SUFFERING QUIETLY! CULTURE AND VIOLENCE AGAINST MEN

A CASE STUDY OF DOMESTIC VIOLENCE IN GAYAZA NANGABO SUB COUNTY, WAKISO DISTRICT

A DISSERTATION PRESENTED TO THE FACULTY OF HUMANITIES AND SOCIAL SCIENCES, IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE, BACHELOR OF SOCIAL DEVELOPMENT AND COUNSELING

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DEDICATION

This report is dedicated to all my family members; you have been an inspiration to me through your hard work, your commitment, your love for your children, and wisdom. Mummy and Daddy, this achievement is out of your tireless sweats, without you, I would not be what I am.

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LIST OF ABBREVIATIONS

GBV : Gender Based Violence

DV : Domestic Violence

HIV : Human Immune Virus

AIDs : Acquired Immune Deficiency Syndrome

ABSTRACT

The study sought to establish why men **s**uffer quietly when they experience domestic violence or are violated by women. It looks at the specific role of culture in bringing about Violence against Men; particularly the Case of Domestic Violence against men in Gayaza Nangabo Sub County, Wakiso District. The study aimed at achieving the following objective; the causes of violence against men in families; the reasons why men suffer silently when violated by women in families, the impact of culture and violence (Domestic Violence) against men in families and the strategies for addressing violence (Domestic Violence) against men in families.

The study adopted qualitative approach and a case study design to obtain the needed data. it used Interviews and Questionnaires to obtain data from 40 respondents comprising married women, men (including widowed, divorced) and Government officials (CDO, Probation officer, police officers, local leaders) Who were all selected using purposive and simple random sampling techniques since they were in position of providing adequate and relevant information for the study as well as the opportunity for equality is selection of respondents.

The findings showed that poor anger management, antisocial personality disorders and borderline personality disorders, tendency to dominate the relationships and substance abuse, posttraumatic stress disorders and communication problems, biochemical imbalances and feelings of powerlessness, sexual abuse and stress are the causes of violence against men in families. A man is often reluctant to report victimization due to socio-cultural stereotypes of masculinity, thus Male victims of domestic violence hide in silence for fear of cultural reprimand.
The findings of the study also showed that the best way to end violence against men is to prevent it from happening by addressing its root and structural causes. There is need to provide the organizations, communities, and individuals with the knowledge and tools required for mobilizing communities to prevent violence against men by relevant authorities. The study concluded that stakeholders in the sub-county should embark on developing, promoting and strengthening domestic violence monitoring systems so that solutions can be sought immediately and long term survival of such cases are systematically addressed.

CHAPTER ONE

GENERAL INTRODUCTION

1.0 Introduction

Domestic violence occurs across the world, in various cultures, and affects people of all economic statuses (Campbell, 2010). Most cultures in Africa emphasize the male dominion over women this is witnessed in the gender roles and responsibilities assigned on the basis of masculinity and femininity. This has adversely affected the relationship between men and women and even the societal view of what is ought to be done by men and women. For instance, in terms of domestic violence it was believed that men cannot be beaten by women and in such cases those men are braded weak and not befitting men's class. This meant that such men are not culturally befitting a conception which is socially constructed and affects the men's position in the community (Connel, 2006). However, about two in five of victims of domestic violence are men, contradicting the wide spread impression that it is almost always women who are left battered and bruised (Campbell, 2010). Domestic violence is often seen as a female victim/male perpetrator problem, but the evidence demonstrates that this is a false picture. With this in mind and compelled by strong cultural believes, this study sought to explore how culture has influenced the silence of men when violated by their counterparts, the women. The study sought to find out how culture influences domestic violence against men and their consequent suffering.

This chapter explores the background of the study, statement of the problem, purpose, objectives, research questions, scope, significance and definition of key terms.

1.1 Background to the Study

According to the World Health Organization (2014), violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, mal development, or deprivation. This definition involves intentionality with the committing of the act itself, irrespective of the outcome it produces. However, generally anything that is executed in an injurious or damaging way may be described as violent even if not meant to be violence (by a person and against a person).

The WHO (2016) divided violence into three broad categories that is self-directed violence, interpersonal violence and collective violence. Violent acts can be physical, sexual, psychological and emotional. Self-directed violence is a categorization of violence a person inflicts upon himself or herself. It is subdivided into suicidal behavior such as suicidal thought and attempted suicide. Collective violence is inflicted by another individual or by a small group of individuals, and violence inflicted by larger groups such as states, organized political groups, militia groups and terrorist organizations. Collective violence is subdivided into structural violence and economic violence. Unlike the other two broad categories, the subcategories of collective violence suggest possible motives for violence committed by larger groups of individuals or by states. Collective violence that is committed to advance a

particular social agenda includes, for example, crimes of hate committed by organized groups, terrorist acts and mob violence. Political violence includes war and related violent conflicts, state violence and similar acts carried out by larger groups. Economic violence includes attacks by larger groups motivated by economic gain – such as attacks carried out with the purpose of disrupting economic activity, denying access to essential services, or creating economic division and fragmentation.

Interpersonal violence is divided into two subcategories (World Health Organization, 2014). Firstly, Community violence which occurs between individuals who are unrelated, and who may or may not know each other, generally taking place outside the home, for instance, rape or sexual assault by strangers. Domestic violence is the second sub-category of interpersonal violence. According to Tuyizere (2007), domestic violence is a pattern of behavior which involves violence or other abuse by one person against another in a domestic setting, such as in marriage or cohabitation. The latter has taken form based on ones gender which is referred to Gender Based Violence (GBV) and this two will be the focus of this study. That is Domestic Violence (DV) and Gender Based Violence although much attention is on Domestic violence.

The violence stipulated above is heavily influenced and perpetuated by the culture of people, especially in regards to the DV and GBV. Culture which is "the system of shared beliefs, values, practices, language, norms, rituals, and material things that group members use to understand their world" (Godley 2000, p.8; Belington et al. 1991, p.2) greatly influence the way people look at reality and people often becomes apparent and identify themselves in a particular way within a culture and

this influences violence differently. This study looks at how the cultural stances have shaped the Domestic Violence and Gender Based Violence in context of men.

Gender Based Violence (GBV) was identified in the 1995 Beijing declaration and platform for action and several International Conventions as an obstacle to achievement of the objectives of equality, development and peace. Acts of violence suffocate enjoyment of Human rights and fundamental freedoms. About two in five of victims of domestic violence are men, contradicting the wide spread impression that it is almost always women who are left battered and bruised (Campbell, 2010).

Domestic violence is often seen as a female victim/male perpetrator problem, but the evidence demonstrates that this is a false picture (Connell, 2006). In recent decades there has been a call for the end of legal impunity for domestic violence, an impunity often based on the idea that such acts are 'private'. The Istanbul Convention is the first legally-binding instrument adopted by Uganda in dealing with domestic violence and violence against men. Gender Based Violence was identified in the 1995 Beijing declaration and platform for action and several International Conventions as an obstacle to achievement of the objectives of equality, development and peace. Acts of violence suffocates enjoyment of Human rights and fundamental freedoms. In Uganda, reports of male violation have not been exclusive (Kitimbo, 2003). According to Kivengere (2008), Domestic Violence is leading or rampart in societies weakened by poverty and social fragmentation. According FIDA Uganda, 1994, violence is on the rise due to the following reasons; poverty, HIV/ AIDs, drugs and negative cultural practices. It is however noted that much continue to suffer violence in silence at the hands of the spouses in the domestic setting (Barber, 2008).

Globally, the victims of domestic violence are overwhelmingly women, and women tend to experience more severe forms of violence. In some countries, domestic violence is often seen as justified, particularly in cases of actual or suspected infidelity on the part of the woman, and is legally permitted. Acid attacks, are an extreme form of violence in which acid is thrown at the victims, usually their faces, resulting in extensive damage including long-term blindness and permanent scarring. These are commonly a form of revenge against a man for rejecting a marriage proposal or sexual advance (Connell, 2006).

Domestic violence against men deals with domestic violence experienced by men or boys in an intimate relationship such as marriage, cohabitation, dating, or within a family. As with domestic violence against women, violence against men may constitute a crime, but laws vary between jurisdictions. Socio-cultural norms regarding the treatment of men by women, and women by men differ depending on the geographic region, and physically abusive behavior by one partner towards another is regarded varyingly as a serious crime to a more personal matter. Whereas women who experience domestic violence are openly encouraged to report it to the authorities, it has been argued that men who experience such violence often encounter pressure against reporting, with those that do facing social stigma regarding their perceived lack of machismo and other denigrations of their masculinity(Barber, 2008). Additionally, intimate partner violence against men is generally less recognized by society than intimate partner violence against women, which can act as a further block to men reporting their situation (Connell, 2006).

In many cultures, victims of rape are considered to have brought 'dishonor' or 'disgrace' to their families and face severe familial violence, including honor killings. This is especially the case if the victim becomes pregnant. Men may live with the fear that something will happen again. They may even be the targets of abuse. Most men who live with domestic violence can recover and heal from their experiences. One of the most important factors that can help men do well after experiencing domestic violence is strong relationship with caring. As a caring woman, she must promote your men's recovery by taking steps to increase safety in the family (Connell, 2006).

