

DOMESTIC VIOLENCE AGAINST MEN IN IBADAN, NIGERIA

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Abstract

Domestic violence has been narrowed and understood exclusively as women's issue. Most of the research works portray men as perpetrators and women as victims of domestic violence thereby leading to vacuous knowledge on this very dangerous social reality- domestic abuse. This article therefore investigates and contributes empirically to knowledge on the causes, typologies and consequences of domestic violence against men in Ibadan Metropolis, Nigeria. Frustration-Aggression theory guides the study that informed this article. 12 in-depth interviews were conducted, while 246 copies of structured questionnaire were administered. The responses of the questionnaire and the interviews were analyzed with the help of the Statistical Package of the Social Sciences and Thematic Content Analysis. The study adopted multi-stage sampling technique and snowballing to recruit respondents and interviewees. Very interesting findings were gotten from the study and valid conclusions were reached. Pragmatic policy and practice recommendations are made to address the challenges of domestic abuse against men.

Keywords: domestic violence, intimate partner violence (IPV), male victims, female perpetrator.

Introduction

Domestic violence against men is one of the major social and human right problems in the world today. It is a universal phenomenon, which cuts across all boundaries of culture or class which affects many men all over the world. Domestic violence can happen to anyone; it affects both male and female. It can happen within homosexual and heterosexual relationships. Over the years, the focus has been domestic violence against women and children, while neglecting violence against men. Researchers tend to forget the popular statement: "What men can do; women can do better". Some researchers and many of the general public believe men are only the perpetrators of domestic violence and cannot be victims of domestic violence, due to the fact that, men are seen to be stronger than women, combined with other factors such as religious, cultural beliefs and patriarchy. This general belief has kept so many men in the quagmire of domestic violence, and this time around they are the victims. The resultant effect of the societal construct, manifesting in the patriarchal nature of the society, has made men to have less tendency to call the police or report to anyone, even when such violent behavior

results to injury. Unlike women, many men feel ashamed about exposing their family outrage. The feeling of not keeping their wives under control, makes men to be ashamed of themselves, and such shame experienced by men is compounded (Paul and Precious, 2009). According to Hines, Brown, and Dunning (2007), "one of the major reasons why male victims of domestic violence has been ignored is that, they have been rarely, if ever been systematically examined". Also, in the view of Hines, Brown, and Dunning (2007), the way the society view men are reflected in their interpersonal relationships and as a result, the power of men is misused in their relationships, because during their socialization process, they have been socialized with the belief system that they have the right to control women. Anything contrary to that belief system, which is rooted in societal construct, makes them feel they are not men enough. This societal construct has made it difficult to believe that females were even capable of carrying out domestic violence against men or they were acting in self-defense from an attacker. (Hines, Brown, & Dunning, 2007).

When domestic violence is mentioned, the first thing that comes to people's mind is physical violence like

beating, kicking, boxing and so on, however, it goes beyond physical violence (abuse). The abuse of men can circumnavigate but is not limited to physical violence, it also involves sexual, economical, psychological, emotional and so on, (Home Office, 2013).

Physical violence has no better or worse form; for example, only being pushed can result to severe injuries. In a relationship, if the incidence of physical violence has happened once or twice, there is a higher probability that it would occur again. Research works has pointed out that if your partner or spouse has inflicted injury on you once, there is a higher chance of the person abusing you physically again and again. This physical abuse is terminated when you become a subject to the actions of the abuser without producing any reaction, through giving up your desire to visit others, make decisions, and express yourself as you wished, (that is giving up your freedom to dance to the tune of the abuser). This act of giving up your rights as a partner/spouse in intimate relationship in order to terminate physical violence does not mean you have won the battle of physical abuse, but it's another level of self-enslavement (Melinda & Jeanne, 2021). Economic violence occurs when the ability to freely use available resources at one's disposal is restricted by the propensity of an abuser to monitor her/his victims. Economic violence can include any behavior targeted at a person to restrict the person's ability to use, acquire and to keep up with available economic resources. And it manifests in form of threatening the victim's economic security and self-sufficiency. It can easily be said that, economic violence is a concealed form of domestic violence. In the perspective of intimate relationship, economic violence can be defined as the act of using the finances or assets of one's partner or spouse in such a way to either manipulate or control such partner or spouse. And it includes behaviors which sabotage study or employment, financial exploitation and financial control (Adams et al. 2008).

According to Gass et al (2011), men with low incomes (economic status) are more commonly victims of violence from women. Men, who cannot establish their authority economically over his family members, receive a lot of insults and disrespect from abusive women. Financial insecurity is one of the major causes of violence against men. Hostile behavior such as denial of laundry services, cleaning of the house, cooking and so many other behaviors are invoked by some women when their husbands have poor financial support. Many women who had witnessed low financial support from their partners or spouses might have retracted their services to punish their partners or spouses due to their lack of sufficient power and resources to provide for the family. A man who gives low financial support to his family may experience

hostile behaviors from his spouse or partner and such behaviors may not stop at denial of cooking, it can also lead to denial of sex and in some cases leads to actual violence such as beating, kicking, hitting and so on.

