



## A Qualitative Study To Investigate Male Victims' Experiences Of Female-Perpetrated Domestic Abuse In India With Reference To Gwalior Chambal Division

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### Abstract

Despite evidence of a significant increase in violence against men by women, female penetrating domestic violence against men has not been studied in India. This study used a qualitative exploratory descriptive approach to investigate male victims of female-perpetrated domestic violence in India, especially Gwalior - Chambal Division, Madhya Pradesh. Semi-structured interviews were utilized to gather data from 33 married males in the Gwalior Chambal division, which was subsequently analysed using an interpretive phenomenological approach. There were 5 themes identified: 1. the causes of domestic assault against men; 2. the different types of domestic abuse against men; 3. the consequences of domestic abuse against men; 4. men's ideas of reducing or stopping abuse by their husbands; and 5. the characteristics of abusive wives. Participants experienced varying degrees of mental, behavioural, and verbal harm, coercive control, emotional neglect, and physical assault, all of which had an impact on them and their families. Abusive women used a number of techniques to justify their behaviour, including sex, children, solitude, and money. Furthermore, individuals were persuaded to divorce, stay in an abusive relationship, or use violence against their wives by clan and traditional values, society institutions, and norms. The top causes for male violence were wives' disregard of the house, children, appearance, and personal hygiene; squandering money; wives' family meddling in the couple's private marital relationships; the wife's betrayal; and traditional thinking. New perspectives on domestic violence must be developed in India to help us better understand the nature of abuse against men, provide resources and assistance to them, reduce the prevalence of domestic abuse, and protect Indian married males.

**Keywords:** - Domestic abuse, Family violence, Intimate partner abuse, Abusive wives, Male victims, Gwalior - Chambal Division.

### I. INTRODUCTION

According to gender stereotypes of domestic abuse, males are the primary perpetrators of violence against women, and intimate partner abuse is an extension of patriarchal dominance. Men are more prone than women to abuse, while women face higher rates of recurring severe abuse, including as assassination, assault, and rape. Meanwhile, men are subjected to abuse and harassment by women.

Women's domestic violence is prevalent (Joseph-Edwards & Wallace, 2020) and is related with abuse, control, and power, avoiding dangerous situations, and seeking aid. The degree, seriousness, and frequency of domestic violence vary by gender.

Researchers' major arguments for explaining the causes of intimate partner violence (IPV) for both wives and husbands differ. According to Gautama and Jeong (2019), IPV against women was more closely associated to husband-related qualities than to indicators of women's empowerment. Husbands acted aggressively toward their wives as a result of the following factors: husbands' frequent drinking, women's frequent fear of their husbands, and husbands' marital control conduct.

In addition, socioeconomic differences in family origins, financial difficulties, a lack of harmony and understanding between spouses, jealousy, and mental illnesses can all lead to greater violence between spouses. Although Deshpande (2019) discovered that socioeconomic status and caste were not significantly associated with violence against men, risk factors for mutually beneficial physical violence included an earning spouse with a higher level of education, and risk factors for force against husbands included a lower income, a nuclear family structure, and alcohol consumption.

According to the study, financial constraints caused by the husband's low pay and/or the wife's higher income, as well as a lack of anger management skills, workplace stress, and frustration and rage induced by unmet expectations, can all lead to violent behavior.

According to studies, the majority of female IPV abusers were victims themselves (Tower & Fernandez, 2008; Walker, 1984); consequently, revenge for previous abuse, rage, and defensive techniques are prevalent motivations for their aggressive behavior. They utilize physical action to get out of a situation, stop the abuse, or briefly gain control.

Women, on the other hand, cannot control their aggression against themselves. Furthermore, if they do not achieve their goals, they will face extra aggression from their partner. Women's aggressive behavior in intimate relationships is primarily motivated by fear, child protection, control, and retribution for actual or imagined injustice (Swan et al., 2008). Poor emotional management, provocation by their spouse (Stuart et al., 2006), or insensitivity to their spouses' needs. It may also contribute to violent behavior. Childhood trauma, emotional abuse and neglect, sexual abuse and neglect,

physical abuse, physical neglect, depression, anxiety, drug abuse, and posttraumatic stress disorder (PTSD) are all common characteristics of abusive women.

Men utilize violence to gain long-term authority over their wives. Personality disorders, alcoholism, depressive symptoms, antisocial personality characteristics, and financial stress are all linked to abusive conduct (Peek-Asa et al., 2005). Furthermore, the majority of physical violence committed by men against women and other men is based on masculine norms and cultural structures.

Previous study indicates that male IPV victims have physical, emotional, sexual, and verbal symptoms (Walker et al., 2020). As a result of gendered stereotypes of abuse, child usage, and seclusion, they are also subjected to coercive control and manipulative activities. Husbands of abusive spouses have a variety of behavioral and emotional reactions to their violent marriages.

They feel embarrassed, emasculated, and shunned (Steinmetz, 1977), and they tend to conceal their abuse or quit seeking therapy. Male victims of domestic violence are discouraged from getting help due to a lack of understanding. Furthermore, help is either unavailable or of low quality.

Furthermore, because they face skepticism, shock, and doubt (Migliaccio, 2001), ridicule, mockery, and apathy, as well as incarceration, males do not reveal mistreatment. Because they are perceived as offenders, victimized males are subjected to secondary abusive experiences as a result of these reactions, notably those of the police, courts, and other support systems.

Abused men's reactions typically lead to further abuse (Migliaccio, 2001), and denial encourages them to misinterpret the circumstance in attempt to reduce their anguish, hurt, and unhappiness. Abuse has long-term detrimental consequences for men's health and well-being. According to Wright (2016), many males are unable to disclose abuse or deny being assaulted due to the pressure on them to assert authority over women.

They struggle to maintain a degree of ideal masculinity and socially-constructed attributes due to their perceived lack of masculinity. Men are supposed to be more self-sufficient, independent, leaders, and physically and mentally stronger than women. Men hit their spouses to make them feel guilty, but they continue in abusive marriages for financial reasons, to maintain the comforts of home, and because they are aware that the abusive wife may be granted custody of the children. In this context, Lupri and Grandin (2009) investigated IPV's direct and indirect impacts on male victims, including physical injuries that require medical attention and treatment.

