

**Physical and psychological violence against  
men in Charsadda, Khyber Pakhtunkhwa,  
Pakistan**



**By**

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**DEPARTMENT OF SOCIOLOGY**

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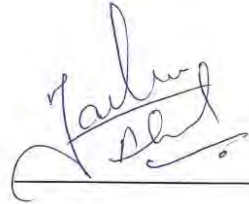
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**FINAL APPROVAL OF THESIS**

This is to certify that we have read the thesis submitted by Mr. Malik Jamal Afzal, it is our judgment that this thesis is of sufficient standard to warrant its acceptance by the Quaid-i-Azam University, Islamabad for the award of the Degree of "MSC in Sociology".

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## **Abstract**

*Violence is often thought of as a unitary concept. Today we are facing different forms of violence; physical and psychological caught high rates of violence are not caused by just one issue, but several. For example, education, age factor, poverty, poor job skills, risky behaviors, socio-emotional development, education, number of male and female children, type of family, number of marriages, etc. Psychologists focus on these issues by enlists these socio- demographic variables. Sociologists direct their attention towards difficult life circumstances, cultural characteristics, and social conditions. Violence is a multi- faceted problem that deserves a multidisciplinary approach. The authors attempt to review these causes using physical and psychological explanations. Literatures from the aforementioned disciplines are reviewed seeking to explain violence from a variety of perspectives. The data was collected, through well-structured closed ended questionnaires and pre-tested Questionnaires were used for the respondents. The researcher used Quantitative method for the research, the researcher surveyed 258 male respondents for data collection. The researcher used structured closed ended questionnaire for collecting data and analyzed the data using Statistical Package for SocialSciences(SPSS).*

**CHAPTER 01**  
**INTRODUCTION**

## **1. Background of the study**

Considering Psychological violence as ‘underpinning of all forms of abuse Navarre (1997). In fact, psychological violence is sometimes referred to as Psychological and emotional maltreatment, emotional abuse, verbal abuse, mental abuse, non-physical violence and aggression, and marital discord, Burman & Margolin (1992). According to WHO (2002) “the intentional use of physical force, threatened or actual, against oneself, another person, or against a group or community, that either results in, or has a high likelihood of resulting in injury, death, psychological harm, mal-development or deprivation”. There are three types of violence including self-directed, interpersonal, and collective violence; these types are divided further into subtypes. Violence against women is extensively studied in different parts of the western world and Asian countries; however, very few of the researchers have paid attention towards violence against men Rutherford et al. (2007); Corry et al. (2002).

In these different parts of Asian and Western countries, everyone is paying attention towards the women violence, they debated for so long that only women get violate but there are very less researchers that only paying attention towards men’s violence, Rutherford et al. (2007); Corry et al. (2002).

Traditionally, in different parts of counties even in western countries too, men are viewed as being more physically stronger than women, therefore, they under-report their victimization due to barriers like embarrassment and masculine ego Jones, (2006); Hines et al. (2011). Argued by Dixon and Graham-Kevan (2011) that violence is considered as a human issue instead

of a gender problem, and here violence by women against men should not be ignored. When men harassment occurs, these victims ignored to stand against this because of society pressure, they often face the humiliation of being laughed, might be accused due to do not go for victimization Jones, (2006). There are few studies in which the researchers identified the violence among men and women, their equal levels of exposure to intimate partner, Heikanen and Ruuskanen, (2011). Such regularity means a weak association of gender with perpetration of IPV. However, man's ego are build different than a woman by the society in such a way that if they got harassment or got violated and they look forward for reporting of violence is generally considered a social stigma. When men attempt to report DV against them, most of the times they are not trusted; they get tortured instead, they are laughed at and ridiculed for the notion that they are beaten by their wives, Cook. (2009). Many scientists reported that violence is not only the gender problem, but it is the human issue, moreover the men's violence should not be ignored. The actions should be taken again every report of Men's harassment and violence, Dixon and Graham-Kevan. (2011).

In the United States, a helpline for Men that is Domestic Abuse Helpline for Men (DAHM) was established that is built on around 2000 received calls, the time duration is 22 months from male callers, in which 77% men themselves called and they reported their own harassment and violence what they faced by their intimate partners. The rest of the calls they received either from their friends or might be received from the family members. The rest of the 33% calls were either for their friends or family members. Physically aggressive behavior was frequently reported by 43.7% of the

men. In addition, 41.8% of the men reported to have been pushed, 39.2% were kicked, 31% were grabbed, and 24.7% were reported as being punched by their intimate partners.

Similarly, single study reported by Swan et al. (2008) in Scotland regarding high prevalence of DV against men. This study is based on 190 interviews of 95 men and 95 women; it revealed that 50.6% of the men and 47.4% of the women reported experiencing of one to four violent events of IPV against themselves in the previous one year.

Violence has various levels including psychological violence, physical violence and verbal violence. The latter could, in extreme cases, lead to homicide. Violence perceived as an oral or physical behavior by Rosenthal and Wilson (2003) that involves the use of force or bullying in order to destroy their property or inflict harm on others.

### **1.1 Psychological Violence**

According to Statistics of Canada, the psychological violence is the use of non- verbal and verbal communication that are supposed to harm another individual mentally or emotionally Sinha (2013).

The psychological destruction caused by this type of violence leads to fear and loss of social, psychological and educational stability Beale (2001) and McGaha-Garnett (2013).

To describe by Follingstad and DeHart (2000) many forms of psychological violence that are prevalent in intimate partner violence (IPV) literature, which include speech or behavioral expressions that may result in the infliction of humiliation, degradation, threats and/or terrorization, exploitation, and/or isolation. There are various concepts of psychological

violence that have been attempted by different authors, which imply that there is no consensus on what psychological violence is Follingstad (2007). However, psychological violence is considered as a unique dimension of intimate partner violence IPV is manifested in two forms, expressive and coercive psychological violence, and it is also, a strategy of controlling coercive violence, Kelly and Johnson (2008). The psychological violence that has been in expressive forms may include being called derogatory names, to witnessing an intimate partner that act angrily in a way which looks dangerous, being insulted, being humiliated, etc., while behavioral dispositions may include in coercive forms of psychological violence that are aimed at monitoring, controlling, and/or threatening an intimate partner, Black et al. (2011).