The consequences of domestic violence and victimization of men include: sadness, vulnerability, depression, helplessness, humiliation, shame and fear, (Hines & Malley-Morrison, 2001). According to the UNHCR, the effects of sexual violence include emotional pains, contacting of Sexually Transmitted Infections (STIs) and Human Immuno deficiency Virus (HIV) in cases where the assailant is infected, unwanted children, and even death. In Nigeria and in most African countries, domestic violence against men is a topic people hardly talk about. Hence, violence against men remains an under reported issue, because men are seen as the stronger gender and can never be victims. One of the major factors to look at when we talk about domestic violence in Nigeria is "*Patriarchy*". The society we live in is patriarchal in nature, and men are expected to be stronger than women physically and considered probable to hold the dominant power at home. It is however culturally wrong and shameful to know that a man is beaten by a woman. And because of that, men in patriarchal society find it difficult to tell anyone with boldness that their spouses or partners are assaulting them, (Rachel, Nicolene & Cynthia, 2018).

Also, modernization and rapid urbanization has led to closure in the role play by both males and females within the society. This closure in role performed by both genders has made men to be victims of domestic violence. What we see now is women beating their husbands, depriving their husband sex and even raping their husbands when their husbands are not ready to sleep with them. Some even abuse their partners (husbands) emotionally and financially. Furthermore, female perpetrators commonly use the following psychological aggression against their male spouses or partners: blackmailing, falsely obtaining restraining orders, causing financial harm wrongly labeling the victim as the perpetrator, threatening to take away or harm their children, and also threatening to commit homicide or suicide, (Drijber et al., 2013). The psychological aggressive behavior against men and many other side effects of domestic violence against men are detrimental to the societal growth and unity, because it has great effect on the family which is the backbone of the society. It is on this note that this paper empirically analyzed and examined the types and possible causes of domestic violence as well as the consequences of domestic violence experienced by men in Ibadan Metropolis, Nigeria.

Theoretical Framework

In this study, one important theoretical orientation was adopted to offer information in helping to explain domestic violence against men. The theory used for

this study is Frustration-Aggression Theory. Other scholars and Dollard (1939) put forward the Theory of Violence known as the Frustration Aggression Theory. Many of the basic axioms of this theory were derived from Freudian Theory (1930). The theory gave an insight on the process in which aggressive behaviour is related or can be traced to frustration. According to Leonard Berkowitz (1989), there are many psychological concepts that are used in everyday speech and one of such words is Frustration. Despite its general usage, it is too susceptible to radically different meaning. The word has been used in many different ways by Psychologists to refer to an external provoking condition and in some cases, the organism's reaction to an event. Merriam-Webster Dictionary defines Frustration as something that causes feelings of anger and annoyance. We can therefore say that aggression is the consequence or a by-product of frustration.

In the view of Dollard et al (1939), the acts of aggressive behavior directed against the agent perceived to be the originator of such frustration, is the strongest instigation stimulated by frustration. It is important to note that, aggression can both be verbal and physical behavior with the intention of hurting the instigator. (Myers, & David, 1996). Aggression can be traced to strong feelings of anger that can lead to destructive behavior, restless movements, hostile attacks, increased tension and so on, (Erwstr & Hilyard, 1975). When people couldn't reach their goal, they become frustrated. And when they are frustrated, they tend to inflict other people with aggressive behavior such as tongue lashing to manifest violence, (Henslin & M. Lamest, 1990). Verbs such as hurt, destroy, retaliate damage, insult, threaten, humiliate, intimidate and torment are considered by an aggressive person to express his or her aggressive nature caused by frustration. Thus, conclusion can be drawn that aggression is the reaction to a stimulus (that is frustration), directed towards thrust of injury. The target of aggression may be inanimate such house, car, television, clothes and so on, or animate such as the victim or the victim's pet. And the injury caused by the aggressive behavior can be physical or mental in nature. We can therefore say that, in the hierarchy of responses to frustration, the dominant response is aggression. And this dominant quality for characteristic of aggression cannot be traced to innate factor, but learning from the external environment, (Bhan & Kiran Sumbali, 1984).

This theory was modified after considering various criticisms. And it has been recognized that the real display of aggression may be restrained through external control or internalized norms, even though aggressive impulse may be strong, which is accompanied by some elements of frustrating experience. It has also been acknowledged that

frustration can be increased by successive trigger (that is, it is cumulative in nature), and it can remain active for a very long period of time. It has also been recognized that people view frustration in different ways, and those who adjudged based on subjectivity or unreasonable perceptions are likely to spark aggressive responses. In addition, it has also been acknowledged that the reactions to frustration is something that can be learnt, and aggressive actions are not an automatic consequence of frustration. Because its occurrences can depend upon many factors, (Ahuja & Ram, 1987).

Data and Methods

The study was descriptive and cross-sectional in nature. It was quantitatively driven and supported with qualitative method of data collection with a sample size of 246 determined using the Cochran (1963) formula.

The study was carried out in Ibadan metropolis. Ibadan is one of the major urban centers in Oyo State, Nigeria. It is the capital of Oyo state, located in the Southwestern part of Nigeria. The city of Ibadan is located approximately on longitude 3°5' East of the Greenwich Meridian and latitude 7°2' north of the Equator. The city of Ibadan is made up of eleven local government areas, five of which constitute the urban local governments, while the remaining six form the rural local governments. Due to the nature of the topic, the research was carried out in the urban local governments in Ibadan, selected through Multi stage sampling technique. Women living in the urban areas are more likely to carry out domestic violence against men due to a combination of factors including westernization, rapid urbanization and economic statuses. Modernity has brought about androgynous roles in which women are now performing roles that are socially created only for men. Furthermore, in recent decades, women are gaining more recognition and visibility in the urban areas and we now have more women in businesses and paid employment to cushion the maintenance of the home because the income of the men alone cannot adequately cater for the expenses at the home front.

