makes violence against men remain largely unreported. However, feminist analysis of domestic violence focuses on the role of gender, masculinity, patriarchy and how we are socialized. Domestic violence is a gendered issue, based on the understanding that most of the violence is perpetrated by men against women and their children (Poon et al., 2014). It is acknowledged that women do perpetrate violence within intimate relationships and, sometimes, kill their male partners; however, men are more often seen as the aggressor and women as the victim in any relationship (Shackelford, 2001; Langford et al., 1999). Feminist theories of gender inequality highlight that women are vulnerable to the use of power and control by men due to women's subordinate position within wider social structures (Arnold, 2009), and that the belief systems inherent in men who batter stem from social reinforcement (Gremillion, 2011; Rankine et al., 2017). While there are various feminist theories on the abuse of women in adult heterosexual relationships, most of them share the view that men abuse women to maintain power and control over them (DeKeseredy & Dragiewicz, 2007). Also, feminist advocates are deeply anxious to eliminate all forms of gender inequality especially amongst women and their injurious consequences, related to violence against women and violence against their children. According to selfreported cases (2014) in Canada, the percentages of males being physically or sexually victimized by their partners were shown as 6% versus 7% for women, in which women recorded in the survey showed higher levels of repeated violence against male partners resulting in the men experiencing serious injuries; 23% of females versus 15% of males were faced with the most serious forms of violence including being beaten, choked, or threatened with or having a gun or knife used against them (Conroy & Cotter, 2017). Also, 21% of women versus 11% of men were

likely to report experiencing more than 10 violent incidents (Adebayo, 2014). Moreover, in a report by the United States Department of Justice, a survey of 16,000 Americans showed 22.1% of women and 7.4% of men reported being physically assaulted by a current or former spouse, cohabiting partner, boyfriend or girlfriend, or date in their lifetime (Tjaden & Thoennes, 2000). In addition, over 21,000 residents of England and Wales were reported to engage in domestic violence: a survey by the UK Home Office showed that 7% of women and 4% of men were victims of domestic abuse (Smith et al., 2011). Domestic violence against men has been on the steady increase in Africa; for example, Kenya has reported a worrisome dimension of violence in 2011, when almost five hundred thousand men were beaten by their wives (Adebayo, 2014). The prevalence of domestic violence against men counters feminist ideology that talks about "men dominating women" that has led men to murder their female partners: in the same way, many men have been killed by their female partners. Statistics have shown those who are killed by IPV are about three-quarters female and about a quarter male. In 1999, reports from the United States showed that 1,218 women and 424 men were killed by an intimate partner (U.S. Department of Justice, 2003) and 1,181 females and 329 males were killed by their intimate partners in 2005 (CDC, 2013, Chong et al., 2013). In England and Wales, about 100 women are killed by partners or former partners each year while 21 men were killed in 2010. In 2008, in France, 156 women and 27 men were killed by their intimate partners (Povey et al., 2009; BBC, 2011). Women who often experience higher levels of physical or sexual violence from their current partner, were 44%, compared with 18% of men who suffer from injuries. The following quote exemplifies the claim of women in violence reported in the Daily Mail (2013): "Theresa Rafacz confessed of killing her husband at the Belfast Crown Court because she 'lost control' when she saw her husband drunk when she returned from work and supposed to be looking after their three-year-old son" and she was jailed for manslaughter (Adeyemi, 2013). In addition, statistics show that 34% of women feared for their lives, while 10% of men feared for their lives as well (O'Grady, 2011).

SOCIAL SERVICE AND SOCIAL WORK IMPLICATIONS

Taking into consideration the surveys on domestic violence against men showing they are likewise victims, the social workers' responses to domestic violence have been based on gender issues from the patriarchy theory (Dutton & Corvo, 2006). However, patriarchal theorists assert that the sole cause of IPV is the gendered structure of the society. Men have social, political, economic and occupational power over women. According to Hammer (2003) male power is reflected in heterosexual romantic and sexual relationships that are structured into aggression to maintain their power in relationships, and it is socially believed and justified that men use their power to maintain their dominance. This perspective of male domination has led to feminist advocates in the 1990s enlightening the public and other sectors that the problem of domestic violence is against women and children, not men, changing laws and policies and developing programs to help women victims and to reform male batterers (Straus, 2014). The patriarchal explanation has resulted in long-standing beliefs in addressing domestic violence perpetrators that battering is a conscious decision by men to apply their power and control over women. According to Pence & Paymar (1993) using the Duluth Model to illustrate that women do not and would not engage in domestic violence against men because violence is an issue of power and control of which only men are in the system of patriarchy are capable of engaging, not women.