Individuals may also suffer perplexity, frustration, or hurt, as well as mental symptoms such as suicidal thoughts and despair. While Hines and Douglas (2011) revealed PTSD symptoms in male IPV survivors, Lysova et al. (2019) found no significant difference between men and women in the same research.

### 1.1 The Theory offenders for Male Domestic Abuse

There are several major psychological approaches to understanding the origins and causes of domestic violence, many of which implicitly overlap in their underlying assumptions. Among the most useful of these strategies are feminist theory and gender symmetry, Johnson and Leone's (2005) perspective on male violence, and observational learning.

According to feminists, patriarchal societies teach boys to embrace macho and truly manly behaviors, and they are educated that they are socially superior to girls. Boys internalize masculine beliefs, which indicate that males should be aggressive, violent, courageous, and emotionless, as well as make home decisions, exhibit power and authority, be the primary breadwinners, and assert control over women.

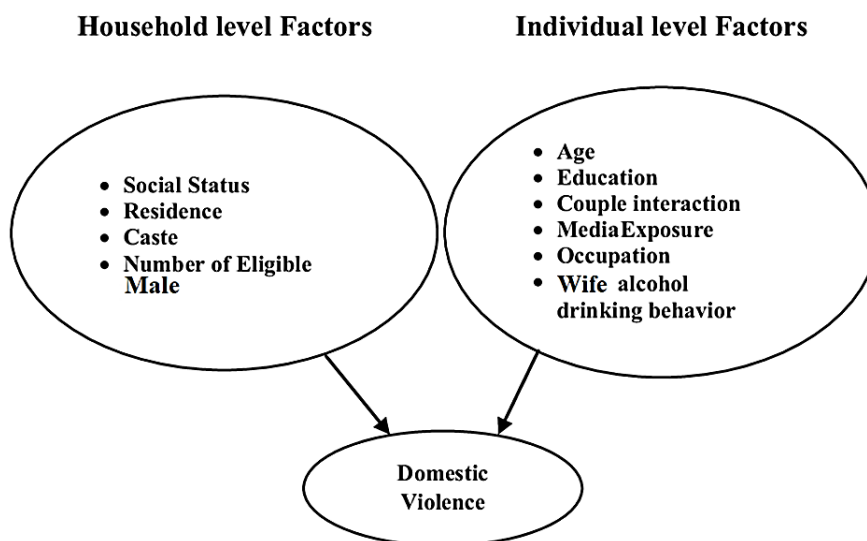


Fig. 1.1 The Theory offenders for Male Domestic Abuse

Girls, on the other hand, are indoctrinated to accept their inferiority and weakness to males, and that aggressive conduct does not correlate to the feminine character, which claims that women are fully dependent on men for decision-making

and spending. These gender stereotypes produce prejudices and gendered asymmetries, as well as men's coercive control tactics, which perpetuate cultural acceptance of violence and enable women to be harmed.

These are significant traits that contribute to an atmosphere that fosters domestic violence. Coercive control is an essential component of Johnson's intimate terrorism paradigm, where intimate (or patriarchal) terrorism refers to domestic violence. According to Lien and Lorentzen (2019), in intimate relationships, reciprocal aggressive control and resistance may hamper acceptance of women who conduct violence against men. Men may utilize aggressiveness and physical control over their partners to avoid being exposed to violence rather than to dominate them; yet, this may be seen as violent resistance, leading to favorable evaluations for women.

Both men and women are victims of the socially dominant gender construction, which devalues women and imposes masculine ideals on males (for example, "manly" expectations, attitudes, and actions). Men who do not comply with masculine ideals are ostracized and devalued in society. Masculine gender stereotypes connected with harshness and physical dominance emerge as a result of their aggressive reactions to their relationships.

Women, on the other hand, are defined by physical weakness, emotions, and sensitivity, and are not allowed to behave violently; as a result, they consider their abusive behaviors as a violation of the socially imposed gender role and swiftly confess their sins (Dasgupta, 2002). This may contribute to the courts', police's, and society's suspicion of males as victims of female-perpetrated domestic abuse, allowing women to utilize gendered stereotypes of violence to excuse their aggressiveness toward men.

It is crucial to assess the relational contexts in which violence happens and to avoid viewing acts as different from situations, since this leads to misinterpretation. Domestic violence is the result of partnership dynamics; both husband and wife can be involved in domestic violence through disagreements, humiliation, and manipulation.

According to observational learning theory, people's imitation of violent behaviors is a modeling process that includes attention, memory, repetition, and motivation. Modeling is associated with aggressive behavior because it encourages imitation of observable behavior in the environment. The learner observes the activity, internalizes it, stores it in memory along with the motor talents required to repeat it, and then retrieves it while engaging in similar behavior, converting the mental representation into a physical task.

Individuals can learn behavior by witnessing it in a social model, such as a parent or friends, and developing new reactions through observational learning of bad or excellent conduct.

Children who see or are victims of abuse at home are more likely to replicate aggressive behavior and believe that violent behavior is appropriate. Violence fosters violence, and violence may be passed down through generations. According to Rakovec-Felser (2014), when a father achieves his goals through aggressive behavior with his wife and boys, the children are more likely to mimic such violent behavior with their siblings and spouse in the future.

## II. STUDY PROBLEM

Violence against women has increased dramatically in India, including economic, mental, emotional, and physical abuse and harassment, prompting increased calls to alter women's rights legislation. In addition, 26% of wives claim physical, sexual, or emotional abuse from their spouses. In contrast, 1.4% of spouses (aged 15-59 years) reported physical abuse from their wives, according to the Population and Family Health Survey (2017-2018). According to the Sharia Lawyers Association/Jordan, some males are reluctant to admit to being victims of domestic violence.

Furthermore, Sharia Attorneys Association Chairman Abdel Muhammad Al-Ashoush highlighted incidents of discord and disagreement in Sharia courts, when spouses enduring maltreatment from their wives sought divorce.

