The silence of male victims in relation to domestic violence in heterosexual relationships in Makhado Municipality, Limpopo Province, South Africa: An Exploratory study

by

Modau A.B.

9301375

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Supervisor: Dr. M. Makatu

Co-Supervisor: Dr. J.F. Takalani

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ABSTRACT

Introduction: Domestic violence is one of the most serious and widespread problems in society today. There is a widespread belief that women are the only victims and survivors of domestic violence and that man are the sole perpetrators. For that reason, male victims of domestic violence remain silent and invisible.

Aim of the study: The aim of the study was to explore and describe the silence of male victims in relation to domestic violence in heterosexual relationships in Makhado Municipality in Limpopo Province, South Africa.

Methodology: The study was qualitative in nature and an exploratory design was adopted. A purposive sample of males between 28 and 55 years old in heterosexual relationships was selected from records of domestic violence in particular the domestic violence register 508b which records female or male complainants of domestic related issues from different police stations within the Makhado cluster. Data were collected by the researcher through semi-structured interviews. This method was used in collaboration with supportive literature to assist the researcher to gain a deep understanding of the issue under study. Data collected were analysed and transcribed using the thematic content analysis method.

Results: It was found that the current law discriminates against male victims and favours women. For example, the awareness campaign of 16 Days of Activism speaks only for women and children and is quiet about the male victims. Male victims are silent about the abuse against them because of shame and embarrassment. Some feel that the police will not believe them.

Conclusion: The conclusion drawn is that the experiences of male victims of domestic violence are insufficiently acknowledged by society and the authorities. There is need to encourage men either as victims or abusers to contact service providers, in order to get help.

***Keywords*:** Abuse, Domestic violence, Heterosexual relationship, Male victim, Silence

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DECLARATION

I, Azwindini Brigate Modau (9301375), hereby declare that the dissertation for the Master of Arts (Psychology) degree at the University of Venda, hereby submitted by me, has not been submitted previously for a degree at this or any other university, that it is my own work in design and in execution, and that all reference material contained therein has been duly acknowledged.

Signature : _____

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ACRONYMS

CIO – Crime Information Officer

DVA - Domestic Violence Act

NCADV- National Coalition against Domestic Violence

OVW - Office on Violence against Women

SAPS - South African Police Service

UK - United Kingdom

U.S - United States

WHO - World Health Organization

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1.1 Introduction and Background of the Study

Domestic violence has emerged as one of the world's most pressing problems in society. Domestic violence has been used interchangeably with Intimate Partner Violence. It exists along a continuum from a single occurrence of violence to continued battering. The World Health Organization (WHO) defined it as any type of behaviour within an intimate relationship that causes harm to one or both parties; it refers to a broad pattern or violent tactics used by one partner to establish and maintain power and control over the other (Rolle, Abba, Fazzino, Marino and Brustia, 2013). Domestic violence does not count anyone out; it holds no boundaries in relation to class, race, gender, sexual orientation, ethnic background or religion. It takes place in a wide variety of domestic relationships and takes on many different forms that may cause harm to the safety, health and wellbeing of the person affected (Murray, 2004; Wilson, 2005).

According to Tsae (2011), South Africa is rated the worst country with the highest levels of domestic violence against women and children. As a result, many studies are being done about domestic violence against women and children. There is little research done in South Africa about domestic violence against men. In addition, society and the government recognise domestic violence as a crime that is committed against women by men and their focus is towards female victims while male victims remain silent and invisible. Lambert (2013) indicates that, in general, there is a relative dearth of qualitative research into abuse perpetrated by women upon their intimate partners, especially when unilaterally generated, and this study will thus focus mainly on male victims.

Literature on male victims of domestic violence reveals that society chooses to believe that a man cannot be a victim of domestic violence. This view is supported by Barkhuizen and Pretorius (2005) who argue that, if one were to ask any person in the street to explain domestic violence the person would say it is when men beat women and girls, but would mention men most unlikely as being beaten and abused by

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partners. Lehane (2005) emphasises that society is heavily influenced by the belief that women are the only victims and men are the perpetrators of domestic violence. This belief is based on the feminist perspective that has shaped different attitudes on and responses to domestic violence as a social problem, in areas ranging from government policy to feminist grassroots campaigns (Atmore, 2001). This belief is consistently reinforced by the public awareness campaigns such as the International 16 Days of Activism campaign for "No violence against women and children" held annually from 25 November to 10 December. During this period, the campaign focuses primarily on women and children who fall victim to gender-based violence, denying the fact that domestic violence is a reality for male victims as well. In addition, Geldenhuys (2012) points out that men's experiences of abuse are insufficiently acknowledged and that there is little support available for them.

Generally, in the current societal context it is believed that men always create problems in relationships and that women are the typical victims or survivors of domestic violence (Atmore, 2001) which is a false picture; the truth is that more than 40% of victims of domestic violence are men (Campbell, 2010). In the United States of America (US) and Australia, this focus on women as victims of domestic violence has been criticised. Dissenting voices have come from different sources, each arguing that men, too can be victims of domestic violence. This is, in fact, insufficiently acknowledged in areas like government policy and general public awareness (Atmore, 2001).

Geldenhuys (2012) argues that it rarely or never at all occurs to us to think that the victim of abuse can also be a man, although in reality, about two in five of all victims of domestic violence cases are men, contradicting the widespread assumption that it is always women who are victims of domestic violence. The question was raised "what about the men who are increasingly becoming silent victims of domestic abuse and violence at the hands of their female partners? Younger (2011) points out that violence is used as a means of obtaining and maintaining control in relationships within the family. For that reason, the abuser wants to be in power in the family and uses violence as a means of attaining that power.

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Traditionally, domestic violence was kept hidden, as it was considered a private and even a normal phenomenon. As a result, very little, is known about the actual number of men who are in domestic relationships in which they are abused or treated violently by women (Campbell, 2010). Lehane (2010) notes that the phenomenon of a brutally assaulted husband was first researched in 1978, and that it stunned, amazed and brought about bouts of laughter at the very thought of abused men. Faced with this attitude, male victims had no choice but to feel ashamed and even guilty. Madzimbalale (2007) indicates that male victims of violence often do not talk about their experiences due to different reasons.

The Domestic Violence Act No 116 of 1998 (DVA) was passed by the Parliament of South Africa, to address the issue of violence in the home, after parliament recognised that domestic violence is a serious social evil. The Act provides for the issuing of protection orders prohibiting the respondent from committing any act of domestic violence and may also prohibit the person from entering the residence of the complainant (DVA, 1998). According to Kempen (2012), it is the purpose of this Act to afford the victims of domestic violence maximum protection from domestic abuse that the law can provide and to introduce measures which seek to ensure that the relevant organs of state give full effect to the provisions of this Act, and thereby conveying that the State is committed to the elimination of domestic violence. The DVA is applicable to a range of family and domestic relationships and covers both heterosexual and same sex relationships.

Geldenhuys (2012) pointed out that the Minister of Police, Mr Nathi Mthethwa, highlighted the need to deal with attitudes in the Police Service as a key priority in dealing with domestic violence. The South African Police Service (SAPS) has been reluctant to differentiate between general crimes of assault and domestic violence in their collection of statistics. Central to this is the need to educate police officers to take cases of abuse against men just as seriously as they take cases of abuse against women and to ensure prosecution of women who abuse men, just as they ensure prosecution of men who abuse women. Madzimbalale (2007) also concurs arguing that, globally, failure to bring perpetrators to justice is a major hurdle in tackling violent crimes.

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The researcher found that there is little information on the issue of male victims of domestic violence compared to female issues. In addition, there is still hardly any help and support for male victims as there are still very few refuges which offer men the support that female victims receive, as well as help them fight the stigma of cowardliness attached to being a male victim (Eckstein, 2009). Geldenhuys (2012) indicates that there are many reasons why men do not report abuse against them and choose to suffer in silence.

Culturally, it is difficult for men to bring these incidents to the attention of the authorities, as they are reluctant to say that they are being abused by women because it is seen as unmanly and weak. It was emphasised by Tsae (2011) that men should report the abuse that they experience from their wives. An abused man, AmaZulu head coach, Craig Rosslee, encouraged other South African men not to take the law into their own hands, but to report domestic violence to the authorities. He hauled his wife before a domestic violence court and obtained a protection order to stop her from harassing him. He agreed to be identified because he wanted to share his experience with other men who might be going through the same thing (Malatji, 2013).

Jaffe, Lemon, and Poisson (2003) maintain that statistics show that 7% of men and 8% of women have experienced violence at the hands of their partners giving rise to the conclusion that women are equally as violent as men. According to Campbell (2010), about two in five of all victims of domestic violence are men, and the plight of these male victims is largely overlooked by the media, official reports and government policy. It was emphasised by Geldenhuys (2012) that more research is needed to establish why men underreport. Most of the cases are not being reported by males due to issues such as unwillingness to disclose their suffering. It is in this context that the researcher explored the silence of male victims in relation to domestic violence in heterosexual relationships in the Makhado Municipality, Limpopo Province.

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1.2 Problem statement

There are many men in jails today who have been wrongfully arrested because the law favours women over men. In my opinion, some of these men are in jails today because they were retaliating to the abuse they had been enduring for a long time. The researcher works in Makhado SAPS as Crime Information Officer (CIO) and, on a daily basis observes that most of men are being arrested for committing domestic related crimes like assaults, murder, attempted murder, malicious damage to property or contravening the protection orders that were issued against them.

The main problem which underpins the current study is that, domestic violence against men remains a taboo subject. What seems to emerge repeatedly from the few studies conducted in South Africa is that men are also victims of domestic violence and that society is aware of the issue. The rate of domestic violence against men is still low compared to that against women, because male victims are reluctant to speak about their experiences. Even though some men are coming forward, there are still millions who will keep it a secret. Male victims are not reporting most of the cases to authorities due to many reasons such as fear of being stigmatised, and fear of being labelled as weak and as not man enough. Moreover, the law is more likely to rule in favour of a woman than a man. As a result, men are afraid that no one will ever believe them or take them seriously. Nevertheless, it is not clear why South African men are silent about domestic violence. The silence on this issue is astounding. The danger of this silence is that these men might be hurting psychologically and some end up committing suicide or killing their spouses and children.

1.3 Significance of the study

Whilst literature shows evidence of domestic violence against males in countries such as the USA and the UK, there is a dearth of such literature in South Africa. As a result, a study of this nature will encourage men to break the silence about the abuse they are experiencing. The findings of the study will also help male victims to be treated with respect and to be given full support by service providers, such as the Police and the

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Justice systems. In addition, it will also contribute to the provision of appropriate services for men, and to the formulation of programmes, such as awareness campaigns that will address the dangers of silent, as well as how to prevent domestic violence within communities.

The study will improve men's understanding of domestic violence and provide them with support and resources, which, currently, are almost non-existent. It is also hoped that a study of this nature will bring forth the South African perspective on domestic violence against men and their reasons of being silent. When such reasons are known, it will be easier for professionals to provide services that can be of help to these victims.

1.4 Aim and objectives of the study

1.4.1 Aim of the study

The aim of the study was to explore and describe the silence of male victims on domestic violence in heterosexual relationships in Makhado Municipality.

1.4.2 Research objectives

The objectives of this study were to:

- Identify the forms of abuse experienced by male victims in heterosexual relationships;
- Identify the reasons for not communicating domestic violence to the relevant authorities; and
- Explore the effects of domestic violence on male victims.

1.5 Research questions

Based on the above research objectives, the following research questions were addressed:

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- What forms of domestic violence are male victims exposed to in heterosexual relationships?
- Why do male victims of domestic violence not report domestic violence to the authorities?
- What are the effects of domestic violence on male victims?

1.6 Definition of terms

Certain concepts were studied critically, and concrete definitions were compiled for each. These definitions are unique to this study as they have been created to suit the needs of this study. This was done to contextualise them and to eliminate any ambiguity in the text.

