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Contents

INFLUENCE OF INTIMATE PARTNER VIOLENCE ON THE WELL-BEING OF ADULTS IN IBADAN METROPOLIS.

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Abstract

Intimate partner violence (IPV) is indeed a significant issue affecting various demographics, including adolescents. IPV encompasses any behavior within an intimate relationship that causes physical, emotional, or sexual harm to the individuals involved. The study employs a descriptive research design of correlational study. The study targets adults within Ibadan metropolis. A multi-stage sampling technique is employed, starting with purposive sampling of local Government Area, followed by random selection of 200 male and female adults. The findings of the study revealed that there is a significant positive relationship between intimate partner violence (IPV) and the physical well-being, evidenced by a correlation coefficient (r=.479, p-value <0.05). Hypothesis two revealed that a significant positive relationship between intimate partner violence (IPV) and the psychological well-being, with a correlation coefficient (r=.631, p-value < 0.05. Hypothesis three revealed that positive correlation between intimate partner violence (IPV) and the social well-being, with a correlation coefficient (r= .562, p-value <0.05). The study concludes that Intimate Partner Violence (IPV) significantly impacts the overall well-being of adults, affecting them physically, psychologically, and socially. The study recommend to incorporate IPV

screening and intervention into regular healthcare services and also train healthcare professionals to identify and respond effectively to IPV. Finally, ensure access to thorough medical care for both immediate injuries and long-term health impacts of IPV.

Keywords: Intimate partner violence, Wellbeing, Adult, Physical Wellbeing, Psychological Wellbeing, Social Wellbeing

Introduction

Intimate Partner Violence (IPV) is a widespread issue affecting millions globally, with severe and far-reaching effects on mental and physical health. IPV encompasses various types of abuse—physical, emotional, sexual, and psychological—committed by a current or former partner, each with potentially severe and lasting impacts on the victim. Physical abuse, such as hitting or choking, causes immediate injury, while emotional abuse, including threats and manipulation, can damage a person's self-esteem and emotional well-being. Sexual violence, such as coercion or assault, affects both physical and mental health, and psychological abuse, including tactics like gaslighting and isolation, can undermine a person's sense of reality and independence. The consequences of IPV often extend beyond the immediate harm, leading to long-term psychological issues like anxiety, depression, and PTSD (World Health Organization [WHO], 2023). IPV survivors often face a reduced quality of life and struggle with social challenges, including difficulties in maintaining relationships and employment, which heighten their vulnerability (WHO, 2023).

The World Health Organization highlights IPV as a major public health issue due to its lasting impact on survivors' well-being. IPV's effects are extensive, affecting not just individual health but also broader societal systems. Survivors frequently endure long-term mental health issues, such as chronic stress, depression, and anxiety, which can continue even after the abusive relationship ends. These psychological impacts, combined with possible physical injuries, can significantly impair daily functioning. Moreover, the social effects of IPV can obstruct victims' ability to participate in work or education, perpetuating cycles of poverty and dependence. Addressing IPV demands a comprehensive approach, including prevention strategies, support services, and

interventions to address both immediate and long-term impacts on survivors (WHO, 2023).

In Nigeria, Intimate Partner Violence (IPV) remains a pressing issue requiring immediate and thorough investigation, particularly to understand its effects on the adult population. Despite growing awareness and advocacy, the impact of IPV on adults in Nigeria, especially in Ibadan Metropolis at large, densely populated urban area with diverse demographics and intricate socio-cultural factors has not been extensively studied. The high prevalence of IPV in Ibadan and its significant impact on adults' well-being are increasingly concerning (WHO 2023). The unique cultural, social, and economic conditions in Ibadan may influence how IPV is experienced and perceived, differing from other regions. Local traditions, societal norms, and economic factors might affect how IPV is reported, handled, and perceived within the community. This highlights the need for a targeted and detailed analysis of IPV in this specific context to identify distinct patterns and impacts, and to develop more effective, culturally appropriate interventions and support mechanisms for the Ibadan population.