Violence against husbands, according to Al-Ashoush, includes more than simply physical damage, such as withholding a husband's earnings and controlling his spending. In certain cases, husbands are misled into transferring house or apartment ownership to their wives, who then file an incapacity (in Arabic: "Koleaa") lawsuit against him. According to Al-Ashoush, he worked as a plaintiff lawyer in cases where husbands sued their wives for assault, aggravation, and violence.

In some of these cases, the spouse was struck with an ashtray, broom, or cosmetic tools, and in others, the victim was bit or beaten with a shoe, leaving bruises and scars on his body. Jordanian law, according to Al-Ashoush, is deficient in terms of evidence rules.

The Indian Penal Code fails to correlate a husband's aggressiveness towards his wife with the wife's violence against her husband; the laws are stricter in the case of the husband's violence (Kamal, 2020). As a result, the goal of this research is to draw readers' attention to the underlying reasons and types of domestic violence committed by wives against their husbands. The study then discusses the phenomenon's impact on the male victims and their loved ones, and it also addresses male victims' thoughts about how to stop the abuse.

## III. MATERIALS AND METHODS

### 3.1 Study Design

This study employed a qualitative exploratory descriptive technique to give a full and in-depth understanding of male victims' experiences of female-perpetrated domestic abuse. The interpretive phenomenological analysis (IPA) of the study provided insight into the reasons and types of domestic violence against guys, helping researchers to understand participants' real-life experiences. IPA focuses on understanding research participants' lived experience and viewpoint on a certain object or event, letting them to communicate their views in the way they feel fit, free of misrepresentation and fear.

### **3.2 Participants and collecting data**

A purposive sample technique was used in Gwalior Chambal division, India, to choose male volunteers who had been victims to domestic abuse by their husbands. It was challenging to find interested volunteers within our target demographic due to their fear of social stigma, shame, and shyness. Despite this, participants expressed tremendous gratitude for the study subject and complimented the researchers, owing to the fact that they normally suffer in silence, with no one listening or believing them.

We sought the assistance of 33 men and women ranging in age from 29 to 60 who had been abused by their husbands. They indicated that they were willing to collaborate as long as their privacy was safeguarded and no audio recordings of their interviews were produced. To collect data, the researcher created a semi-structured interview guide based on current studies on IPV and domestic violence against males. The book also made use of information acquired from spouses during a study on marriage burnout and violence against women.

The interview guide was pretested with 15 married guys from our target group to assure reliability, clarify questions, and reduce ambiguity. Furthermore, the pretest attempted to detect and eliminate embarrassing questions that might cause participants to leave the interview. Semi-structured interviews were conducted in the local language and translated into English before being submitted to a translation professor to ensure that the participants' meanings were appropriately represented.

Here are a few questions from interviews:

1. Can you explain your wife's abuse to you?
2. Can you trace the causes of the abuse?
3. Could you explain how abuse impacts you?
4. Can you describe how you think you can halt violence and improve your marriage?
5. Could you explain how you felt before and after the abuse?

The data was collected in January and February of 2023. The interviews were conducted face-to-face, with the location and time determined by the participants' availability, and each session lasting between one and two hours. Given the sensitivity of the matter, we took a flexible research method. Using this strategy, we were able to conduct confidential phone interviews with 21 participants, as asked.

However, because participants refused to have their remarks recorded or scrawled, we transcribed the interviews manually, which the participants accepted for accuracy. We used data coding to make transcript reading and sorting easier. The researchers' extensive expertise in domestic misconduct against men, as well as their long history of studying emotional burnout, a marriage burnout, and violence/abuse in married women, contributed to the study's reliability and accuracy, and allowed for the main gathering of information on problems faced by husbands, which they disclosed for their own choosing.

## **4 DATA ANALYSIS**

According to the grounded approach to qualitative content analysis, this study employed an iterative strategy for data collection and analysis that was cyclically distilled and developed based on IPA. We used secondary coding to strengthen the study's rigor and gain a better understanding of the parts and total, as well as how they were connected. We utilized the Consolidated Criteria for Reporting to evaluate the findings' believability.

To investigate the qualitative research process in terms of data familiarization, generating and evaluating the method of coding, picking significant parts from participant statements, inductively deriving and identifying themes based on mathematical concepts using a questionnaire guide and theory-derived categories for the initial list of prioritized groups, while employing an interview guide and theory-derived groupings to the initial.

To ensure credibility and transparency in the study process, researchers and participants engaged in extensive debate. In addition, we obtained participant comments on the material from the hand-written interviews and the research findings in order to reach agreement on the results of the analytic process among two sociology professors and a psychology professor. This method increases the validity of our interpretations by ensuring that participants' meanings and perspectives are expressed without being affected by our agenda or expertise. To support our conclusions, we used verbatim passages from the transcripts; these lines were used to investigate and highlight the difficulties.

### **4.1 Ethical Considerations**

Participants were informed that their names would be kept confidential and that there would be no consequences if they chose to withdraw from the study. Given the sensitivity of the research topic, all participants provided verbal informed consent during the interview; formal informed consent was not obtained to protect people' identity. Participants were also given codes in order to maintain their privacy. A psychologist reviewed questions that might cause trauma, stress, or fatigue in participants.

## **5 RESULTS**

### **5.1 Participants' Demographic Characteristics**

Table 1 shows that the majority of participants were between the ages of 40 and 54, had BA degrees, and worked full-time. Their marital relationships lasted between 11 and 24 years, with 66.7% reporting a traditional marriage. A bachelor's

degree was held by about 49% of participants' husbands; 27.3% of wives worked on a full- 33.3% (11) of women were among the ages of 40 and 44; and 33.3% had four children.