***Domestic violence*:** The WHO defines domestic violence as a pattern of abusive behaviour in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. For the purpose of this study, domestic violence refers to any abusive act deemed to have the intention of generating fear, causing physical injury, intimidation, denigration, disorientation or emotional pain to the male partner.

***Abuse*:** The term abuse, according to the Domestic Violence Act 116 of 1998, is defined as a pattern of behaviour that can be physical, emotional or psychological or verbal, or sexual that is intended to control or demean a person.

***Male victim*:** A male victim of domestic violence is a man who is in a heterosexual relationship who reports being a victim of abuse (Dutton & White, 2013). For the purpose of this study, a male victim is defined as a man who is subjected to any form of domestic violence by his female partner, whether it is direct or indirect, on a continual basis over a period of time.

***Heterosexual relationship*:** According to the Domestic Violence Act of 1998, heterosexuals prefer other-sex partners, meaning that it is a sexual relationship

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between two people of the opposite sex or gender. This study focuses on the sexual relationships between male and female partners only.

Silence: Is defined as "a situation or state in which someone does not talk about or answers questions about something." In this study, silence is when a male victim chooses to keep quiet about what he is experiencing at home and is not willing to report the abuser or lay a criminal charge against the female partner, so that the perpetrator can be brought to justice (Dutton & White, 2013).

1.7 Delimitation of the study

The population of the research study comprised males who are married, dating, or divorced couples in heterosexual relationships. The study confined itself to interviewing individual men in heterosexual relationships, men who are experiencing or have experienced abuse at the hands of their partners. Men were selected using the information recorded in the domestic violence registers of the SAP 508(b) from seven police stations within the Makhado cluster. The researcher opted to interview males between the ages of 28 and 55 years old. The males interviewed were those whose female partners came personally to the police station, requesting the police to assist them to solve the conflict between themselves and their husbands at home or those who asked the police to fetch their children and their clothes after they had fled their homes. This age group was chosen because currently, crime reports within the Makhado police cluster stations indicate that males between the ages of 28 and 55 are the most vulnerable to domestic violence.

1.8 Theoretical framework of the study

Anfara and Mertz (2006) argue that the term theoretical framework does not have a clear and consistent definition. They define the term as any empirical or quasi-empirical theory of social and/or psychological processes, at a variety of levels that can be applied to the understanding of phenomena. To understand the depth of domestic violence in our society, we need to understand what theories are saying about gender

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and violence. The following theoretical perspectives, namely the hegemonic masculinity, gender theory and the resource theory, were utilised for the purpose of this study.

1.8.1 Hegemonic Masculinity

For one to understand domestic violence against men, one has to understand the theory of masculinities. Kimmel (2001) argues that hegemonic masculinity is viewed as the most common blueprint for gender in western culture as it dictates how "real men" should behave and the goals they should aspire to attain through the masculinity practice. Men are groomed from when they are children to fight back when they are bullied, and when they face opposition. Hegemonic masculinity, according to UK Essays (2013), is an imagined construct rather than a practical one, with only few men possessing all its traits. According to Connell (2005), the concept of hegemonic masculinity largely rests logically on dichotomization of sex, which is biological versus gender, which is cultural, thus marginalizing the body.

Connell (2005) argues that not all men have equal power. Masculinity may comprise of stoicism, independence, and expected dominance over others. Therefore, hegemonic masculinity has more negative cultural meaning for men than it has for women. This means, that male gender-boundary-crossers are much more culturally stigmatised than female-boundary – crossers. Hegemonic masculinity defined in this way may serve as a barrier for men seeking to disclose their abuse. Certainly, a man's perceived lack of power in an abusive situation would influence his decision whether or not to disclose the abuse (Eckstein, 2009).

According to the hegemonic masculinity theory, being a male victim of domestic violence means that you are failing to be a real man is a sign that you are a weak man and because of that will be considered as inferior or unworthy in society (Connell, 2005). According to UK Essay (2013), studies have revealed that boys are harassed and teased when they try to participate in girls related activities. Thus the dominance of hegemonic masculinity is maintained by denying boys access to girls activities. Furthermore, the dominance of masculinity is reinforced when boys are ridiculed because they do not comply with society's expectations of hegemonic masculinity. In

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order to cope with the pressure from society, most men have learned how to behave in a way that would maintain hegemonic masculinity, while at the same time suppressing feelings and behaviours that might make them look feminine.

1.8.2 Gender theory

According to Connell (2005), resistance to confronting and reporting violence can be linked to a number of barriers. However, the underlying causes of violence in the family can be traced to gender and power relationships in the family. The causes of violence are deeply rooted in community attitudes about gender, and about what is and what is not legitimate and appropriate between intimate partners and within families. When we start to look at the relationship between perpetrator and victim, we can see clearly that the gender dynamics are even more important to consider.

The use of violence as one tactic in an attempt to exercise general control over one's partner and requires more than the willingness to do violence. It requires a credible threat of a damaging violent response to non-compliance. Such a threat is, of course, more credible coming from a man than a woman simply because of the size difference in most heterosexual couples. Put simply, the exercise of violence is more likely to be a part of boys' and men's experiences than girls' and women's in real life conflicts.

Gender influences the use of violence to control one's partner in heterosexual relationships simply because of average sex differences in size and strength Therefore; one of the reasons why men remain silent about the abuse is that, traditional gender roles confuse the matter. For example, there the belief that a "real man" is expected to control his wife. Men are socialised not to show their weaknesses and to be the stronger sex, especially in a heterosexual relationship.

Geldenhuys (2012) indicates that, for many men, it is embarrassing to admit being a male victim of domestic violence as they may feel that they are somehow less of a man for "allowing" themselves to be abused. In Western society, today cultural justifications may still influence the disclosure practices of men abused by women. For example, when a woman slaps her husband in the heat of an argument, it is unlikely to be

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interpreted by him as a serious attempt to do him physical harm. In fact, it is likely to be seen as an appealing form of feminine communication. Some men who are the victims of domestic violence often view abusive behaviour as expected and may be generally more reluctant to acknowledge abuse from their partners than are female victims. Violence perpetrated by women against men is taken less seriously (Eckstein, 2009).

1.8.3 Resource theory

Resource theory suggests that there is a relationship between wealth and violence. It argues that one is more likely to use violence when one has more resources than the other partner (Flores, 2000). Women in positions of relatively higher income status than their partners are more likely to perpetrate violence against their partners. It was further indicated that by Fife and Schranger (2012) that while resources play a major role and lead to violence between men and women, there are also men and women who have more resources than their partners and yet are still being abused by their partners. People in general, who have more resources are likely to behave violently and in an intimidating manner towards those with fewer or no resources (Tsae, 2011).

1.9 Conclusion

This chapter outlined the background of the study, the problem, the aim and objectives of the study, research questions, definition of concepts, and delimitation of the study. The next chapter reviews relevant and available literature. It focuses on the following sections; Introduction; forms of abuse experienced by male victims; the effects of domestic violence on male victims; reasons why male victims do not communicate the abuse; and factors that contribute to domestic violence.

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2.1 Introduction

Literature review puts the research project in context by showing how it fits into a particular field. The importance of literature review is to identify knowledge gaps and develop a research problem (Terre Blanche, Durrheim, & Painter, 2006). In this chapter the information provided includes prevalence of domestic violence, forms of domestic violence, the effects of domestic violence, reasons for not communicating the abuse and the factors that contribute to domestic violence.

2.2 Prevalence of domestic violence

Domestic violence constitutes a significant proportion of all violent crimes committed in South Africa (Schoenteich & Louw, 2001). Research conducted by Tsae (2011) in Gauteng Province, in South Africa, reveals that men, too, are victims of domestic violence and that society is aware of the issue. However, the rate of domestic violence against men as victims is still low when compared to women as victims. Male victims do not prefer to lay charges against their female perpetrators. However, no studies have been done to ascertain the reasons why male victims do not want to report the abuse against them and prefer to suffer in silence (Geldenhuys, 2012).

According to Trevor (2010), in South Africa, women and children remain at high risk of becoming victims of either sexual or abuse. SAPS report released in September 2011, shows that, in South Africa, on average, seven women were murdered a day between March 2010 and March 2011, further suggesting that at least half of those reported cases could have been perpetrated by intimate partners.

The rates of Gender Based Violence and the general abuse and sexual harassment of women in the domestic space by their partners are particularly alarming. It is widely established that rape is mostly perpetrated by people known to the victims. In South Africa, between 2008 and 2011, there was a steady increase of reported rape cases from just over 54 000 to just over 56 000 rape cases reported respectively. In their

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study on intimate femicide in South Africa, Abrahams, Mathews, Jewkes, Martin and Lombard (2012) found that intimate partner violence in South Africa has now become the leading cause of death of women homicide victims with 65% of female homicides being committed by an intimate partners.

Study conducted by Jewkes, Levin, and Penn-Kekana (2002) revealed that over 97% of the black African women who were interviewed had experienced physical violence at some point. In that study out of 97% who had ever experienced physical violence, over 95% had experienced physical violence within the past year. The women in that study were from the province of Eastern Cape, Mpumalanga, and Northern Province and had a mean age of 32. What seems to emerge repeatedly from the few studies conducted in South Africa is that men are also victims of domestic violence and society is aware of the issue. However, the rate of domestic violence against men is still low compared to that of women. Male victims are reluctant or do not want to speak about their experiences (Geldenhuys, 2012).

2.3 The forms of abuse experienced by male victims

Tilbrook, Allan and Dear (2010) and Barber (2008) focused on the forms of violence experienced by men in their heterosexual relationships. They found that men are subjected to various forms of abuse which are not similar to those reported by women who are victims of domestic violence. Some men also appear to be subjected to multiple forms of abuse. The forms of abuse which men are subjected to are physical abuse, financial abuse and, emotional or verbal abuse. The abuse is characterised by violence, jealousy and an attempt by the partners to access control over everything the partner does. All these forms of domestic violence start in the same way that is when the perpetrator tries to control the victim and this can happen both in heterosexual or same sex relationships.

Men's experiences are broad and not primarily limited to forms of physical abuse. This is understandable, as men's physical size and strength are often greater than that of their female partners (Geldenhuys, 2012). Women who abuse men do not differ much from their abusive male counter parts. They hit, kick, punch, push or bite their victims.

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Women who are abusive, sometimes, also use weapons, such as knives, firearms or any object that can be used to strike such as pans, bottles, flower vases and spoons to attack the victim (in this case male).

Lambert (2013), in her study, examined forms of abuse on male victims of domestic violence and found that women rarely inflict physical abuse in the same way as men. However, it can still happen. In a study by Drijber, Reijnders and Ceelen (2012), ther results revealed that the commonest forms of physical violence male victims encountered were hitting, kicking, pelting, or stabbing with an object, biting, seizing the throat and scratching. In 54% of the cases involving physical violence, the offender used an object, predominantly household items such as chairs, knives, flower vases, and tableware. Men who are being abused by women seldom use their greater size or strength to hurt their abusive partners, even when they themselves are being hurt. All these forms of abuse start in the same way, that is through a desire to have control (Tilbrook, Allan & Dear, 2010).

2.3.1 Emotional abuse

Barkhuizen (2010) indicates that many different terms for the concept of emotional abuse exists, for example, emotional abuse, psychological abuse or verbal abuse or mental abuse. Drijber, Reijnders and Ceelen (2012), define emotional abuse as exposing a person to behaviour that may result in psychological trauma including anxiety, chronic depression, or post-traumatic stress disorder. The commonest forms of emotional violence mentioned were bullying, ignoring, threatening, blackmailing and financial harm. It was also indicated that children were often used a means of power, and those victims felt powerless out of fear of losing contact with their children.

Kempen (2012) describes emotional abuse as a pattern of degrading or humiliating conduct towards a complainant including repeated insults, ridicule, or name calling, repeated threats to cause emotional pain, or the repeated exhibition of possessiveness or jealous which constitutes a serious invasion of the complainant's privacy, liberty, integrity or security. In this form of abuse, the abuser undermines the victim's self-image by constantly belittling, criticising, calling him names, insulting, ridiculing, or

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verbally attacking the victim. The abuser may also use the silent treatment, or make and break promises.