According to Follingstad et al. (1990), most abused woman also suffers psychological consequences as well because of physical consequences. When woman is abused by society, she must show her experiences of fear and anxiety responses. Depression, psychosomatic symptoms, posttraumatic stress symptoms such as memories, psychogenic amnesia, sleep problems, eating problems, hypervigilance to danger cues, exaggerated startle responses, irritability or anger responses, and psychosomatic symptoms such as gastrointestinal problems, headaches, and chronic illnesses, Walker, (1993). Moreover, alcohol and drug abuse, Kilpatrick, (1990); and extreme low esteem and suicidal, self-destructive, self-motivating, and assaultive behaviors by Carmen et al. (1984).

Although, there are very limited research literature regarding men's violence. Many of the previously quoted studies provided some statistics on the rate of wives physically abusing their husbands. Incidence reports

received from women that they abusing their husbands began in the early to mid-1970s.

Direct juridical correlate does not correlate therefore rare studies found on psychological violence shared by sexually based offenses and stalking or obsessive behavior, Carney and Barner (2012). For the victim, it has been difficult proving the experience of psychological, unlike physical and sexual violence, which tends to leave visible scars or injuries from the aggressor, Cahill and Johnson (1999). However, Occurrence of physical violence is associated with psychological violence, shown by several studies (Follingstad et al. (1990). Goldsmith and Freyd (2005) argued that even the victims of psychological abuse might not recognize the occurrence of the abuse they are experiencing nor might they recognize the mental or emotional harm caused by psychological abuse, Doherty and Berglund (2008).

It has been noted that psychological abuse is a dimension of IPV which both sexes can easily perpetrate, unlike physical IPV where the physical difference between men and women can play a major role in the impact of such aggression. It is difficult to ascertain that the perpetrator intends to emotionally harm their victim, and it is also possible to argue that the perpetrators of psychological IPV may not realize that their behaviors are abusive, Stosny (2010). However, studies have shown that the perpetration of psychological abuse is often motivated by the perpetrators' desire to exert control and destroy their partner's or victim's sense of self-esteem, Evans (1999); Johnson and Ferrero (2000).

Several studies have been reported regarding physically aggressive behavior 43.7% of the men. Moreover, studies about been pushed have been reported

41.8% of the men, 39.2% were reported been kicked, 31% were grabbed, and 24.7% were reported as being punched by their intimate partners. Similarly, another Scottish study also reported about the high prevalence of Domestic violence against men included 190 interviews of 95 men and 95 women; the study revealed that 50.6% of the men and 47.4% of the women reported experiencing of one to four violent events of IPV against themselves in the previous one year , Swan (2008).

The distribution of Acts of psychological violence along a continuum starting sometimes called psychological aggression that included yelling and insults and that ends with more severe abuse, often labelled coercion (e.g., threats and isolation).

“Symbolic violence” is also a form of violence that are associated with emotions which damage Property, Engel (2002) that leads major cause of psychological, social, and economic costs.

In the early 1970s, the husbands were abused by wives on different aspects and then the wife’s community finally gained the recognition and attention in the academic community and in the public too. Their wives tend to be victimized by their husbands at an alarming rate. According to Carven (1997), in 1994,

U.S Department of Justice, there were 900,000 women that have been victimized of assault by an intimate partner. Moreover, most abused women also suffer psychological consequences as well. For example, the abused women have been shown symptoms of fear, depression, and anxiety responses Follingstad, et al. (1991; Cascardi et al. (1992) Stress and psychosomatic symptoms, Stets and Straus (1990) and low self-esteem, low self- confidence and suicidal, self-destructive behaviors, Carmen et al.



(1984).

## **1.2 Prevalence of Psychological Abuse**

According to the 2003 Canadian Incidence Study of Reported Child Abuse and Neglect (CIS) that included 25 child maltreatment individual forms that has been categorized under five categories of investigation must include physical abuse, sexual abuse, neglect, emotional maltreatment and exposure to domestic violence Trocmé et al (2005).

## **1.3 Psychological abuse is widespread among women and men**

The emotional and financial abuse has been reported by General Social Survey (GSS) that has been conducted in 2004, explored the abuses about 2.5 times more common between partners than physical abuse, Ogrodnik (2007). The kind of emotional abuse has been measured by collecting information that was based on emotionally abusive behaviors, was reported almost equally by men and women; there were about 17% of men and 18% of women reported experiencing emotional and/or financial abuse during the study period. Comparatively women and men report similar rates of psychological abuse, research on the consequences of victimization suggest that women experience more severe and prolonged negative effects than men as a result of any form of victimization, particularly in a result of victims of spousal abuse, Dauvergne (2002).

Psychological abuse is often linked to physical abuse

Most often all kinds of abuses are linked with one another in many aspects. The Psychological abuse has been linked to physical abuse in many aspects based on research perspectives, O'Leary (1999).

## **1.4 Factors associated with physical and psychological violence**

According to many researchers, different factors are associated regarding physical and psychological violence.

### **Suicide Attempt**

In high-income countries, many epidemiological researches have been conducted on the prevalence of suicide limited data exists in low and middle- income countries, Vijayakumar (2005). The suicidal rate due to psychological stress and depression has been reported in multiple studies, although the causes of suicide are interacting in complex ways in different angles, mental health problems, including depressive disorders, are some of the best-known risk factors associated with suicide ideation, suicide attempts, and suicide mortality, Harris and Barraclough (1997).