In several African countries, some men have abandoned their families because their women have become tormentors in verbal and physical abuse. Some of these men drown their frustration in bars while others take hard drugs (Barnes, 1999). Frustrations are even more for the jobless, retrenched and men who earn less than their spouses because their house turns into a prison (Segal, 2007). Men commit more violent crime than women, by a mile. Around 85-90% of convicted murderers are men, a majority of the reported domestic abusers and pretty much all of those committing sexual attacks (Barber, 2008).

Campaigners claim that men are often treated as "second-class victims" and many of the authorities do not take them seriously. Perhaps they are driven by the notion that women have a weaker physique. At the same time, we should not rule out the fact that there are cases where women use very dangerous weapons against men. In Uganda, reports of male violation have not been exclusive (Kitimbo, 2003). According to Kivengere (1993), Domestic Violence is leading or rampart in societies weakened mainly by poverty and social fragmentation. It is against that

backdrop that we should further explore the nature and magnitude of violence against men by women, and how culture suffocates any efforts by the victims to liberate themselves.

Gayaza Nangabo Sub County is located in Wakiso District. It is divided into seven parishes and has a total of 86 Villages. Physical violence against men in Gayaza Nangabo Sub County Wakiso District is said to exist and involves the culmination of other abusive behavior such as threats, intimidation, and restriction of victim self-determination through isolation, manipulation and other limitations of personal freedom. Denying medical care, sleep deprivation and forced drug or alcohol use, are also forms of physical abuse including inflicting physical injury onto other targets such as children or pets, in order to cause emotional harm to the men who are the victims in Gayaza Nangabo Sub County. However, for effective understanding and prove of the phenomenon it is important to explore why men suffer quietly when violated by women and to what extend culture has contributed to this.

1.2 Problem Statement

Despite of the efforts of some Non-Governmental Organizations (NGOs), media, central government, parliament and other agencies in trying to fight for equal rights, opportunities, entitlements and privileges for both men and women, a number of men continue to quietly fall victims of Gender Based Violence (GBV).GBV and Domestic Violence is a result of socially constructed power differences between men and women. When those who have power abuse it, it often causes GBV. Many cultures in Uganda give more power to men through the process of socialization and distribution of rights and privileges. But unlike in the past,

more men today say that they are experiencing GBV (Barber, 2008).

According to Lutalo (1997) in a community Based survey in rural Uganda, 19.8% of women reported verbally abusing, physically threatening or physically abusing their male partner during the previous year. The behavior involved verbal threats, yelling or shouting (18.7%), 5.4% of women reported actions constituting physical threats or violence and 3% reported actual physical violence. Today, some men are increasingly complaining that campaigns against GBV focus on women and ignore them. Both men and women face the factual and documented evidence that there is some form of violence on both men and women. But GBV/DV against men is often silent (Barber, 2008). Until we break the silence and stigma associated with publically speaking about GBV/DV and begin to challenge people around us, this evil will continue to thrive. This prompted the researcher to conduct further investigation on why men are suffering quietly when violated by women and how the culture has shaped the violence against men in order to establish ways of addressing the circumstances surrounding its perpetuation.

1.3 General Objective

The general objective was to find out the influence of culture on domestic violence against men and its contribution to their quiet suffering in Gayaza Nangabo Sub County, Wakiso District.

1.4 Specific Objectives

i. To investigate the causes of domestic violence against men in families.
ii. To find out the reasons why men suffer silently when violated by women in families.

iii. To examine the impact of culture on Domestic Violence against men in families.
iv. To establish strategies for addressing Domestic Violence against men in families.

1.5 Research Questions

i. What are the causes of domestic violence against men in families?
ii. What are the reasons why men suffer silently when violated by women?
iii. What is the impact of culture on men violation?
iv. What are strategies for addressing violence domestic violence against men?

1.6 Scope of the Study

1.6.1 Subject Scope

The research investigated the influence of culture on domestic violence against men and its contribution to their silent suffering. It specifically investigated the causes of violence against men in families, the reasons why men suffer silently when violated by women, the impact of culture on men violation and to establish strategies for addressing violence GBV against men.

1.6.2 Geographical Scope

The study was conducted in Gayaza Nangabo Sub County Wakiso district. The district is boarded by Kampala, Mpigi and Mukono districts. Gayaza Nangabo Sub County is located along Kasangati Matuga road 18km from Kampala city centre. It’s boarded by Busukuma, Newbern Gombe sub counties and Kiira town councils.

1.6.3 Time Scope

The study took a period of ten (10) years from 2006 to 2015.This is expected to yield adequate and up-to-date information relevant to the study because it has been increasingly cited that more than 40% of domestic violence victims are male and this trend has increased recently – in the last decade (Campbell, 2010).

1.7 Significance of the Study

The findings of the research may add knowledge and literature on the existing problem of violence against men.

This study may be relevant in that it may help the victims of domestic violence to be aware of the legal alternatives available to deal with abusers such as police, community plus mandatory counseling.

This study may help the youth identify where to get help after an attack and concise information on how the different components of the legal system can provide help, telephone numbers for sources of legal, social, medical counseling, housing and other areas of help even education.

The study will suggest measures for policy makers like parliament and community leaders on how to design policies and programs that cushion men-victims of GBV and Domestic Violence.

The study is conducted in partial requirement and fulfillment for the award of a degree of social development and counseling of Uganda Martyrs' University.

1.8 Justification of Study

Domestic violence is often seen as a female victim/male perpetrator problem, but the evidence demonstrates that this is a false picture (Connell, 2006; Campbell, 2010). With this in mind and compelled by strong cultural believes, it becomes necessary to seeks inquiry into the traditional and often one way of looking at reality of violence among men and women. It is even more demanding to explore it in context of our existing cultural background, particularly how culture has influenced the silence of men when violated by their counterparts, the women. Domestic violence against men deals with domestic violence experienced by men or boys in an intimate relationship such as marriage, cohabitation, dating, or within a family. Such relationships must be studied if amicable relationship among family and solving domestic problem is to be successful minimized.

1.9 Conceptual Frame Work for the Study

Figure 1: Showing the Conceptual Framework.