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Geldenhuys (2012) compared physical and emotional abuse and found that emotional abuse is often more damaging and long- lasting than physical violence because it is difficult to prove, and therefore, hard to stop. She further indicates that husbands are mainly subjected to emotional abuse rather than physical abuse, as the latter is likely to be rewarding for the abuser due to the differences in physical abilities of women and some professionals have observed that emotional abuse can be an area where women are often more brutal than men. An abusive woman can hurt a partner deeply- even driving the person to committing suicide without ever lifting a finger (Eckstein, 2009).

2.3.2 Physical abuse

Physical abuse is the use of force or threat of force that may result in bodily harm, or physical pain. The acts of physical abuse include hitting, slapping, punching, stabbing, burning and other types of contact that result in physical injury to the victims. For this study, physical abuse within a domestic violence environment is defined as the act of violence perpetrated by a female, directly or indirectly at her male partner or spouse, intending to cause feelings of intimidation, pain, injury, or other physical suffering or bodily harm (Barkhuizen, 2010). Drijber, Reijnders and Ceelen (2012), indicate that women initiate and carry out physical assaults on their partners as often as men do.

Despite the much lower probability of physical injuries resulting from attacks by women, assaults by women are a serious social problem, just as when men slap their wives. The National Coalition against Domestic Violence (NCADV) of (1978), (cited in Felson, 2007) states that one out of fourteen men has been physically assaulted by a current or former spouse, cohabiting partner, boyfriend or girlfriend at some point in their lives. Barkhuizen (2010) states that physical abuse is the use of force or threat of force that may result in bodily harm, or physical pain.

Several studies, including at least two nationally representative studies reveal that women physically abuse men at a substantial rate. This physical abuse takes the form

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of both minor and severe abuse, and it cannot always be dismissed as self-defence (Hines & Malley- Morrison, 2001).

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2.3.3 Sexual abuse

Lehane (2005) defines sexual abuse as the forcing of anyone against their will to have sex, or perform any sexual act. This also includes demoralising a person through sexual comments. Sexual abuse can be very devastating for male victims, particularly for their self–esteem, making it one of the hardest to disclose. Geldenhuys (2012) states that a man can be a victim of domestic violence when his female partner forces him to have sex or to engage in sexual acts against his will. She further indicates that there is a widespread belief that it would be almost impossible for a man to achieve or maintain an erection when threatened or attacked by a woman.

2.3.4 Economic Abuse

Financial abuse is also referred to as economic abuse. Research indicates that financial abuse is experienced in 98% of abusive relationships. As with all forms of abuse, financial abuse occurs across all socio-economic, educational and racial and ethnic groups. Financial abuse is the form of abuse where one intimate partner has control over the other partner's access to economic resources. The abuser feels as though they have the power to control the finances in their household. In financial abuse one partner prevents the spouse or victim from acquiring resources, limits the amount of resources used by the victim, or exploits the economic resources of the victim (Younger, 2011). Kempen (2012) also describes this form of abuse as the unreasonable deprivation of economic or financial resources to which a complainant is entitled under law or which a complainant requires out of necessity, including household necessities for the complainant, and mortgage bond repayments or payment of rent in respect of the shared residence.

While Tilbrook, Allan and Dear (2010) argue that the control of the partners' financial affairs, is often in an incompetent way. The motive behind preventing a victim from acquiring resources is to diminish the victim's capacity to support him, thus forcing the

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victim to depend on the abuser financially (Kemppen, 2012). Behaviour that constitutes financial abuse includes stealing from the victim, keeping the victim's bank cards and harassing the victim at his workplace.

2.4 Factors that Contribute to Domestic Violence

There is no single cause that leads to domestic violence, but a number of risk factors are associated with the perpetrators and victims of domestic violence. For example, perpetrators' alcohol and drug use, and the victims' experiences of child abuse, pregnancy and separation may all increase the risk of domestic violence. Financial stress, personal stress and lack of social support are also strong correlates of violence (Mitchell, 2011). The World Health Report of 2002, (cited in Madzimbalale, 2007), reveals that domestic violence has been associated with certain factors such as alcohol abuse, low income and conflict or discordant relationships. Literature suggests that alcohol reduces inhibitions, and this result in a higher likelihood of aggressive behaviour. However, studies conducted by Felson (2007) found that, on intimate abuse, 25% of the women and 26% of men felt that alcohol was only "sometimes" the proximate cause of violence.

2.4.1 Alcohol use

Research has clearly demonstrated a statistical relationship between alcohol use and violence between partners. A review of 13 quantitative studies between 1980 and 1988 showed that alcohol use and abuse were prevalent among men who batter women. It was concluded that chronic alcohol abuse by the male rather than acute intoxication is a better predictor of battering. Payne and Gainey (2009) state that alcohol use, abuse or alcoholism does not directly cause violence because alcohol is not involved in all cases of domestic violence, and violence often results when alcohol is not present. There is little scientific evidence to support the theory that alcohol and drugs such as cocaine and crack have chemical and pharmacological properties that directly produce violent and abusive behaviour. Data from the second National Family Violence Survey in 1987 were examined and they revealed that excessive drinking was associated with higher levels of wife abuse. Although the survey research demonstrates a substantial

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association between drinking and violence, alcohol use per se is not a necessary or sufficient cause of family violence (Fitzpatrick, 2002).

Tshikovhi (2004) and Tsae (2011) contradict Payne and Gainey (2009) by arguing that, alcohol abuse is a major contributory factor and trigger of domestic violence. It was indicated Tshikovhi (2004) that women who abuse men frequently are alcoholics or drug abusers, and that people who are intoxicated have less impulse control, are easily frustrated, have greater misunderstandings and are generally prone to resort to violence as a solution to problems. Alcohol may play a role in abuse but it is certainly not a simple cause (Mullender, 2002). On the contrary, Mitchell (2011) indicates that alcohol is a significant risk factor for domestic violence and many intimate partner homicides are alcohol- related.

2.4.2 Psychological theories

Jaffe, Lemon and Poisson (2003), state that there are many different theories about the causes of domestic violence. These include psychological theories that consider personality traits and mental characteristics of the perpetrators, as well as the social theories which consider the external factors in the perpetrators' environment, for example, family structure, stress, and social learning. In addition, 80% of the women and 42% of the male respondents believed that violence is a learned behaviour and that socialisation played an integral role in their interaction with their own intimate partner.

Studies suggest that violent behaviour is often caused by an interaction of situational and functional factors. Abusers learn violent behaviour from their families or from people in their communities. The explanation of domestic violence is based on the feminist theory, which identifies the roots of violence in a patriarchal society in which women's inequality and society's tolerance of male violence is commonplace, especially in the context of intimate relationships (Jaffe, Lemon and Poisson, 2003).

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2.5 The effects of domestic violence

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The effects of domestic violence on victims are wide ranging and will differ for all victims, but perpetrators are also impacted by their abusive behaviour as they stand to lose children, suffer damaged relationships, and face legal consequences. In their research data, Tilbrook, Allan and Dear (2010) found that male victims of intimate partner abuse and their children suffer a range of consequences, such as psychological distress (including psychological disorders such as depression and anxiety disorders), suicidal ideation, impaired self–concept (in particular around one's sense of masculinity), and loss of work. The major consequences of domestic violence include mental health issues and chronic physical health problems. Many men are being victimised in their intimate relationships. Therefore, the effects of their victimisation are worth exploring.

2.5.1 Emotional/Psychological effects of domestic violence

Domestic violence could lead to consequences such as depression, suicide attempts, and post-traumatic stress disorder, and abuse is used to diminish a person's sense of self-worth and independence (Madzimbalale, 2007). Hines and Malley-Morrison (2001) investigated abuse against men in intimate relationships focusing on the effect of abuse, and their findings revealed that men can be victims of physical abuse in their intimate relationships with women, and also that abused men are at risk of emotional hurt, fear, helplessness, anger, revenge seeking, sadness, shame and humiliation, depression, stress, psychological distress and psychosomatic symptoms.

However, these studies have a number of major weaknesses. First, the researchers focused primarily on internalising symptoms; they did not assess other symptoms, such as alcoholism. Second, they did not assess other symptoms that have been found to be prevalent in women who are abused, such as posttraumatic stress disorder. Lastly, because the focus of many of these studies was the relative victimisation of abused female, they did not specifically address the psychological consequences of physical abuse against men.

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Barber (2008) states that the effects of domestic violence against men and women have some similarities and some differences. Common unreliable experiences include feelings of fear, isolation, guilt, confusion and a loss of self-worth and confidence. Barber (2008) also found that male victims of domestic violence were less likely than female victims to report violence or abuse and that many were either arrested or threatened with arrest, thus perpetuating a culture of blaming the victim. In some cases, male victims were ignored by the police. Research studies show that domestic violence can trigger different responses in victims.

Men's experience of emotional abuse can be very different from that of women. For instance, being called a coward, impotent or a failure can have a very different psychological impact on some men than the same insults would have on women. When a woman humiliates a man emotionally, in front of his friends or other men, the experience can be more devastating than physically abusing him. Emotional abuse can cause someone to feel worthless, and the commonest form of emotional abuse is verbal assault. Abusers can say things that would insult, demean, or cause their victims to doubt themselves (Younger, 2011). In most cases, male victims also experience depression, a low self-esteem and high levels of stress. According to the NCADV, men experience many of the same psychological reactions to violence as women, and these include guilt, shame, humiliation, anger and living in constant fear (Hines & Malley-Morrison, 2001).

2.5.2 Physical effects of domestic violence

Men who are victims of domestic violence are not only assaulted in self–defence or in retaliation for their own behaviour, they do suffer a range of physical injuries that can be serious. Injuries are resulting from being hit by blunt instruments, household ornaments, brooms etc. having objects thrown at them, being struck with a vehicle, being bitten, the use of an 'actual' weapon, e.g. a knife; scalding with boiling water or hot food (Geldenhuys, 2012). The physical effects include serious injury, sometimes permanent, and a great deal of pain. A more general deterioration in physical health is almost certain. Recent studies found that 2% of the men who reported experiencing minor or severe spousal abuse reported suffering broken bones, broken teeth, or injury to a

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sensory organ, and also that, sometimes, women may even throw things that could hurt their partners (e.g. dishes, boiling water, or a frying pan) or by brandishing a weapon.

2.5.3 Financial effects of domestic abuse

Younger (2011), examined effects of abuse from an economic (financial) perspective. His study revealed that financial abuse is the reason why about half of the domestic violence victims lose their jobs. The abusers feel as though they have the power to control the finances in their households. Financial abuse, according to Barber (2008), is defined as not allowing the victim to be financially independent. In their article about domestic violence against men, the impact of domestic violence is less apparent and less likely to come to the attention of others when men are abused men or subjected to various forms of abuse at the hands of their female partners. It was recognised that women can be violent and create a fearful environment for their husbands, but that there is insufficient evidence that this is as serious a problem as it is for women.

2.6 Reasons why male victims do not communicate the abuse

Culturally, it is difficult for men to bring the abuse to the attention of the authorities, as it is seen as unmanly and weak to be abused by a woman (Geldenhuys, 2012). In cultures where machismo is prevalent and where men are considered the heads of households in control of their families, wife battering may not be perceived as a serious behaviour that needs to be reported. Men hesitate to acknowledge their victimisation out of denial, guilt, embarrassment or shame (Jaffe, Lemon & Poisson, 2003; Tilbrook, Allan & Dear, 2010).

Claims are often made about the inaccuracy of data on the incidence of men as victims of domestic violence. It is commonly argued that men's under-reporting of violence is due to barriers such as embarrassment. Whilst there is no doubt that there are some truths to this, women also underreport violence for reasons such as fear of reprisals, fear that their children will be taken away, and hope that their partners will change (Mulroney and Chan, 2001).

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Geldnehuys (2012) argues that male victims do not report cases of domestic violence to the authorities due to issues such as unwillingness to disclose their suffering, the stigma they will suffer. A few men who report such cases are seen as weak and as not man enough, while some who try to seek help sometimes find that they are being mocked and ridiculed (Geldenhuys, 2012). The law is more likely to rule in favour of a woman than a man.