Feminist theories emphasized that domestic violence is rooted in themes of dominance and oppression and differing social locations for men and women. Dobash and Dobash (2003) considered patriarchal theory to explain IPV at a societal level that summarized that violence against women in their role as wives is a socially-sanctioned means to control women's behavior and reinforce male dominance in society. Society has positioned men as husbands to control their wives – this is supported by a scenario that occurs in most of Africa and Asia, exemplified by the ceiling and sequestering of women in Muslim countries, foot-binding in China, infibulation in Africa (stitching of genitalia) and excessive

mortality rates in young girls in countries like Pakistan (Loue, 2001). However, while opponents of feminist theory suggest that the occurrence of same-sex battering negates much of the patriarchal explanation for IPV, feminist advocates respond that this occurs due to partners' impersonating heterosexual roles within the same-sex relationship (Loue, 2001). In order to maintain their power in heterosexual relationships, men strategically use IPV and have been socialized to believe that IPV is justified to maintain their dominance.

Social workers address domestic violence as a subject of gender issues used by men to maintain power over women in intimate relationships. According to Mullender (1997), social workers are well trained in understanding the roots of male dominance within patriarchal social structures, as abused women seek help from them in large numbers. Often women come to seek help as a result of their victimization by men and this has strengthened the notion of the social service provider that men are the offenders and the woman are innocent - making room for improvements in the willingness and ability of social services to offer women practical assistance and emotional support that will help them prevent further violence, which has immediate impact on the situation. Domestic violence against men tends to go unrecognized by the social workers since men are less likely to admit to or show evidence of being abused by the woman, or even report such incidence of embarrassment to the social workers because of the fear of ridicule associated with the patriarchal nature of egoism. Social workers tend to focus on how women would be empowered to leave their abused condition and further protect their children and fail to confront the men or the husband of the abused woman. Mullender (1997) stated that "no time has social workers taking a stand against the men abusers by either confronting them about their actions, telling them they could lose their children if they did not stop the abuse as wives were told could happen if they left". Often, men's actions have always been seen as a power to dominate women and this is not surprising since they never report their own stories of abuse and are frequently not seen by social workers to report their experience, nor are ever as fully involved as women. The social

workers' concept of the isolated incident is misleading, and any failure not to help has long-term implications for men because they are often abused and suffer in silence.

However, Addis & Mihalik (2003) stated that men who suffered domestic violence by women are confronted with several potential internal and external hindrances to seeking help or assistance from social workers and social services. Men, in general, are not prone to look for help for issues that society considers non-normative, or for which social services thought they could handle and have the capacity to deal with themselves. Men who experience violence may not seek help due to fears for their reputation, and they do not want to be ridiculed in society causing them shame and embarrassment. If men do overcome the internal barriers as a result of the nature of the abusers, they may encounter external barriers when contracting social workers or social services. They may have trouble in how to narrate their stories or how the whole issue began and may run into resistance from the social services or social workers. More so, men who sustain domestic violence from their female partners may face potential problems when approaching social workers or social services. For example, men who sustained domestic violence have reported that when calling social services hotline for assistance the social workers reply they only help women and assume men are the actual abusers. Men seeking help report that the hotline workers sometimes refer them to batterers' programs or tell them to call the police. Some men reported that when calling the police during an incident in which women were violent, the police sometimes ignore them and never take a report. Other men report that police make the case even worse by ridiculing them, and being incorrectly arrested and convicted as the violent perpetrator even when they have clear evidence of bruises and injuries on them (McNeely et al., 2001). Social workers have described domestic violence as a matter of gender issues and men who sustained IPV are treated unfairly because of their gender. There is an urgent need to balance the equation, as women are given more attention than men in IPV.