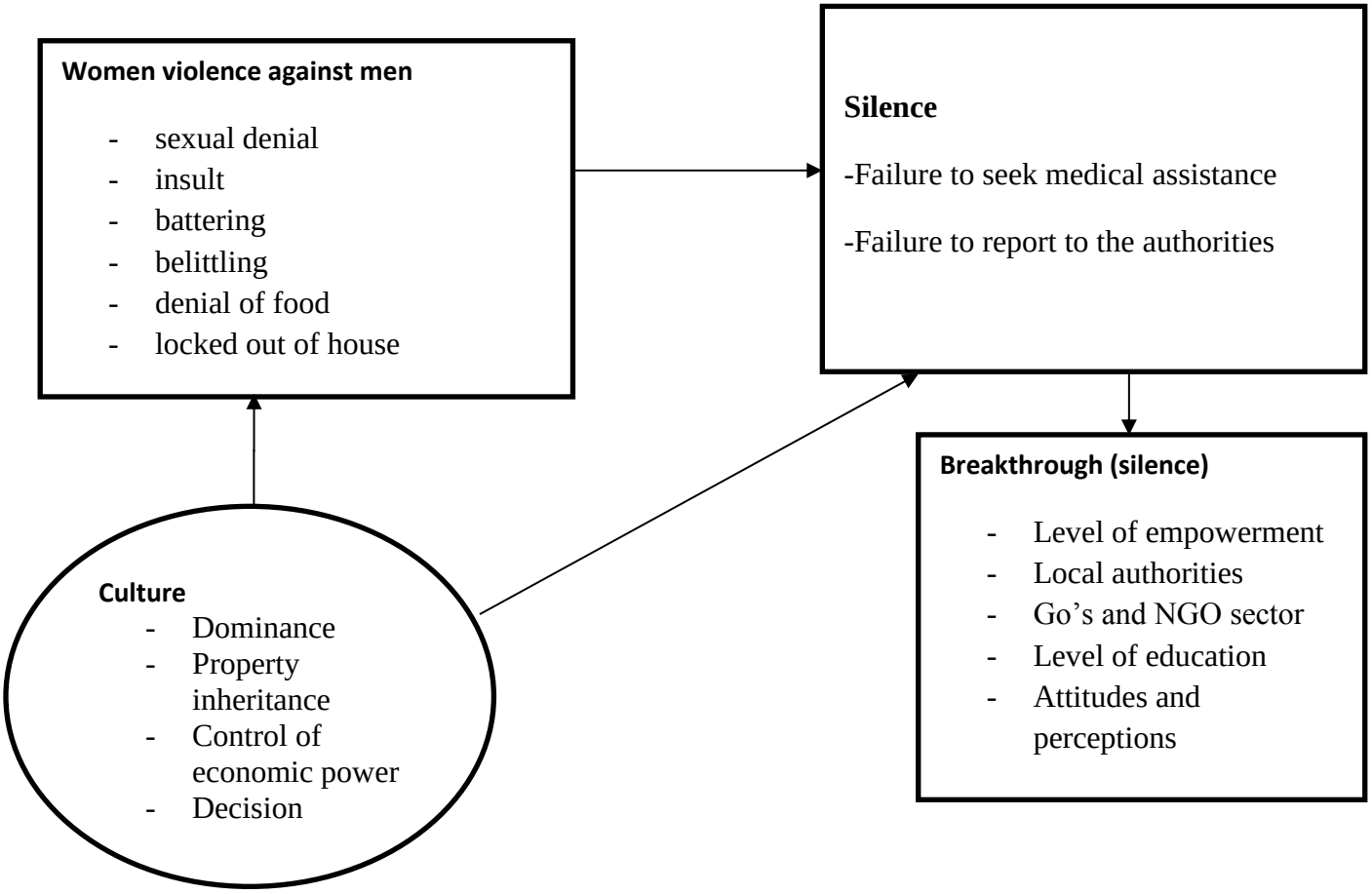

Figure 1 shows the conceptual framework that illustrates the relationships that exist between the concepts being investigated in this study. Men's suffering quietly is the result of cultural influence which supports the thinking that men are not supposed to be violated or beaten up by women and these thinking are the result of male dominance or the patriarchy enshrined in the social cultural believes and power relationship of men and women. The opposite is true, beating women is normal. However this silence cane be broken down through breaking such social cultural beliefs through the empowerment, local authorizes, awareness creation, education among others. Therefore the concepts are related concepts because each concept affects the other both positively or negatively for example women violence again men causes failure for men to seek medical assistance because it may be known that they were beaten by a women and this was news to the entire community. Thus, men decide to keep quiet. This consequently affects efforts to break the silence or suffering quietly

1.10 Definition of Key Terms

Culture: All things and activities that make people's entire way of life. Ferraro (2003) defines culture as everything that people have, think, and do as members of a society.

Domestic violence: Intimate partner violence occurs between people in an intimate relationship. Margi(2008)defines domestic violence to any form of violence by an intimate partner or by other family members regardless of the place where the violence takes place.

Violence: It involves physical force intended to hurt damage, or kill someone or something (Atmole, 2000). However, violence is more than physicality, it also take emotional and psychological forms.

Gender based violence includes physical, sexual and psychological violence such as domestic violence; sexual abuse, including rape and sexual abuse of children by family members; forced pregnancy; sexual slavery; traditional practices harmful to women, such as honor killings, burning or acid throwing, female genital mutilation, dowry related violence; violence in armed conflict, such as murder and rape; and emotional abuse, such as coercion and abusive language (WHO, 2006).

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

Literature review helps the researcher to comprehend the already existing body of knowledge or information related to the study written different authors. This chapter reviews the literature related to the influence of culture on domestic violence against men and their consequent suffering. It shows how this research relates to the existing body of knowledge based on the causes of domestic violence against men, the relationship between culture and domestic violence against men and the different ways of preventing domestic violence against men and their consequent suffering.

2.1 Conceptual and Theoretical Discussion

2.1.1 The Concept of Domestic Violence

Domestic violence is defined as intimate partner violence occurs between people in an intimate relationship (Kitimbo, 2003). In addition, domestic violence against men can take many forms, including emotional, sexual and physical abuse and threats of abuse. It can happen in heterosexual or same-sex relationships. It might not be easy to recognize domestic violence against men. Early in the relationship, your partner might seem attentive, generous and protective in ways that later turn out to be controlling and frightening (Akello, 2001). Initially, the abuse might appear as isolated incidents. In other relationships, domestic violence against men might include both partners slapping or shoving each other when they get angry and neither partner seeing himself as being abused or controlled. This type

of violence, however, can still devastate a relationship, causing both physical and emotional damage (Henning, 2005).

2.1.2 The Concept of Culture

Culture refers to all things and activities that make people's entire way of life. The continent of Africa is essential to all cultures, Henning, (2005). He adds that many cultures have allowed fathers to sell their children into slavery. Child sacrifice was also a common practice. Africa is home to a number of tribes, ethnic and social groups. One of the key features of this culture is the large number of ethnic groups throughout the 54 countries on the continent (Baker, 2005).In many cultures, victims of rape are considered to have brought 'dishonor' or 'disgrace' to their families and face severe familial violence, including honor killings. This is especially the case if the victim becomes pregnant. Men may live with the fear that something will happen again. They may even be the targets of abuse. Most men who live with domestic violence can recover and heal from their experiences. One of the most important factors that can help men do well after experiencing domestic violence is strong relationship with caring. As a caring woman, she must promote your men's recovery by taking steps to increase safety in the family (Hidden Lives, 2006).

Akello (2001) argued that as a defining aspect of what it means to be human, culture is a central concept in anthropology, encompassing the range of phenomena that are transmitted through social learning in human societies. The word is used in a general sense as the evolved ability to categorize and represent experiences with symbols and to act imaginatively and creatively. This capacity is often thought to be unique to

humans, although some other species have demonstrated similar, though much less complex abilities for social learning. It is also used to denote the complex networks of practices and accumulated knowledge and ideas that are transmitted through social interaction and exist in specific human groups, or cultures, using the plural form.

Henning (2005) contends that some aspects of human behavior, such as language, social practices such as kinship, gender and marriage, expressive forms such as art, music, dance, ritual, religion, and technologies such as cooking, shelter, clothing are said to be cultural universals, found in all human societies. The concept material culture covers the physical expressions of culture, such as technology, architecture and art, whereas the immaterial aspects of culture such as principles of social organization (including, practices of political organization and social institutions), mythology, philosophy, literature and science make up the intangible cultural heritage of a society. In the humanities, one sense of culture, as an attribute of the individual, has been the degree to which they have cultivated a particular level of sophistication in the arts, sciences education, or manners (Akello, 2001).

The level of cultural sophistication has also sometimes been seen to distinguish civilizations from less complex societies. Such hierarchical perspectives on culture are also found in class-based distinctions between a high culture of the social elite and a low culture, popular culture or folk culture of the lower classes, distinguished by the stratified access to cultural capital. In common parlance, culture is often used to refer specifically to the symbolic markers used by ethnic groups

to distinguish themselves visibly from each other such as body modification, clothing or jewelry(Henning , 2005).

Mass culture refers to the mass-produced and mass mediated forms of consumer culture that emerged in the 20th century. Some schools of philosophy, such as Marxism and critical theory, have argued that culture is often used politically as a tool of the elites to manipulate the lower classes and create a false consciousness, such perspectives common in the discipline of cultural studies. In the wider social sciences, the theoretical perspective of cultural materialism holds that human symbolic culture arises from the material conditions of human life, as humans create the conditions for physical survival, and that the basis of culture is found in evolved biological dispositions, (Kivengere, 2008).

Baker (2005) stipulates that when used as a count noun, "a culture" is the set of customs, traditions, and values of a society or community, such as an ethnic group or nation. In this sense, multiculturalism is a concept that values the peaceful coexistence and mutual respect between different cultures inhabiting the same territory. Sometimes "culture" is also used to describe specific practices within a subgroup of a society, a subculture, or a counter culture. Within cultural anthropology, the ideology and analytical stance of cultural relativism holds that cultures cannot easily be objectively ranked or evaluated because any evaluation is necessarily situated within the value system of a given culture (Kivengere, 2008).

2.2 Causes of Male Violence

Henning (2005) said that poor anger management, antisocial personality disorders, borderline personality disorders,

tendency to dominate relationships, substance abuse, criminal history, posttraumatic stress disorders, depression, communication problems, jealousy, sexual abuse as a child, stress, and a general attitudinal approval of partner violence.

Messerschmitt (2006) stipulated that male perpetrated domestic violence include psychopathology, anger, revenge, skill deficiency, head injuries, biochemical imbalances, feelings of powerlessness, lack of resources, and frustration. Researchers have also found a correlation between the availability of domestic violence services, increased access to divorce, higher earnings for women, and improved laws and enforcement regarding domestic violence with declines in men perpetrated domestic violence.

Determining the rate of domestic violence against males basing on cultural beliefs can be difficult, as men are often more reluctant than women to report their abuse or seek help. One of the reasons for this is that IPV against men is generally less recognized by society than domestic violence against women. Additionally, heterosexual male victims of domestic violence are often judged harshly for "allowing" themselves to be beaten by a woman. This view is based upon the general rule that men are physically stronger than women, and, therefore, should be able to prevent any kind of female violence; a view which disregards that violent women tend to use objects during domestic violence at a higher rate than violent men (Baker, 2005).