A multi-stage sampling technique was used which involves listing the five (5) urban local governments (based on clusters). Having listed the urban local governments, two were randomly selected which are Ibadan North and Ibadan North-East which were used for collection of data. Qualitative research employed through snow balling using in-depth interviews to know the real experiences of people about domestic violence against men.

To get the real experiences of men who had experienced domestic violence, an in-depth interview guide was developed to help in the objectives of the

research. To achieve these objectives, 12 people were selected using snow balling sampling technique. These 12 people are religious leaders, (who are seen as respectable and custodian of information and culture) men who are victims of domestic violence and women who have seen victimized men or are perpetrators. Religious leaders were interviewed due to the fact that most men find it difficult to tell others about their abuses, but they find it easier to tell their religious leaders what they are going through in their homes. Finally, quantitative research method was applied using questionnaire that were developed in English format to predict, explain or control phenomena through the systematic collection of numerical data. In other to get the best information about the research, the copies of the questionnaire were pre-tested on 20 people and the information gotten was used to edit and develop the final questionnaire which were administered to the respondents.

Methods of Data Analysis

Information derived from the quantitative data was analyzed using a statistical tool commonly known as SPSS (Statistical Package for the Social Sciences).

With the help of SPSS, the researcher was able to further conduct univariate and bivariate analyses.

The in-depth interviews were analyzed using thematic content analysis of verbatim transcription. Gareth Terry et al, (2017) attempted to define thematic content analysis as a process which involves detailed measure of organized interview responses in relation to each research questions, which coheres tightly around a central organizing concept.

The analysis procedure as proposed by Colaizzi (1978) is to audio record the interviews and transcribe. The transcripts were read repeatedly to ensure that the researcher gains a deep understanding and impressions of the participants' experiences. Words, phrases and statements was retrieved directly from the respondents' responses as pertaining to the investigation phenomenon. The relevant statements were then organized into clusters of themes, allowing for the emergence of common as well as idiosyncratic themes. Interpretation of discrepancies and contradictions from the themes of respondents' transcriptions was done successfully.

Findings and Discussion

Table1: Socio-demographic Background of Respondents.

Socio-demographic Background of Respondents	Frequency	Percentage
Gender		
Male	178	72.4
Female	68	27.6
Age category		
Below 18	17	6.5
18-27	25	10.2
28-37	192	78.5
38-47	5	2.0
48-57	5	2.0
58 and above	2	0.8
Religion		
Christianity	194	78.9
Islam	48	19.5
Others	4	1.6
Ethnic background		
Yoruba	191	77.6
Igbo	28	11.4
Hausa	3	1.2
Niger delta	13	5.3
Others	11	4.5
Marital Status		
Married	215	87.4
Single	26	10.6
Separated	2	.8
Divorced	1	.4
Others	2	.8
Level of Education		
Primary school	3	1.2
Secondary school	6	2.4
Arabic school	3	1.2
NCE	4	1.6
Polytechnic	31	12.6
University	185	75.2
Postgraduate	14	5.7
Others		
Occupation		
Self-employed	32	13.0
Employed	198	80.6
Student	9	3.7
Others	7	2.8

Source: Field Survey 2020

Table 1: The above table reveals the socio-demographic characteristics of the respondents. The study examined 246 respondents and the results revealed that the majority of the respondents are male (72.4%), while (27.6%) are females. On the age category, respondents 58 years and above, had the

lowest frequency of 2, (0.8%). Age 38-47 years and 48-57 years had the frequency of 5 (0.2%) respectively. This was followed by age category below 18 which had the frequency of 17(6.5%) and age category of 18-27 years has the frequency of 25(10.2%). And finally, the age category of 28-37

years had the highest number of respondents with the frequency of (78.5%). Another vital characteristic is the religious affiliation of the respondents. The results depicted 194(78.9%) of the respondents are practicing Christians, which has the highest percentage. Following, is Islamic religion with 48 respondents which have the percentage of 19.5%, while 4(1.6%) accounted for other religious practices.

Concerning the respondent's ethnic group, a greater number of the respondents 191(77.6%) were Yoruba, followed by the Igbo ethnic group which accounted for 28(11.4%), the lowest respondents were from Hausa with frequency of 3(1.2%), while 13(5.3%) were from Niger Delta and 11(4.5%) accounted for others. The explanation for high number of Yoruba respondents in the study may be due to the fact that the study area is largely dominated by the Yoruba among other ethnic groups as it is located in the South-West region of the country. The high frequency of other ethnic groups like Igbo, Niger Delta and the rest ethnic groups explains that in Ibadan Metropolis, there are bound to be people from diverse parts of Nigeria who have converged from their different ethnic backgrounds in search of a better life. Also, with reference to marital status, the majority of the respondents are married 215(87.4), 26(10.6%) of the respondents were single, those with the frequency of 2(0.8%) were separated,

1(0.4%) were divorced and 5(0.2%) are respondents of unspecified marital status. Since we have majority of the respondents between 28-37 years of age, it is expected that the majority of them would have been married. The whole world, especially Nigerians tend to hold marriage in high esteem and as such it is highly desirable.