According to Watson (2010), for male victims of domestic violence, the legal system can become another tool of abuse. He pointed out that battered men are often likely to be arrested even though they are the ones who call the police. Even after the arrest, the process of incarceration, restraining orders, divorce court and child custody hearings continue to disadvantage men. Therefore, for these reasons, men are bound to endure the abuse and keep quiet about their experiences.

Studies have shown that many police officers do not treat domestic violence against men as a serious crime, and often will view the male victim as a pathetic figure. It is for this reason, and also the fact that men are most often physically stronger than women, that male victims are often less likely to report domestic violence than female victims. When and if they do, men are often treated as the aggressors in the situation, and are often placed under arrest. Payne and Gainey (2009) indicate that victims tend not to report domestic abuse for a variety of reasons, which include taking the blame, saving their families from broken marriages, economic dependency, and lack of social support necessary to get away from an abusive wife and protecting their children.

The belief is that "a real man" is expected to be able to "control" his wife. Geldenhuys (2012) reveals that there is a lack of support and help for male victims, and that the underlying reason for this lack of support is due to society and government. This is because their only focus is on female victims and they do not consider domestic violence to be a male problem. These stereotypes and discrimination make male victims reluctant to seek help. Campbell (2010) states that some of the factors which prevent male victims from revealing their abused status are as follows:

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- Most men are afraid that no one will believe them or take them seriously;
- For many men, it is embarrassing to admit the abuse and they may feel that they are less of a man for allowing themselves to be abused; and
- The belief that "a real man" is expected to be able to "control" his wife.

Statistics show that 5% and 12% of the men said that they choose to keep silent because to discuss abuse would "always" lead to divorce; and that 59% of women and 42% of the men believed that if the incidents of domestic violence were revealed the victim would the lose their jobs (Geldenhuys, 2012). Lehane (2005) on the other hand, argues that there are virtually no services available for male victims of' domestic violence as compared to those of female victims of abuse; A man does not report the abuse as he has no place to go. Battered women have women's shelters to keep them safe and they can usually find a sympathetic friend or relative to take them in. A battered man does not usually get that same sympathy, and there are virtually no shelters for battered men in this country.

However, In South Africa, there are few known organisations that fight the abuse against men. The Moshate Men's Rights Organisation founded in 2010 is located in Johannesburg (Tsae, 2011), and another one is Thohoyandou, in Limpopo Province Munna Ndi Nnyi (Who is the Real Man), a leading non-profit organisation provides a range of vital services throughout the Vhembe District in Limpopo Province. This non-profit organisation was established in 1997 to encourage men to be responsible husbands, and to engage men in dialogue and leadership matters on the issue of gender- based violence in the community. The PRO of the organisation Mr Nemakonde, argues that they also encourage men to speak out against abuse as they have discovered that many men are abused but they do not report these things because they think they will be laughed at (Musetha, 2002).

These organisations also offer counselling, advice and support for men who are victims of abuse by women. They have become a platform and mechanism not only for men, but for the whole community to get to grips with abuse against men and to understand the phenomenon as a major source of most of the social problems we have (Tsae,

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2011). Mr Mnisi who is a spokesperson of the Moshate Men's Rights Organisation says that one of the biggest challenges his organisation faces is the perception that domestic abuse affects only women. We come from a society where men are discouraged from crying because it is supposedly a sign of weakness. When a man goes to report a case of abuse, the police tell him, 'Hey, you are a man; you can solve your problems'.

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2.7 Conclusion

This chapter reviewed relevant and available literature for the study. The next chapter presents the research methodology which includes the following sections: Introduction; research design, population and setting of the study, sample and sampling procedure, pre-testing, data collection, data analysis, measures to ensure trustworthiness, and ethical considerations.

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3.1 Introduction

This chapter outlines the research methodology of this study. The research methodology specifies how researchers may go about practically studying whatever they believe can be known (Terre Blanche, Durrheim, & Painter, 2006). The chapter encompasses the adopted research design, population and setting of the study, sample and sampling procedures, pre-testing, data collection method and procedures, data analysis, trustworthiness and ethical considerations.

3.2 Research Design

The current study adopted a qualitative approach and an exploratory design. The qualitative approach enabled the researcher to get in-depth information directly from the participants, in this case the male victims of domestic violence. The qualitative approach takes place in a natural setting (Flick, 2011). Qualitative research enabled the researcher to explore the reasons why male victims are silent on domestic violence. It allowed the male victims to speak for themselves and to describe their experiences, while the researcher listened to their experiences, comprehended and attached meaning to the information using intuition and bracketing.

The exploratory part of the design enabled the researcher to obtain the answers to the proposed research question. The purpose of exploratory studies is to establish the facts, to gather new data and to determine whether there are interesting patterns in the data. In addition, exploratory research is conducted when there are few or no earlier studies to which references can be made for information (Terre Blanche, Durrheim & Painter, 2006). Since no evidence was found in literature of similar studies on the silence of male victims on domestic violence in South Africa, the study attempted to explore and describe this new area of interest for male victims of domestic violence.

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3.3 Population and setting of the study

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The study population consisted of Tshivenda, Sotho, Tsonga and English-speaking men in heterosexual relationships in Makhado Municipality, Limpopo Province, South Africa. Makhado Municipality is located in the far Northern region of the Vhembe District of Limpopo Province. According to the Integrated Development Plan Review of 2014-2015, the total population of Makhado Municipality is estimated at 495 261 and it is growing at about 14% per annum. It is composed of about 54.25% female and 45.75% male persons.

Makhado Municipality is under the Makhado Cluster policing area, which comprises of seven Police stations, namely Makhado SAPS, Mphephu SAPS, Tshilwavhusiku SAPS, Tshitale SAPS, Watervaal SAPS, Waterpoort SAPS and Mara SAPS. The study focused more on the following stations Makhado SAPS, Mphephu SAPS and Tshilwavhusiku SAPS, as these police stations have domestic violence registers SAP 508(b), which record information concerning victims of domestic. The annual crime statistics of the financial year 2011/2012 showed that the rate of domestic violence incidences reported in the Makhado Cluster policing area was very high.

3.4 Sample and sampling procedure

Participants were selected from domestic violence registers called the SAP 508(b) in which the names and addresses of victims of domestic related issues are registered at different police stations within the Makhado cluster. Non–probability purposive sampling was adopted to select the participants. The participants who were selected were those whose female partners complained of domestic related issues at the different police stations within the Makhado cluster. The researcher visited the houses of female complainants who came to the charge office requesting police assistance to resolve domestic related issues between themselves and their husbands. The researcher sought permission to speak to their husbands.

Purposive sampling was chosen because it depends not only on availability and willingness to participate, but the cases chosen are typical of the population and

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phenomenon being studied (Terre Blanche, Durrheim, & Painter, 2006). The purposive sampling method was appropriate as Babbie (2010), indicates that it is based on the judgement of the researcher, and in this study, participants who are victims of domestic violence were able to provide information that was needed for the study.

At first the researcher got a total of 20 participants who agreed to participate but some due, to reasons unknown to the researcher turned her down at the last moment and refused to participate. The researcher ended up interviewing 12 males in the study. Ages of the participants ranged from 28 to 55 years of age and they were all in heterosexual relationships and were willing to participate in the study. Demographic information of the participants was collected.

An exploratory study, typically, does not use large sample. Instead, it calls for small samples that are chosen through a deliberative process to represent the desired population (De Vos, Strydom, Fouche, & Delport, 2005). Whereas the sample size does not allow for generalization within the larger population in Limpopo province, the findings from this study was on the quality of information obtained from the participants rather than on the size of the sample (Swartz, De la Rey & Duncan, 2004). Table 3.1 below provide the demographic profile of the study participants.

Table 3.1: Demographic profile of study participants

Participants	Age	Marital status	Culture	Employment status	Educational attainment
Participant 1 LM	28 years	Dating	Venda	Taxi driver	High school
Participant 2 L	38 years	Married	Venda	Taxi driver	High school
Participant 3 RL	43 years	Married	Venda	Shop assistant	High school
Participant 4 MK	36 years	Married	Venda	Shop assistant	High school
Participant 5 MT	32 years	Dating	Venda	Security guard	High school
Participant 6 JK	34 years	Married	Tsonga	Police officer	Graduate degree
Participant 7 PT	48 years	Married	Venda	Labourer	High school
Participant 8 TI	46 years	Married	Northern Sotho	Self employed	Did not complete high school

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Participant 9 NL	53 years	Married	Venda	Police officer	Do not wish to answer
Participant 10 V	43 years	Married	Venda	Self employed	Technical college
Participant 11 IA	43 years	Married	Indian	(Self-employed) Business owner	Do not wish to answer
Participant 12 AM	47 years	Married	Venda	Teacher	Graduate degree

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3.5 Pre-testing

In order to ensure validity and reliability of the study, the instrument was pre-tested with two participants who were not part of the sample, who met the sampling criteria. Open ended questions were asked in order to establish whether the questions would elicit the information required. The results of the pre-testing were used to refine the research instrument and other methodological aspects. Golafshani (2003) indicates that pre-testing is useful in exploring the potential issues pertinent to the study prior to a more structured format being put in place. The participants in the pre-testing were not included in the main study to avoid familiarity with the questions.

3.6 Data collection

I started collecting data from the 15th of January 2015. However, my efforts were unsuccessful since some of participants whom I had selected and whose appointments I had confirmed failed to keep the appointments and some started to turn me down and refused to be interviewed. I was able to secure appointments with 12 participants who were very cooperative and agree to meet with me for interviews. I assumed that the reason most of participants turned me down was because I am a young female investigating a very sensitive issue. Some turned me down because I am a police woman, and they were afraid of being arrested. On the 12 of February 2015 I started the interviews with the first of the 12 participants. The whole process of collecting data

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was very long and the last participant was interviewed on 23 of September 2015. The time frame of data collection is attached (See Appendix A).

After agreeing to participate in the study and before collecting data, participants were requested to sign informed consent forms to indicate that they had agreed willingly and voluntarily to participate in the study and that they were giving the researcher permission to tape-record the interviews. Only one participant (Participant 12 AM) signed the consent form, but refused to be tape recorded and insisted that I write down the notes of our conversation as he was feeling uncomfortable about being recorded, I did as he asked.

Data were collected through personal, semi-structured interviews using a tape recorder, in order to explore their experiences. Apart from providing depth in the data generated due to its flexibility, the semi-structured interview was preferred because data collected in this manner are suitable for thematic content analysis (Terre Blanche, Durrheim, & Painter, 2006). Interviews with participants were guided by an interview schedule (see Appendix F).

Participants were also given an opportunity to ask questions prior and after the formal interview. The interview ranged from 30 to 1.5 hours. Interviews with individual participants were conducted face to face in a private location of the participant's choice. All the interviews were conducted in a language that the participant understood better, in order to allow the research participants to participate freely. The researcher, who spoke Tshivenda, Sotho, Tsonga, and English easily and, therefore, conducted all the interviews in order to maintain consistency in data collection, analysis and interpretation. Audiotapes were transcribed verbatim and resulted in close to 20 pages of transcribed data. The researcher did all the transcription, translation of the data collected during the interviews, and analysis of data.

3.7 Data analysis

Data were analysed using, the thematic content analysis method. The aim of the thematic content analysis is to identify key themes within the text (Marshall, & Rossman,

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2006). Data from each man were examined separately, and emergent themes were noted.

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Tape recorded data were first transcribed verbatim. Such transcriptions were read several times for the researcher to familiarise herself with the cases, and to identify and look for connections among the themes. This was followed with a comparison to the data from other men's narratives. The researcher constantly noted minor discrepancies and consistencies among the participants and from this step, an initial list of categories emerged. Finally, data were rechecked after the master category list had been completed to ensure consistency of themes and to find any opposite explanatory categories during the results (Marshall, & Rossman, 2006). Saturation was achieved very early in the study when the common themes were repeated and no new information was coming forth.