Baker (2005) said that domestic violence is either male physical abuse to maintain that power advantage or female defensive violence, used for self-protection." In this sense, any Domestic violence committed by women against men is by way of self-defense. Linda Kelly writes that "in conceding that men do

engage in acts of domestic violence, male use of violence is justified as self-defense, a lifesaving reaction of men who are being physically attacked by their female partners. The development of the battered man syndrome as a defense for crimes committed against abusive female partners, including homicide, evidences the wide acceptance of a woman's use of violence as self-defense". Many young boys are persuaded to go into marriage at a very young age before 18years. This results into early birth with strain to meet basic family needs between the spouses. This drives them to conflict that results into violence on either of the partner on a marital status. The root cause of violence lie in the society's attitudes towards different gender positions possessed by members of society Much as the causes are identified with the offender other factors do exist as drivers to violence beyond a single individual (Kivengere, 2008).

African culture also encourages violence because men are born in large numbers as a source of wealth, however too many men born to a family is not only an incapability but also causes blame of over production on couples leading to violence (Akello, 2001). Gender based violence against men. Gender violence affects both men and women although many men feel uncomfortable discussing an issue which at times seems to reflect on men in general portraying all of them as aggressive, violent, or irresponsible wife beaters or sexual predators(Henning , 2005).

Men can also be violent and some men may not be violent. Men are also frequent victims of violence particularly young men with homicide as a major cause of death amongst 15 up to 44years old men (PAHO, 2001). A review on crime and violence concluded by Baker (1999) concludes that masculinity had been seen as inherently violent and that the impact of gender socialization

on men has largely been ignored in the study of violence (Messerschmitt, 2006).

Baker (2005), postulates that in low income settings where mainstream sources of masculine identity such as education achievement or stable employment are difficult to access therefore young men may be more inclined to adopt violence or other behaviors of control as a way to prove their manhood.

In Africa, some men have abandoned their families because their women have become tormentors in verbal and physical abuse. Some of these men drown their frustration in bars while others take hard drugs (Barnes, 2002). Frustrations are even more for the jobless, retrenched and men who earn less than their spouses because their house turns into a prison (Segal, 2006). According to Mbeker (2003), at least five men in Uganda are battered every week but as it has been over the centuries, men experience violence but under great silence.

Men victims of sexual violence also go through physiological trauma. They feel ashamed and guilty thinking that they have contributed or induced their abuses. At later ages in life, the victims are known to hate marriage because their earlier orientation to sex was rude, painful and shameful. Sometimes they get into a very acute and chronic anxiety leading to post – traumatic disorders and phobias(Hidden Lives, 2006).

2.3 The reasons why men suffer silently when violated by women

Yoshihima (2002) contented that a man is often reluctant to report victimization concerns socio-cultural stereotypes of masculinity; male victims of domestic violence due to culture often hide their suffering due to fear of being judged

negatively by others, and or having their masculinity questioned.

Ahmad (2004) stipulates that for some men, this evasive behavior is based upon the fear of being ridiculed by friends or co-workers, by shyness in dealing with peers or with women, and by fear of people saying that the woman is the real victim, and must have been acting in self-defense. For a man to admit he is the victim of female perpetrated domestic violence necessitates the abandonment of the veneer of machismo which society expects from men, and to admit being submissive to a female partner.

Ahmad et al. (2004) observed that for some men, this is an admission they are unwilling, or unable, to make. Some researchers have also demonstrated a degree of socio-cultural acceptance of aggression by women against men, whereas there is a general condemnation of aggression by men against women. This can lead to men not considering themselves victims and or not realizing the domestic violence they are experiencing is a crime.

As a difference in cultural background, domestic violence puts men at risk of developmental problems, psychiatric disorders and problems of taking their children to school, aggressive behavior and low self-esteem. You might worry that seeking help could further endanger you and your children, or that it might break up your family. Fathers might fear that abusive partners try to take their children away from them. However, getting help is the best way to protect children (Henning, 2005).

Hidden (2006) stipulates that the consequences of sexual violence against men are debilitating and many. Risk of HIV and sexually transmitted diseases, damage to reproductive organs and

broken bones. The physiological and social consequences are equally as devastating as the prevailing stigma associated with sexual violence often leaves men victims isolated and increasingly vulnerable. For a number of cases, (Doyle, 2003) death is the ultimate negative consequence violence, sexual leads to health problems (Jabweri and Namutebi, 2002) mentioned about a teacher of mother care nursery school who was sentenced to 14years in jail for defiling a 5year old boy.

2.4 The Impact of Culture on Men Violation.

Domestic violence needs to take account of the factors that cultures define and experience such violence differently and also particular attention is drawn in varying cultural perceptions of what constitutes abuse (Ahmad et al., 2004). Yoshihima (2002) stated that cognizance must be taken of the cultural norms and values that foster violence against men and that ethnic minority men in violence must be able to voice their concern about how violated they feel within a cultural framework that is meaningful to them.

Domestic violence against men is influenced by culture in form of traditional beliefs, emotional, sexual and physical abuse and threats of abuse. It can happen in heterosexual or same-sex relationships. It might not be easy to recognize domestic violence against men. Early in the relationship, your partner might seem attentive, generous and protective in ways that later turn out to be controlling and frightening. Initially, the abuse might appear as isolated incidents. In other relationships, domestic violence against men might include both partners slapping or shoving each other when they get angry and neither partner seeing himself or herself as being abused or controlled. This type of violence, however, can still devastate a

relationship, causing both physical and emotional damage (Connell, 2007)

Domestic violence based on culture can leave a man depressed and anxious. He might be more likely to abuse alcohol or drugs or engage in unprotected sex. Because men are traditionally thought to be physically stronger than women, you might be less likely to report domestic violence in your heterosexual relationship due to embarrassment. A man might also worry that the significance of the abuse will be minimized because you are a man. Similarly, a man being abused by another man might be reluctant to talk about the problem because of how it reflects on his masculinity or because it exposes his sexual orientation, (Henning, 2005).

Men living with domestic violence seek support in different ways. They may turn to their extended families or friends, their faith communities, or their cultural traditions to find connection, stability and hope. Men may find their own coping strategies and some do not show obvious signs of stress. Others struggle with problems at home, and in the community. You may notice changes in someone's emotions and behavior after an incident of domestic violence. Men may also experience longer-term problems with health, behavior and emotions, especially when domestic violence goes on for a long time. For example some men may become depressed or anxious, skip school, or get involved in drugs. Men who live with domestic violence may learn the wrong lessons about relationships (Basile, 2005).

2.5 The Strategies for Addressing Violence GBV against Men

Men stopping violence is a national training institute that provides organizations, communities, and individuals with the

knowledge and tools required to mobilize men to prevent violence against women and girls. It is believed that all forms of oppression are interconnected. Social justice work in the areas of race, class, gender, age, and sexual orientation are all critical to ending violence against men (Connel, 2007)

Violence against women and girls is rooted in gender-based discrimination and social norms and gender stereotypes that perpetuate such violence. Given the devastating effect violence has on women, efforts have mainly focused on responses and services for survivors. However, the best way to end violence against women and girls is to prevent it from happening in the first place by addressing its root and structural causes, (Hidden Lives, 2006).

Prevention should start early in life, by educating and working with young boys and girls promoting respectful relationships and gender equality. Working with youth is a "best bet" for faster, sustained progress on preventing and eradicating gender-based violence. While public policies and interventions often overlook this stage of life, it is a critical time when values and norms around gender equality are forged, (Hidden Lives, 2006).

Prevention entails supporting the implementation of the agreed conclusions of the 57th Session of the Commission on the Status of Women that placed a strong focus on prevention through the promotion of gender equality, women's empowerment and their enjoyment of human rights. It also means making the home and public spaces safer for women and girls, ensuring women's economic autonomy and security, and increasing women's participation and decision-making powers in the home and relationships, as well as in public life and politics. Working with men and boys helps accelerate progress in preventing and

ending violence against women and girls. They can begin to challenge the deeply rooted inequalities and social norms that perpetuate men's control and power over women and reinforce tolerance for violence against men (Atmole 2000).

Familiarize individuals and the community with the possible signs and indicators of domestic violence. These signs can vary and do not always come with physical symptoms because domestic violence is not just limited to physical attacks such as beatings. It includes many forms of abusive behavior enacted to control the victim in a myriad of ways including emotional abuse, verbal abuse and economic abuse. Domestic violence also affects every level and demographic in society, so there is no typical victim despite the stereotypes. Someone who may not appear to be a victim of domestic violence may well be suffering in silence (Atmole 2000).

Get your community educated: A good start to eradicating Domestic Violence from your community or neighborhood is to start educating as many people as possible about Domestic Violence, its impact and how to intervene safely. This can be done in collaboration with your local Domestic Violence shelter or women's organization or police community outreach officers who can work with the community, local schools and local companies to organize and implement talks, town hall meetings and other group sessions to talk about this issue (Atmole 2000).

Collinson (2009) contends that get your community organized: There is safety and influence in numbers when intervening to stop an abuser or making your community a place where Domestic Violence will not be tolerated. As just as many neighborhoods have neighborhood watch to stop crime, start organizing a network of folks who will commit to intervene in Domestic

Violence situations, help victims leave their abusers safely and provide a communal support structure for survivors.