## **1.5 Psychological Distress**

In the past two decades, the most prevalent mental health consequences reported depression, posttraumatic stress disorder (PTSD), and anxiety, Campbell (2002). Despite

psychological distress being commonly used as an indicator of the mental health status of a population in public health, it is still a relatively vague concept. According to Russ et al. (2012), psychological distress is a state of emotional suffering which has been characterized by undifferentiated combinations of different symptoms that are ranging from depression and general anxiety to personality traits, functional disabilities, and behavioral problems.

## **1.6 Men as Victims of Psychological Abuse**

Several studies assumed that psychological abuse is more common in women and has been victimized of it, and men the perpetrators. However, women are increasingly recognized as perpetrating physical violence (Frieze 2005; McHugh 2005; Langhinrichsen-Rohling 2010; Hamby 2009). Several studies indicates that a large number of studies that have reported that both sexes admit to using violence against their intimate partners (Frieze 2005; McHugh 2005). Even while rejecting the conclusion that women's violence is equivalent to men's, feminist psychologists have begun to rethink conceptions of gender issues in partner violence (McHugh et al. 2005; Langhinrichsen- Rohling 2010). Similarly, there is increasing evidence that women perpetrate psychological or emotional abuse against their male partners (Hines, and Malley- Morrison 2001). A few studies have reported that women express more emotional abuse

than their partners as compared to men, White and Koss (1991); Pedersen and Thomas (1992), and some research has indicated that women are more likely to perpetrate psychological than physical aggression toward male partners, Hines and Saudino (2003). In research on relational aggression in marriage reported by Carroll and colleagues, Carroll et al. (2010), wives used relational aggression more than husbands, which included love withdrawal and social sabotage.

## **1.7 Objectives of the Research**

To estimate the individual effect of psychological violence on mental health (e.g., PTSD, depression and anxiety)

To find factors and causes behind the psychological violence in men.

To find out that how much psychological violence are associated with domestic, social and physical violence.

### **1.8 Significance of the Study**

Far too many people experience physical and psychological violence. Living under such conditions has serious consequences for the individual and especially for children who are the victims of violence or who witness acts of violence. Nobody should have to live with violence, especially in the home and in intimate relationships that leads to psychological violence. The home should provide a safe environment where the

individual feels respected and is able to act freely. This action plan focuses on the many different forms violence can take. We often associate violence with cuts and bruises, but psychological violence can have just as severe consequences for the individual as physical violence. What is more, psychological violence is twice as common as physical violence. This is why the government is working to criminalize psychological violence by including an independent provision in the Criminal Code and is launching several initiatives to combat psychological and physical violence in intimate relationships. The aim of this study plan is also to improve and strengthen outpatient programs for victims of violence.

### **1.9 Statement of the Problem**

Violence amongst men in Pakistan has become a serious problem affecting all the people of the country. The youngster in Pakistan is the most affected by physical and psychological violence; the major factors behind the increasing rate of this kind of violence in male into Pakistan. Psychological and physical violence in intimate relationships, stalking and online harassment still constitute too big a problem in Pakistan. Every year,

approximately 38,000 women and 19,000 men are victims of intimate-partner violence, and the numbers for psychological violence are estimated to be twice as high. Approximately 84,000 individuals are the victims of stalking every year,

and in more than a quarter of these cases the victim is stalked by a partner or ex-partner. The number of men who are victims of intimate-partner violence has been increasing.

**CHAPTER 2**  
**REVIEW OF THE LITERATURE**

## **Literature Review**

### **2. Physical Violence**

A pilot study conducted by Marcus and Reio (2002), a study revealed that gender and stimulation-seeking are indirect predictors whereas mood, severity of other's injuries, argument and alcohol consumption have direct effects on self-injury. This study was conducted at the University of Louisville, the male and female both participants play role to describe the "most recent physical fight."

Aye et al (2020) estimated among men and women the prevalence of domestic violence, physical, sexual, and emotional violence and to assess the association between any lifetime domestic violence (DV) and mental distress among ever- married men and women.

According to United States Department of Justice, a survey of 16,000 Americans showed 22.1% of women and 7.4% of men reported being physically assaulted by a current or former spouse, cohabiting partner, boyfriend or girlfriend, or date in their lifetime (Tjaden & Thoennes, 2000). In addition, over 21,000 residents of England and Wales were reported to engage in domestic violence: a survey by the UK Home Office showed that 7% of women and 4% of men were victims of domestic abuse (Smith et al., 2011). Domestic violence against men has been on the steady increase in Africa; for example, Kenya has reported a worrisome dimension of violence in 2011, when almost five hundred thousand men were beaten by their wives (Adebayo, 2014). The prevalence of domestic violence against men counters feminist ideology that talks about "men dominating women" that has led men to murder their female partners: in the same way, many men have been

killed by their female partners. Statistics have shown those who are killed by IPV are about three-quarters female and about a quarter male. In 1999, reports from the United States showed that 1,218 women and 424 men were killed by an intimate partner (U.S. Department of Justice, 2003) and 1,181 females and 329 males were killed by their intimate partners in 2005 (Chong et al., 2013). In England and Wales, about 100 women are killed by partners or former partners each year while 21 men were killed in 2010. In 2008, in France, 156 women and 27 men were killed by their intimate partners (Povey et al., 2009; BBC, 2011). Women who often experience higher levels of physical or sexual violence from their current partner, were 44%, compared with 18% of men who suffer from injuries. The following quote exemplifies the claim of women in violence reported in the Daily Mail (2013): “Theresa Rafacz confessed of killing her husband at the Belfast Crown Court because she ‘lost control’ when she saw her husband drunk when she returned from work and supposed to be looking after their three-year-old son” and she was jailed for manslaughter (Adeyemi, 2013).