CONSEQUENCES FOR MALE VICTIMS OF DOMESTIC VIOLENCE

Researchers have reviewed that domestic violence against men is associated with various mental health problems in men, such as stress, depression, psychosomatic symptoms and psychological distress (Hines & Malleym 2001; Stets & Straus, 2017). Many men who have been living with psychological maltreatment by their female partners have displayed profound depressive symptoms and psychological distress that make them live in misery and stress. Follingstad et al. (1991) report on the psychological outcomes of men who experienced such domestic violence as emotional hurt, shame, fear, and anger as a result of violence perpetrated by women. Today, men are exposed to traumatic events caused by their wives or female partners, and the common types of traumatic responses from women against men have pushed them into alcohol and substance abuse (Loranger et al., 1991). Moreover, Jocobsen et al. (2001) added that the use of alcohol or other substances is a flawed mechanism for coping with the negative emotions connected with a traumatic event. Wiehe (1998) held the view that being the victim of domestic violence was destructive to one's self-esteem and self-image. A man that had been beaten by his wife or partner is most likely to be a psychologically broken man; men are vulnerable to their personality and they feel absolute shame and worthlessness. Barnett (2001) brings out other long-term effects on men who have been abused. These are guilt, anger, anxiety, shyness, nightmares, disruptiveness, irritability, and problems getting along with others. A victim's overwhelming lack of resources can also lead to homelessness and poverty. Men who have suffered abuse are at risk of a lot of negative consequences that can put them on a destructive path for their future as their life is usually shattered. According to Stets & Straus (1990), men are physically injured and sometimes even killed as a result of domestic violence, and 1% of men who reported being severely abused needed medical attention. Emergency room doctors have reported treating many types of injuries sustained by male victims of domestic violence such as ax injuries, burns,

gunshot wounds and injuries with fireplace pokers and bricks (McNeely et al., 2001). In addition, Adeyeri (2013) reported a case of a man named "Mr. Israel Obi", who was the victim of a hot vegetable oil bath by his wife and was rushed to hospital. However, it is estimated that 2% of men who experience violence from women sustained minor or severe injuries such as broken bones, broken teeth and injury to sensory organs (Cascardi et al., 1995).

SOCIAL WORK PRACTICE IN DOMESTIC VIOLENCE AGAINST MEN

The (US) National Association of Social Workers NASW (2001) defined social work practice as comprising the expert use of social work values, principles, and techniques to at least one of the accompanying closures: "helping people obtain tangible services; counseling and psychotherapy with individuals, families, and groups; helping communities or groups provide or improve social and health services; and participating in legislative processes". Social work practice is the process by which social workers describe how social workers can apply theories to solve a social problem; domestic violence against men is a social problem that is sensitive in nature and needs to be addressed professionally. The fact that men are stronger than women in reality does not necessarily imply that men can handle the issue of violent women. There are psychological frustrations that are associated with violence against men such as punching, slapping, kicking, nail scratching, sex deprivation and even killing. The real issue is that men who are abused by their female partners cover up and are not straightforward about their circumstances, as discussing it will wound their self-image and expose them to mockery in the patriarchal society (Adebayo, 2014). This is a call for social work practitioners to respond and intervene by building up the men's self esteem and not to allow them suffer in silence until it becomes critical to the point of loss of life. Social workers have the responsibility of working with the men through counseling, but the problem is that the man who endures aggressive behavior at home is not really given a listening ear in the general public. He

is, as a matter fact, thought to be the aggressor regardless of whether he has bruises all over him as a result of maltreatment by a woman.

Domestic violence against men has now been recognized as a significant social problem in our societies. Social workers' responses to the problem of domestic violence have been varied and reflective on their understanding of the current social work approaches that explained the phenomenon from social work theory. Sheldon & Macdonald (2010) stated that theory is described as a way of explaining a phenomenon. Therefore, social workers recognize the linkage between theory and practice. Walsh (2014) stated that theories are the abstract ideas that include notions about what social work intervention strategies may be effective with clients. In addition, Shardlow (2007) declared that "Social workers are expected to have a broadly-based professional understanding that integrates knowledge derived from a range of academic and professional disciplines into a coherent and usable form, which can be directly applied in practice" (p. 13). This implies that social workers are expected to be moving from the high level of social work theories to day-to-day interventions on social work-related issues and this applied to domestic violence against men because the intervention needed by men may be different from that for women. Feminist explanations of domestic violence place violence in a gender-defined context within which power is a key aspect and this developed from an understanding that is devastating, that domestic violence is carried out by men towards women and thus reflects a patriarchal societal structure aimed at subordinating women (McPhail et al., 2007). The patriarchal formation is kept up through the procedure of socialization which advocates for conventional male and female roles where "femininity is strongly associated with conquest and masculinity with domination" (Cribb, 1999, p. 51). However, social work responses to both women perpetrators and male victims of domestic violence must reflect on the cultural patriarchal context within which the violence is taking place.