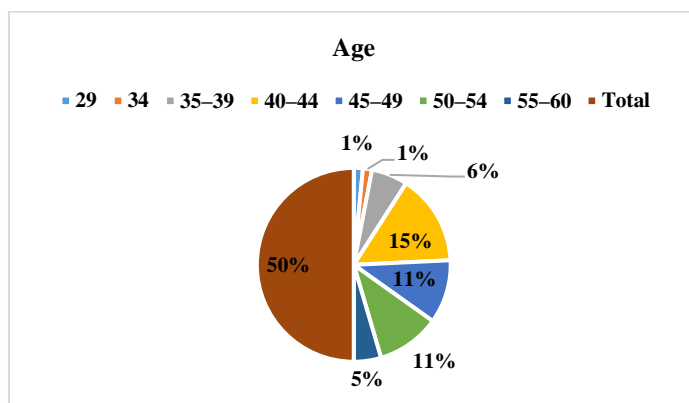
The men's testimonies of their spouses' violence were one of the five study topics that were the focus of the findings. Five themes emerged from the study:

1. Discrimination against men in the home;
2. Homegrown maltreatment against men's sorts;
3. Homegrown maltreatment against men's belongings;
4. Men's perspectives on reducing or stopping their partners' abuse; and
5. Abusive women's traits and unexpected outcomes. As found in Table 2, every essential theme has various subthemes.

**Table 1 Participant demographic characteristics N = 33**

**A) Age**

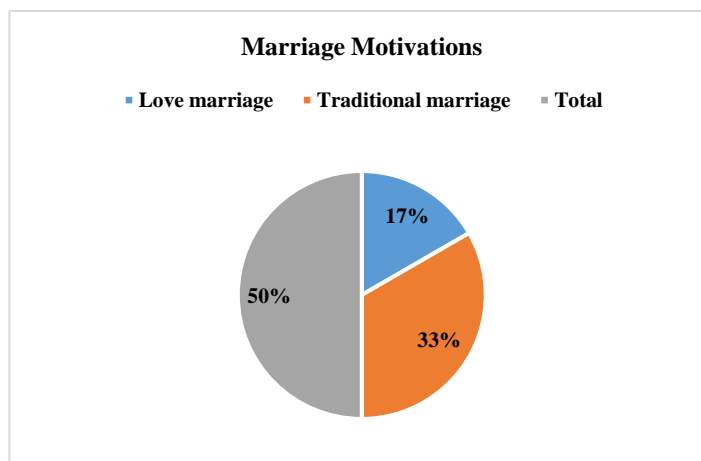
Variables	Frequency/percentage
29	1 (3.0%)
34	1 (3.0%)
35–39	4 (12.1%)
40–44	10 (30.3%)
45–49	7 (21.2%)
50–54	7 (21.2%)
55–60	3 (9.1%)
<b>Total</b>	<b>33 (99.9)</b>



**Fig. 5.1 (A) age**

**B) Marriage Motivations**

Variables	Frequency/percentage
Love marriage	11 (33.3%)
Traditional marriage	22 (66.7%)
<b>Total</b>	<b>33 (100)</b>



**Fig. 5.1 (B) Marriage Motivations**

C) Marriage length

Variables	Frequency/percentage
11-14	17 (21.2%)
15-19	7 (24.2%)
20-24	9 (27.3%)
<b>Total</b>	<b>33 (72.7)</b>

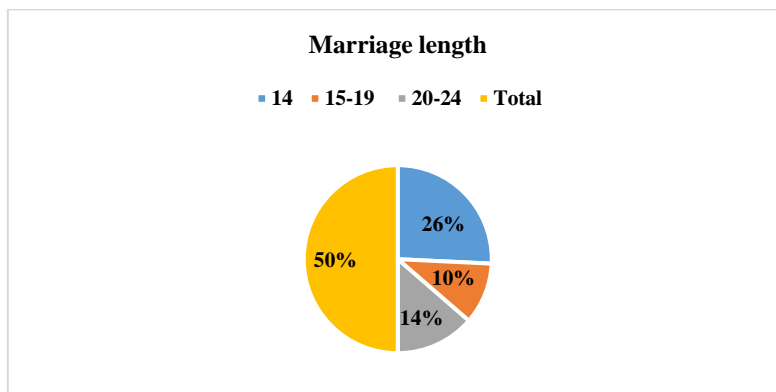


Fig. 5.1 (C) Marriage length

D) Education/Husband

Variables	Frequency/percentage
Part of high school	1 (3.0%)
High school	10 (30.3%)
College diploma	2 (6.1%)
BA	15 (6.7%)
Postgraduate	5 (15.2)
<b>Total</b>	<b>33 (61.3)</b>

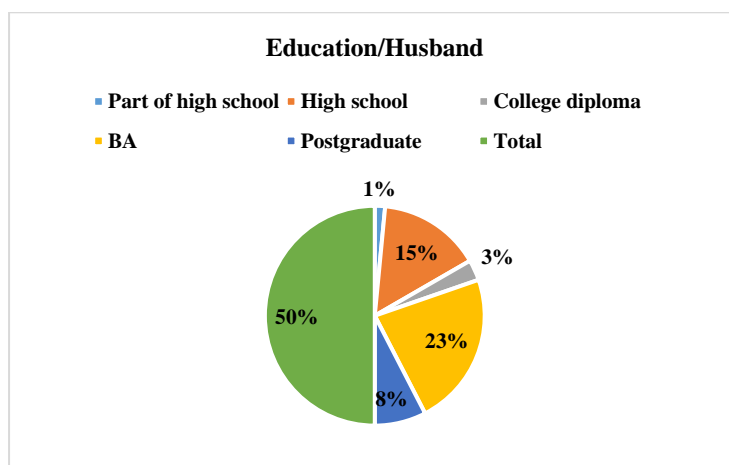


Fig. 5.1 (D) Education/Husband

E) Marital Status

Variables	Frequency/percentage
Married	26 (78.8%)
Divorced	4 (12.1%)
Widow/widower	2 (6.1%)
Separated	1 (3.0%)
<b>Total</b>	<b>33 (100)</b>

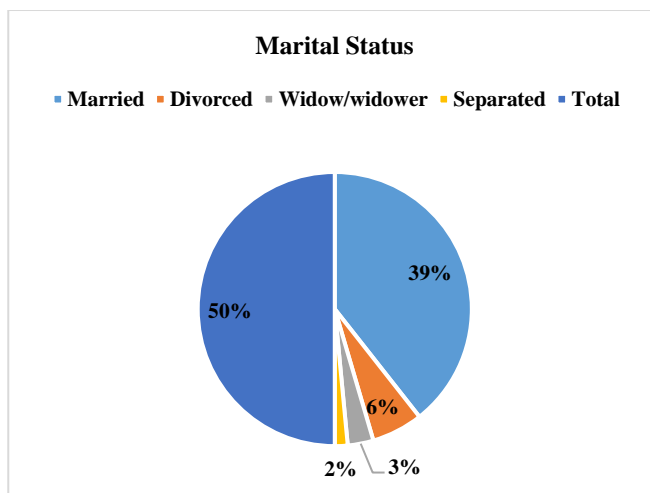


Fig. 5.1 (E) Marital Status

**F) Employment**

Variables	Frequency/percentage
Unemployed	3 (9.1%)
Employed part-time	7 (21.2%)
Employed full-time	23 (69.7%)
<b>Total</b>	<b>33 (100)</b>