Poon et al., (2014) revealed that domestic violence is a gendered issue, based on the understanding that most of the violence is perpetrated by men against women and their children. It is acknowledged that women do perpetrate violence within intimate relationships and, sometimes, kill their male partners; however, men are more often seen as the aggressor and women as the victim in any relationship (Shackelford, 2001; Langford et al., 1999).

Straus (1999) estimated that within a year or a given period, at least 12% of men were targeted with all kinds of physical aggression by their female partners, and 4% – or over 2.5 million men in the USA – suffered severe violence.



Moreover, Tjaden & Thoennes (2000) stated that female-perpetrated violence resulted in 40% of all kinds of injury sustained through domestic violence within a year, and 27% of all the injuries required medical attention. They stated that domestic violence against men is a rare finding in some cultures. Even though there have been so many instances of domestic violence against women across the globe, domestic violence against men is a reality that occurs in a different dimension. The problem of domestic violence against men concerns gender issues that amount to silence, fear, and shame for most men, because their masculine nature makes violence against men remain largely unreported.

In addition, Matczak et al. (2011) stated that 15% of men and 26% of women aged 16 to 59 had experienced some form of domestic violence since the age of 16, equivalent to an estimated 2.4 million male victims and 4.3 million females. However, for every three victims of domestic violence, two will be female, and one will be male. One in four women and one in six to seven men suffer from domestic violence in their lifetime, and 4.3% of men and 7.5% of women stated that they have experienced domestic abuse, equivalent to an estimated 713,000 male victims and 1.2 million female victims.

A pilot study conducted in American Association staff by Bryden and Fletcher (2007), revealed that women staff members are most probably experienced harassment and acts of violence than their male counterparts.

Another researcher Foshee, (1996) examined gender differences in adolescent dating violence. This study was conducted in a primarily rural school district in North Carolina, questionnaires completed by 81% of the adolescents in the eighth and ninth grades. The significant findings are that

females perpetrate more mild, moderate and severe violence than males towards partners even when controlling for violence perpetrated in self-defense; females perpetrate more violence than males out of self-defense; males perpetrate more sexual dating violence than females; males and females sustain equal amounts of mild, moderate and severe dating violence; females sustain more psychological abuse than males from their partners; and females receive more injuries than males from dating violence.

Burke et al. (1988) state that 'although the frequencies of physical abuse inflicted and sustained by men and by women are similar, we must recognize that the consequences of such abuse may be more severe for women than for men because of the men's greater average strength.

Another study in Pakistan conducted by Sami and Ali, (2006) explored a joint or extended family system is the common practice where the husband and his wife live with his parents, sisters and brothers in one household. The wife is placed in a submissive position where she faces harassment from the whole family.

Fikree et al. (2005) reported that 176 married men showed that 94.9% had ever used verbal abuse during their marital life and 49.4% had used physical abuse.

WHO and LSHTM. (2010) approached the human rights discourse. It is generally thought that the notion of 'domestic violence' does not fall under the international rights framework since international law does not apply to private

harm. While this was true in previous times, more current conceptualizations pay attention to the ways in which IPV occurs through relationships of power and control over another. In its current form, the human rights approach understands IPV as a violation of various human rights such as: violations of right to life, liberty, autonomy, and security of person; violation to equality and non-discrimination; and violations to, right to be free from torture and cruel, inhuman, and degrading treatment or punishment.

Men's report of violence analyzed by Johnson & Das (2009) found that severe physical violence was reported by men who reported punching their wives (15%), kicking or dragging their wives (11%), and strangling or burning their wives (2%). The result showed lower estimates with 6% reporting kicking and dragging and 1% report choking.

Tjaden and Thoennes (2000) conducted a large-scale, nationally representative telephone survey of 8,000 men and 8,000 women (the National Violence against Women Survey [NVAWS]). The main findings were that women reported more frequent and longer lasting victimization, showed higher levels of fear of bodily injury, and reported more lost time at work and more mental health difficulties than men. Overall, 7.6% of men (vs. 25.0% of women) reported that they had "ever" been sexually or physically assaulted by a current or former partner. These findings are consistent with earlier findings that women were more likely to have feared death or serious injury during incidents of IPV and were more likely to meet criteria for PTSD than male victims of IPV (Dansky et al., 1999).

According to Mullender (1997), social workers are well trained in understanding the roots of male dominance within patriarchal social structures, as abused women seek help from them in large numbers. Often

women come to seek help because of their victimization by men and this has strengthened the notion of the social service provider that men are the offenders and the woman are innocent making room for improvements in the willingness and ability of social services to offer women practical assistance and emotional support that will help them prevent further violence, which has immediate impact on the situation.

However, Addis & Mihalik (2003) stated that men who suffered domestic violence by women are confronted with several potential internal and external hindrances to seeking help or assistance from social workers and social services. Men, in general, are not prone to look for help for issues that society considers non-normative, or for which social services thought they could handle and have the capacity to deal with themselves. Men who experience violence may not seek help due to fears for their reputation, and they do not want to be ridiculed in society causing them shame and embarrassment. If men do overcome the internal barriers because of the nature of the abusers, they may encounter external barriers when contracting social workers or social services. They may have trouble in how to narrate their stories or how the whole issue began and may run into resistance from the social services or social workers. More so, men who sustain domestic violence from their female partners may face potential problems when approaching social workers or social services. For example, men who sustained domestic violence have reported that when calling social services hotline for assistance the social workers reply they only help women and assume men are the actual abusers.

Another study using the NVAWS dataset explored PTSD symptoms in male and female survivors of IPV (Coker et al. 2005). The proportion of survivors

meeting criteria for moderate to severe PTSD did not differ by gender (20% male, 24% female). Psychological abuse, assessed by measures of power and control, was just as strongly associated with PTSD as physical IPV. This raises questions and concerns for male victims of IPV, given findings that women are more likely to perpetrate psychological than physical aggression toward male partners (Hines & Saudino, 2003).