Level of education is another cogent characteristic in understanding the study at hand. The results showed that the majority of the respondents are University graduates with the frequency of 185(75.2%), 31(12.6%) are Polytechnic graduates, 14(5.7%) of the respondents have attained Postgraduate studies, 6(2.4%) attended only secondary school. 3(1.2%) attended Arabic school, and finally, 4(1.6%) are NCE holders. This, to a great extent depicted that everyone that took part in the research has one level of education or the other. Occupation of the respondents is one important area examined by the researchers. The larger number of the respondents are employed with frequency of 198(80.6%), 2(13.0%) of the respondents are self-employed, 9(3.7%) are students and 7(2.8%) of them are respondents are unemployed.

Types of domestic violence experienced by men.

The first objective was to identify the types of domestic abuse experienced by men in the society. Below are the results

Table 2: Distribution of respondents on the types of domestic violence experienced by men in Ibadan Metropolis

1	Women slapping or beating their husbands	Yes	230	93.5
		No	16	6.5
2	Women inflicting injury on their husbands	Yes	230	93.5
		No	16	6.5
3	Women insulting their husbands due to poverty	Yes	237	96.3
		No	6	2.4
		Not sure	3	1.2
4	Women stealing from their husbands	True	234	95.1
		false	12	4.9
5	Women raping their husbands	True	149	60.6
		False	27	11.0
		Not sure	70	28.5
6	Women compelling their husbands via withholding their money or credit cards	Yes	219	89
		No	8	3.3
		Not sure	19	7.7
7	Women threatening to take their children away	True	238	96.7
		False	8	3.3

Source: field survey, 2020

The respondents stated the types of domestic violence experienced by men as follows. Physical violence, 230(93.5%) believed that there are women who can slap or beat their husbands. Also, still on the physical violence: 230(93.5%) believed that there are women who inflict injury on their partners. The second type of violence identified by the respondents is Economic

violence: 234(95.1%) believed that there are women who steal money from their husbands to satisfy their needs and about 219(89%) believed that there are women who make their husbands to do what they want by withholding their husbands' money or credit cards. The third type of domestic violence that was identified by the respondents is social violence: 237(96.3%)

agreed that their women who insults, humiliates and belittle their husbands when they are angry. Also, just like the types of domestic violence against men listed above, larger number of respondents also agreed that men experience sexual violence too. 149(60.6%) agreed that there are women who can rape their husbands. And finally, emotional violence was also identified by the respondents as type of violence experienced by men from women. Also, a very large number of the respondents agreed that men can be emotionally abused 238 (96.7%) strongly believed that there are women who abuse their husbands emotionally by threatening to take their children away. Below are the in-depth interviews from respondents who also provided an insight on the types of violence experienced by men and their knowledge on domestic violence in Ibadan Metropolis.

I have heard of domestic violence, that is a general issue. Domestic violence against men is there in the society. Although that is not common due to the fact that people don't talk about it regularly. There was a woman who killed her husband. They will say it is not intentional. It started from the woman being emotional with the view that her husband is going out with another woman somewhere. And this woman is just a colleague at work. But their job description requires that the woman and the man will work together. Therefore, every woman she sees with the man became a suspect. Then one night, the matter of that man working with that lady became hot, and led to the death of the man. The wife stabs him to death. IDI/55years/Male/Married/.

Domestic violence against women, sure. I have heard about it. And for men, partially, I have heard about it. But it is that of women that is so common I believe men can be victim of domestic violence, even from their parents, relatives and siblings. IDI/39years/Married.

I have heard a lot of domestic violence against women, like beating wives and so on. Yes, we have heard about domestic violence against men too, like today I was listening to Fresh FM, where two women were confessing how the program has transformed their lives because they do not listen to their husbands, due to fact that, they have more money than their husbands. But the program on the FM has made them to beg their husbands for forgiveness. There is a lot of violence experienced by men from women, especially when the woman is richer than the man. They will like to dominate the house probably because she is the one paying the bill.

IDI/60years/Married

Physical Violence:

Yes, I have seen women beating or kicking up a man, I have witness in two-fold. One, wife beating her

husband and the other one, mother beating son. For the wife that beat the husband, the husband is so magnanimous (generous or showing kindness) enough or has vowed not to beat the wife. The wife was now taking advantage of that to go extra mile on the husband to the extent that when there was a quarrel among them, she was the one that tore the man's clothes in the room and lock the door. And before a woman could tear a man's clothes there should have been an element of pulling and shaking from the neck before the cloth of the husband could be torn. I have seen that. Then the second one is the mother that beat her grown up son. The son happens to be naughty, but the mother believed cane will remove such bad behaviour. But this time around, the woman did not use cane, but she used this stick that is used to turn local solid food in Yoruba it is called OROGUN. It is that stick she will use to beat the son. The consequence is that, the boy became useless to the society that she could not handle the boy again. I have experienced those two cases. Also, for the first example, I cited, she didn't only tear the husband's cloth, there is element of bruises on the husband skin.