Alder (2006) postulates that boost your community support network with technology: If you have a smart phone and the victim has a smart phone, consider downloading a safety app for women, many of which have been designed to automatically alert your support network if you are in danger. Implement policies that make provisions for the potential impact of Domestic Violence. For example, the National Bank of Australia is currently offering paid Domestic Violence leave because the economic freedom from remaining in paid work is regarded as vital in helping victims escape violent relationships.

Ring the bell (Basile, 2005). If you are the neighbor of a family experiencing Domestic Violence, please take the time to ring their bell when you hear a violent situation happening. You could use the old neighborly approach of asking to borrow a cup of sugar or some milk as an excuse. If you feel that it could get dangerous, bring another person with you so there will be more than one witness. Intervening with Domestic Violence situations can be dangerous especially if the abuser has a weapon and is intoxicated by drink or drugs. If you are unable to get help from the local shelter or police, make sure to bring another friend or family member along with you when you respond to the victim or survivor's call in person (Basile, 2005).

Collision (2009) stipulates that if your neighbor, friend, co-worker, classmate, mother, sister, daughter, daughter-in-law, niece or cousin is facing Domestic Violence at home; let them know that you will be willing to be a witness or to intervene on their behalf while you are around. Also let them know that they are welcome to take refuge in your home should they need

somewhere to go. If the situation is beyond simple neighborly intervention (e.g. the abuser has a gun and uses it during the abuse), call the police or your local emergency services. Provide critical information, such as location, names, contact number, and whether or not you wish they remain anonymous. Do not intervene personally in this scenario as it will be too dangerous to do so.

Victims often feel completely isolated and are often belittled by their partner; it is important to enable her to feel safe when confiding in you because eventually, she may well be able to gather enough courage to tell you exactly what is happening and to ask for help. This intervention tip may be particularly useful for hairdressers, nurses, human resource department personnel and anyone working in professions that involve having to listen to clients, customers and co-workers as part of the job (Collinson, 2009).

Basile (2005) said that it is necessary to be on standby if you suspect your friend, co-worker, staff, or family member of suffering from Domestic Violence, offer to be on standby for her text or call for emergencies. Have your phone on and fully charged at all times and keep it on you. Have an intervention plan. Work out a plan to get an intervention operation in action has the following numbers on standby for your use. Make sure to contact all of these agencies immediately should you receive an urgent SOS from the victim or survivor or if you hear or witness the violence begin and escalate.

Provide some relief. If you know a Domestic Violence victim/survivor who is being kept at home without relief, do a random act of kindness for her: Offer to babysit the children for a few hours while the abuser is out so she can have a

breather; Offer to pick up groceries for her on your grocery run. Every small gesture helps provide relieves and also build the victim's confidence in eventually reaching out to you for help (Alder, 2006).

Check in regularly. If you fear for your friend, co-worker, classmate, or family member's life, call or text her once a day at a random time to see if she is all right. If it is your neighbor, keep an eye out on the house and your ears pricked for any signs or sounds of violence. Help him find the assistance he needs, whether it is legal information, local domestic violence programmers, or finding a safe place through a battered women's shelter. The greatest danger women face in these situations is often the actual process of leaving, so finding a safe place may be key. Knowing this information beforehand may be helpful, but assisting her in the research and even making phone calls for her will also help speed things up

2.6 Summary of Literature

Domestic violence against men deals with domestic violence experienced by men or boys in an intimate relationship such as marriage, cohabitation, dating or within a family.

Violence against men may constitute a crime but laws vary between jurisdictions, socio-cultural norms, regarding the treatment of men by women and women by men differ depending on the geographical region and physically abusive behavior by one partner towards another is regarded varyingly as a serious crime to a more personal matter.

Men who experience violence are openly encouraged to report to the authorities, it has been argued that men experience violence often encounter pressure against reporting with those that do

facing social stigma regarding their perceived lack of machismo and other delegations of masculinity.

Additionally intimate partner violence against men is generally less recognized by society than that of women which can act as a further block to men reporting their situations.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction

Research Methodology helps the researcher understand how the research should be designed and the tools or methods to be used in collecting data. This chapter contains the research designs, study population, data collection instrument, data analysis and interpretation tools ,validation of tools, Data quality control , procedure of the study, limitations to the study.

3.1 Research Design.

Robinson (2014) defines research design as the plan and structure of investigation so conceived as to obtain answers to research questions, the strategy for a study and the plan by which the strategy is to be carried out. The study used a case study research designs. Case study research design is the investigation of the one or more specific 'instances of' something that comprises the cases in the study. Case studies are most commonly associated with qualitative research and qualitative data but this need not be so and quantitative data can readily be incorporated into a case study where appropriate. Case study design was used because it is adaptive to different types of research question and to different research settings. It was also used because it helps studying phenomena in detail and in context (Yin, 2009).

The study employed the qualitative approach. Qualitative approach refers to approach used to capture some comments, feelings and views of the respondents that are relevant to the

study. Since the study collected raw data comprising perceptions and attitudes, it was necessary to interpret it by a qualitative research design.

3.2 Area of the study

The study was conducted in Gayaza Nangabo sub county Wakiso District. Gayaza Nangabo Sub County is located in Wakiso District, 7km away from the city centre. It is divided into seven parishes and has a total of 86 Villages. According to the 2012 population and housing census, Gayaza area has 2,243 household, 5,149 male, 5,164female, 10,313 in total and 4.6 average house hold size. Economically large number of young adults in the area is engaged in boda boda (motorcycle and bicycle) for hire and transportation. Increasingly, residents of Gayaza are employed in salaried (formal employment) and non-salaried (informal employment) positions in the city of Kampala. They as well involve in activities like animal rearing growing of crops poultry. Socially, the people of this area participate in activities like pool table, sports betting, playing cards and Ludo games.

3.3 Study Population

Nachmias and Nachmias (2008) define population as the total collection of elements about which we wish to make some references. Brinker (1998) defines a target population as a large population from which a sample population is selected. These are the people who were used to generate the information concerning the study. The study population included married men from different cultures such as Baganda, Basoga, Banyankole, Bakigga, Banyoro and Bagisu. Other population of the study included the married men and women, divorced, widows, youth,

elders, local council, church leaders, local government leaders such as the Community Development officer.

3.4 Sampling Procedure

Sampling procedure refers to the procedure used in selecting the population to be used to collect the data.

3.4.1 Sample size

Taking samples of information can be efficient way to clear cohesions when the cost of gathering all data is impractical (Gold, 2003). The purpose of sampling is to secure a representative group, which enables the researcher to gain information about the population. Sound conclusions can be drawn from a relatively small data. A sample size of 40 respondents was selected to represent the whole population. The sample include Married men(5), Married women(3), Divorced women(3),Divorced men(3),Widows(4), Widowers(4), youth(5), elders(5), LC(2), church leader (3), CDO(1) and Parish leaders(4). This is shown in the table below:

Table 1: The Composition of the Sample Size.

Respondents Characteristics	Sample size	Sampling Technique	Data Collection Instrument
Married men	05	Simple random	Questionnaire
Married women	03	Simple random	Questionnaire
Divorced women	03	Simple random	Questionnaire
Divorced men	03	Simple random	Questionnaire
Widows	04	Simple random	Questionnaire

Widowers	02	Simple random	Questionnaire
Youth	05	Simple random	Questionnaire
Elders	05	Purposive	Interview guide
LC	02	Purposive	Interview guide
Church leaders	03	Purposive	Interview guide
CDO	01	Purposive	Interview guide
Parish leaders	04	Purposive	Interview guide
	40		

Source: Primary Data

3.4.2 Sampling Techniques

The study used purposive sampling technique and it also employed simple random sampling as explained below.

3.4.3 Purposive Sampling

Purposive Sampling is a subset of a statistical population in which knowledgeable members are chosen to participate in the study (Mbokane, 2009). The study used purposive sampling method which was used to select the CDO, youth, elders, church leader, and Parish leaders. It was used because these were category of people who hold positions and from who required information related to study was available.

3.4.4 Simple Random Sampling

Simple Random Sampling is the basic sampling technique where we select a group of subjects for study from a large group. Each member is chosen entirely by chance and each member of the

population has an equal chance of being included in the sample. According to McColl's (2009) using simple random sampling gives each respondent an equal chance of being selected for as the sample for the study. This ensured that biases and mistakes were eliminated and the level of data accuracy was good. These respondents included: married men, married women, divorced men, divorced women, widows, widowers and the youth. In the event that those divorced and widows where not obtained, the study purposely repeated the process until the right respondents were obtained.

3.5 Data Collection Methods and Instruments

3.5.1 Questionnaire

Questionnaire consists of set of questions to which the target population responds in writing (Regan, 2013). A self-administered semi structured questionnaire was designed to gather quantitative data. It involved both open-ended and closed ended questions. This particular tool was considered because it gave respondents opportunity to express themselves without being influenced by others and the researcher asked simple logic questions every respondent could comprehend fully. Questionnaires was used to collect information from those who can read and write and these included, the married men, married women, divorced men and women widows and widowers and the youth.