## **2.1 Psychological Violence**

A study conducted on medical students in U.S by Hendricks-Matthews (1997) focused those students who have personal domestic histories of violence. Moreover, those certain mechanisms must be created in order to assist students. The researcher argued that each medical student must receive that kind of support by which they will need to face the psychological difficulties of working with survivors of domestic violence

Anna and Graham, (2011) reviewed to examine the empirical evidence on the effects of intimate partner violence (IPV) in men. The study outcomes suggested that men can

experience history of significant psychological symptoms as a consequence of IPV; associations among IPV and PTS, depression, and suicide have been documented.

The study conducted in Canada and the data analyzed by Dim and Elabor-Idemudia (2017) to understand recent trends and prevalence of psychological violence in both gender male-to-female and female-to-male relationships, the risk factors of female-to- male psychological violence. These study findings revealed that there are significant differences found in

the prevalence of psychological violence among victims when gender is taken into consideration. Moreover, study revealed that childhood exposure to domestic violence; childhood victimization, marijuana use, and educational attainment are predictors of female-to-male psychological violence.

Few studies have investigated by Lemon et al. (2002) and Zavala & Spohn, (2010), to predict the psychological violence.

Another study conducted by Chang et al. (2008) and Henning and Klesges, (2003), explore an association between excessive alcohol use, extreme poverty childhood abuse, comorbidity of child maltreatment, employment problems, substance abuse and psychological violence.

In Canada, Daigneault et al (2009), revealed in using the 1999 GSS data, that marital status (common-law men), experience of childhood abuse, excessive drinking of the partner, and fewer years of living together predicts psychological violence.

Dokkedahl et al. (2019) estimated that there are certain types of psychological violence, intimate partner violence (IPV) is to be the most common form of intimate partner violence (IPV). In this study they reviewed systematically and random-effects meta- analysis on the association between psychological violence and mental health problems, when controlling for other types of violence including physical and sexual and taking into account severity, frequency, and duration of psychological violence.

Foshee (1996) found that both gender males and females are more likely to use violent behaviors toward their partner. The Partner violence begins

frequently during adolescence, few dating violence studies involve adolescents and even fewer report findings by gender. This study examines gender differences in adolescent dating violence. Data are from self-administered questionnaires completed by 81% of the adolescents in the eighth and ninth grades in a primarily rural school district in North Carolina.

Ishrat and Abdul Raffie (1987) explained the root causes of domestic violence which includes certain risk factors such as individual, relationship, community, societal, legal

and political factors. A study described all these factors which are responsible for domestic violence and its consequences on the victim's psychological as well as physical health in day-to-day life. The study highlighted the different forms of domestic violence such as physical, psychological, emotional, sexual, verbal or economic. The researcher also highlighted the difference between healthy and unhealthy relationships in psychological violence and physical violence.

A study investigated by Munir and Mohyuddin (2012), study reveals that the types, causes, sources, and the natives' perspective of violence against men in Nai Abaadi Chaakra, Saddar, Rawalpindi, Pakistan. The findings of s study discriminated the violence against men by the hands of women are identified and been analyzed.

Darlene (2015) verified the epidemiology, prevalence and associated risk factors to both physical and psychological violence and traced the socio-demographic characteristics and clinical indicators of this population against elderlies. The prevalence recorded in this study was 20.9%, and 5.9% to 20.9% for physical and psychological violence. The study

concluded that reinforces domestic violence needed early identification and invested in both the old protective actions and in maintaining functional capacity and social inclusion.

Hines and Malley-Morrison (2001) discussed with a primary focused the men's abuse in intimate relationships on the effects of this abuse. They researcher reviewed critically the aggressions efforts against men and discussed the alternate ways in which this research can be improved and implement.

## **2.2 Prevalence of Psychological violence**

A study conducted by US college students Neufeld et al. (1999) and Sugarman and Hotaling (1989) that the Prevalence rates range may from 50 to 75 % of students having experienced some kinds of psychological abuse in the context of a relationship.

Studies on psychological violence tend to be rare because it does not have the direct juridical correlate shared by sexually based offenses and stalking or obsessive behavior (Carney & Barner, 2012). Proving the experience of psychological violence may be relatively difficult for the victim, unlike physical and sexual violence, which tends to leave visible scars or injuries from the aggressor (Cahill, Kaminer, & Johnson, 1999). However, several studies have shown that psychological violence is associated with the occurrence of physical violence (Follingstad, et al. 2003; O'Leary, 1999; Pottie-Bunge, 2000; Stets, 1990; Straus & Smith, 1990). The argument has also been made that even the victims of psychological abuse might not recognize the occurrence of the abuse they are experiencing (Goldsmith & Freyd, 2005), nor might they recognize the mental or emotional harm caused by psychological abuse (Champagne, 1999; Doherty & Berglund,



2008).

Various studies that have collected and analyzed data on psychological violence, along with physical and/or sexual violence, have shown that psychological violence is the most predominant form of IPV (Barnawi, 2017; Capaldi, Kim, & Shortt, 2007; Carney & Barner, 2012; Frye & Karney, 2006; Romans, et al. 2007). Despite the subtle, and sometimes invisible, nature of IPV, psychological violence bears unique consequences for the mental and physical health of the victims (Coker et al. 2008b; Straight, et al. 2003; Witte, et al. 2015).

Dim and Elabor-Idemudia (2017) conducted a study to predict male-to-female psychological violence that included psychological violence among same-sex partners (male to male and female to female). The study concluded the importance of paying attention to individuals from the lowest household income and marijuana use in which psychological violence may be predominant.

A reported conducted by UNICEF, (2014) indicated figures of global prevalence that around 120 million girls worldwide (slightly more than 1 in 10) have experienced forced intercourse or other forced sexual acts at some point in their lives. By far the most common perpetrators of sexual violence against girls are current or former husbands, partners or boyfriends. Prevalence studies of IPV present a confusing picture; rates of violence vary greatly depending on the sampling methods used and the severity of violence being measured. In community samples, rates of male and female violence are often equivalent (Archer, 2002; Holtzworth-Munroe, 2005; O'Leary et al. 1992). Some studies have even reported higher rates of female-perpetrated than male-perpetrated violence (Carney et al. 2007).