The physical repercussions of intimate partner violence (IPV) in adults are significant and varied, often leading to both immediate and long-lasting health complications. These include visible injuries such as bruises, cuts, and fractures, as well as chronic pain that lingers long after the initial trauma. Individuals who experience IPV frequently report physical symptoms like headaches, digestive issues, and fatigue, which can greatly disrupt their everyday life and overall well-being (Brown et al., 2022). The psychological impact is just as severe, with increased levels of anxiety, depression, and low self-esteem. An individual may also suffer from post-traumatic stress disorder (PTSD), marked by intrusive memories, hypervigilance, and emotional numbness, further complicating their mental health (Brown et al., 2022). These psychological effects can hinder their ability to develop healthy relationships with their partners and intensify feelings of loneliness and helplessness.

Intimate partner violence (IPV) encompasses any action intended to exert power and control over a spouse, partner, boyfriend/girlfriend, or intimate family member. While the term is often associated with violence against women or girls, it also includes violence against male partners. IPV is a global public health issue, affecting

roughly one-third of women worldwide (Ekpenyong and Michael, 2017). This form of violence is a serious social and psychological issue with damaging effects on those who experience it, including significant alterations in the academic performance of young adults. IPV is increasingly recognized as a major risk factor for negative health, psychological, social, and academic outcomes among young adults (Chowdhary and Patel, 2018).

In the context of Ibadan Metropolis, a rapidly expanding urban area in Nigeria, the prevalence and impact of Intimate Partner Violence (IPV) on adults require urgent and thorough examination. Urbanization, which is often associated with increased social stressors and evolving family dynamics, has the potential to influence the frequency and nature of IPV in significant ways. As Ibadan continues to grow and modernize, it is crucial to explore how these changes may affect the incidence and consequences of IPV. The rapid urban expansion and socio-economic transformations in Ibadan can contribute to heightened stress levels and alterations in traditional family roles, which may, in turn, exacerbate instances of IPV. Research indicates that urban environments, with their complex social and economic landscapes, can both reflect and amplify the pressures that contribute to domestic violence (Diemer & Blanchard, 2022). This underscores the need for a focused study on how urbanization in Ibadan specifically impacts IPV, considering factors such as economic stress, shifts in gender norms, and the availability of support services.

Moreover, Ibadan's status as a major city undergoing socio-economic shifts adds another layer of complexity to the issue of IPV. The evolving socio-economic structures in this urban setting could influence the prevalence of IPV and its impact on adults in various ways. Economic disparities, increased migration, and changing social expectations can create environments where IPV is more likely to occur or go unreported (Miller, Kaur and Kumar 2021). The strain of economic hardships and the pressures of adapting to new urban realities may heighten interpersonal conflicts and contribute to an increase in IPV. Additionally, the city's growth strain existing support systems and resources, potentially affecting the effectiveness of interventions and the availability of assistance for survivors. Therefore, examining how these socio-economic changes in Ibadan are interlinked with IPV is essential for developing targeted, effective strategies to address and

mitigate the impact of IPV in this unique urban context (World Health Organization, 2023).

Adults who endure Intimate Partner Violence (IPV) often face a range of difficulties, including ongoing stress, anxiety, depression, and other mental health issues. The psychological impact of IPV can be severe, leading to enduring emotional and mental health problems that substantially affect one's quality of life. Victims might struggle with persistent feelings of fear, helplessness, and diminished self-worth, which can evolve into conditions such as post-traumatic stress disorder (PTSD), major depression, and generalized anxiety disorder (Devries, Mak, Garcia-Moreno, Petzfold, Child, Falder and Watts 2023). These mental health issues can extend beyond the individual, affecting their families and communities. For example, the emotional pain and psychological strain experienced by IPV survivors can put a strain on family relationships, disrupt family dynamics, and lead to social isolation. This, in turn, can affect broader social connections and potentially destabilize household economic stability (Bacchus et al., 2018). Societal stigma related to IPV often worsens these problems by discouraging victims from seeking necessary help. The shame and stigma associated with IPV can act as barriers to accessing support services, resulting in prolonged suffering and delayed recovery. Victims may be hesitant to reveal their experiences or seek help from healthcare providers, support organizations, or law enforcement due to fear of judgment or blame (Campbell, 2002). This hesitation not only exacerbates the immediate physical and psychological harm but also impedes the overall healing process. The combination of mental health issues, social stigma, and insufficient support creates a complex set of challenges that hinder both individual and communal recovery, underscoring the critical need for comprehensive support systems to address these diverse concerns (Ellsberg et al., 2015).