I am married. I have encounter it too from my wife. There was a day that my wife and I have quarrel. She opened the door and I entered, then I was about leaving the door. My hand was still in the door. Out of anger, she just banged the door and I had small injury on my hand and it was so brutal that I had to call the parents and other in-law that your daughter has removed blood in my body. That it will never repeat itself again and if it happens again, that is the end of the marriage. IDI/39years/Married

I have seen a woman beating and kicking the husband before. That she beat him mercilessly and she even inflicts injury on the man. IDI/36years/Married

The number of women beating and kicking a man are few. I have seen and I have heard series of stories surrounding that too, that a woman beats her husband. Even the Imams too as religious leaders are also experiencing similar problem too. Even my wife hit me with stool on the head. It is not a strange thing in the society again. IDI/52years/Married

I have seen a lot of women beating or kicking up a man before. Women capitalize on the fact that beating a woman in public is against the law. So, they use that medium to abuse or harass a man because they know the men may not likely touch them. It has happened to me before; my wife will use one way or the other to maltreat me. DI/52years/Married

Sexual Violence:

I have heard that a woman rapes a man from other countries; I have never heard such in Nigeria before.

*I have heard of a woman forcing a man to have sex with her before. I have a brother who lives away; it was the wife that killed him. Immediately the man is back from work, getting inside, the woman will lock the door she will take the man to the bedroom, she will give him water, food and after that she will ask for sex. Then continuation of these things without allowing the man to have rest and without this and that, and like the scientist said, when a man has sex with a woman, he needs to rest for some days to freshen up. But imagine somebody that is doing it every day, one of those days he just gave up. He is a brother; he is from my village. And for a woman depriving her husband sex, I heard two women confessing today that they have that issue with their husbands for sometimes now. One of them said she is just not interested in sex while the other one said when she knew that it will destroy her house down couple hearing some programs on radio, she now starts having sex with her husband. **IDI/60years***

*I have not heard of a woman raping a man before. That one that I heard of is the woman making attempt to rape the man but it was not successful. This shows that somebody can make attempt to do something, it shows she can actually do it or have done it before. And for a woman forcing her husband to have sex with her, yes, it has happened to me, my first wife used to do it, she used to force me to have sex with her. There are some men who cannot do more than two or three rounds of sex. Whereas, there are some men who can do without it throughout the day. If a woman that like sex very well marry a man that cannot go many rounds, she will have no option than to force him. My first wife like it a lot. At times when I'm reading or doing Arabic research to present on Jumat day she will be disturbing me that we should have this thing before I go to mosque. That is the major reason I have second wife so that I will be relieved and so many things like that. There are many women who force their husband for sex. And for a woman depriving her husband sex, I have seen many people I can cite as an example. Even I that is talking it has happened to me **IDI/36years***

Economic Abuse

I have heard about a wife stealing her husband's money. Apart from withholding money, I have also heard about a woman who seized her husband's eye glasses that he used for reading. The man wanted to go out and the woman was asked for money. And because

the man was unable to give the money, the woman removed his eye glasses from his head. She knows that without the glasses, he cannot read. I have not heard that a woman prevents her husband from having access to food. The one that I have heard is the husband not eating the food presented by the woman. Then the one of medication, I have not heard that too.

IDI/48years/Married

*It is a common issue that a woman steals her husband's money. It has also happened to me before. Let me give example, one day, I kept some money in my pocket, before I come from mosque, I now observe that the cloth is not in the position I kept it. What happened woman? Who collected this money? Why did you steal my money? She was how did I steal your money? Is it not my right to take money from your pocket? **IDI/52years/Married/***

Emotional Violence

The interviews show how men are emotionally abused by women in the society.

She has never threatened to take the children away. But the only similar case that has happened is that, trying to stop me from beating the children. But my friend's wife has threatened the husband that I will divorce you, all you friends are doing big, big things, you are still here in the small house. You don't want to leave this small house we have been leaving for long. If you don't make any action, I will find my own way.

IDI/31years/Married

It happens. I have seen a woman threatening the husband that if so and so happen again, I will leave you. There was a particular case, the woman took her husband's phone and searched it and she saw that her husband is dating another woman. The woman now opens another Facebook account like a man. She sent friend request to the husband and the husband accepted. She started saying "I am so and so rank in Boko Haram". She started threatening her husband. That "I saw you dating my wife, I will do this, I will do that. I know when you come out, I know when you go out, I know the kind of cloth you are wearing etc.

IDI/35Years/Married

Causes of Domestic Violence against Men

This second objective was to determine the possible causes of domestic violence against men. Below are the results of the findings.

Table 3: Distribution of respondents on the causes of domestic violence against men

S/N	Causes of Domestic Violence against Men	Category	Frequency	Percentage
1	Women being previous victims from childhood	True	119	48.4
		False	127	51.6
2	Self defense	True	93	37.8
		False	153	62.2
3	Poverty	True	196	79.7
		False	50	20.3
4	Husbands' non-involvement in house chores	True	145	58.9
		False	101	41.1
5	Women being victims in their previous relationship or marriage	True	178	72.4
		False	68	27.6

Source: field survey, 2020

In knowing the possible causes of domestic violence against men, majority of the respondents attributed the causes of domestic violence against men to: Poverty; 196 (79.7%) agreed that when a man is very poor or has very low source of income, he receives a lot of insults and disrespect from an abused woman. Also, husbands' non-involvement in household chores is the cause of domestic violence against men according to the respondents. (58.9%) agreed that one of the reasons why wives show hostile and aggressive behavior towards their partners is due to non-involvements of their partners when it comes to domestic chores. Another cause of domestic violence against men is past history of violent experience of the woman. 178(72.4%) supported the fact that, a woman who has been a victim of violence in her previous relationship or marriage has high tendency of carrying out domestic violence against men. A large number of the respondents disagree that one of the reasons why women carry out domestic violence against men is due to self-defense. They also disagree that, exposure to violence during childhood cannot make a woman to carry out domestic violence against men, that when women perpetuate domestic violence against men, it is not likely that there is acceptable explanation that they were initially victims during their childhood and the men were the primary aggressors.