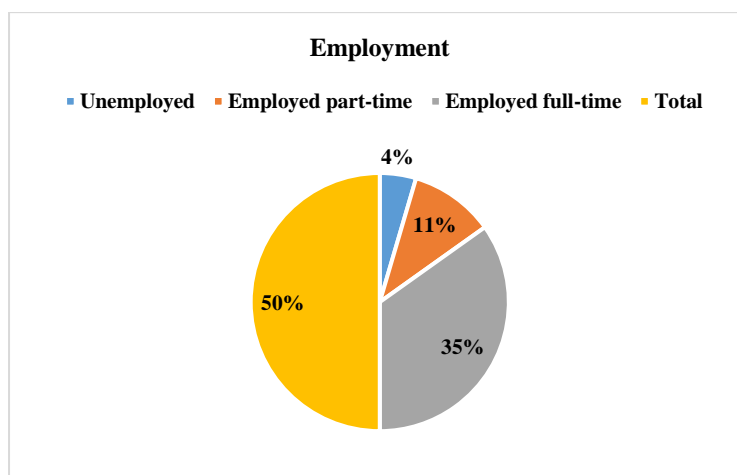


Fig. 5.1 (F) Employment

**G) Number of Children**

Variables	Frequency/percentage
One	1 (3.0%)
Two	8 (24.2%)
Three	7 (21.2%)
Four	11 (33.3%)
Five	6 (18.2%)
<b>Total</b>	<b>33 (99.9)</b>

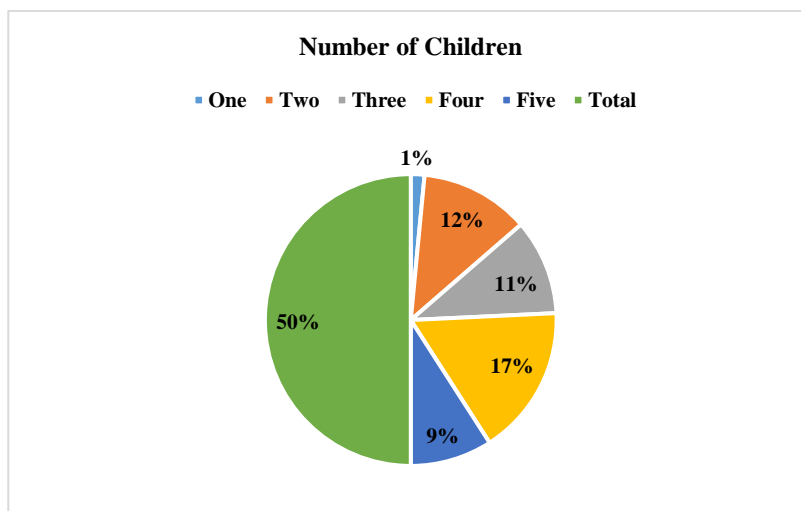


Fig. 5.1 (G) Number of Children

H) Age (years)/Wife

Variables	Frequency/percentage
21	1 (3.0%)
25-29	3 (9.1%)
30-34	2 (6.1%)
35-39	10 (30.3%)
40-44	11 (33.3%)
45-49	5 (15.2%)
55-60	1 (3.0%)
<b>Total</b>	<b>33 (81.8)</b>

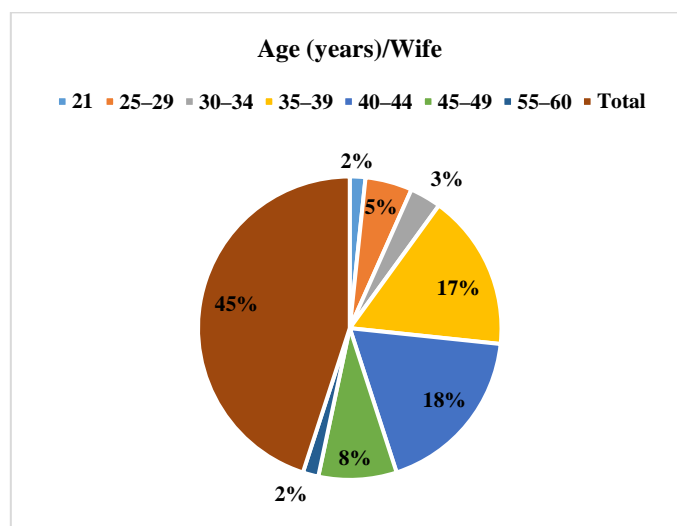


Fig. 5.1 (H) Age (years)/Wife

I) Education/Wife

Variables	Frequency/percentage
Part of high school	1 (3.0%)
High school	10 (30.3%)
College diploma	4 (12.1%)
BA	16 (48.5%)
Postgraduate	2 (6.1%)
<b>Total</b>	<b>33 (100)</b>



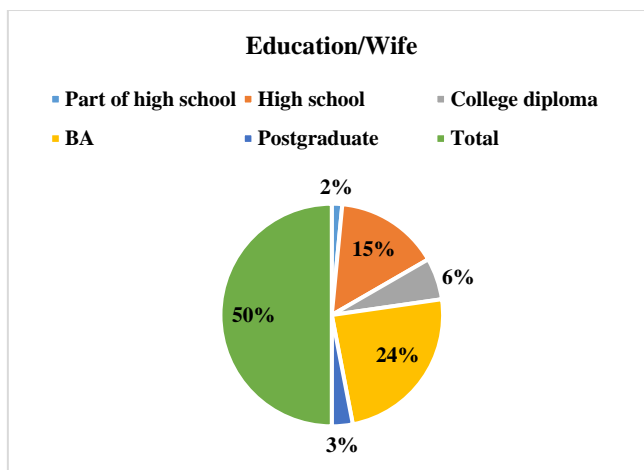


Fig. 5.1 (I) Education/Wife

J) Employment/Wife

Variables	Frequency/percentage
Unemployed	20 (60.6)
Employed part-time	3 (9.1)
Employed full-time	9 (27.3)
Retired	1.(3.0)
<b>Total</b>	<b>33 (100)</b>