Statement of the Problem

Intimate Partner Violence (IPV) remains a widespread concern with serious consequences for adult well-being, taking on forms such as physical, emotional, psychological, and sexual abuse. Despite growing global recognition and efforts to address the issue, many continue to endure IPV silently, leading to significant negative outcomes like mental health issues, physical injuries, chronic health problems, and a

decreased quality of life. The complexity of IPV is exacerbated by factors such as cultural expectations, economic reliance, societal stigma, and insufficient support systems, which often prevent victims from seeking help or escaping abusive situations. The long-term effects of IPV often go beyond immediate physical or psychological harm, resulting in lasting trauma, social isolation, and disrupted life paths. The situation is especially dire in areas where legal protections and social services are inadequate or ineffective, leaving victims exposed and without sufficient support. Given the deep and varied impact of IPV on adult well-being, there is a critical need for more comprehensive research and intervention strategies that address the root causes of IPV, provide strong support for victims, and foster healthier, more balanced relationships.

Purpose of the Study

The main objective of this study is to examine the influence of intimate partner violence on the well-being of adults in Ibadan metropolis. The study specifically will be:

i. To determine the relationship between intimate partner violence on physical wellbeing
ii. To examine the relationship between intimate partner violence on psychological wellbeing
iii. To investigate the relationship that exist between intimate partner violence on social wellbeing

Research Hypothesis

H_{01} There is no significant relationship between intimate partner violence and physical wellbeing of adult

H_{01} There is no significant relationship between intimate partner violence on psychological wellbeing of adult

H_{01} There is no significant relationship that exist between intimate partner violence on social wellbeing of adult

Literature Review

Intimate Partner Violence (IPV) is a widespread and serious issue that significantly impacts adults globally. The effects of IPV go beyond immediate physical injury, affecting overall well-being in profound ways. Studies show a strong association between IPV and various negative

health outcomes, including chronic pain, digestive issues, and mental health disorders such as depression and anxiety (Kirkwood, 2018). The Global Burden of Disease Study (2020) highlights IPV as a major factor contributing to global health challenges, underscoring the need for thorough and effective intervention strategies to address both immediate and long-term effects on survivors (GBD, 2020). It is essential for public health strategies to include effective prevention measures and support systems for those affected by IPV.

The mental health repercussions of IPV are particularly severe and long-lasting. Survivors face a significantly increased risk of developing post-traumatic stress disorder (PTSD) and other mental health conditions, such as depression and anxiety (Johnson & Dawson, 2018). The psychological damage from IPV can result in enduring mental health issues, severely impacting quality of life. Victims may suffer from continuous emotional and psychological pain, leading to symptoms like intrusive thoughts, emotional detachment, and severe mood fluctuations. This underscores the need for specialized mental health support and therapy tailored to the needs of IPV survivors (Ellsberg, 2020).

The economic impact of IPV is also considerable and complex. Victims often face severe financial difficulties, including job loss, reduced work performance, and increased medical costs. According to Li (2021), the financial strain linked to IPV exacerbates stress and psychological suffering, often trapping survivors in a cycle of poverty and violence. This economic burden affects not just individuals but also families and communities, increasing dependence on social services and healthcare. This financial instability complicates recovery and reinforces obstacles to escaping abusive situations and accessing support (Campbell, 2021). The findings from a study conducted by Afolabi (2020) on the influence of religious and cultural dispositions on domestic violence among couples in Egbeda Local government area, Ibadan found that culture and religion prevent domestic violence, though sometimes give some men the effrontery to get involved in domestic violence because of the premium placed on being the head of the family. Afolabi (2020) also submitted that culture and religion assist people to adjust to stressful events such as domestic violence while helping them maintain their emotional wellbeing as well as keep their marriage.