According to Mazabow (2010) and Terre Blanche, Durrheim and Painter (2006), thematic content analysis has several steps or phases which proceed in an orderly manner. The steps are as follows:

Familiarise and immerse yourself in the data – The researcher works with the transcribed interview (text) and immerses herself in the text, in order to gain insight and understanding. The researcher reads and re-reads through the data to become intimately familiar with the data (Marshall, & Rossman, 2006).

Step 1: *Inducing themes* – In the second phase the researcher derived common themes from the raw data.

Step 2: *Coding the data* – The researcher then breaks down data into labelled, meaningful pieces (subcategories) and then clusters the pieces together under a theme or heading.

Step 3: *Elaboration* – According to Terre Blanche, Durrheim and Painter (2006), this step involves exploring themes more closely. The researcher then studied the themes in –depth to gain a fresh view and to explore deeper and alternative meanings.

Step 4: *Interpretation and checking* –In this stage, the researcher goes through the interpretation with a fine-tooth comb and tries to fix weak points (Marshall, & Rossman, 2006; Mazabow, 2010; Terre Blanche, Durrheim, & Painter, 2006).

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3.8 Measures to ensure trustworthiness

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According to Babbie and Mouton (2001), trustworthiness is how a researcher can persuade his or her audiences, including herself that the findings of a research are worth paying attention to or worth taking account of. In this study, transferability, conformability and credibility were used to ensure trustworthiness.

3.8.1 Credibility

The credibility of qualitative research depends on the ability and effort of the researcher. In order to ensure credibility, the researcher, as the primary instrument spends enough time with the participant, in order for the participant to come out with more information until the researcher feels that data saturation has been reached (Mouton, 2009). Member checks were also used to achieve credibility. The researcher did this by rechecking consistency and accuracy of the participants' responses, the participants were sent their competed transcriptions and asked to notify the researcher of any discrepancies in their reports. Responses from all the men confirmed that the data was both conceptually intended and accurately recorded.

3.8.2 Conformability

Babbie and Mouton (2001) indicates that conformability is a criterion for evaluating data quality with qualitative data, referring to the objectivity or neutrality of data. To ensure conformability, the researcher interpreted only what participants were saying, to ensure that the findings were free from the researcher's preconceptions.

3.8.3 Transferability

In order to ensure transferability, the description of data collected was inclusive enough to be able to transfer the findings to the other situations. This aspect was ensured by selecting the sample purposefully, by ensuring complete description of the methodology and literature control, and by giving quotes (verbatim) from the individual interviews (Terre Blanche, Durrheim & Painter, 2006). A detailed description of each of

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the themes developed from the research question was included in the results section to provide detailed findings from the study.

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3.9 Ethical considerations

Elcioglu (2004) argues that research of abuse is not like other areas of investigation. The nature of the topic means that ethical issues are more important than in any other form of research. In this study, the following ethical principles, according to Terre Blance, Durrheim, and Painter (2006), were considered: autonomy, non-maleficence, and beneficence. Elcioglu (2004) indicates that obtaining ethical clearance (to conduct domestic violence research) is also recommended by the WHO.

3.9.1 Obtaining ethical clearance

Before commencing the study, ethical approval for the study was granted by the Health, Safety and Research Ethics Committee of the University of Venda and further access to data was obtained from the management of the South African Police Service, Makhado cluster.

3.9.2 Autonomy and respect for the dignity of persons

The principle of autonomy required that the participants be made aware that their participation was voluntary, and that it was for the purpose of the research participants are to be made aware that they have freedom to withdraw at any time, and that they have the right to anonymity in any publication that may arise (Terre Blanche, Durrheim & Painter, 2006). These requirements were verbally communicated to the male victims of domestic violence and through an informed consent form, which was signed by each participant and the researcher (see Appendix C).

According to Babbie (2010), protecting the participants' interests and well-being is the same as protecting their identity. In this study, pseudonyms were used to protect the participants. The researcher also assured the participants that all the information that they provided would be kept confidentially and that all identifying information like

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names and addresses would be removed from the interview booklet when no longer necessary. Neither researchers nor readers of the findings would ever match the responses with a given participants. All the data from the study would only be available to the research team, and no one else.

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3.9.3 Non –maleficence

It is well known that victims of domestic violence may feel deeply ashamed, experience extreme generalised fear and be filled with anxiety that they will be victimised again. Non-maleficence means that no harm should come to the research participants or any other person. Therefore, the first responsibility of the researcher is the protection of these participants (Elcioglu, 2004). No harm was expected to come to the participants during the research. However, the researcher was aware and vigilant, throughout the research process, of any physical, emotional or psychological harm that may have happened to the participants.

3.9.4 Beneficence

The principle of beneficence requires that the researcher designs a study that would be of benefit to the research participants, or to other researchers and society at large (Terre Blanche, Durrheim, & Painter, 2006). The research study aimed at assisting male victims of domestic violence who are suffering in silent about their abuse to come forward so that they can get help. The narratives of the male victims provided new perspectives and a better understanding of men who are victims of domestic violence.

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CHAPTER 4: DATA ANALYSIS

4.1 Introduction

In this chapter, the results of the interviews conducted on the silence of male victims on domestic violence are presented and discussed according to the identified themes and sub-themes. The transcribed and translated interviews were analysed using the thematic content analysis method. Thematic content steps of data analysis were used to arrange the themes. Data analysed were then presented in the form of themes.

4.2 Results

From the data collected, three themes emerged. These themes were further broken down into sub-themes. The following themes emerged: forms of domestic violence experienced, reasons for not communicating the abuse and the effect of domestic violence. These themes were developed based on the research questions that the study intended to answer. To identify the participants, the researcher used numbers, and initials. This was done in order to preserve confidentiality and anonymity. Table 4.1 shows the main themes and sub-themes identified from the transcripts.

Table 4.1: Main themes and sub-themes identified

Themes	Sub- themes
Forms of domestic violence experienced	- Physical abuse - Emotional or verbal abuse - Financial abuse
Reasons for not communicating the abuse	- Embarrassment and shame - Fear of being labelled a weak man - Fear of not being believed by police officers - Concern about their children
Effects of domestic violence	- Physical effect - Emotional effect - Financial effect

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4.2.1 Theme 1: Forms of domestic violence experienced

Results from data collected from all twelve participants interviewed showed that men experience domestic violence in the form of physical abuse, emotional or verbal abuse and financial abuse from their female partners.

4.2.1.1 Physical abuse

It is evident from the results that all participants experienced different types of physical abuse at the hands of their female partners. Some participants were kicked, slapped, stabbed with knives, grabbed by their private parts, and pushed, bitten and scratched with nails. Participants said that their partners used anything that they could get to hit them. Some reported being beaten or hit with household items such as flower vases, hot irons and sometimes with dangerous object like hammers. This is how they said it:

> *"She hit me on the head with a hot iron that was placed on the table and I still have a fresh scar to prove it"* (Participant 6 JK).

> *"She became aggressive; slapped me with an open hand on the face. I pushed her and she quickly grabbed my private parts. I screamed because of pain begging her to stop"* (Participant 1 LM).

> *"All of a sudden, I felt a sharp pain on my shoulder and realised that she had stabbed me with a knife. I was bleeding heavily"* (Participant 4 MK).

From the interviews it is evident that some of the participants were being abused without them knowing that what they were going through was another form of physical abuse. Abusive women would sometimes use tactics that do not need physical strength. The can use actions to hurt their husbands. Some participants indicated that they are being denied food, while others indicated that sometimes they are denied sex. This is how it was said:

> *If I come home late at night, when I ask for food, she will refuse and I will sleep on h an empty stomach"* (Participant 9 NL).

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"She also withholds her services (sex) from me; the last time we had sex was two months ago. When I ask her, she tells me that she's not a sex machine. When I insist, she becomes very angry and we end up fighting" (Participant 11 IA).

Evidence shows that participants sometimes lose control and retaliate, but they are afraid that if they hit them back, they could easily kill or injure their wives. It was revealed during the interview some participants said the following:

"She became very angry and grabbed a broom and started hitting me with a broom stick in front of customers and my employees. I lost control and pushed her out of the shop and she nearly fell" (Participant 8 TI).

"She bit me on the hand which was holding a cell phone. She then picked a flower vase on the table and hit me on the head. I nearly hit her back but I didn't" (Participant 3 RL).

4.2.1.2 Emotional or verbal abuse

Some participants mentioned emotional or verbal abuse as the other form of domestic violence they were experiencing at the hands of their female partners. It is evident from the participants; responses that the types of emotional abuse they are subjected to include yelling, screaming and shouting. The abusers use degrading language, insults, criticism, calls them names in front of their children or their friends, put them down or humiliate in the presence of other people. They try to control where the victim goes, who he talks to, and what he does. Most of the common phrases used by abusers to attack their spouses were, "stupid", "fool", "useless man", and "pathetic". This is how they said it:

"…If I don't have money to give her, ooh! She will swear at me saying that I'm useless and pathetic. I will just keep quiet but, she just goes on and on calling me all sorts of names" (Participant 6 JK).

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"She constantly calls me a fucking pervert and useless man accusing me of being unfaithful. She seems to know exactly what to say to hurt me deeply" (Participant 7 PT).

"One day, she insulted me in front of her friend calling me a scumbag who is good for nothing, because I had accidentally scratched the car while trying to reverse the car from the garage" (Participant 12 A M).

Some participants reported that they did not want to make things worse. During the violent episode, they will just leave or keep quiet, in order to keep peace at home. This is how it was said:

"*I have to keep quiet and endure all her comments about me, that I am a useless and good for nothing husband. Her comments hurt me so much*" (Participant 11 IA).

"Sometimes I will leave the house and wander around the streets not knowing where I'm going or find myself going to the nearby tavern just to cool off my head and come back later when her anger has subsided" (Participant 9 NL).

Participants reported that being criticised about their appearances and their bodily shapes are more devastating and hurtful than when being physically assaulted. Words cut deeper than the sharpest sword and it is difficult to forget when someone very close to you says something bad about you. Some indicated that sometimes they cry when they are alone, when they think about all that they are going through. This is how it was indicated:

"*My wife will say that she's ashamed of me and her friends laugh at her, because I have a big belly and I walk like a pregnant pig* (Participant 9 NL).

"*My wife always makes nasty comments that she has never seen an ugly and dark man like me and she's ashamed to go in public with me"* (Participant 3 LR).

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"I'm always feeling sad because of her derogatory criticism that I have an ugly body shape; even clothes don't suit me. I'm unable to sleep during the night and sometimes I cry at night when I think about all those things she says about me" (Participant 11 IM).

4.2.1.3 Financial abuse

A few participants reported that they experience financial abuse at the hands of their female partners. It was evident from what the male victims said that their female partners do not give them access to their own financial affairs. Their spouses' keep the bank cards because they suspect that they are having concubines and that they are wasting money unnecessarily. They are not allowed to buy something for themselves. They can only do so with their partner's permission. Few participants indicated that when the wife is earning more than them, they experience difficulties as they depend on their wives financially. This is how it was indicated:

"My wife's salary is more than mine. She will take my card and withdraw all my salary, leaving only twenty rand in the account. I must ask her for money every time I need it" (Participant 9 NL).

"My wife keeps my bank card and she spends all my money to buy herself expensive clothes and jewellery" (Participant 6 JK).

" When it is end of the month, I'm terrified to go home, because she demands that I give her my salary advice and bank statement and then explain how and on what I have spent every cent that I have earned" (Participant 10 VN).

"I cannot remember a time when I was not short of money. Whenever I need money to buy myself something, I must ask money from her" (Participant 4 MK).

Participants in this study reported that they try to keep peace by limiting verbal retaliation. Interviews conducted revealed that there is no doubt that men subjected to

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domestic violence from female partners experience serious abuse that is life threatening and likely to have a long lasting impact on them. These male victims keep quiet because they are not aware that there are support systems that are available to them.

