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## Types and Consequences of Domestic Violence on Male Victims

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### ABSTRACT:

One of the main causes of family problems is domestic violence. However, most studies of domestic violence focus on women and children, even though men also face physical, sexual, and psychological types of domestic abuse in their families. Although studies show that many husbands are victims of domestic violence perpetrated by women, the extent and impact of the abuse are poorly understood due to a lack of research on the issue. Rather than focusing on domestic violence against women, which has been more researched, this study primarily examines the forms and consequences of “domestic violence against men”. Minor injuries, physical health, mental health issues such as dissociative disorders or anxiety, and increased use of illicit drugs and/or alcohol are among the reported consequences of Domestic abuse (Karystianis, Simpson and Adily). Now is the time for laws to acknowledge this issue that affects society as a whole. It is possible to recognize domestic abuse against men by making effective legislative reforms, proper health support systems, increasing awareness and removing prejudices and preconceived beliefs.

**Keywords:** Domestic Violence, Men Victims, Gender Neutral Laws, Women as Perpetrators, Physical Health

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## 1. Introduction

A major societal issue in modern nations is the prevalence of domestic violence against males. No country, culture, religion, or socioeconomic status is immune to the global epidemic of domestic abuse. Domestic violence occurs when one family member or intimate partner abuses the other. Intimate relationship violence is another name for this. An attack by the spouse or any family member is called domestic violence. Domestic violence can be identified by warning indicators such as men being criticized by their wives, blamed for violent outbursts, forced to have sex against their will, and victims being abused by their husbands (Rakovec-Felser).

As stated by (Law and Martin), the purposeful use of physical force against a person without his or her consent is considered domestic violence. However, according to (Kelly), domestic abuse and domestic violence are not the same thing. While abuse includes a variety of behaviours including emotional, sexual, psychological and financial abuse, threats, hostility, unwanted and non-consensual sexual attention and humiliation, domestic violence involves aggression and physical intimidation (Kelly). Domestic violence takes many forms, including but not limited to assault, kicking, slapping, striking, hurling things, and even death by stabbing or shooting, and it is a major societal issue in both rich and poor countries (Straus and Gelles). There are many different forms of violence, including physical, psychological, verbal, sexual, and financial (Kaur and Garg).

There is a lack of acknowledgement and legal protections for male survivors of violence since the idea goes against societal views of the male gender role (Moore). When women commit violent crimes against men, there is often no legal structure that allows them to be punished. Victims of domestic abuse, especially men, may be hesitant to seek assistance or even report the incident. When males are the victims of intimate partner abuse, society tends to ignore the crime more than when women are the victims (Rakovec-Felser). Men who have been abused believe that their reports to authorities will not be taken seriously due to the stigma associated with domestic abuse, which typically affects women. Abusers who are women may bite, shove, kick, punch, or beat males. Women are just as capable as males of using knives, firearms, or any other tool with a striking surface. It is unacceptable that males should be subjected to violence because of these issues, even if the majority of men will be sensitive to them.

Society should provide the same protections to male victims and their families as it does to female victims when they seek aid (Moore). The law needs to hold violent women accountable for their deeds. There is no correlation between the size or strength of the victim and the abuser; abused males might be of any gender. It is common for abused males to remain silent and helpless in the face of their abusers' physical aggression, regardless of their size or strength. While many attacks are more violent and even result in murder, the majority of assaults are of a less serious kind, such as pushing, shoving, slapping, or punching (Swan, Gambone and Caldwell). According to (Rohrbaugh), physical abuse is defined as "using physical force to control an intimate partner by biting, punching, strangling, throwing objects at the partner, or striking with a weapon." Male victims of abuse often face emotional, physical and psychological abuse. For the same reasons that women do, men often stay in violent relationships: they feel responsible for the abuse, there are children involved in the relationship, or they are dependent on the abuser in some way.

### **Types of Domestic Violence**

The Duluth Model identifies the perpetuation of the cycle of violence through techniques such as isolation, emotional abuse, physical abuse, and economic exploitation (Gondolf). According to (Straus and Gelles), research on physical and sexual abuse within intimate partner relationships initiated the field of study on domestic violence in the late 1970s and early 1980s.

Furthermore, the results corroborate an empirical survey conducted in Haryana, India, in 2019 by (Malik and Nadda), which showed that men are also victims of physical and emotional abuse.