Below are the in-depth interviews from respondents who also provided an insight on the causes of domestic violence against men.

Poverty

Like I said earlier, if the man fails to perform his domestic obligation in which finance is one of the major, the woman may behave differently. I have seen a woman who engaged in extra martial affair because the husband is poor. That led to the intervention of the pastors, and even all the elders in the church tried to settle the issue but it proofs abortive. The woman later

left the man because the man was a teacher and then those teachers, they were being paid little amount of salary. And worst part is the woman was nursing a little child. But she left the little child and went away. It was not too far to that time, that federal government re-adjusted the teacher's salary. Then everything changed for the man. I was the one that laid the foundation of the man's house and bought a car. Later the woman wanted to come back, but the man said No. so, I have seen so many situations like that before.

IDI/48years/Married

It is one of the reasons. Poverty will make a woman to abuse or disrespect a man. Like the example I cited, she was telling my friend that you refuse to leave this small house. If the man is comfortable, he will go to 3bedroom flat and something bigger but it is due to the economic situation that is making the man to manage that small apartment. But the wife keeps lamenting and lamenting. The man is still there unhappy.

IDI/39years/Married

My wife abuses me most case because of lack of finance. IDI/52years/Married

Yeah! Poverty is one of the great reasons why women disrespect men. Yes, if you have money and if you tell your wife to sit down there, she will sit down there. You are not serious". She will believe that she is not serious, because you have money. But if you don't have something to offer me and you are telling me to sit down, it wouldn't work. If the wife wants to go out and the husband wants to stop her, she will say, "so I should not eat, my children will not eat. So, should not go out. Do you have anything to offer us? There is nothing such husband can do, because he has nothing to offer them than to succumb to the woman's will. So, poverty is one of the fantastic reasons why they disrespect men. IDI/40years/Married

Past History of Violence

Yes. It even happened to me as a woman. The person I dated when I was in school, he used to come to my house, I will cook for him and we will enjoy ourselves and when he leaves, he will call me and insult me on phone. When I dropped the relationship and met my present husband, I use to react to him aggressively. At times, little things make me to flare up. I will tell him I don't want to see you and he will beg me but I will tell him that you men are all the same. It got to one day he prostrated up to 3 hours and I did not look at him. I told him I don't want to see him. But my brother begged me that I should forgive the man, that is it because I have been hurt by someone and I'm now using it against another person that make me to consider my ways and change my ways of behaving.

IDI/31years/Married

It is possible for a woman to become a perpetrator in her next relationship because she was a victim in her previous relationship. A woman was telling me that she is not ready to assist me, because what she had did for one man, she did not have any encouragement from it. At times, she was even been beaten by the man. There she is, not ready to be loyal to any man again.

IDI/52years/Married

Childlessness and House Chores

Yes, because she sees her mate having children or her mates' children running around; it will make her to have negative behavior toward her husband. It can even make her to insult the man that he is not man enough and may be his sperm is not fertile. Even sometimes, she may want to hold the man that gives

me my own child. Also lacking of asking the woman can make the woman to be abusive. At time when I am washing clothes and the child is crying and my husband is busy pressing phone, if I want to pass and my leg touches his leg, I will shout why did you put your leg on the road? I am doing this, I am doing that, you cannot help me to do anything.

IDI/31years/Married

It is much more common that a man will assaults a woman for childlessness. Men don't want to believe that they have problem. In those days, when there is issue of childlessness, they will blame it on the woman. But these days when there is such a problem, two of them will go for checkup. Therefore, the issue of childlessness been the cause of domestic violence against men is not true. In respect house chores, women are different, some women want their husband to help but it is not a reason why a woman will abuse a man domestically. It can only cause misunderstanding. It still modernization or civilization that brought about a man assisting in domestic chores. You will see the husband in the kitchen washing plate. Some people will say she has charmed him, so women understand that too women have ways of presenting the issue of the husbandry helping at home to draw the interest of the husband to assist, and if the husband is not assisting, they may not turn it to violence. There will be misunderstanding in which they will look for a way to resolve.

IDI/55years/Chaplain/Married

Consequences of Domestic Violence against Men

This objective was to identify the consequences of domestic violence against men.

Table 4: Distribution of respondents on the consequences of domestic violence against men

S/N	Consequences of Domestic Violence against Men	Frequency	Percentage
1	Homicide or suicide	212	86.2
2	Post traumatic stress disorder	123	80
3	Eating disorder	78	31.7
4	Depression	163	66.3
5	Sleep difficulties	139	56.5
6	Headaches	106	43.1
7	Contraction of STIs and HIV	68	27.6
8	High blood pressure	135	54.9
9	Heart disease	68	27.6
10	Others	32	13

Source: field survey, 2020

From the table above, majority of the respondents 212 (86.2%) believed that domestic violence against men can make men to commit suicide or lead to homicide. Also 163(66.3%) believed such abuse against men can lead to depression. 139(56.5%) think that domestic violence against men can result to Sleep difficulties.

And 135(54.9%) believed that domestic violence can cause high blood pressure for the men.123(50%) believed that domestic violence against men can lead to posttraumatic stress disorder.

Below are the in-depth interviews from the respondents.