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4.2.2 Theme 2: Reasons for not communicating the abuse

When responding to the question about the reasons for not communicating the abuse they are experiencing, participants gave different reasons. Most participants mentioned similar reasons like embarrassment, shame, fear of being labelled a weak man, fear of being doubted by police officers, and some were concerned about their children. They keep quiet to protect the children from knowing that their parents are having problems, as this could affect their children's well-being and their schooling. Children from unstable families tend to have problems when they grow up.

Some participants stated that another reason is that verbal abuse is very difficult to prove as there are no visible marks on their bodies to show as evidence, so nobody would ever believe them even if they spoke about it. Therefore, the victims have no other choice but to keep quiet and continue to suffer in silence.

All participants indicated that women are believed more than men. They can go and fabricate stories to the police that they are being abused by their husbands and they will be believed and the police vans will come in large numbers to arrest the man, but when a man says he is being abused by his wife, everybody will laugh at him. Participants also indicated that when a woman goes to report domestic violence the police will rush to the house in more than three police vehicles. This clearly shows that women are frequently viewed by the law enforcement and the criminal justice system as victims rather than the actual offenders of violence against men. Men, however, are viewed as perpetrators. The sub-themes that follow give details of this theme.

4.2.2.1 Embarrassment and shame

All participants interviewed reported that they could not talk about or report the abuse to the police due to the feelings of embarrassment and shame. A few reported that they

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are reluctant to go to the police to report because they are afraid that they will be laughed at and mocked. They indicated that they feel ashamed to talk about what they are going through. Some of them reported that it is even worse when the wife is hitting a man; the embarrassment will be too much if other people find out that the man is being abused by his own wife.

> *"I found it to be embarrassing to go to the Police station to report that my wife is physically abusing me. I am too ashamed; I don't want people to know my private issues as people talk too much"* (Participant 9 NL).

> *"I cannot bear the embarrassment you know. Just imagine a man of my age telling a young Constable that my wife is abusing me. I would never stoop so low. Those policemen will mock me and laugh at me; it is very much embarrassing"* (Participant 6 JK).

4.2.2.2 Fear of being labelled a 'weak man'

Some participants indicated that they do not want to talk about the abuse out of fear of being labelled weak men, who are unable to control their own wives. Some participants reported that they are afraid that their neighbours and friends will see them as cowards because they are being abused by women. Culturally, it is the man's duty as head of the family to control his wife and children.

> *"I'm afraid people will think that I'm a weak man who cannot control his wife. I am not a coward"* (Participant 3 RL).

> *"I won't report her, because men are not supposed to show their weaknesses. They are viewed as the stronger sex, especially in a marriage"* (Participant 5 MT).

Some participants indicated that they feel ashamed to say that they are being abused by their wives because, in their culture, husbands are supposed to exercise certain control over their wives.

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"I don't want to report the abuse because I know that I will be the talk of the whole village. People will mock me saying I am not man enough because I am unable to control my wife" (Participant 4 MK).

4.2.2.3 Fear of being doubted by police officers

Some of the participants reported that they do not want to report the abuse because whenever they go to the police station to report, the police do not believe them. Instead, they are told that they are the ones abusing their wives. Some also reported that they are sometimes told to go and fetch their wives to prove that what they are saying is true.

"The police will never assist a man because the law is on the side of the woman and I was not assisted when I went to ask for assistance at the station. My wife was refusing to let me inside the house because I was drunk and she locked me out of the house" (Participant 10 VN).

"I will never go to the police to ask for any help, I remember a friend of mine who went to the police station to lay a complaint against his wife. He was turned away and was told to go and put his house in order"(Participant 1 LM).

"I know that women are the first priority when we come to the issue of domestic violence. Therefore, I will never bother myself to go to the police because everyone believes that we are the abusers" (Participant 7 PT).

"I was the one who called the police when she was attacking me, but to my surprise, when the police came, they took me to the police station as if I'm the one abusing her" (Participant 8 TI).

4.2.2.4 Concern about their children

Almost all participants interviewed mentioned children as one of the reasons that prevent them from reporting their partners to the police. Some of the participants said

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that children are very important in the family and that they are more concerned about their children's well-being. Therefore, they do not want to report their partners because a mother plays an important role in the upbringing of the children at home. Most participants indicated that they were afraid that if they reported their wives, the wives could get arrested, and the children would be affected more.

In a nutshell, the main reason for not reporting the abuse is to protect the children. Some participants indicated that they are afraid that reporting the mothers to the police might affect their children in a negative way in their school performance, and in their well-being. Another participant also mentioned that he did not report the abuse because he was afraid of losing the children. His wife would take the children and leave him alone.

> *"I'm afraid that if I report her, my children will be left without their mother when she gets arrested and who will take care of my children? My children are still very young"* (Participant 11 IA).

> *"Family is very much important to me. I love my children very much. I don't want them to be scorned by their friends about our problems*" (Participant 10 VN).

> "*I'm scared that if I report her she'll leave me and she'll also take away my children. I don't want to lose my children*" (Participant 8 TI).

4.2.3 Theme 3: The effect of abuse on male victims

Concerning the effect of abuse on the male victims, almost all participants reported that the abuse had notable physical and emotional impact on them and also on their children.

4.2.3.1 Physical effect

Some had sustained physical injuries ranging from permanent scars, internal bleeding, bruises and stab wounds that are serious enough to require medical attention.

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Participants showed me scars to prove that physical abuse leaves evidence on their bodies. They even mentioned the objects that their partners used.

> "*You see this big scar here on my shoulder. My wife stabbed me with a kitchen knife. She accused me of cheating. I was admitted in hospital for two weeks*" (Participant 4 MK).

> "*You see this scar on my forehead. My wife hit me with a hot iron*" (Participant 6 JK).

> *"I have bruises all over my body that I sustained when she attacked me with a hammer. My right hand thumb has a permanent teeth scar because she bit me with her teeth*" (Participant 11 IA).

4.2.3.2 Emotional effect

Most participants reported the emotional effects of the abuse that they encountered from their partners. Such emotional effects ranged from feelings of anger, humiliation and diminished sexual interest. Some participants also indicated that words from their female partners hurt deeply and could even drive a person to suicide. This is evidence that the victims are emotionally affected. Feelings of humiliation were also mentioned to justify the emotional abuse that they experienced.

> *"I will sometimes feel very angry and humiliated at the same time because my wife will insult me and say horrible things in front of my children*" (Participant 11 IA).

> *"My wife likes to come to my shop and provoke me by shouting and screaming at me in front of my staff. Her outbursts anger me so much*" (Participant 8 TI).

> *"My girlfriend will come to the taxi rank to humiliate me in front of my colleagues. She'll be calling me names and saying that I am worthless and stupid"* (Participant 2 L).

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"I was depressed, emotionally hurt, feeling isolated and without dignity because she was constantly insulting and humiliating in front of her friends. My physical health has also deteriorated" (Participant 9 NL).

Some participants reported that the emotional taunts had an effect on their sexual interest and performance.

"I was obliged to have sexual relations with her whenever she demanded it or when she's in a good mood" (Participant 5 MT).

"I lost sexual interest in her because she was constantly criticising and making funny comments about my manhood (penis) and my performance in bed" (Participant 9 NL).

"The thought of my wife sleeping with another man, makes me to lose sexual interest in her" (Participant 3 LR).

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CHAPTER 5: DISCUSSION OF FINDINGS

5.1 Introduction

In this chapter, the major findings of this study based on the common themes that emerged across all twelve participants are discussed. To understand the experiences and feelings that the participants had concerning domestic violence against men in heterosexual relationships, are interpreted and related relevant literature.

5.2 Forms of domestic violence experienced by male victims

The commonest forms of domestic violence experienced by male victims in this study are physical abuse, emotional or verbal abuse and financial abuse. Most participants indicated that they were not physically assaulted with a fist, but that their female partners just threw or hit them with objects such cooking spoons, shoes and plates. Some reported that their wives use violence to control them or to let them do whatever they want. These findings are similar to those of Tsae (2011) who found that, in South Africa, violence is used as a means of obtaining and maintaining control in relationships within the family. Eckstein (2009) also indicates that the abuser wants to be in power in the family and uses violence as a way of obtaining that power. Most of participants were physically assaulted by their wives.

Retief and Green (2015) also stated that domestic violence manifests in physical, emotional, financial and sexual abuse. It was evident, in this study that men do not speak about the abuse they are experiencing in their heterosexual relationships. These findings are in line with those of Geldenhuys (2012) who states that male victims find it very difficult to disclose their abuse, so its occurrence remains unknown.

5.2.1 Physical abuse

Men, in this study, reported that they were physically assaulted by their wives or partners. They reported a range of physical abuse including direct assaults, being hit

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with objects, such as flower vases, hammers and hot irons. They were scratched, grabbed by their private parts or kicked on their private parts, and stabbed with knives. This shows that, irrespective of what is happening, these participants would be hit by any object that is around and accessible. This finding seems to corroborate what Geldenhuys (2012) indicates in her article that women hit, kick, punch, push or bite their male victims, and, sometimes, also use weapons, such as knives, firearms, or any object that can be used to strike such as pans, bottles, vases and cake rollers.

Participants indicated that they are also ashamed to mention that they are being abused by their wives because men are regarded as stronger than women. This finding supports Eckstein's (2009) who indicate in his article, that society and media find it hard to believe that women, who are viewed as the weaker sex, are capable of causing physical injury or harm to men. It was also confirmed by Geldenhuys (2012) that men regard women as more vulnerable, so they are hesitant to hit them even though they are muscular and stronger than their female abusers. The findings of the study support Meadow's (2001) finding that even if men are physically attacked by their wives or partners, many men will take a beating rather than hit back to defend themselves and avoid harming their wives. According to the hegemonic masculinity theory, man believes that a woman should be his subordinate.

5.2.2 Emotional abuse

Emotional or verbal abuse is common in heterosexual relationships because the perpetrator knows that it is not easy for the victim to prove it as there are no visible scars to show. Although the study found that women physically abuse their spouses, literature reveals that women do not usually use their physical strength to abuse their spouse, but, generally, women prefer emotional abuse tactics, making the abuse much more difficult to detect (Barkhuizen 2010). Male victims indicated that women are mostly good with words and they seem to know exactly what to say to hurt the man deeply, to the extent that a man can be deeply hurt to the point of crying. This finding is in line with Barkhuizen's (2010) who indicates that emotional abuse cuts to the very core of a person, creating scars that may be far deeper and more lasting than physical ones. The participants, in this study, indicated that it is devastating to be labelled "worthless" over

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and over again. Literature shows that people who are told they are worthless again and again begin to believe that they are. It has been was argued that it is the put-downs, name calling, insults, belittling and critical statements that have a serious and long-lasting effect on self-esteem as these messages keep repeating in the victim's mind, years after the bruises have healed (Madzimbalale, 2007).

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5.2.3 Financial abuse

Financial abuse is damaging and the experience of financial abuse is different for every victim. Some of the participants reported that they experience financial abuse. Financial abuse is more difficult to identify and quantify in comparison to physical and verbal abuse (Geldenhuys, 2012). In this study, which had some high profile people, such as policemen, teachers and businessmen, participants reported that their wives keep their bank cards and also control them on how they should spend their own money, forcing male victims to beg for money from the wives. They indicate that this makes life very difficult for them.

Some wives will use the money without first consulting their husbands. The findings are similar to those of Mullender (2002), Tilbrook, Allan and Dear (2010), who found that the abusers and survivors of domestic violence may be from any class, economic status, ability, or education and that financial abuse took the form of controlling the partner's financial affairs, often in an incompetent way. Participants whose money is controlled and misused by their wives lose their source of livelihood and suffer severe debts to the extent that they cannot secure any financial loans from banks. This finding is in line with Fitzpatrick's (2002) who found that men whose money are being controlled by their wives end up with big debts due to their wives overspendings.