3.5.2 Interview

The researcher gathered data through direct verbal interaction with the participants (Regan, 2013). The respondents were expected to give information verbally in a face to face conversation. This method helped the researcher clarify the information she wants and the researcher adopted a face to face interview which involved the physical interactions between the researcher and the respondents about the study and it helped in

acquiring first-hand information and attitudes of respondents. Both formal and informal interview were adopted to maximize information from different respondents who participated in the research study. Interview guide was used to the respondents who cannot read and interpret the questions and those from whom important information and data can be obtained, these respondents included, the Elders, L.C, Church Leaders, Community Development officer, and the Parish leaders.

3.6 Quality Control Method

Quality control refers to the method used to ensure that the data collected is valid and reliable. The questionnaires were taken to the supervisor who checked whether the instruments are valid and reliable. Pilot study was conducted on 10 respondents in the surrounding areas of the study and the findings revealed that the instruments are reliable and valid. The data collected was treated through statistical control methods and were stored on computer using security codes or pin codes. This helped the researcher protect the data collected with the highest degree of confidentiality and in order to ensure sound and comprehensive results, the researcher developed the instruments which were easy to understand.

3.7 Data management and processing

Tabulation was done to give a clear presentation of the various responses and significance of each interpretation. Frequency tables, graphs and charts aided in presenting the collected data so as to make it summarized and more understandable using statistical packages like Microsoft excel. Frequencies and percentages were also used in tabulation to portray statistics used to analyze and interpret the findings of the study.

3.8 Data Analysis

The processed data was categorized according to the research objectives for qualitative data. The Data was edited, coded and tabulated in the data processing exercise. This was done to check the completed responses with a purpose of detecting and eliminating errors and identifying vital information that was essential in coding and tabulation. The coding was done according to whether or not the response is in line with the objectives of the study and realistic to the subject matter. This involved mainly the use of simple statistical techniques like use of tables, percentages to test the significance of the information from which meaningful information was drawn.

3.9 Ethical Considerations

An introduction letter was obtained from the office of the academic registrar of Uganda Martyrs University which helped the researcher to maintain confidentiality of the respondent. The researcher obtained consent from all the respondents and the nature of the project anonymity was observed as some people may not want their names and age to be recorded. The researcher observed extreme confidentiality while handling the responses and the information was availed to the respondents in order to avoid or cause any danger to both the respondents and the University.

3.10 Limitations and De-limitations of the Study

The respondent faced a problem of hiding the information by the respondents due to desire to keep the secrets of their families which was solved by ensuring confidentiality of at all cost and assuring them that the information would be used for only academic purposes.

The researcher faced a problem of limited financial support as a result of limited research funding and this was solved by the researcher through soliciting support from the family members, friends and relatives to enable the researcher carry out the research efficiently and effectively.

Language barrier, different religion and culture also gave a researcher hard time due to difficult in communication. However, this problem was solved by using the English which at least every person can understand and even create friendship by studying all the characters and behaviors of the respondents.

CHAPTER FOUR

PRESENTATION, ANALYSIS AND DISCUSSION OF FINDINGS

4.0 Introduction

This chapter contains the presentation, analysis and interpretation of the study findings. The findings presented here were derived from the data collected from various respondents from the field. These findings were consequently, derived from the study objectives using percentages, bar graphs, tables and figures. The objectives include the following:

i. To investigate the causes of domestic violence against men in families.
ii. To find out the reasons why men suffer silently when violated by women in families.
iii. To examine the impact of culture on violence (Domestic Violence) against men in families.
iv. To establish strategies for addressing violence (Domestic Violence) against men in families.

4.1 Respondent Characteristics

The table below shows the respondent categories from whom data was obtained and later subsequent tables were introduced to describe the various respondents' characteristics.

Table 2 Categories of Respondents

Categories of respondents	Frequency	Percentages (%)
Married men	05	12.5
Married women	03	7.5
Divorced women	03	7.5
Divorced men	03	7.5

Widows	04	10
Widowers	02	5
Youth	05	12.5
Elders	05	12.5
LC	02	5
Church leader	03	7.5
CDO	01	2.5
Parish leaders	04	10
Total	**40**	100

Source: primary data

The study results in Table 3 above indicate that 12.5% of respondents represented married men, youth and elders. 7.5% of respondents each represented the Married women, divorced women, divorced men and Church leader. The study results in the table above show that 10% of respondents were Widows and Parish leaders, 5% represented the widowers and Local council leaders While 2.5% represented the community Development officers. Basing on the study results, all the target respondents managed to participate in the study. The above presentation shows that most of the respondents were married men. They were the majority because they have a broad picture of the violence against men.

4.1.1 Gender of Respondents

Table 3 The Gender of respondents who participated in the study.

SEX	**Frequency**	**Percentage (%)**
Females	12	30
Males	28	70
TOTAL	**40**	**100**

Source: Primary data

The study results in Table 2 above reveal that 30% of the respondents were females and then 70% of respondents were males. This indicated that male respondents largely participated in the study which was due to the fact that the study was so much concerned about men. The researcher mostly focused on men because they were thought to have enough and relevant information about the study phenomenon so it was necessary to get the views of men for analysis and discussion. This doesn't mean that information obtained from the women were useless.

4.1.2 Age of Respondents

Table 4: Age of the Respondents.

Age bracket (years)	**Frequency**	**Percentage rate (%)**
Below 20years	4	10
20 -29years	20	50
30- 39years	10	25
Above 40 years	6	15
Total	**40**	**100**

Source: Primary data

The study findings in table 4 above reveal that many respondents were in the age bracket of 20-29 years and these respondents were represented by 50%. Whereas, respondents aged 30-39years were represented by 25%, and 15% of respondents were 40 years and above. However, 10% of respondents were below 20 years. This gives implication that all the respondents were in different age group which ensures the validity and reliability of the findings. The biggest number of respondents was in the age range of 20-29years and this was because its people within this age that actively participate or get into marriage. On top of that, this age range is for the youths which imply that it's mostly

the youth who encounter the problems of gender based violence and domestic violence.

4.1.3 Education Level of Respondents

Table 5 Education level of the respondents

Academic qualification	Frequency	Percentage rate (%)
Masters and others	-	-
Diploma	9	22.5
Degree	15	37.5
Certificate	6	15
School dropouts	10	25
Total	**40**	**100**

Source: Primary data

The study results in table 5 above show that 25% are School dropouts, contrary to those with diplomas (22.5%) and respondents with bachelor degree qualifications (37.5%). and the lowest percentage was recorded for respondents with certificate (15%). This implies that respondents with different education levels were included in the sample. Although school dropouts were also included in the study, the above findings indicate that people of all academic levels do suffer from domestic violence or experience it.4.1.4 Marital status of Respondents

Table 6 Marital status of the respondents

Marital Status	Frequency	Percentage (%)
Single	10	25
Married	15	37.5
Divorced	6	15
Widows	9	22.5
Total	**40**	**100**

Source: Primary data

Table 6 above shows that 37.5% of respondents were married, 22.5% represented the widows, 15% for divorced respondents, while 25% of respondents were single. This implies that all the target respondents were included in the study. The above findings also indicate that domestic violence mostly happen with families and those involved in it are the married couples.

4.2 The Causes of Male Violence in Families

This was one of the research objectives and it was set to achieve the causes of domestic violence against men in families and the findings have first been presented in the table below;

Table 7: The causes of male violence in families.

The causes of male violence in families	Frequency	Percentage
Poor anger management	9	23
Antisocial personality disorders and borderline personality disorders.	8	20
Tendency to dominate the relationships and Substance abuse	10	25
Posttraumatic stress disorders and communication problems	3	7
Biochemical imbalances and feelings of powerlessness	6	15
Sexual abuse and stress	4	10
Total	**40**	**100**

Source: Primary data

The findings presented in table 7 above indicate that 23% of respondents said that poor anger management is one of the causes of male violence in families compared to 20% of respondents who pointed to Antisocial personality disorders and borderline

personality disorders. The study also found that 25% attribute domestic violence against men on the Tendency to dominate the relationships and substance abuse . Posttraumatic stress disorders and communication problems also causes violence against men in families (7%). 15% of respondents stressed that biochemical imbalances and feelings of powerlessness cause violence against men in families. However, 10% respondents revealed that Sexual abuse and stress are some of the causes of violence in families. Basing on the study results, majority of respondents said that the tendency to dominate the relationships and substance abuse can easily cause male violence in families.

The findings showed that poor anger management is one of the causes of the violence against men in families and other respondents mentioned antisocial personality disorders and borderline personality disorders as the causes of male violence in families. During the interview session with respondents, one respondent added this;

> My wife is short tempered and she does not control her anger (Interview with a married man on 14 September 2016in Gayaza Nangabo)

This is in line with Henning (2005) study in that, poor anger management, antisocial personality disorders, borderline personality disorders, tendency to dominate relationships, substance abuse, criminal history, posttraumatic stress disorders, depression, communication problems, jealousy, sexual abuse as a child, stress, and a general attitudinal approval of partner violence.