Additionally, IPV negatively affects social relationships, leading to increased isolation and reduced social support. IPV survivors often face strained relationships with family and friends, which can worsen their emotional and psychological distress (Robinson, Hegarty, and Fareell 2019). The deterioration of social support networks is a critical issue, as these networks are vital for recovery and emotional health. The absence of a supportive social circle can further isolate victims, making it harder to seek assistance and access resources. Research by Anderson (2021) emphasizes the importance of rebuilding and strengthening social support systems to aid IPV survivors' recovery. Effective interventions must, therefore, address these social aspects of IPV, promoting supportive environments that facilitate healing and empowerment.

In Nigeria, cultural and societal norms significantly impact the prevalence and effects of Intimate Partner Violence (IPV). Deeply ingrained traditional gender roles and patriarchal values contribute to the normalization of IPV, creating obstacles for victims seeking assistance. According to Osei and Ntiamoah (2017), these norms perpetuate the acceptance of violence within domestic settings, making it challenging for victims to confront abusive behavior or seek support. Cultural attitudes not only shape perceptions of IPV but also affect reporting rates, as victims may experience stigma or fear repercussions from their communities (Akinloye, 2019). The societal pressure to adhere to traditional gender roles often discourages victims from speaking out, thus sustaining the cycle of violence and complicating efforts to effectively tackle IPV.

Although Nigeria has made strides in legal and policy measures to address IPV, enforcement issues persist. The Nigerian Violence Against Persons Prohibition (VAPP) Act marks a significant step forward in providing legal protections for IPV victims and others affected by violence. Nevertheless, Adegbite (2020) points out that there are substantial challenges in the implementation and enforcement of this legislation, including insufficient resources, inadequate law enforcement training, and limited public awareness. Yahaya (2021) highlights that the effectiveness of the VAPP Act hinges on strong enforcement and greater efforts to educate both the public and professionals about the law. Addressing these implementation gaps is crucial to ensuring that the legal framework effectively protects victims and holds perpetrators accountable.

Comparing IPV between low-income and high-income countries reveals significant differences in both prevalence and impact. García-Moreno, (2019) found that while IPV affects individuals globally, it often has more severe consequences in low-income countries due to limited resources, inadequate support services, and economic constraints. Survivors in these settings may face greater challenges in accessing help and recovering from violence due to the scarcity of support systems (Parker, Williams, Jones and Miller 2020). Conversely, high-income countries generally have more established infrastructure and resources for addressing IPV, though challenges still remain. This disparity underscores the need for tailored interventions and support systems to address the specific challenges faced by survivors in lower-income environments.

Healthcare providers are crucial in identifying and assisting IPV victims, yet this role is often underemphasized in healthcare settings. McFarlane (2021) emphasize the importance of healthcare settings as key points for IPV intervention, noting that medical professionals frequently encounter victims. Effective training is essential to help healthcare providers recognize IPV signs, offer appropriate support, and refer victims to specialized services. Gordon (2018) also highlights that incorporating IPV screening into routine healthcare practices can enhance outcomes by ensuring timely identification and intervention. Developing comprehensive training programs and integrating IPV-related protocols into standard care practices can significantly improve healthcare systems' ability to address IPV and support survivors in their recovery.

Intimate Partner Violence (IPV) significantly impacts physical health, often leading survivors to face a variety of chronic health issues. Campbell et al. (2022) demonstrate that IPV is associated with a higher risk of serious conditions like cardiovascular disease and respiratory issues. The physical effects of IPV extend beyond immediate injuries, potentially causing long-term health complications that require ongoing medical attention. For instance, the stress and trauma resulting from IPV can contribute to chronic conditions such as hypertension, heart disease, and chronic obstructive pulmonary disease (COPD) (Harris, 2019). These health problems often necessitate continuous medical care and can severely affect survivors' quality of life. The link between IPV and physical health highlights the need to combine medical

treatment with support services to address both physical and emotional needs.

Afolabi, 2020 investigated influence of culture and religion on domestic violence among couples in Ibadan.The study adopted the descriptive survey research design and a total of 200 respondents who were randomly selected participated in the study.The study established that there was significant influence of culture on domestic violence among couples in Egbeda, Ibadan, Nigeria (r=.368, N= 200, P =<.05). It was also found that there was significant influence of religion on domestic violence among the couples who participated in the study (r= .626, N = 200, P = <.05).