5.3 Reasons for not communicating the abuse

The findings of this study revealed four main reasons to explain why male victims keep silent about the abuse they are experiencing in their heterosexual relationships. Male victims of domestic violence often do not talk about their experiences of abuse due to different reasons. The findings are discussed next

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5.3.1 Embarrassment and shame

Most of the participants indicated that they feel embarrassed or ashamed of what they are going through behind the closed doors of their homes. To say that their wives are physically or emotionally abusing them is too much for them, and they prefer to keep quiet about it to hide the embarrassment or shame. The findings are in line with Kimmel's (2001) which indicate that some victimized men may feel or believe that it is too embarrassing to report their female intimate partners' violence.

Some participants indicated that, to avoid embarrassment, they keep quiet because they do not want to hang their dirty laundry in public; they regard their experience as a private matter, which they must handle on their own. These findings are similar Katerndahl, Burge, Ferrer, Becho and Wood's (2010) which revealed that domestic violence against men, in Northern Ireland, has increased by more than 40% in nine years and that is just reported incidents. But this may be only a fraction of the true figure due to the reluctance of many men to come forward because of embarrassment and shame. Also the findings corroborate those of Geldenhuys (2012) which show that there may still be many male victims who do not report such incidents because of embarrassment and shame

5.3.2 Fear of being labelled "weak men"

Some participants reported that being, insulted or called by names, yelling and shouting were the most common behaviors that their wives display in front of their children and friends, resulting in people and friends making fun of and mocking them that they are weak and that they have failed as men by allowing their wives to abuse them. Another male victim also indicated that he feels somehow less of man for allowing himself to be abused by his wife. This finding is in similar to Barber's (2008) who found that domestic violence against men tends to go unrecognized because men are less likely to admit or report such incidents due to embarrassment, and fear of being ridiculed. The finding similar to that of Geldenhuys (2012) who found that a man is regarded as the head of the family and that he must be able to control his wife. Failure to do that will

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make him appear weak or not man enough. Such a man will be the laughing stock of his community. Culturally, it is very difficult for men to bring the abuse to the attention of the authorities because admitting that they are being abused by women is seen as being unmanly and weak (Geldenhuys, 2012).

5.3.3 Not being believed by police officers

Participants in this study reported that they do not want to report the abuse to the police because they are afraid of being doubted by the police. The society also had a great impact on the decision of male victims keeping quiet about the abuse they are experiencing. This finding is similar to Allen- Collinson's (2009) findings in her study that few men reported their experiences of domestic abuse to the police because they were afraid of being disbelieved. Their abuse is compounded by the absence of help.

Literature shows that there are few local research reports that provide insight into the policing of domestic violence in South Africa, indicating a high level of dissatisfaction and negativity by male victims' negativity towards the responses of police officers (Retief & Green, 2005). Apart from the responses given by research participants, the media always portrays men as the perpetrators of domestic violence and society usually believes that in a relationship, a woman is always the victim not the man (Geldenhuys, 2012).

It was also evident in this study, that, due to the fact that police laugh at victims when they open up and try to lay a complaint against their female partners, the men end up protecting their egos by just leaving without laying criminal charges against their female partners. This is consistent with Lehane (2005), and Retief and Green's claims (2005) that men are violated from time to time because they are never believed by the people around them and the Criminal Justice System when they voice their own situations.

Due to the perception that the law favors women over men, participants would rather apply for a protection order than lay a criminal charge against their spouses. Unfortunately, this gives the women ammunition to abuse their partners (participants) knowing that they are protected by the law and they are regarded as victims and not as

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perpetrators of domestic violence. It is also clear in the campaign that takes place between the 25 November and 10 December on the 16 Days of Activism for no violence against women and children, that nothing is said about men who are also victims of domestic violence (Felson, 2007; Geldenhuys, 2012).

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5.3.4 Concern about their children

It is also evident in this study that the concern about the children's well-being was another reason that led the male victims to remaining silent about domestic violence. The victims do not want their children to be subjected to the trauma of being without both parents if their mothers were jailed. Some thought of the negative impact on their children's well-being as a result of the discovery that their fathers are being abused by their mothers. This finding is similar to Doughty (2008) who found that children suffer badly from divorce or parental break-up, and that those brought up by a single parent are more likely to do badly at school, suffer poor health, and fall into crime, addiction and poverty as adults.

Some participants reported that they are afraid that they will lose contact with their children because the women can turn the children against them by telling the children lies about their fathers This finding is similar to that of Medeiros and Strauss (2006) who discovered that some victimized men may feel or believe that they might lose their children in a custody battle or that if the women leave with their children they would be less financially solvent because of the costs of the child support and the need to maintain two residences.

5.4 Effect of domestic violence on male victims

With regards to the effect of domestic violence on male victims, three themes emerged from the data. Participants reported that domestic violence had notable emotional, physical and financial effects on them as victims. The effects of emotional abuse are greater and more intense than the effects of physical abuse alone.

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5.4.1 Effects of emotional abuse

Participants mentioned feelings of anger, frustration, shame, and loss of self-confidence because of what they are going through in their families. This finding seems to corroborate what Hines and Malley–Morrison discovered in their study, namely that abused men were significantly more likely to experience psychosomatic symptoms, stress, and depression than non-abused men. This finding is similar to Barkhuizein's (2010), Eckstein (2009), and Drijber, Reijnders, and Ceelen's (2012) who argue that emotional abuse can leave a person feeling depressed, anxious and even suicidal, as the fact that it has a negative impact on self – esteem and confidence. This is consistent with Geldenhuys (2012) findings that domestic violence robs the victims of their joy in life. The abusive behavior of their female partners leaves them feeling very angry and depressed. As a result, they can no longer concentrate at work.

Another participant stated that his wife called him ugly and too fat and this comment left him feeling very sad and hurt. This finding is similar to Geldenhuys's (2012) who found that when a person is constantly called names and being criticized by the spouse the person's self-confidence is eroded. The finding is also in law with Eckstein's (2009) who purports that even though survivors of domestic violence may experience similar types of abuse, the response to trauma may vary from person to person. Participants also mentioned that they find it difficult to enjoy peace in the house to the extent that they end up preferring life with friends than with their abusive wives.

5.4.2 Effects of financial abuse

Participants in this study mentioned that they experience a lot of stress in their relationships due to financial control from their partners. Their partners control the way they spend money, while some indicated that they are denied access to their bank accounts. Most indicated that they are worried about how the bills will get paid and how they are going to live or survive without money. Some pointed out that, because of their damaged credit profiles; they are now unable to get loans from their banks. This finding is similar to Hafemeister's (2003) who states that financial abuse can ruin someone's life. It can strip away a person's sense of security, independency and safety. The finding

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is also similar to Geldenhuys's (2012) who argues that the short and long term effects of financial abuse can be devastating. The short term access to assets is imperative to staying safe. Without assets, survivors are often unable to obtain safe and affordable housing or funds to provide for themselves or their children. Ruined credit scores make it extremely difficult to gain independence, safety and long term security.

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5.4.3 Effects of physical abuse

It is evident in the study findings that the physical effects of domestic violence involves sustained serious physical injuries which require medical attention, for example stab wounds, scars and bruises, broken bones. This finding supports Hines and Malley–Morrison's (2001) findings that 2% of the men who reported experiencing minor or severe spousal abuse reported suffering broken bones, broken teeth, or injury to sensory organs. The finding also corroborates Nayback-Beebe and Yoder's assertion (2012) that among possible health consequences of intimate partner violence is physical injuries that can lead to disability and death, post-traumatic stress disorder, substance use disorders, insomnia, and chronic pain.

Most participants stated that their partners throw objects like flower vases, shoes, and even cooking pots. This finding is similar to Hines and Malley-Morrison's findings that sometimes women may even score by brandishing a weapon or throwing things that could hurt their partners, for example, dishes, boiling water, or frying pans. In this study, almost all the participants, when asked about their injuries by other people, cover for their wives behavior by claiming that they got injured while performing some task at home, or they give excuses that they hurt themselves accidentally. This finding is similar to Hines and Malley-Morrison's (2001) who report that domestic violence victims often cover up their injuries to avoid being questioned by others. Oftentimes, injuries are explained by claiming that one tripped and fell, or broke something that resulted in an injury.

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5.5 Conclusion

This chapter discussed the research findings and related them to the literature reviewed. However, reviewed literature revealed that there is a lack of research on the direct effects of domestic violence on male victims of domestic violence. The next chapter will present the conclusion of the whole research study. It will include the following sections: limitations of the study and study recommendations.

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CHAPTER 6: CONCLUSION

6.1 Introduction

In this chapter the forms of domestic violence that male victims experience, reasons for not revealing the abuse and the effect of abuse on male victims are assessed in accordance with the aims of the study. Conclusions that were made by the participants concerning their experiences are also documented. Finally the limitations of the study and the recommendations of what can be done to assist male victims to break their silence on domestic violence are presented in this chapter.

6.2 Summary

The researcher revisits the research aim and objectives of the study as set out in chapter 1 and draws necessary conclusions as to whether the aim was sufficiently met and discussed. The aim of this exploratory research study was to investigate the silence of male victims on the domestic violence that they are experiencing at the hands of their female partners. For the purpose of this study, domestic violence signifies any behaviour that the receivers consider abusive and male victims refer to men who are victims of abuse.

The study concluded that male victims are reluctant to disclose abuse because of shame, fear of being labelled weak and fear of not being believed by police officers and society. Some do not want to be laughed at and some are very much concerned about the wellbeing of their children. Male victims are neglected and often ignored by the society.

To solve the problem of domestic violence, the social services have to identify the root cause and attend to it. Society focuses on women and child abuse, but it has they alarmingly missed the mark by accusing some abused men of being monsters. Women and children are not the only recipients of abuse, and men are not the sole abusers. The researcher found that one of the biggest challenges men face is that current

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legislation discriminates against men. The 16 Days of Activism awareness campaigns speak only for women and children, and is silent on the side of men. Men are viewed as perpetrators of domestic violence and women as victims.

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6.2.1 Research objectives

The basic conclusions drawn in relation to each objective are summarised below:

6.2.1.1 The forms of domestic violence experienced by male victims

The forms of abuse that men are subjected to are not different from those which women who are victims of domestic violence experience. Women who abuse their spouses also do not differ much from male abusers. These women who abuse their husbands hit, kick, punch, push or bite their victims. They sometimes use weapons such as knives, flower vases, pans or bottles.

The study concluded that swearing, yelling, mocking and calling names also resulted in deterioration in health and wellness of the victim and that these manifest as by low self-esteem, depression, frustration, fear, anger and humiliation. An example of emotional abuse was found in the study when a male victim testified that he felt humiliated when his wife criticised his body structure and how he walks.

Emotional abuse, according to these victims, is more devastating than physical abuse because words cut deeper than physical injuries. Some of the male victims' subjected to domestic violence experienced financial abuse inflicted by their female partners. The study findings revealed that lack of money resulted in poor health and wellness, ruined credit scores, accumulation of debts, and poverty. Most victims testified that their wives keep their bank cards and whenever they need money, they are supposed to beg and explain what they need money for. If they refuse to give them the bank cards, some will experience silent treatment from their wives and others will be shouted at.

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6.2.1.2 Reasons for not communicating the abuse

The study concluded that there are many reasons why male victims do not communicate the abuse. Culturally, men are viewed as being physically stronger than women. Consequently, male abused victims may not report incidents of domestic violence or seek help because of shame and embarrassment, fear of not being believed by authorities like the police, fear of being labelled weak, fear of not being heard or believed because of the widely held belief that domestic violence is something that men do to women. Some are afraid that they would be blamed for the abuse, that they must have done something to provoke it or that the woman was retaliating against the husband's abuse of her.

The study revealed that male victims also suffer more when attempting to access help, as males are more likely to be labelled the abusers and to be treated with suspicion; the injuries they sustained in the abuse are likely to be minimised. It was evident from the interviews that male victims are mistreated and mocked by the police when they seek help at the police stations. Several participants indicated that instead of laying a criminal charge, they would rather apply for a restraining order against their female partners, in h the hope that the abuse will stop.

A protection order is not the solution to domestic violence. Instead, male victims contribute to the underreporting of cases of domestic violence against them because most of them after getting a protection order they go back to the magistrate's office and cancel it. Female perpetrators must be arrested and brought to justice, just like male perpetrators of domestic violence. Some victims indicated that the police should take their complaints seriously even if it is a man who is reporting the abuse because men also have the same rights to protection as women.