- Physical abuse was defined by (Polsky and Markowitz) as "the intentional use of physical force with the potential to cause disability, harm, death, or injury." (Kaur and Garg) state, "Physical abuse includes contact that is intended to cause terror, injury, pain, or other physical harm or physical distress." Physical abuse includes various forms of contact that cause physical harm to the victim, such as slapping, hitting, strangulating, punching, and pushing.
- (Richford) defines sexual abuse as any circumstance in which coercion or threats are used to coerce someone into engaging in unwelcome sexual behaviour. This may be the most common form of domestic abuse that is also the least talked about. It consists of making sexual jokes that make the victim feel itchy; touching them inappropriately; criticising their sexuality; depriving them of sex as a form of punishment; using sexual jealousy as a tool for control; attempting to commit sex rape; arrogant liaisons; and sexual abuse that is followed by beatings. forcing the victim to engage in or see sexual activity with the other person, attacking the victim in front of children, and subjecting the victim to sexual abuse (Thomas and Kopel). It is widely recognised that compelling someone to participate in sexual activity against their will, even when the victim is a spouse or intimate partner with whom they have had consensual sex, is primarily an act of aggressive behaviour and sexual sadism that necessitates judicial action (Thomas and Kopel).
- Economic abuse has been described as preventing the victim from becoming self-reliant. According to the National Coalition Against Domestic Violence, nearly half of victims of domestic violence lose their jobs as a result of economic abuse. Economic abuse may take the form of physical or sexual abuse as punishment, harassment of the victim at work, or theft of unaccounted money from the victim.
- "Any use of words, voice, or lack of action to control, hurt, or humiliate another person" is another definition of emotional or psychological abuse. Emotional abuse is defined by (Polsky and Markowitz) as "actions, or coercive tactics, that cause (emotional) trauma to a victim". A victim of emotional abuse may feel worthless. Verbal abuse is the most common type of emotional abuse that occurs. According to the University of Michigan Health System, abusers may say things that belittle, humiliate, or make their victims question who they are. In addition to causing psychological harm to the victim, physical violence may also include harming other important objects of the victim, such as children or pets.

### **Consequences of Domestic Violence on Male Victims**

Nowadays women are misusing the laws made by the legislature for the protection of women. and men are facing domestic violence in all its forms, it is important to understand what consequences of these crimes on the behaviour and health of male victims. Domestic violence has been linked to a number of negative outcomes, most of which include physical injuries, poor physical health, mental health problems such as anxiety or dissociative disorders, and increased use of alcohol and/or illicit drugs (Kolbe and Buttner). According to research by (Carmen, Rieker and Mills), male victims usually show their hostility towards others. Symptoms of mental health disorders are a factor associated with male intimate partner violence. For example, studies have revealed an association between IPV perpetration and borderline personality disorder (BPD) and antisocial personality disorder (ASPD) (Dutton, Starzomski and Ryan). Those who involve recidivists in batterer intervention programs (BIP) often anticipate these types of situations (Eckhardt, Murphy and Black). Elevated levels of aggression are believed to be caused by anger and hyperarousal symptoms associated with post-traumatic stress disorder (PTSD). Male victims of dating violence are more likely to experience poor mental health outcomes than the general population (Machado, Hines and

Douglas). Domestic abuse can also have an influence on a victim's physical and emotional health. The Centres for Disease Control state that bruises, internal bleeding, and shattered bones are common injuries suffered by victims of physical abuse. Domestic Violence can cause serious injuries, in some cases fatalities, and other physical effects, but its psychological effects are even more profound (Hines and Morrison). Experiencing severe depressive symptoms and psychological discomfort, many men who have been victims of psychological abuse by their female spouses lead a life filled with unhappiness and worry. The psychological effects of domestic violence on males, including feelings of guilt, wrath, fear, and emotional anguish, are detailed by (Follingstad, Brennan and Hause). In many studies, men have reported feeling angry, embarrassed, unwanted, emotionally trapped, and helpless when experiencing domestic violence. Inadequate attention can result in long-term alcohol addiction, increased homosexuality, stress, irritability, suicidal thoughts and similar behaviours. (Barnett, Hyde and Shibley) highlights other enduring impacts on males who have endured maltreatment. Things like guilt, rage, anxiety, shyness, nightmares, irritability, disruptiveness, and difficulties in social situations fall under this category. Poverty and homelessness may also result from a victim's very limited resources. Since the life of a man who has been abused is often shattered, he is vulnerable to a myriad of undesirable outcomes that can lead him down a harmful road in the future. According to (Karakurt and Silver), an emotional victim may experience depression and have trouble trusting others in relationships. According to The Ripple Effect (Barsade), domestic abuse can also have negative effects on mental health, including increased anxiety and panic attacks. Chronic pain, alcohol addiction, and suicide attempts are among the health concerns associated with domestic violence.

## 2. Conclusion

Men now talk about the pain, abuse and harassment they face from wives and girlfriends. It's time to acknowledge their circumstances as a social and public health concern and make relevant action plans. It is important to recognise that while men are frequently the ones who cause the patriarchal disaster, some men are also the victims of the violence. For the good of society as a whole, the chains of patriarchy must be broken. We must move beyond the rigid concept of masculinity and attend to the mental health needs of males as well. The psychological consequences are more severe for male victims of domestic violence. To control the impact and consequences on male victims, it is necessary to make people aware that domestic violence affects both men and women equally and is a gender issue. According to studies, all traumatized men need this vital support system to grow and heal – someone they can confide in and discuss their issues with. Therefore, it is necessary to determine whether male victims of domestic abuse should report to the police when physical abuse occurs and whether it is a crime that can be punished. A helpline for male victims of abuse, education, awareness campaigns and legal protection are some examples of appropriate interventions that can protect or assist male victims of violence. Help is required for them in times of distress and family violence: In particular, violence committed by a partner becomes a crisis. When proper interventions are implemented, such as the acknowledgement of violence against men by women as a public health concern, the establishment of a hotline for male victims of abuse, and the implementation of education, awareness, and legal safeguards (Dobash and Dobash), it is possible to rescue and assist male victims of violence. More reliable research is needed to fully understand the types and effects of domestic violence against male victims. Such research should consider the motivations behind domestic violence as well as its initiation and consequences.

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