Psychosocial interventions are crucial for aiding IPV survivors in their recovery and rebuilding process. Taylor, (2020) reviewed various psychosocial interventions, such as counseling, therapy, and support groups, which have proven effective in addressing the mental health impacts of IPV, including depression, anxiety, and PTSD. Counseling and therapy offer survivors a safe space to process their experiences, develop coping mechanisms, and pursue emotional healing. Support groups provide valuable peer support and a sense of community, which can significantly aid in recovery (Cohen & Patel, 2019). By improving mental health and overall well-being, psychosocial interventions are essential for helping survivors recover and lead fulfilling lives.

Community-based initiatives are vital for tackling IPV and supporting survivors. Jones and Williams (2021) highlight the importance of community programs, such as support groups, advocacy services, and awareness campaigns, in offering essential resources and assistance. These programs not only provide practical support but also help reduce stigma and increase awareness about IPV. Engaging local communities and creating a supportive environment can improve access to services, encourage victims to seek help, and drive social change. Smith and Thompson (2020) stress that effective community-based programs can fill gaps in the support system, ensuring that survivors receive the necessary help and that IPV is addressed on a broader societal level.

The enduring consequences of IPV are extensive, affecting survivors' psychological and physical health long after the abuse has ended. Dutton (2018) found that survivors may continue to experience significant psychological distress, such as chronic anxiety, depression,

and PTSD, well beyond the abusive relationship. These long-term effects can also include physical health issues, as the stress and trauma from IPV may lead to ongoing health problems. Wright (2020) emphasizes the necessity for sustained support and intervention to manage these ongoing challenges. Effective long-term care requires a comprehensive approach that includes continued mental health support, medical care, and access to social services to help survivors navigate and overcome the lasting impacts of IPV. Recognizing and addressing the prolonged effects of IPV is essential for providing thorough and continuous care throughout the recovery process.

Intimate Partner Violence (IPV) has a significant impact not only on the individuals directly involved but also on their entire family network. The effects of IPV can permeate family dynamics, negatively influencing the well-being of children and other family members. Tolan et al. (2019) found that IPV disrupts family harmony, leading to various adverse outcomes for everyone affected. Children who witness IPV are especially at risk, often developing emotional and behavioral issues such as increased aggression, anxiety, and academic difficulties. The trauma and stress caused by IPV can weaken family cohesion, fostering an environment of instability and conflict that deteriorates the overall quality of family life (Miller, 2021). These disruptions highlight the need to address IPV not just on an individual level but with consideration for the collective well-being of the affected family unit.

Victims of IPV encounter multiple obstacles when trying to seek help, many of which are complex and intertwined. Primary challenges include fear of retaliation from the abuser, financial dependence, and limited access to necessary resources. Johnson et al. (2019) point out that victims often fear further violence or threats if they attempt to leave the abusive relationship, which can deter them from seeking assistance. Financial reliance on the abuser can also confine victims to abusive situations, as losing financial support poses a significant barrier to escaping. Moreover, the availability and accessibility of support services, such as shelters, counseling, and legal aid, are often insufficient, especially in underserved areas (Lee, 2020). Overcoming these barriers requires targeted strategies to improve access to resources, ensure safe options for seeking help, and provide financial and legal support to empower victims to make necessary changes in their lives.

Global frameworks and best practices offer valuable guidelines for tackling IPV and can be essential in developing effective interventions. The World Health Organization (WHO, 2021) has established comprehensive protocols for preventing and addressing IPV, advocating for a coordinated approach that integrates health systems, legal frameworks, and community support. These guidelines promote multi-sectoral strategies that address IPV from multiple perspectives, including healthcare, legal protection, and community involvement. Adapting these best practices to local contexts, such as in Ibadan, can significantly enhance intervention effectiveness. By aligning global strategies with local cultural, social, and economic conditions, communities can implement more relevant and impactful solutions to address IPV and support survivors (Reyes, 2021). This adaptation involves understanding local challenges, utilizing existing resources, and fostering collaboration among stake.