However, when severity levels of violence have been assessed, severe violence (e.g., acts of criminal behavior, or acts resulting in the need for emergency medical support) is more likely to be perpetrated by men than by women (Holtzworth-Munroe, 2005). An important factor influencing the prevalence data relates to the type of violence being measured (e.g., psychological, or physical abuse). When considering prevalence rates, the possible bidirectional nature of violence (i.e., a victim also perpetrates violence toward his or her partner) within IPV relationships also needs to be considered (Capaldi & Owen, 2001). Possible underreporting of victimization is also an issue. For example, Brown (2004) noted gender discrepancies in the arrest for and prosecution rate of spousal assault. Male victims of IPV were often reluctant to report the incident and police were unwilling to arrest women accused of perpetrating violence, resulting in only 2% of suspected female perpetrators being arrested, which suggests that prevalence rates based on national statistics do not accurately reflect prevalence rates of IPV, particularly for men.

### **2.3 Psychological disorders**

Researchers have reviewed that domestic violence against men is associated with various mental health problems in men, such as stress, depression, psychosomatic symptoms, and psychological distress (Hines & Malley 2001; Stets & Straus, 2017). Many men who have been living with psychological maltreatment by their female partners have displayed profound depressive symptoms and psychological distress that make them live in misery and stress.

Jacobsen et al. (2001) added that the use of alcohol or other substances is a flawed Barnett (2001) brings out other long-term effects on men who have

been abused. These are guilt, anger, anxiety, shyness, nightmares, disruptiveness, irritability, and problems getting along with others. A victim's overwhelming lack of resources can also lead to homelessness and poverty. Men who have suffered abuse are at risk of a lot of negative consequences that can put them on a destructive path for their future as their life is usually shattered.

According to Stets & Straus (1990), men are physically injured and sometimes even killed because of domestic violence, and 1% of men who reported being severely abused needed medical attention. Emergency room doctors have reported treating many types of injuries sustained by male victims of domestic violence such as ax injuries, burns, gunshot wounds and injuries with fireplace pokers and bricks (McNeely et al., 2001).

According to CDC (2015) focused the difference between the nature and nurture. The psychologists approached the causes and problem of violence from a perspective of nature and nurture. The researcher elaborated to define the Nature "focuses on genes or what we have inherited and nurture on how this inheritance interacts with experience." The negative results of psychological violence such as psychological disorders, health crises, and early death are linked with poor parenting and environment.

Cochran and Rabinowitz (2000) maintained that some behaviors of depressed men (e.g., anger, alcohol abuse) might make the recognition of depression more difficult. Recent qualitative research has provided support for the idea that masculine gender-role norms might underlie difficulties that men experience in expressing depressed mood and in seeking help for depression (Chuick et al., 2009).

Follingstad et. Al (1991) investigated gender differences in motivations for, and effects of, dating violence. This study was one of the first to delineate

different types of emotional effects of partner violence and to explore gender differences in these types. These authors reported that, after physical abuse, 74% of abused men and 73% of abused women reported feeling angry; 40% of men and 57% of women reported being emotionally hurt; 35% of men and 36% of women reported experiencing sadness and depression; and 17% of men and 26% of women reported feeling shame. Because this study involved a sample of university students who were in dating relationships, the generalizability of the results was limited. However, the findings suggested that male and female victimization might have similar psychological effects.

Cascardi and O'Leary (1992) reported that abused husbands had significantly greater levels of depression than nonabused husbands, which is consistent with findings by Stets and Straus (1995) that men who had experienced IPV were significantly more likely to experience psychosomatic symptoms, stress, and depression than non-abused men.

Masho and Anderson (2009) observed a similar pattern of depression and suicidal ideation in a population-based study of the prevalence and associated consequences of male sexual assault. Compared with men with no history of sexual assault, men who had been sexually assaulted were three times more likely to be depressed and two times more likely to report suicidal ideation. Worryingly, most of these men did not seek any professional help. Only 2% reported visiting a doctor and 14% had sought help from a counselor; of those who had 104 Randle and Graham sought help, most did so for the physical effects that manifested from post assault stress, such as insomnia and gastrointestinal problems. Although this study focused on sexual assault, the findings suggested that men who have experienced significant trauma are at risk of depression and suicidal ideation

and seldom seek help from professionals.

Kaukinen, (2004) exposed that domestic violence can lead to common emotional traumas such as depression, anxiety, panic attacks, substance abuse and posttraumatic stress disorder. Abuse can trigger suicide attempts, psychotic episodes, homelessness and slow recovery from mental illness. They exposed to domestic violence are also at risk for developmental problems, psychiatric disorders, school difficulties, aggressive behavior and low self-esteem. These factors can make it difficult for survivors to mobilize resources. Psychological health effects are more dangerous than physical health effects. Women who earn 65% or more of their households' income are more likely to be psychologically abused than women who learn less than 65% of their households.

Calvete (2008) conducted a study by establishing measurement the prevalence of psychopathological disorders amongst men who abuse their intimate partners. The study carried out to ascertain the mental health characteristics of male domestic abusers. The study concluded that domestic abusers tend to obtain high points for some types of personality disorders, especially narcissistic, antisocial and borderline disorders.

Both researchers Thatcher and John (1975) and Raine et al. (1997) conducted a study to establish a connection between aggression and the disorders of the chromosomes and the electrical activity in the neurotic system and the brain. These disorders caused by psychological violence. In addition, the study conducted to argued that this kind of violence is an inherited tendency to violence.