The theoretical explanations regarding domestic violence against men are closely linked to a cultural patriarchal structure that defines gender issues, putting this into consideration, from my point of view and

researches through interviews conducted with abused men, I discovered men have bloated egos: even though they are experiencing serious abuse from their partners, they prefer to remain silent to prove that they are "man enough" to handle the situation. The men in this horrible situation are described as using "coercive control". Coercive control is a term as a strategy to gain the self-control and maintain the patriarchal nature that will reinforce male dominance. Men are assumed to be the aggressor, putting women as the innocent parties or victims in an abusive relationship. Although there is a prevalence of domestic violence against women in which many women also have lost their lives, or been brutalized or disfigured by their violent male partners and everyone began to sympathize with the woman in question, it is a major attraction for the media to cover the stories. Unfortunately, when a man is the victim people tend to give little attention, regardless of his reaction; domestic violence against men is seen as less serious than that against women. However, men are stereotypically assumed to carry the blame for any physical violence that occurs between them and their intimate partners. When men become victims at the hands of a woman, society see it as a laughable issue that can cause social shame to the man. Moreover, men are almost equally as likely as the women to be abused by their partners. The practice of social work requires of human development and behavior that are associated with cultural patriarchal structure that define the gender issue in social work to handle the prevalence of domestic violence against men from the aspect of social, economic and cultural factors because men do not have access to the same level of basic community support, empathy or sympathy that women receive by the nature of their gender.

CONCLUSION

Domestic violence against men, like other forms of violent behavior, has effects on the victims that can be considered a significant health and mental health problem from different angles. The social services and social workers still have much to learn about this social problem and intervene appropriately through social work theories, because women

perpetrators are more severe than men in IPV. Melton & Belknap (2003) showed the types of violence done by male and female perpetrators. Men used verbal abuse or withdrawing of affection and preventive measures or threats such as an attempt to prevent their female partners from calling the police and shoved, grabbed, dragged, pulled the hair, physically restrained or strangled their partners. Women would hit their male partner with an object, throw an object at him, strike him with a vehicle, bite him and also use a weapon against him, such as a knife or a gun. However, this implies that men will often sustain injuries because women tend to use a weapon or object while men tend to use their bodies alone to injure their female partners. The services required by men may differ from those of women, so social workers must understand the multiple explanations of violence against men within the cultural context of practice, and apply practice models that advocate individual counseling or therapeutic work for the male victim and the women perpetrator as well as utilizing a range of social work models that are culturally responsive to the client's particular needs. I am currently conducting research on developing a practical model that can be useful for social work professionals in the area of domestic violence against men. The aim of the research is to advocate for men who are victims, and guarantee theories which accurately reflect men's experiences.

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SMURTAS PRIEŠ VYRUS ARTIMOJE APLINKOJE NIGERIJOJE: PAPLITIMAS, REIKŠMĖS IR PASEKMĖS SANTRAUKA

Smurtas šeimoje, kurį patiria vyrai, – mažai tyrimuose minimas reiškinys. Tarptautinė, vietos (Nigerijos), mokslinė literatūra ir kitos populiarios žiniasklaidos priemonės aprašo smurtą šeimoje taikydamos šališką požiūrį į vyrius, kurie įvardijami smurtautojais prieš moteris ir vaikus. Šiame straipsnyje aptariami įvairūs smurto šeimoje prieš vyrus paplitimo šaltiniai, vyraujantis teorinis smurto artimoje aplinkoje paaiškinimas ir jo pasekmės smurtaujančioms moterims bei nukentėjusiems vyrams. Taip pat atsižvelgiama į įrodymus, kurie leistų socialiniams darbuotojams padėti šeiminį smurtą patiriantiems vyrams keisti savo praktikas.

Reikšminiai žodžiai: smurtas šeimoje, smurtaujančios moterys, nukentėję vyrai, socialinio darbo praktika.