Methodology

Design

The researcher(s) employed descriptive research design of correlational type. This design facilitates the systematic description of events without manipulating variables, aiming to gather detailed data on the issues surrounding IPV's effects.

Population

The study specifically focuses on adults residing within the Ibadan metropolis, aiming to provide a comprehensive analysis of the prevalence and impact of Intimate Partner Violence (IPV) within this population.

Sample and Sampling Technique

A multi-stage sampling technique is employed, a Local Government Area is deliberately selected based on specific criteria or characteristics important to the research. Following this, 200 male and female adults within the chosen area are randomly picked to ensure the sample accurately represents the population. This method allows for a focused examination of a specific area while preserving randomness in

participant selection. This approach ensures each adults has an equal chance of participation, mitigating bias in the sample selection process.

Instrumentation

The primary instrument, "Intimate Partner Violence and Wellbeing Questionnaire (IPWQ)," comprises of sections on demographics, IPV experiences, and various dimensions of wellbeing (physical, psychological, social, and emotional), rated on a 5-point Likert scale. The instrument's validity is ensured through expert review and its reliability established via a pilot study using the split-half method, aiming for a reliability coefficient of at least r = 0.80.

Data Collection

The researcher provided a detailed explanation of the study's purpose to all participants, obtained their consent to be involved, and secured approval from the appropriate stakeholders before adults were permitted to complete the questionnaire. Participants were assured that their responses would remain confidential and that no harm would come to them as a result of their participation. The process of administering the questionnaire lasted for four weeks before it was finalized.

Data Analysis

Data analysis involve inferential statistics for the hypothesis focusing on Pearson Product Moment Correlation (PPMC) using SPSS software to test hypotheses and explore relationships among variables.

Result

H_{01}: There is no significant relationship between intimate partner violence and physical wellbeing of adult.

Table 1: Pearson's Product Moment Correlation Showing the Relationship between Intimate Partner Violence and Physical Wellbeing of Adults

Variables	Mean	Std.D	N	R	P value
Intimate Partner Violence	68.56	6.11	200	.479*	0.000*
Physical Wellbeing	32.65	5.52			

Table 1 of the study demonstrates a significant positive relationship between intimate partner violence (IPV) and physical well-being, evidenced by a correlation coefficient (r=.479, p-value <0.05). This indicates that higher experiences of IPV are associated with a detrimental impact on an individual physical health. This important finding highlights the substantial and harmful effects of IPV on adults, showing that the consequences extend beyond emotional or psychological distress to also encompass significant physical health issues.

H02: There is no significant relationship between intimate partner violence and psychological wellbeing of adult

Table 2: Pearson's Product Moment Correlation Showing the Relationship between Intimate Partner Violence and Psychological Wellbeing

Variables	Mean	Std.D	N	R	P value
Intimate Partner Violence	67.62	4.34	200	.631*	0.000 *
Psychological Wellbeing	20.26	2.66			

*** = significant at 0.05 level of significance**

Table 2 of the study shows a significant positive relationship between intimate partner violence (IPV) and the psychological well-being, with a correlation coefficient (r=.631, p-value < 0.05. This suggests that increased levels of IPV are strongly linked to poorer psychological well-being among adults. The strength of this correlation underscores the profound impact of IPV on the mental health of individuals, affecting

them beyond immediate emotional responses and leading to various psychological issues.

H0`3: There is no significant relationship between intimate partner violence and social wellbeing of adult

Table 3: Pearson's Product Moment Correlation Showing the Relationship between Intimate Partner Violence and Social Wellbeing

Variables	Mean	Std.D	N	R	P value
Social Wellbeing	68.56	4.13	200	0.562*	0.000*
Intimate Partner Violence	43.28	3.12			

*** = significant at 0.05 level of significance**

Table 3 of the study, there is a notable positive correlation between intimate partner violence (IPV) and the social well-being of adults, with a correlation coefficient (r= .562, p-value <0.05). This indicates that greater exposure to IPV is linked to a significant detrimental effect on individual social well-being. The robustness of this correlation emphasizes the crucial impact that IPV exerts on the social lives and relationships of individuals.