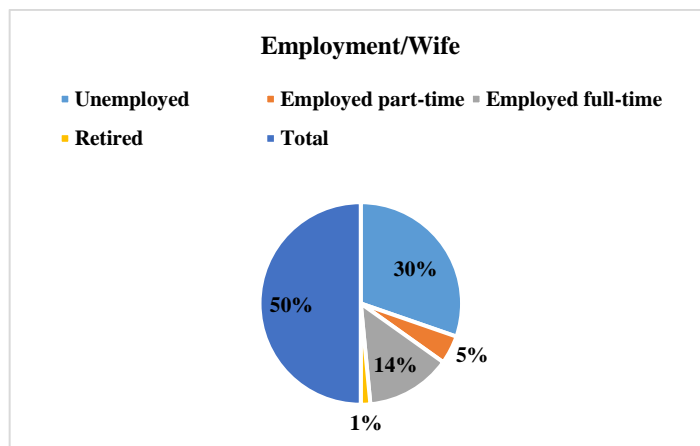


Fig. 5.1 (J) Employment/Wife

Table 2 Theme summary

Theme	Subthemes	Participant quotes
Causes of male domestic violence	neediness, lacking pay	... That is something I can't manage... [AP 12]. [AP 20] I am unsure of how she obtained the final fifty dinars intended for household expenses.
	pointless necessities because of the visually impaired impersonation of others	... I need more cash for my child's school expenses, and she is still Requesting that he be moved to an alternate, more exorbitant school to match the situation with her pal, whose spouse is monetarily proficient... [AP 16].
	extravagant spending by spouses	... She picked our front room seats, which I bought notwithstanding monetary limitations.

	<b>The parents of the wife are interfering with their marriage.</b>	... She disposed of them following two months since she as of now not loved them... They were expensive... [AP 31]. ... I really want authorization from my mother by marriage to have sexual relations with my significant other. [AP 11].
<b>Domestic violence against men by their wives</b>	<b>mental, emotional, and physical well-being of male victims</b>  <b>physical abuse</b>	"Did you lose it once more?" she facetiously inquired. You've merited it. You neither learn nor comprehend..." [AP 12]. ... Obnoxiously attacks my character [AP 17]. Word misuse and skepticism [AP 9] She used a brush to batter me. It is terrible. My upper arm is as yet red. [AP 30] as painful as a sting.
<b>Domestic violence and its effects on males</b>	<b>mental, emotional, and physical well-being of male victims</b>  <b>effects on the children and family</b>	I'm depressed, it's the worst time of my life [AP 25] It was excruciating; I had a temper tantrum; I'm still having tantrums [AP 12]; my 14-year-old son is sad as well [AP 25]. Death is more forgiving [AP 33]. [AP 14] [My family and I are homeless] It destroyed my children's future.
<b>Men's perceptions of reducing/ending abuse</b>	<b>This subject explored men's perspectives about aggressive behavior at home and the components that impact misuse strong perspectives</b>	I'm depressed, it's the worst time of my life [AP 25] It was excruciating; I had a temper tantrum; I'm still having tantrums [AP 12]; my 14-year-old son is sad as well [AP 25]. Death is more forgiving [AP 33]. [AP 14] [My family and I are homeless] It destroyed my children's future.
<b>Characteristics of abusive wives/surprising outcomes</b>	<b>Men tend to justify their spouses' assault by citing various traits and lifetimes that may have contributed to their behavior.</b>	... Inform me regarding her mom, who used to beat her and torment her by consuming her with a match... She was making some terrible memories of it... [AP 14]. ... Her dad... He was constantly inebriated... He smacked her with his belt... [AP 29].

**Theme 1. Domestic Abuse against Husbands: What Causes It**

The majority of participants stated that economic problems (poverty, insufficient salary, wives wasting money, failing to consider the negative economic effects of COVID-19 on their husbands' work, and unnecessary demands from blind imitation of others), asking their wives not to neglect the house and children, or care for their appearance were the primary causes of their abusive behavior. Some people attributed their unmet sexual cravings on their husbands' neglect, refusing sex out of a lack of feelings, or as a dominant behavior to achieve their goals. A few people stated that their husbands' lack of personal hygiene prevented them from participating in sexual activities. One of the participants said that his wife's infidelity and lack of loyalty were the root causes of their growing hostility. Furthermore, women who made more than their husbands frequently abused and defied them, making them feel worthless and using money and sex to manipulate them.

### ***Theme 2. Domestic Violence against Men by their Wives***

All of the participants experienced some kind of psychological or emotional or verbal abuse, such as ridicule, coercion, insults, sarcasm, slander, negative criticism, reprimand, labeling, harassment, excessive yelling, harsh words, verbal threats, frequent unfair blame, and abuse of their masculinity; these words hurt their self-assurance and encouraged sensations of weakness and dissatisfaction.

These maltreatments were constant, repeating, and serious. Some husbands claimed that their partners intentionally failed to respond to their emotional needs. The women did not care about, appreciate, sympathize with, or sympathize with their husbands' feelings. Interestingly, men asserted that their mates' close to home disregard was accidental. Their wives either dismissed their worries or chastised and reprimanded them when they tried to get their husbands' attention, believing that their husbands were to blame for their carelessness.

A couple of ladies justified their activities as unconstrained or a joke that doesn't be sound rehashed, really; tragically, it was. A couple of individuals were exposed to actual attack. Ashtrays, brooms, screwdrivers, makeup tools, hairbrushes, shoes, and other items were used to beat them. A few life partners were likewise spit on, kicked, and scratched, bringing about real mischief.