Despite the subtle, and sometimes invisible, nature of IPV, psychological violence bears unique consequences for the mental and physical health of the victims (Coker et al. 2008b; Straight, Harper, & Arias, 2003; Witte, et al. 2015). According to the National Coalition Against Domestic Violence (NCADV), psychological violence has been proven to aggravate the trauma of physical and sexual abuse, and it has also been found to cause long-term damage to a victim's mental health (NCADV, 2015). Studies have also shown that victims of psychological abuse often experience depression, posttraumatic stress disorder (PTSD), suicidal ideation, low self-esteem, and difficulty trusting others (Barros-Gomes et al., 2016; NCADV; 2015; Pico-Alfonso et al., 2006; Street & Arias, 2001). A study by O'Leary and Mairuo (2001) reveals that subtle psychological abuse is more harmful than either overt psychological abuse or direct aggression. A study by Dutton et al. (2006) also reveals that psychological abuse is a stronger predictor of PTSD than physical abuse among female victims of IPV. Similarly, Pico-Alfonso's (2005) study of women abused by their partners in comparison to non-abused control women reveals that the psychological component of IPV is the strongest predictor of PTSD.

Coker et al. (2000) discussed different consequences could occur in term of migraine, headache, chronic body pain, backache, fainting, seizures, gastrointestinal disorders and sometime cardiac problem like hypertension and somatic chest pain.

Coker et al. (2005) also found that PTSD symptoms were positively correlated with depressive symptoms in IPV survivors, consistent with other findings that PTSD and major depressive disorders are frequent comorbid conditions among those who have experienced traumatic events (Cascardi &

O’Leary, 1992; Kessler et al. 2001).

Coker et al. (2002), using data from the NVAWS to investigate the physical and psychological effects of IPV, reported that both physical abuse and psychological abuse were significantly associated with reported depressive symptoms for men and women. This study was the first large population-based study that provided estimates of the consequences of both physical and psychological abuse. Although this study provided a valuable contribution to the literature, some methodological caveats need to be considered. Because the research relied on self-reports of symptoms, verifying the nature and extent of the mental health difficulties was not possible, and consequently, these outcomes may have been under- or overreported. The inclusion of psychological abuse as a “standalone” form of abuse enabled the researchers to disentangle some of the differences between specific types of abuse. Coker et al. (2002) highlighted the fact that the association between psychological IPV and negative health or psychological outcomes was of relevance for male victims of IPV because men have been found to be more likely to experience psychological than physical forms of abuse.

Ehrensaft et al. (2006) conducted a study that used a prospective, longitudinal birth cohort design, with repeated measures of psychiatric disorder (at ages 18 and 26 years), before and after the experience of IPV. For both men and women, psychiatric disorders diagnosed at age 18 were a risk factor for subsequent involvement in “clinically abusive” relationships (defined as those involving violence resulting in physical injury and/or some involvement of outside agencies, e.g., police, shelters, or therapists; or both). However, women involved in abusive relationships were more likely than

men to experience mental health problems such as depression, marijuana dependence, and in particular PTSD. They concluded that IPV was a contributing source of psychiatric morbidity for women but not for men. Strengths of this study included the longitudinal design and the fact that men and women reported equivalent levels (e.g., frequency, duration) of abuse.

Most previous studies have focused on internalizing symptoms, whereas men typically display externalizing symptoms in response to stressful life events (Cochran & Rabinowitz, 2000; Hines & Malley-Morrison, 2001). Measures focusing on externalizing behaviors, such as anger and alcohol misuse rather than symptoms of PTSD, may be more appropriate when studying men who have experienced IPV

Other's problems related to gynecological system discussed by Collet et al. (1998) could be carcinoma cervix, decreased libido, genital irritation, proneness to genital tract infections and dyspareunia 95% of men who physically abuse their intimate partners also psychologically abuse them.



**CHAPTER 3**  
**THEORETICAL FRAMEWORK**

### **3. Theoretical Framework**

Theoretical Framework Linking Physical, Psychological, and Economic Abuse to Psychosocial Stress and Suicide Attempts; Several studies shown different evidence which indicates a complex relationship between IPV and depression, suicide attempts, and other common mental disorders, which tends to be context-specific. A strong positive association has been found between IPV and suicidal behaviors in especially women (Kernic, et al. 2000) and psychological distress in both high- and lower-income settings. Fear and isolation caused by traumatic stress, which in turn might lead to depression and suicidal behavior, thus becoming the main mechanism by which IPV might cause depression and suicide attempts, Devries et al. (2013).

A theory is a body of logically interdependent and generalized concepts of empirical reference Parsons, (1964) cited in Haralambos and Holborn, (2004).