It can affect a man in every way, because when your wife is not happy, it will change everything at home. It can affect a man spiritually, physically and emotionally. Yes, it can make a man to commit suicide. We have experienced one in this area too. The woman frustrated this man to the extent that the man has to jump from a three-storey building and he died immediately. **IDI/31years Married**

If you see a man in work place who is experiencing domestic violence from his wife, you will see this trace of depression from him. They will not be effective at home or at work. Their level of concentration will not be strong enough to enable success because their mind will be going to what they are passing through, while some will be going out with another woman outside. Since the one at home is giving the trouble, they look for a suitable one outside. At times, you see a man coming late in the night going out very early in the morning. He will want to escape any form of violence that may want to come from the wife. It can lead to suicide when a man has given it too much thinking. When a man has lost hope, it will happen when it is getting out of hand. It will rather lead to divorce not really suicide. That is exactly what I was about to say that it will lead to low self esteem. Some men will not have confidence in themselves. **IDI/55years/Married**

For men that are strong, they will not allow it to affect them. For men that are not strong, it affects them very well. I believe domestic violence against men can lead to headache, depression, eating disorder and so on for the weak men. Yes, I believe that. Some women talk too much and there a lot of men, they don't have the energy to absorb such words. There is a man who told me that he and his daughter will not greet again for life. He was expected to give that girl little money. But man told her that he does not have money, that the money he is expecting has not come. She now says, you better look for a prophet to take you to the stream so that he can wash your head. Her father (the man) said, "me?", I will never open my mouth to talk to her again in my life, I disown her. This can make the man to be sad, helpless and can even make him to commit suicide too. Somebody told me a story, that because of the problem the wife was giving the man is what led to his death. He will wake up as early as 5:00 a.m just to run away before the woman wakes. He will come back 11:30 pm in the evening when the woman is asleep so that they will not have time to talk and along the way he started drinking. One day as he was coming from where he was drunk, a car hit him and killed him. **IDI/60years/Married**

Discussion of Findings

The first objective of this article was to know the various types of domestic abuse experienced by men.

The findings show that men are actually passing through different types of abuse in the society. One of the types of domestic abuse experienced by men deduced from the study is physical violence. A Larger percentage opined that some men are victims of physical abuses from women, which is contrary to Social Construct that men are stronger and therefore not supposed to experience any form of physical violence from their partners. Furthermore, the study found out that there are men experiencing slapping and beating from their female partners, even to the point of inflicting injury on their husbands. Anyone who can beat or inflict injury on his or her partner has a tendency of repeating the same behavior over and over again. This finding is in line with the findings of Melinda and Jeanne (2021) who asserted that if your partner or spouse has inflicted injury on you once, there is a higher chance of the person abusing you physically again and again. This physical abuse is terminated when you become a subject to the actions of the abuser without producing any reaction, through giving up your desire to visit others, make decisions, and express yourself as you wished (that is giving up your freedom to dance to the tune of the abuser). This act of giving up your rights as a partner/spouse in intimate relationship in order to terminate physical violence does not mean you have won the battle of physical abuse, but it is another level of self-enslavement

Another type of violence identified by the respondents that men experience is economic violence. Economic violence takes place when 'the abuser's propensity to monitor and restrict his or her partner's ability in order to freely use resources at his or her disposal'. The study found out that there are women who steal money from their husbands to satisfy their needs. These women financially exploit their partners and also withhold their husband's money or credit cards based on some reasons best known to them. This, corroborates the findings of Adams et al. (2008) , according to them, economic abuse manifests in the form of giving an inadequate allowance, restricting/denying access to household income, and holding back information about finances or preventing access to bank accounts

The study also revealed sexual violence being a type of domestic violence experienced by men. Sexual violence is the sexual deed that is carried out or attempted by the perpetrator without effortlessly or freely given permission (consent) by the victim. Or the act committed against a victim who cannot consent or probably refuse such sexual advances. Such sexual act includes, forcefully penetrating the victim or forcing the victim to penetrate another person, deliberate sexual touching and so on. Through quantitative findings, most of the respondents believed that men can be victims of sexual violence. And this sexual

violence manifest through rape, and through sexual deprivation, which get to show that sexual violence experienced by men is a social reality in the society. The qualitative findings, shows that some men are victims of sexual deprivation and starvation. Furthermore, emotional violence was also shown by the study as a type of domestic violence. Women who cannot abuse their partners physically may likely go for emotional abuse of their partners. The intention of emotionally abusive perpetrators is to cut off their partners or spouses consciousness of independence and self-worth and making them to feel that without him/her, they have nothing or there is no other route out of the relationship. Emotional abuse manifests in the forms of verbal abuse such as blaming, intimidation, yelling, name calling, shaming and any other forms of abusive behavior targeted on controlling the behavior of the victim.