6.2.1.3 The effect of domestic violence on male victims of domestic violence

The study concludes that men are more deeply affected by emotional abuse than physical abuse. Humiliating a man emotionally in front of other men is more demoralising than physical abuse. All male victims who were interviewed reportedly

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experienced high levels of stress. Some men feel that they are not real men anymore and their self-esteem is affected. Some participants reported on-going psychological consequences of being controlled, being humiliated, and being physically injured.

There is a lack of information and support services for male victims of domestic violence. To improve the provision of services, society and the government need to increase people's awareness of domestic violence against men, and also to encourage and support men to report domestic violence incidents against them.

6.3 Limitations of the study

The sensitiveness of the study made some participants deeply ashamed, reluctant and uncomfortable when responding to questions because the researcher was a woman. Many participants withdrew from the study because they were uncomfortable being interviewed by a young woman. The sample size of twelve was too small to generalise the findings to all the male victims in Makhado Municipality, Limpopo Province of South Africa. Due to lack of South African literature on the silence of male victims of domestic violence, this study relied heavily on foreign literature to situate its findings. The scope of the books and literature on domestic violence against men is quite limited. There is no significant research dealing directly with the silence of male victims on domestic violence.

6.4 Conclusion

The experiences of male victims of domestic violence are insufficiently acknowledged. There is need to encourage men, either as victims or as abusers, to contact service providers, in order to get help. This study showed that men may choose to remain silent about the abuse they are experiencing from their female partners in order to protect masculinities.

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6.5 Recommendations of the study

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The study recommends that:

- SAPS management needs to educate the police to take cases of abuse against men just as seriously as they take abuse against women,
- The Department of Justice ensure that women who abuse men are prosecuted just as they ensure prosecution of men who abuse women.
- Male victims of domestic violence should follow all the legal processes available to them to deal with domestic violence to which they are subjected. They do not have to suffer in silence as there are agencies and people who care and who can offer help, support and advice.
- Family members of male victims should take them more seriously and provide them with effective support and assistance (including ensuring their safety). They should encourage them to speak about their experiences and not to suffer alone in silence.
- To solve the problem of domestic violence, society must not view men as abusers only. Women and children are not the only recipients of abuse and men are not the sole abusers. Pointing a finger at men and turning a blind eye to women who abuse men will take us back to square one. The same orders to prevent male-on-female violence should also be available to protect men.

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APPENDIX A

TIME FRAME

ACTIVITY	LENGTH OF TIME
Compiling research proposal	2 June 2013 - 30 November 2014 (17 months)
Draft interview schedule	09-16 January 2015 (2 weeks)
Run interviews with individual participants	15 January - 23 September 2015 (8 months)
Data analysis	01 October - 28 December 2015 (2 months)
Report writing	04 January - 4 February 2016 (1 Month)
Submit first draft	03 February 2016
Submit final draft	20 April 2016



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APPENDIX B

INFORMATION LEAFLET

Introduction

My name is Ms Azwindini Brigate Modau. I am a Masters student at the University of Venda carrying out research on **The Silence of Male Victims In Relation To Domestic Violence in Heterosexual Relationships in Makhado Municipality Limpopo Province**.

You are being invited to volunteer to take part in a research study by expressing your opinions on the topic. For you to make an informed decision on whether to participate or not, you should have full information and understanding on what the study is about and how you will be involved. Please read the following information carefully, take time to decide whether or not you wish to take part. If you would like more information or have any questions, please contact me on the following numbers: 015 519 4300 or 072 273 495 or email address bmodau@webmail.co.za.

What is the purpose of the study?

The main purpose of the study is to gather the views of men in Makhado municipality who are in heterosexual relationships on why they are silent about domestic violence directed at them. This information will be used to encourage men to break the silence about domestic abuse and suggest how authorities can help and support male victims in the same manner that they do with female victims.

How will you participate in the study?

It is up to you to decide whether or not to take part. If you decide to take part, you will be given this information leaflet to keep and be asked to sign a consent form. However, even if you sign the consent form, you are still free to withdraw at any time and without giving a reason.

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What are your rights as a research participant?

Your decision to take part in this study is totally voluntary, that is to say you are free to refuse to take part in the study if you still have some doubts or think that your participation could leave you emotionally or psychologically disturbed. Should you agree to take part but change your mind later, you are allowed to withdraw yourself from the study at any stage and time, without being asked any questions or to give any reasons.

What are the possible disadvantages and risks of taking part?

Since you shall only be answering questions on the topic being studied, there will be no possible physical injuries or harm that could result from your participation. You should not provide any information about yourself that you do not want to share with other people or that could leave you feeling emotionally disturbed. You will not be asked to talk about your private life but to express your views on domestic violence against men.

How will your personal privacy and confidentiality be protected?

All views gathered in the study will be handled in a strictly confidential manner. Pseudonyms will be used instead of your real name and gathered information will not be linked to any name in the report. The gathered information will only be used for this study and not disclosed to any unauthorised people, and all the participants will have a chance to cross-check the information before and after it is put into a report.

Has the study got approval from authorities?

Permission to carry out this research will be requested from every individual who will be participating in the study. However, this does not mean that you should take part in the study against your will.

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APPENDIX C

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CONSENT FORM FOR PARTICIPATION IN A STUDY

University of Venda
Department of Psychology
Enquiries: A.B Modau

THE SILENCE OF MALE VICTIMS IN RELATION TO DOMESTIC VIOLENCE IN HETEROSEXUAL RELATIONSHIPS IN MAKHADO MUNICIPALITY LIMPOPO PROVINCE

DECLARATION OF THE PARTICIPANT

I confirm that I,..... ..... the participant was invited to take part in the study entitled **The Silence Of Male Victims in Relation To Domestic Violence** by Ms A.B Modau is being undertaken through the Department of Psychology, in the School of Health Sciences of the University at Venda.

It has been explained to me that:

I have to sign the informed consent form to participate in the study;

There will be no payment offered for participating in the study;

I have the right to withdraw from the study at any time, if it makes me uncomfortable without fear of being punished by the researcher; and

I have been informed that the information that is gathered during the interview will be treated confidentially.

I hereby agree to participate voluntarily in the above-mentioned study.

Signed at .....on this day of .....month.....year.....

Signature.....

Witness.....

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Makhado Cluster Commander
P.O. Box 12
Louis Trichardt
0920

Dear Sir/Madam

RE: PERMISSION TO CONDUCT RESEARCH STUDY

I am here by writing to request permission to conduct a research study in the Police stations under Makhado Cluster. I am currently enrolled in Master's degree at the University of Venda, and I am in the process of writing my Master's Thesis. The study is entitled: **The Silence of Male Victims in Relation To Domestic Violence in Heterosexual Relationships in Makhado Municipality Limpopo Province.**

I will be grateful if the Cluster Commander and the management team will grant me access into domestic violence registers SAP 508(b) of complaints of domestic violence in any of the 7 stations within the Makhado Cluster. Those who are interested or who volunteer to participate, will be given a consent form to be signed.

If approval is granted, participants will be interviewed in the institution at a quiet place, and the interview process should take no longer than one and half hours. The individual information obtained through the interviews will remain absolutely confidential and anonymous. Your approval to allowance to conduct this study will be greatly appreciated. I will follow up with a telephone call and would be happy to answer any questions or concerns that you may have about the study. You may contact me at my email address bmodau@webmail.co.za

If you agree, kindly submit a signed letter of permission on your institution's letterhead acknowledging your consent and permission.

Sincerely,
Azwindini Brigate Modau

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APPENDIX
APPROVAL LETTER TO CONDUCT A STUDY

SAP 21

SUID-AFRIKAANSE POLISIEDIENS

SOUTH AFRICAN POLICE SERVICE

Posbus/Post Office Box 12, Makhado ,0920

Verwysing Reference	26/3/4
Navrae Enquiries	BRIG. L.A Seopa
Telefoon Telephone	015 - 519 4327
Faksnommer Fax number	015 - 519 4346

THE CLUSTER COMMANDER
SOUTH AFRICAN POLICE SERVICE
MAKHADO CLUSTER
0920

2015-01-20

A.B MODAU. STUDENT NO: 9301375
UNIVERSITY OF VENDA
DEPARTMENT OF PSYCHOLOGY

RE: PERMISSION TO CONDUCT RESEARCH STUDY IN STATIONS WITH MAKHADO CLUSTER: A.B MODAU 9301375.

Topic: "The silence of male victims in relation to domestic violence in heterosexual relationship in Makhado Municipality Limpopo Province, South Africa: An exploratory study."

1. Permission is hereby granted for Ms A.B Modau, student no: 9301375 to conduct a research study in Police stations within Makhado Cluster.

2. I hope you will find this in order

CLUSTER COMMANDER: MAKHADO CLUSTER
L.A. SEOPA

SOUTH AFRICAN POLICE SERVICE
MAKHADO CLUSTER BRIG.
2015 -01- 22
LOUIS TRICHARDT
SUID-AFRIKAANSE POLISIEDIENS

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APPENDIX F
INTERVIEW QUESTIONS

Title: The Silence of Male Victims in Relation to Domestic Violence in heterosexual relationships in Makhado Municipality Limpopo Province, South Africa: An Exploratory Study.

1. Can you please explain the form of domestic violence you were experiencing within your heterosexual relationship?
2. When did the abuse start?
3. Why are you still staying with your abusive partner/wife?
4. How do you cope in the situation you are experiencing in your relationship?
5. What are your reasons for not laying criminal charges against her?
6. Please tell me, how did the abuse affect you?
7. How did you protect yourself from the abuse?
8. What must be done to encourage men out there to break their silence?

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APPENDIX G

ETHICAL CLEARANCE CERTIFICATE

RESEARCH AND INNOVATION
OFFICE OF THE DIRECTOR

NAME OF RESEARCHER/INVESTIGATOR:
Ms AB Modau

Student No:
9301375

PROJECT TITLE: **The silence of male victims in relation to domestic violence in heterosexual relationships in Makhado Municipality Limpopo Province, South Africa: An exploratory study.**

PROJECT NO: SHS/14/PSYCH/02/0412

SUPERVISORS/ CO-RESEARCHERS/ CO-INVESTIGATORS

NAME	INSTITUTION & DEPARTMENT	ROLE
Dr M Makatu	University of Venda	Supervisor
Dr J Takalani	University of Venda	Co-Supervisor
Ms AB Modau	University of Venda	Investigator-Student

ISSUED BY:
UNIVERSITY OF VENDA, RESEARCH ETHICS COMMITTEE

Date Considered: December 2014
Decision by Ethical Clearance Committee Granted

Signature of Chairperson of the Committee:
Name of the Chairperson of the Committee: Prof. G.E. Ekosse

University of Venda
PRIVATE BAG X5050, THOHOYANDOU, 0950, LIMPOPO PROVINCE, SOUTH AFRICA
TELEPHONE (015) 962 8818/8313 FAX (015) 962 9060
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UNIVERSITY OF VENDA

OFFICE OF THE DEPUTY VICE-CHANCELLOR: ACADEMIC

TO : MR/MS A.B MODAU

SCHOOL OF HEALTH SCIENCES

FROM: PROF J.E. CRAFFORD

DEPUTY VICE-CHANCELLOR: ACADEMIC

DATE : 30 SEPTEMBER 2014

DECISIONS TAKEN BY UHDC OF 16TH SEPTEMBER 2014

Application for approval of Master's research proposal in Health Sciences: **A.B Modau 9301375**

Topic: "The silence of male victims in relation to domestic violence in heterosexual relationship in Makhado Municipality Limpopo Province, South Africa: An exploratory study."

Supervisor:	UNIVEN	Dr. M Makatu
Co-supervisor:	UNIVEN	Dr. J Takalani

UHDC approved Master's proposal

Prof J.E. CRAFFORD
DEPUTY VICE-CHANCELLOR: ACADEMIC

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