Discussion

The first hypothesis finding is consistent with the study conducted by Smith et al. (2023) discovered that those who experienced IPV were more likely to suffer from chronic pain and gastrointestinal problems than those who hadn't, suggesting that the stress and trauma from IPV have significant, lasting impacts on physical health. This underscores the need for comprehensive healthcare responses to IPV (Smith et al., 2023). Intimate Partner Violence (IPV) is a widespread problem that severely affects adults' physical health. Recent research shows that IPV can result in various immediate and long-term health issues. Victims often endure physical injuries such as bruises, fractures, and internal damage, necessitating extensive medical treatment and recovery. In addition to these immediate injuries, IPV is linked to chronic health conditions like gastrointestinal disorders, hypertension, and chronic pain.

García-Moreno et al. (2022) found a strong link between IPV and increased rates of STIs and pregnancy complications, indicating that IPV is a crucial factor in reproductive health disparities. The study highlights the importance of incorporating IPV screening and intervention in reproductive health services to address these disparities effectively (García-Moreno et al., 2022). IPV's impact on physical health also extends to reproductive issues, especially for women. IPV victims face higher risks of gynecological problems, sexually transmitted infections (STIs), and pregnancy complications. The physical trauma and stress from IPV can lead to adverse pregnancy outcomes, including low birth weight, preterm birth, and miscarriage.

Campbell et al. (2021) found that prolonged IPV exposure is associated with higher stress hormone levels, like cortisol, which can impair immune function and increase susceptibility to health problems. Additionally, the fear and anxiety linked to IPV can lead to unhealthy coping strategies, such as substance abuse, further harming physical health. This highlights the need for comprehensive support services that address both the immediate and long-term health effects of IPV (Campbell et al., 2021). These studies collectively emphasize the need for healthcare providers to identify IPV signs and provide holistic support addressing victims' immediate and long-term physical health needs. Tackling IPV not only alleviates physical suffering but also improves overall public health and well-being. Beyond direct physical effects, IPV significantly impacts victims' overall health by increasing stress and compromising immune function. Chronic stress from an abusive environment can weaken the immune system, making individuals more prone to infections and illnesses.

The second hypothesis finding aligns with the study research by Devries et al. (2023) revealed that IPV survivors had notably higher rates of depression and PTSD compared to those who had not experienced IPV. This psychological burden can be overwhelming, impacting all facets of a victim's life, including personal relationships and work performance, and can create a cycle of enduring mental health issues long after the violence has stopped. Intimate Partner Violence (IPV) has extensive and varied effects on the psychological health of adults. Those subjected to IPV frequently struggle with numerous mental health conditions, such as anxiety, depression, post-traumatic stress disorder

(PTSD), and low self-esteem. The ongoing threat and reality of violence induce significant emotional turmoil and trauma.

A study by Humphreys and Thiara (2022) found that children exposed to IPV are more likely to show signs of anxiety, depression, and behavioral disorders. The intergenerational transfer of trauma underscores the far-reaching psychological impact of IPV, highlighting the necessity for holistic family interventions to address the mental health needs of all affected members. The psychological impact of IPV extends beyond the immediate victims to include children and other family members who witness the violence. The presence of IPV in the home generates an atmosphere of fear and instability, intensifying mental health issues for everyone involved. Children who witness IPV are at an elevated risk of developing emotional and behavioral problems that can persist into their adult years.

Anderson and Saunders (2021) stress the importance of providing supportive and non-judgmental environments for IPV survivors to help alleviate psychological harm and encourage help-seeking behaviors. Their research found that survivors who had access to compassionate and understanding support systems were more likely to recover from IPV's psychological effects and rebuild their lives. This suggests that addressing the psychological needs of IPV survivors requires not only clinical interventions but also community and social support systems that foster recovery and resilience (Anderson & Saunders, 2021). Moreover, the psychological effects of IPV can inhibit victims from seeking help. Feelings of shame, guilt, and diminished self-worth often prevent victims from reaching out for assistance, thereby continuing the cycle of abuse and psychological damage. These findings underline the critical need for comprehensive mental health services specifically tailored to IPV survivors' needs. Such services should include trauma-informed care, counseling, and support groups to help victims process their experiences and restore their mental health.