An abusive woman will try as much as possible to manipulate her male victim emotionally by shifting blame. She censures him that he deserves her violent behavior or he is the cause of her violent behavior. Domestic violence perpetrators are skillful in making excuses for a behavior that is too bad to be justified or tolerated. Sometimes, they ascribe their violent and abusive behavior to a faulty upbringing and other times they shift the blame on the kids or on a bad mood. By so doing, perpetrators may diminish abusive behavior or may probably deny that it occurred, (Melinda and Jeanne, 2021). Further findings of this study showed that, some men are victims of emotional violence. They asserted that there are women who threaten to divorce their partners and also manipulate their husbands by telling them that they will take their children away. This is in line with the findings of Melinda and Jeanne (2021). According to their findings, an abusive partner uses psychological or emotional abuse to propel threats violence or any other consequences if you refuse to act the way they want. The scars of emotional abuse are very real and they run deep. People may see physical violence as worst-case scenario than emotional abuse due to the fact that physical violence can hospitalize the victim and make him or her to have physical scars. However, emotional abuse can also cause great damage to the victim just like physical violence. Such damages spring from taking the children away, threats of harm, intimidation and so on, (Melinda and Jeanne 2021). A woman that is abusive threatens you with violence or a weapon. Perpetrators normally use threats to hold their victims in the relationship or frighten them to drop charges. Sometimes, abusers threaten to kill or hurt the children, their spouses or partners, other members of the family and so on. The threat also extends to committing suicide, report the victim to child services, or even file false charges against their partners or spouses.

All these types of domestic violence carried out against men can be traced to frustration which results to aggressive behavior of women. For a woman to beat her husband or inflict injury on him, it must be that the woman is frustrated with the behavior of the husband. Such frustration may also result from character deficiency on the side of the woman. Such aggressive behavior may be as a result of financial incapability on the side of the man which will lead to economic violence. The same is applicable to other forms of domestic violence against men, whether sexual violence, social violence or emotional abuse, all can be traced to aggressive behavior of women, which are in line with the propositions of the Frustration Aggression Theory on which the study was premised. The study also reveals that there are various reasons or factors that make a woman to indulge in domestic violence against men. One of such is poverty. Both qualitative and quantitative findings revealed that poverty is one of the the major reason why women perpetrate violence against men. This assertion is supported by Gass et al (2011), who stated that men who have low incomes are more commonly victims of violence from women. A man who cannot establish his authority economically over his family members, receives a lot of insults and disrespect from an abusive woman. They stressed that financial insecurity is one of the major causes of violence against men. Similarly, Janet et al (2016), asserted that men being victims of domestic violence from women are traceable to many factors including poor financial support, non-involvement in household chores, infidelity, jealousy and suspiciousness, beer drinking, dependence (as a result of low or no source of income) and night crawling. Also, these findings showed that, Non-involvement in house chores has caused many women to have aggressive behavior towards their husbands. This may be attributed to women also getting involved in paid employment and having to juggle this with chores at home and other responsibilities leading to role strain on the part of the women. Therefore, women now, want t5their partners to share some of the domestic chores at the home front. The study further revealed that women are frustrated when their partners refuse to assist them when it comes to house chores and that frustration produces an aggressive behavior which is detrimental to the men. Another reason why women carry out domestic violence against men according to the findings of this study, is past history of violence experienced by the women. A woman who has been a victim of violence in her previous relationship or marriage has high tendency of carrying out domestic violence against men. These findings are in support of the findings of World Health Organization (WHO, 2013). World Health Organization stated that, the specific factors related with domestic violence are: marital disagreement, past

history of violence, discontentment resulting from difficulties in communication between spouses/partners and men controlling behaviors towards their spouses/partners, (WHO, 2013). According to some researchers, one of the reasons why women carry out domestic violence against men is because of Self-defense, according to Bair-Merritt et al (2010), the common motivation behind women perpetuating domestic violence are self-defense, retaliation and anger. Though there is a difficulty in distinguishing between retaliation and defense, However, this study discovered that Self-defense was not a reason why women carry out domestic violence against men, which is in line with Strauss findings. According to him, most women perpetrated domestic violence against men are not motivated by self-defenses to say, but by a desire to exercise directing or restraining influence over their partners, (Straus, 2011).

The study also documented that suicide and homicide are some of the consequences of domestic violence against men. This is supported by the findings of World Health Organization (WHO, 2009). World Health Organization stated that domestic violence has health consequences on the individual. Such violence can have terminal after effect like suicide or homicide. Another negative effect of domestic violence on the health of the victims, identified in this study is posttraumatic stress disorder, depression, sleeping difficulties and high blood pressure. The findings of this study are also supported by the findings World Health Organization (2009). World Health stated that domestic violence can result to suicide attempts, post-traumatic stress and other anxiety disorders, depression, sleep difficulties and eating disorders. Qualitative findings, through in-depth interviews found out that negative effects of domestic violence against men go a long way in affecting the victims (males) psychologically or emotionally. It is documented in the research that domestic violence against men can make the victim feel helpless, sad, vulnerable, ashamed of themselves or probably make them to have inferiority complex. This assertion is supported by the findings of Hines & Malley-Morrison, (2001), who stated that the emotional consequences of domestic violence and victimization can include the following: sadness, helplessness, vulnerability, depression, shame, humiliation and fear. Hollander (2001). He asserted that the domestic violence against men can lead to inferiority complex or low self esteem.

Conclusion

Domestic violence against men is a social reality in the society. Many men face a lot of abuses from their female partners, but due to societal construct, men tend to hide their abuses, due to the fact that the society

view men as a stronger sex. The society should see men as those who can be victims and not perpetrators alone. This will encourage men to speak out when they are being victimized. To curb the issue of domestic violence against men, there should be campaign to enlighten the public that domestic violence is not gender specific but it can go both ways. There should be generation and dissemination of research, practice and policy formulation which is centered on domestic violence against men. No single agency of government can address domestic violence against men alone. Across all levels of government, including the health, education, church, mosque, criminal justice system, as well as the non-governmental sectors and community stakeholders can have important contributions to make in other to reduce domestic violence against men.

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