The findings indicated that the tendency to dominate the relationships and substance abuse is a cause of violence against men in families and that posttraumatic stress disorders and

communication problems can cause male violence in families. This is further illustrated by Messerschmitt(2006) where male perpetrated domestic violence include psychopathology, anger, revenge, skill deficiency, head injuries, biochemical imbalances, feelings of powerlessness, lack of resources, and frustration. Researchers have also found a correlation between the availability of domestic violence services, increased access to divorce, higher earnings for women, and improved laws and enforcement regarding domestic violence with declines in men perpetrated domestic violence.

The above findings therefore reveal that Poor anger management, antisocial and borderline personality disorders, tendency to dominate the relationships and substance abuse are among the major issues that causes violence against men as presented table 7 above.

4.3 Reasons why Men Suffer Silently when Violated by Women

The following factors presented in table 8 below explains the reasons as to why men keep silent when violated by women

Table 8: The reasons why men suffer silently when violated by women

The reasons why men suffer silently when violated by women	Frequency	Percentage (%)
A man is often reluctant to report victimization concerns socio-cultural stereotypes of masculinity.	15	38
Male victims of domestic violence due to culture often hide their suffering due to fear of being judged negatively by others.	10	25

As a difference in cultural background, domestic violence puts men at risk of developmental problems	15	37
Total	**40**	**100**

Source: Primary data

The findings presented in Table 8 above show that 38% of the respondents revealed that a man is often reluctant to report victimization concerns socio-cultural stereotypes of masculinity, while 25% of respondents stressed that Male victims of domestic violence due to culture influence and stereotypes often hide their suffering due to fear of being judged negatively by others. 37% of respondents stipulated that the difference in cultural background (including stereotypes such as men superiority among others) makes men who undergo domestic violence at the risk of developmental problems such fear of participation, law self-esteem, thus making some men suffer silently when violated by women.

The findings further showed that a man is often reluctant to report victimization relating to socio-cultural stereotypes of masculinity. While other respondents stressed that Male victims of domestic violence due to culture often hide their suffering due to fear of being judged negatively by others, this was not different from what one church leader stated;

> Our culture is so strong that when one does something which is not held by majority of the people, it is often avoided. It is true with violence against men...when beaten by a woman...that is a story and men rarely report issues of such violence (Interview with a Church leader on 23rd August 2016 at Gayaza Nangabo Sub County).

Ahmad (2004) contents that for some men, this evasive behavior is based upon the fear of being ridiculed by friends or co-workers, by shyness in dealing with peers or with women and by fear of people saying that the woman is the real victim, and must have been acting in self-defense. For a man to admit he is the victim of female perpetrated domestic violence necessitates the abandonment of the veneer of machismo which society expects from men, and to admit being submissive to a female partner.

Ahmad (2004) further points that for some men, this is an admission they are unwilling, or unable, to make. Ahmad (2004) further demonstrated that, a degree of socio-cultural acceptance of aggression by women against men, whereas there is a general condemnation of aggression by men against women. This can lead to men not considering themselves victims and or not realizing the domestic violence they are experiencing is a crime.

The study also found that men suffer quietly majorly because of their reluctance to report and because domestic violence puts men at risk of developmental problems. A local leader said that;

> Men are reluctant to report cases of domestic Violence against them they fear that they will get ashamed as such they decide to keep it as a secret.(Interview with a local leader on 24th August 2016 at Gayaza Nangabo Sub County.

That is a just part of the experience of men who undergo domestic violence. They men rarely report issues of violence due to fear of getting ashamed. This is further confirmed in the response below.

> Some of them fear to get ashamed more especially when they are beaten by their wives (interview with in Nangabo with a local leader on 14/September 2016).

4.4 The Impact of Culture on Men Violation

Establishing the impact of culture on violence against men was among the research objectives and the corresponding findings to this objective are discussed below.

Table 9: The Impact of Culture on Men Violation
This table shows the research findings on the impact of culture in men violation

Culture and men violation	**Frequency**	**Percentage(%)**
Depression and Anxiety	10	26
Traditional beliefs, emotional, sexual and physical abuse and threats of abuse.	5	13
Cultural traditional connection instability and lack of hope.	2	5
Long term health, behavior and emotional problems	8	20
Depressed and anxiety.	11	27
Traditional beliefs, emotional, sexual and physical abuse and threats of abuse.	4	10
TOTAL	**40**	**100**

Source: Primary data

The findings presented in the Table 9 above indicate that domestic violence based on culture influence leaves a man depressed and anxious. This was revealed by 26% of the respondents. 13% of respondents showed that domestic violence against men is influenced by culture in form of traditional beliefs, emotional, sexual and physical abuse and threats of abuse and this consequently impact negatively especially when something happens in contrary to some strongly held believes. Moreover, 5% of the target respondents revealed that Men living with domestic violence turn to their cultural traditions to find

connection, stability and hope which may not be easy given the fact that cultures always support practices that upheld its norms and widely held believes and this has far reaching consequences as pointed by the20% of respondents who stressed that Men may experience longer-term problems with health, behavior and emotions.

The findings showed that domestic violence based on culture leaves a man depressed and anxious though some other respondents had the view that domestic violence against men is influenced by culture in form of traditional beliefs, emotional, sexual and physical abuse and threats of abuse. This is in line with Henning (2005) who noted that domestic violence based on culture can leave a man depressed and anxious. He might be more likely to abuse alcohol or drugs or engage in unprotected sex. Because men are traditionally thought to be physically stronger than women, you might be less likely to report domestic violence in your heterosexual relationship due to embarrassment. A man might also worry that the significance of the abuse will be minimized because you are a man. Similarly, a man being abused by another man might be reluctant to talk about the problem because of how it reflects on his masculinity or because it exposes his sexual orientation

The study results further indicated that Men living with domestic violence turn to their cultural traditions to find connection, stability and hope. However, some respondents stressed that Men may experience longer-term problems with health, behavior and emotions with this option. This conforms to what Connell (2007) advanced in that it might not be easy to recognize domestic violence against men. Early in the relationship, your partner might seem attentive, generous and

protective in ways that later turn out to be controlling and frightening. Initially, the abuse might appear as isolated incidents.

The study results showed that domestic violence based on culture leaves a man depressed and anxious and also added that domestic violence against men is influenced by culture in form of traditional beliefs, emotional, sexual and physical abuse and threats of abuse reveal the impact of culture on culture on men violation. Basile (2005) supports this in that Men living with domestic violence seek support in different ways. They may turn to their extended families or friends, their faith communities, or their cultural traditions to find connection, stability and hope. Men may find their own coping strategies and some do not show obvious signs of stress. Others struggle with problems at home, and in the community. This was elaborated by a married man as quoted below.

> Violence against men leaves them depressed and sometimes it results into suicide, family abandonment among others (Interview with a married man in Gayaza Nangabo on 14/September 2016)

4.5 The Strategies for Addressing Violence (Domestic and Gender Based Violence) against Men

The table below shows the impact of culture on men violation and the research findings are as presented in the table below;

Table 10: strategies for addressing violence GBV against men.

Addressing violence GBV against men.	Frequency	Percentage (%)
Provision knowledge and tools of mobilization of communities to prevent domestic violence against men.	15	38
Educating the young boys and girls about the dangers of domestic violence.	6	15
Sensitization against social norms and gender stereotypes that perpetuate violence.	11	27
Address the structural causes.	8	20
Total	**40**	**100**

Source: Primary data

The findings presented in Table 10 above show that 38% of the respondents proposed that, providing to the organizations, communities, and individuals with the knowledge and tools required to mobilize communities to prevent violence against men would be a great strategy. 15% of respondents also proposed that, prevention should start early in life, by educating the young boys and girls about the dangers of domestic violence, and this will address the root cause of violence which 27% of respondents revealed to be in our social setting. That is, violence against men is rooted in social norms and gender stereotypes that perpetuate such violence and efforts towards that cause should address the stereotypes in the norms and

values. Basing on the study findings, the highest percentage of respondents indicates that providing to the organizations, communities, and individuals with the knowledge and tools required mobilizing communities to prevent violence against men.

Hidden (2006) provide an addition to how to end violence against men by emphasizing the example of women. Hidden states that whereas, violence against women and girls is rooted in gender-based discrimination and social norms and gender stereotypes that perpetuate such violence, so does the domestic violence against men. Given the devastating effect violence has efforts have mainly focused on responses and services for survivors other than prevention through addressing the roots causes highlighted above.

Connell (2007) build on what Hidden advanced in that stopping violence against men should be a national issue. This means that training institute that provides organizations, communities, and individuals with the knowledge and tools required to mobilize men to prevent violence against women and girls should be extended to provide challenges attitudes about violence against men. It is believed that all forms of oppression are interconnected. Social justice work in the areas of race, class, gender, age, and sexual orientation are all critical to ending violence against men.