### ***Theme 3. Domestic Abuse's Effects on Men***

This issue is separated into two subthemes: the effects on male victims' physical, mental, emotional, and psychological health, as well as the effects on their families and children.

#### **• Physical, emotional, mental, and social wellness of male victim**

As indicated by most Actual savagery wounds were insignificant and sometimes serious, despite the fact that people detailed outrageous agony as well as scars, cuts, scraped areas, injuries, and redness. A few people required treatment for minor head injuries or finger pain. All of the participants agreed that physical abuse by a woman had a significant negative psychological impact because they perceived it as a violation of their identity, masculinity, and dignity, regardless of the severity of the harm.

Psychological symptoms included confusion, disappointment, hurt feelings, melancholy, anxiety, loneliness, marginalization, exclusion, rage, humiliation, and inferiority. Additionally, they experienced severe headaches, weight loss, lack of appetite, and shortness of breath; Some started smoking, particularly shisha and hookah; in Arabic: al'arqila (, or chain smokers). Nine people complained of irritable bowel syndrome (IBS), and three of them sought medical attention for symptoms of paroxysmal nocturnal dyspnea, which occurred after a few hours of sleep. Besides, one individual was determined to have PTSD and guaranteed total recuperation following nine months. Additionally, a few individuals claimed that they drank alcohol to deal with their mental anguish.

#### **• The Impact on the Family and Children**

The majority of those who participated in the interview stated that the physical and verbal abuse they received from their spouses caused them to become homeless, harmed their families, and had an impact on their children. The majority also claimed that the abuse caused their children to experience physical, mental, and emotional symptoms like headaches, onychophagial infections, diarrhea, anxiety, sadness, fear, self-blame, humiliation, isolation, low self-esteem, rage, and a lack of empathy for others. Additionally, a number of participants reported that their children were experiencing feelings of helplessness, changes in their diet, bedwetting, and sleep disruptions.

### ***Theme 4. Men's Attitudes toward Reducing/Stopping Abuse***

Men's perspectives on domestic violence and the factors that influence abusive-supportive attitudes were the focus of this topic. The majority of participants stated that women should pay more attention to how they treat their spouses and children and that their violence was not justified. Most members likewise concurred that companions to a great extent affect the prosperity of their families, in this manner they should have been more mindful, shrewd, and principled.

The couples were forced to live far from their in-laws' homes because the closer they lived, the more interference they would experience in their married lives. In addition, every participant emphasized that the manner in which they responded to the abuse and the severity of the abuse influenced their ability to avoid it. The majority of respondents to the interview said that their spouses acted badly toward them as a result of her emotional, psychological, or sexual abuse. Abuse of the wife, no matter how minor, worked as a deterrent because it made her feel guilty and responsible and made her realize how serious the situation was.

In addition, the majority of participants believed that their wives would change over time, particularly if they were subjected to equal abuse from their husbands. This would make their wives feel remorseful and guilty, and they would realize the harm they had caused.

As a result of physical abuse, participants experienced social stigma, insults, and humiliation, and their perceptions of themselves as males were distorted. The wives persecuted, dominated, and controlled the men when they remained silent about their abusers. Participants reported feeling worthless, powerless, weak, and hopeless as a result of emotional neglect and psychological abuse; but they thought they deserved a good life. As a result, they considered getting a divorce so that they could find a better wife who would make them feel like men. The idea of conserving and protecting was shared by all participants.

Moreover, they pushed how family/conventional reasoning and the view of ladies as the more attractive sex, truly frail, and consistently the casualty empowered them to abuse guys. Males were discouraged from reporting abuse because they would not be believed, but despite the woman's accusations, they would be held accountable.

Even if there is evidence that the woman abused them, society ignores it and comes to the conclusion that the woman aggressively intervened to stop the man from abusing her. Participants demonstrated evidence that women are capable of varying degrees of physical violence, rejecting the idea that women are incapable of abusing men. Women can also control and manipulate men because they know how to agitate and exploit them:

#### ***Theme 5. Abusive Wives' Characteristics/Unexpected Results***

Some research participants appeared to justify their spouses' violent behavior by citing a variety of characteristics and circumstances when discussing previous themes. These traits are listed in this theme. Their life partners said that their folks exposed them to adolescence injury, including physical, mental, and psychological mistreatment and disregard. Negative self-perception, low self-esteem, feelings of inadequacy, and deprivation are all consequences of poor parenting. Others claimed that their partners' attitudes, goals, values, roles, and priorities in their marriage were influenced by their partners' exposure to violence as children and adults.

## **6 DISCUSSION**

The World Health Organization states that violence against women occurs quite frequently (WHO, 2020). Every three women on the planet has experienced physical or sexual violence as a result of an intimate relationship. Since the COVID-19 pandemic, there have been more cases of domestic violence, and an estimated 137 women are killed every day by their intimate partners or family members. According to research and policies focusing on women who have been the victims of domestic abuse, men are more likely than women to commit nearly all forms of interpersonal violence, including intimate partner violence (IPV), murder, assault, rape, and domestic violence.

In the World's Women, 2020, domestic violence, or IPV, was ranked as "the most common" type of abuse: Patterns and Measurements study, with almost 18% of ladies having encountered IPV in the past a year.

Men are attacked today also. Abusive behavior at home executed by ladies against guys has turning out to be progressively normal. However, only a small percentage of men are willing to talk about their partners' verbal, physical, emotional, psychological, or sexual abuse. Males in Arab society, particularly Jordanian society, may be victims of domestic violence, according to this study.

The second theme suggested that married men had been physically and verbally abused, neglected, and emotionally abused. As per the discoveries, ladies seem to encounter fierce/oppressive lead in different ways (Hester, 2013) and to cause mental maltreatment for male accomplices. Reasoned that ladies in close connections take part in fairly more actual viciousness than guys, at a higher recurrence, yet support more wounds.

The first theme identified reasons for women's abuse of men that went against the norm for female-perpetrated violence. These reasons included retaliation for previous abuse, rage, self-defense, attempts to escape or stop their own abuse, fear, protecting children, and attracting the attention of a partner. These factors cannot be considered common to man's authority over time. Instead, there is a limited supply of them. Marriage is an individual, lawful, and profound bond that is unaffected by different impacts. It unites a man and a lady to lay out a family, which is the crucial unit of society.