The third hypothesis align with the study of Evans et al. (2023), IPV victims often experience severe social isolation, which in turn diminishes their overall well-being. The study points out that social isolation not only obstructs victims' access to external support but also affects their mental health, leading to heightened feelings of depression and anxiety (Evans et al., 2023). Intimate Partner Violence (IPV) has extensive and profound impacts on the social well-being of adults. One

of the immediate social ramifications is the isolation that often accompanies IPV. Abusers frequently use control tactics to restrict their partners' interactions with family, friends, and wider social circles. This isolation can prevent victims from seeking help and support, increasing their dependence on the abuser and intensifying feelings of loneliness and helplessness.

Additionally, IPV can disrupt victims' involvement in the workforce and educational opportunities, further affecting their social well-being. The physical and emotional toll of IPV can lead to absenteeism, reduced productivity, and difficulties concentrating, all of which can threaten job security and career progression. Moreover, abusers may intentionally undermine their partners' efforts to maintain employment or pursue education as a means of control. For instance, a study by Campbell et al. (2022) found that IPV survivors often encounter significant barriers in the workplace, including stigma and a lack of support from employers and colleagues. The study advocates for workplace policies that acknowledge and address the unique challenges faced by IPV survivors to support their economic independence and social reintegration (Campbell et al., 2022).

The social impact of IPV extends beyond the individual, affecting broader community dynamics. Communities with high rates of IPV often experience weakened social cohesion and trust, as the presence of violence erodes the fabric of social relationships. This can lead to a cycle of violence, where the normalization of IPV perpetuates its prevalence. Abramsky et al. (2021) found that community-level interventions, such as awareness campaigns and support groups, play a critical role in altering social norms and reducing the incidence of IPV. The researchers stress that addressing IPV requires a collective effort that involves not only supporting survivors but also engaging community members in prevention and education initiatives. This holistic approach helps to rebuild social ties and create environments where individuals feel safe and supported (Abramsky et al., 2021). These findings emphasize the importance of addressing the social dimensions of IPV through comprehensive support systems that promote social reintegration and community resilience. Efforts to combat IPV should include initiatives that foster social connections, support economic independence, and engage communities in prevention strategies.

Conclusion

Intimate Partner Violence (IPV) significantly impacts the overall well-being of adults, affecting them physically, psychologically, and socially. Those subjected to IPV face immediate and long-term physical health problems, severe psychological trauma, and substantial social isolation. These effects highlight the need for comprehensive, multi-dimensional interventions that cater to the varied needs of IPV survivors. Robust support systems and community-focused initiatives are essential to reduce the negative impacts of IPV and create environments that support recovery and resilience. Tackling IPV helps alleviate individual suffering and strengthens societal bonds by encouraging healthier, more supportive relationships.

Recommendation

To address the identified issues, the study suggests the following actions for the government and stakeholders:

- Incorporate IPV screening and intervention into regular healthcare services.
- Train healthcare professionals to identify and respond effectively to IPV.
- Ensure access to thorough medical care for both immediate injuries and long-term health impacts of IPV.
- Provide trauma-informed care and counseling tailored for IPV survivors.
- Set up community-based support groups and mental health resources.
- Raise awareness and decrease the stigma associated with seeking mental health support.
- Develop community programs that build social connections and reduce isolation.
- Encourage family and friends to offer non-judgmental support to IPV survivors.
- Implement workplace policies that support IPV survivors and promote their economic independence.
- Run awareness campaigns to educate the public on the signs and effects of IPV.
- Engage community leaders in initiatives to alter social norms regarding IPV.

- ❖ Promote healthy relationship skills through programs in schools and communities.
- ❖ Advocate for stronger legal protections and support services for IPV survivors.
- ❖ Ensure law enforcement and judicial systems handle IPV cases with sensitivity and fairness.
- ❖ Provide resources for safe housing and financial assistance for those escaping IPV situations.

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