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.0 Introduction

In this chapter the researcher discusses the summary of key findings, conclusion and recommendations in relation to the objectives of the study following a clear data presentation, analysis and interpretation.

5.1 Summary of Findings

5.1.1 The Causes of violence against Men in Families.

The findings showed that poor anger management is one of the causes of male violence in families and other respondents mentioned antisocial personality disorders and borderline personality disorders as the causes of male violence in families. The findings indicated that the Tendency to dominate the relationships and substance abuse is another cause of male violence in families and posttraumatic stress disorders and communication problems can cause male violence in families.

5.1.2 The Reasons why Men Suffer Silently when Violated by Women

The study results indicated that domestic violence puts men at risk of developmental problems are some of the reasons why men suffer silently when violated by women

The findings showed that a man is often reluctant to report victimization concerns socio-cultural stereotypes of masculinity, while other respondents stressed that Male victims of domestic violence due to culture often hide their suffering due to fear of being judged negatively by others

5.1.3 Strategies for Addressing Violence (Domestic and Gender Based Violence) against Men

The findings showed that providing to the organizations, communities, and individuals with the knowledge and tools required mobilizing communities to prevent violence against men

The findings of the study showed that the best way to end violence against men is to prevent it from happening in the first place by addressing its root and structural causes. Basing on the study findings, the highest percentage of respondents indicates that providing to the organizations, communities, and individuals with the knowledge and tools required mobilizing communities to prevent violence against men

The study results indicated that prevention should start early in life, by educating the young boys and girls about the dangers of domestic violence, though majority of respondents stressed that Violence against men should be rooted in social norms and gender stereotypes that perpetuate such violence.

5.2 Conclusion

The study revealed that poor anger management, antisocial personality disorders and borderline personality disorders, tendency to dominate the relationships and Substance abuse, Posttraumatic stress disorders and communication problems, Biochemical imbalances and feelings of powerlessness, Sexual abuse and stress are the causes of male violence in families.

A man is often reluctant to report victimization concerns socio-cultural stereotypes of masculinity, Male victims of domestic violence due to culture often hide their suffering due to fear of being judged negatively by others and As a difference in cultural background, domestic violence puts men at risk of

developmental problems are some of the reasons why men suffer silently when violated by women

Domestic violence against men is influenced by culture in form of traditional beliefs, emotional, sexual and physical abuse and threats of abuse, Men living with domestic violence turn to their cultural traditions to find connection, stability and hope and Men may experience longer-term problems with health, behavior and emotions show the culture on men violation.

Providing to the organizations, communities, and individuals with the knowledge and tools required to mobilize communities to prevent violence against men, Prevention should start early in life, by educating the young boys and girls about the dangers of domestic violence, Violence against men should be rooted in social norms and gender stereotypes that perpetuate such violence and the best way to end violence against men is to prevent it from happening in the first place by addressing its root and structural causes are the Strategies for addressing violence GBV against men.

5.3 Recommendations.

In view of the research findings above, the researcher recommends that the following should be done in order to halt the appalling rate of Domestic violence in Nangabo Sub County, Wakiso District

There is need for the government, NGOs among others stakeholders to promote community sensitization with the aim of creating awareness among the residents of laws as a large percentage of the respondents approved of it. These stakeholders in the sub-county should look at the possibility of developing, promoting

and strengthening domestic violence monitoring systems so that incase of any violence, solutions can be sought immediately before the women are abused to a very large extent.

The researcher also recommends that there should be increased public awareness campaign by the local leaders such as LCI, and IIs, church leaders among others on domestic violence related issues through advocacy in public events, through the local newspapers (Bukedde, Monitor New vision among others) and the local Radio stations with programmes on F.M radios which has a large number of listeners in the area and can enhance awareness creation.

The researcher recommends that the District authorities should always carry out a thorough Impact Assessment of domestic violence related issues with a view that men's rights violation is criminal and punishable by laws just like women's rights.

There is need for the stakeholders (Town council authorities, NGOs, CBOs, Community) to identify and adopt a package of economic incentives for individuals to enhance the restoration and management of domestic violence especially by supporting the people who are engaged in activities that are against domestic violence. Through media, sensitization programmers against violence and gender based violence in different societies

Well aware that the rate of increase of domestic violence has direct effects on the health of these victims, there is need for the government to formulate a policy in regards to population control which is still lacking in Uganda.

5.4 Suggested Areas for further Studies

The researcher suggests the areas where further studies should be conducted and these include the following:

- Further studies should be conducted on the relationship between culture and behaviors' of men
- Further studies should be conducted on the contribution of culture on violence against women.

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APPENDICES

APPENDIX I: QUESTIONNAIRE FOR THE RESPONDENTS

Dear Sir/Madam,

I am called LINDA **MARY**, a final year student of Uganda Martyrs University, with registration number 2013/BO92/20013 pursuing Bachelors of Social Development and Counseling. I am carrying out a study on the topic "*Suffering Quietly, Culture and Violence against Men.*" in partial fulfillment of the requirements for the award of the degree Bachelors of Arts in Social Development and Counseling.

You have been identified as a knowledgeable person and I have selected you to be part of this study. The success of this study therefore depends on your kind and informative contribution and input. I kindly request you to participate in the study to provide me with the necessary information needed.

The study is purely for academic purpose and all the information provided will be kept confidential.

Yours sincerely

Linda Mary

Tick in the box or write down the answer where applicable.

SECTION A: BIO DATA

1. Sex

Male ☐ Female ☐

2. Age

Below 20years 20 -29years ☐

30- 39years ☐ above 40 years ☐

3. Marital status

a) Single ☐
b) Married ☐
c) Divorced ☐
d) Widow ☐
e) Widower ☐

4. Education level

PHD ☐ Master's Degree ☐

Diploma ☐ Certificate ☐

Others (specify)……

5. Occupation

a) Civil servant ☐
b) Peasant/famer ☐
c) Self-employed/business ☐

Other specify…….

6. For how long have you been part of this area?

Less than 1 year ☐ 1-3 years ☐ ☐ 3-5 years

Above 5 years ☐

SECTION B: The causes of male violence in families.

7. a) Do you understand what is meant by violence?

Yes ☐ No ☐

b) If yes, what does it mean to you?

……

8. a) Have you ever experience violence or seen any violence in your community?

Yes ☐ No ☐

b) What are the different forms of violence you have experiences or seen in your community

……

……

……

c) Who are the parties involved in violence and who is most affected?

……

……

9. a) Do you or men suffer from violence in your community?

Yes ☐ No ☐

b) What forms of violence do men suffer from?

……

……

SECTION C: The reasons why men suffer silently when violated by women

10.a) Have you ever experienced or seen men being violated by women in your community?

Yes ☐ No ☐

b) If yes what are the reasons of violence against men in your community

……

11.a) Do men often report case of violence to the relevant authorities when violated by women?

Yes ☐ No ☐

b) If yes where do they report to?

……

c) If no, why do they keep silent?

……

SECTION D: The impact of culture on men violation.

12. a) in your opinion do you think culture has had an impact on men violence when violated against by women?

Yes ☐ No ☐

b) If yes what practices have influenced the violation?

……

SECTION E: The strategies for addressing violence GBV against men.

13. According to you how can violence against men be addressed

……

14. What would you recommend to authorities for reducing incidences of violence against men?

……

THANK YOU FOR YOUR VALUABLE INFORMATION

APPENDIX II: INTERVIEW GUIDE

Dear Sir/Madam,

I am called LINDA **MARY,** a final year student of Uganda Martyrs University, with registration number 2013/BO92/20013 pursuing Bachelors of Social Development and Counseling. I am carrying out a study on the topic "Suffering *Quietly, Culture and Violence against Men.*" in partial fulfillment of the requirements for the award of the degree Bachelors of Arts in Social Development and Counseling.

You have been identified as a knowledgeable person and I have selected you to be part of this study. The success of this study therefore depends on your kind and informative contribution and input. I kindly request you to participate in the study to provide me with the necessary information needed.

The study is purely for academic purpose and all the information provided will be kept confidential.

Yours sincerely

Linda Mary

Bio Data

Date……

Venue…….

Occupation/Position……

SECTION B: The causes of male violence in families.

a) Have you ever experience violence or seen any violence in your community?
b) What are the different forms of violence you have experiences or seen in your community
c) Who are the parties involved in violence?
d) Do you or men suffer from violence in your community and what forms of violence do men suffer from?

SECTION C: The reasons why men suffer silently when violated by women

a) Have you ever experienced men being violated by women in your community?
b) If yes what are the reasons of violence against men in your community?
c) Do men often report case of violence to the relevant authorities when violated by women?
d) If yes where do they report to? If no, why do they keep silent?

SECTION D: The impact of culture on men violation.

a) In your opinion do you think culture has had an impact on men violence when violated against by women?
b) If yes what practices has influence the violation?

SECTION E: The strategies for addressing violence GBV against men.

a) According to you how can violence against men be addressed?
b) b) What would you recommend to authorities for reducing incidences of violence against men?