Sexual misery, then again, can expect conjugal difficulties. Satisfaction in a marriage is strongly correlated with a happy sexual life and warm interpersonal relationships.

The aftereffects of subject three demonstrated that all examination members had significant mental and actual side effects related to mishandle. This result is in line with previous research on male domestic violence. Male victims experience humiliation, emasculation, depression, loneliness, isolation, shame, confusion, frustration, hurt, and futility. They also experience feelings of shame. PTSD symptoms, IBS, insomnia, weight loss, and lack of appetite are all reported. Moreover, life partners showed their capacity to partake in actual hostility, bringing about little or serious wounds.

Subjects 2, 3, and 4 show that ladies misuse guys through sex, youngsters, segregation, cash, and close to home disregard. The participants in the study agreed that the abuse they had witnessed defied their expectations of their roles, patriarchal authority, and masculinity. Society holds men to higher standards of self-reliance, independence, leadership, strength, and assertiveness than do women. As a result, men cover up their abuse and don't report it or get help.

Women are socialized to be subservient and inferior to men in the majority of cultures, which prevents them from resisting male violence. They acknowledge and endure this brutality as well as even justify it and stay quiet about it. Women's acceptance of being beaten by their partners has decreased in nearly 75% of countries (United Nations Department of Economic and Social Affairs, 2020), where women's economic and educational empowerment, as well as cultural and ethnic differences, allowed them to use violence against their partners and use manipulative behaviors through gendered stereotypes of abuse. However, attitudes are changing, and women's acceptance of being beaten by their partners has decreased.

In spite of rising acknowledgment that all kinds of people can be casualties of IPV, ladies' hostility towards cozy accomplices is viewed as unconcerned with their orientation position. Male perpetrators of domestic violence are frequently referred to. In this overview, all members expressed that in the Middle Easterner setting, family thinking and normal practices engage ladies to abuse guys. In addition, males are subjected to additional abusive experiences when they are perceived as maleless offenders and liars.

Members knew that the harmful spouse might get authority of the youngsters; thus, they picked to stay in an oppressive relationship to save their family and youngsters from becoming destitute. This is reliable with Middle Easterner social designs and standards that urge guys to remain in harmful connections to accomplish ideal manliness principles and socially-built characteristics to get away from social disgrace related with manliness denigration. revealed that because they are taught to be physically and emotionally strong caregivers for women and children, males repress their fear and anguish in serious damage situations and find it difficult to disclose their abuse. In addition, they are aware that the police would not step in because patriarchal culture does not recognize male victims of assault.

In addition, participants were aware that the abusive wife may obtain custody of the children due to social norms that favor the mother, so they avoided allowing the abuse to have a negative impact on their children and family. They wanted to prevent their children from being labeled as coming from a broken home and having to live with the shame of being mocked because their parents were divorced. They were also concerned about cutting off the children's safe haven during their formative years. The children's physical, mental, and emotional symptoms as a result of their fathers' abuse were demonstrated by the second subtheme of theme three in this context. Children who witness domestic violence experience trauma that has a significant impact on their physical and growth development, resulting in underdevelopment.

They might show backward ways of behaving, for example, parasitism, exhaustion from absence of rest, unfortunate dietary patterns, and unfortunate individual tidiness. They may likewise obtain a proclivity for hazardous play ways of behaving and become aggressors in later connections. In addition to experiencing nightmares and problems with bedwetting, these children are more likely to lie in order to receive care and attention. They also have poor academic results and are more disobedient at home and in school.

This examination additionally delivered astonishing results. The fifth theme revealed that aggressive women witnessed violence in their childhood and adolescence, were traumatized as children, and had poor parenting. Childhood trauma, emotional abuse and neglect, sexual abuse, physical neglect, depression, anxiety, drug abuse, and post-traumatic stress disorder (PTSD) all occurred to abusive women. Discovered that all forms of IPV are linked to childhood trauma. During research on women serving federal sentences in the Correctional Service of Canada, discovered that the majority of female IPV perpetrators had been the victims of severe abuse as children and adults. The fifth subject likewise served to a superior comprehension of the reasons of savagery against ladies; Men are compelled to respond violently when women are violent toward men in order to maintain the expectations of their socially constructed roles. Additionally, it implies that male domestic violence is one of the most common causes of divorce.

We propose that practitioners, academics, politicians, and organizations promoting women's rights and preventing violence against women in India hold more courses and seminars, provide manuals, electronic publications, and films, and based on responses from participants. These materials will raise provincial and metropolitan Indian ladies' information on wedded life difficulties and issues, especially the minor, neglected components noted by members, and how to manage them. In addition, women will be able to avoid engaging in abuse and avoid further violence from their husbands if they are aware of the numerous forms of domestic violence that are committed against them. In addition, Indian women must become aware of the consequences of abusing their husbands by applying cultural and gender norms. Children are frequently relocated as a result of this kind of abuse, as well as being exposed to severe mental and physical issues both now and in the future. In order to convey human love, sexual love, and commitment, emotional support, trust, and respect, marriage needs to be reimagined within the essential natural and human contexts. This redefinition would remind individuals that guys, similar to ladies, have freedoms and sentiments and might be survivors of aggressive behavior at home.

## 7 CONCLUSION

It is not uncommon for females to assault or abuse their husbands. Men are victims of domestic abuse inflicted by women in Indian culture. Their women employ coercion, psychological and verbal abuse, emotional abandonment, and physical violence on them. This study emphasizes that clan thinking's cultural structures and norms for gender and masculinity are essential components in domestic violence against guys, and that domestic abuse is not only a female-centric issue. Understanding men's abuse of women is essential for understanding domestic violence and some of the causes of divorce. Domestic abuse in India should be seen differently by policymakers and groups that promote women's rights and oppose violence against women. They should also develop new frameworks to accommodate the whole range of males mistreated by women, as well as resources and assistance for male victims, in order to minimize the occurrence of domestic abuse, safeguard Indian families, and promote marriages. To construct theoretical models of intimate abuse, it is vital to comprehend violence in relationships within cultural and societal contexts, according to research.

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