#### **3.1 Family Conflict**

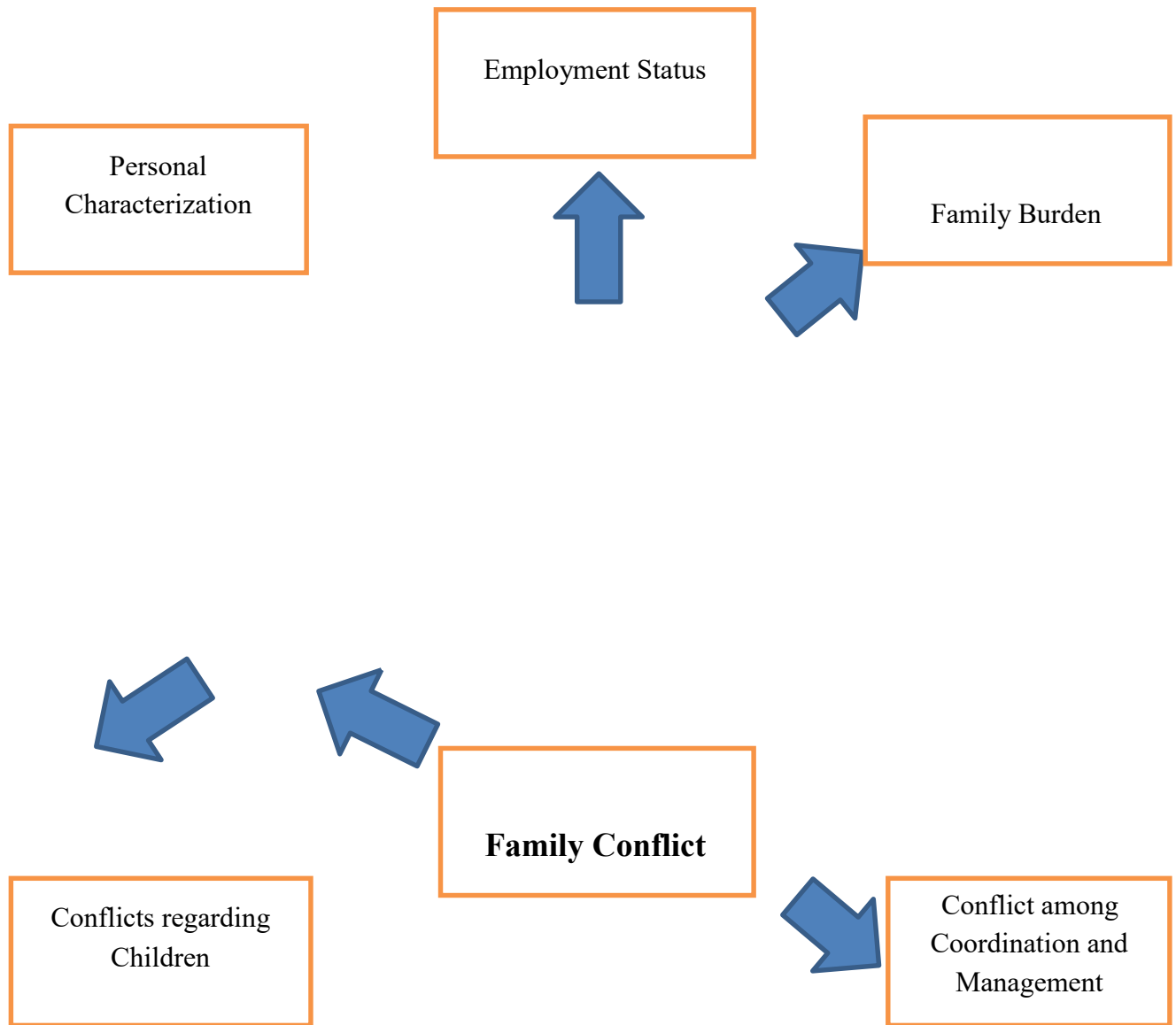
Richard and Straus (2005) developed a conflict theory in which assumes that conflict is inherent in all human groups, including the family. Many researchers have different conflicts in any opinion; the conflict is because group members, partners or couples, while sharing many interests, also have different interests. Within this context, conflict between family members, which may also imply intimate partners, are universal and unavoidable and violence is seen as one of the means of resolving this predictable

conflict, Lawson (2012). The family conflict theory explains the mutual nature of spousal abuse; no gender is excluded from the perpetration and victimization of spousal abuse. According to this model, both the man and woman contribute to violence in an intimate relationship, Paymar (1994).

### **3.2 Application of Family Conflict**

The joint and extend family system have conflicts among them. In joint family system, there are many conflicts arises day by day regarding their household work, Children, Income etc. The family conflicts lead a highest rate of Physical and Psychological violence among family members. To avoid these conflicts, every member living in the joint family system may control their emotions, anger, and sacrifice every day.

**Fig. 01 Family Conflict Characterization ((Source: Self-Design))**



### **3.3 Social Learning Theory of Aggression**

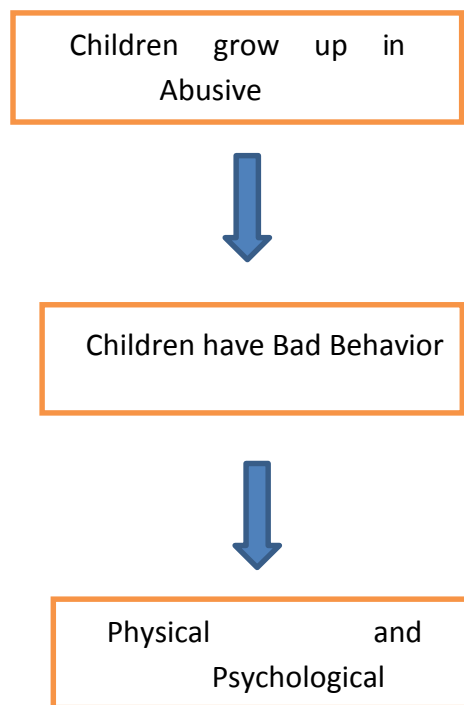
The social learning theory was developed by Albert Bandura which they emphasize the idea about behavior, is a learned process (Hyde-Nolan & Juliao, 2012). One of the philosophical ideas that support social learning is behaviorism. The theory also seeks to explain in an individual the presence of intergenerational transmission (Hyde-Nolan & Juliao, 2012). When a child is growing up, he or she receives feedback from others regarding their own behavior, from which they develop standards of judging their behavior and seeking out models that match their standards. The children follow their elders in every stage. Thus, children who grow up in violent or abusive families may learn violent or abusive behaviors, imitate those behaviors and repeat them in their future relationships (Hyde-Nolan & Juliao, 2012). For example, researchers have found that individuals who experience or observe violence in their childhood are more likely to be in a violent intimate relationship as either an abuser or victim (Cappell & Heiner, 1990; Marshall & Rose, 1990).

### **3.4 Application of Social Learning Theory of Aggression**

The children who grow up in abusive and violent families, they will be able to do violence in our society on a large scale. If we implement all the good behavioral laws on our generation, they will seek knowledge and will behave well to all. Children follow their

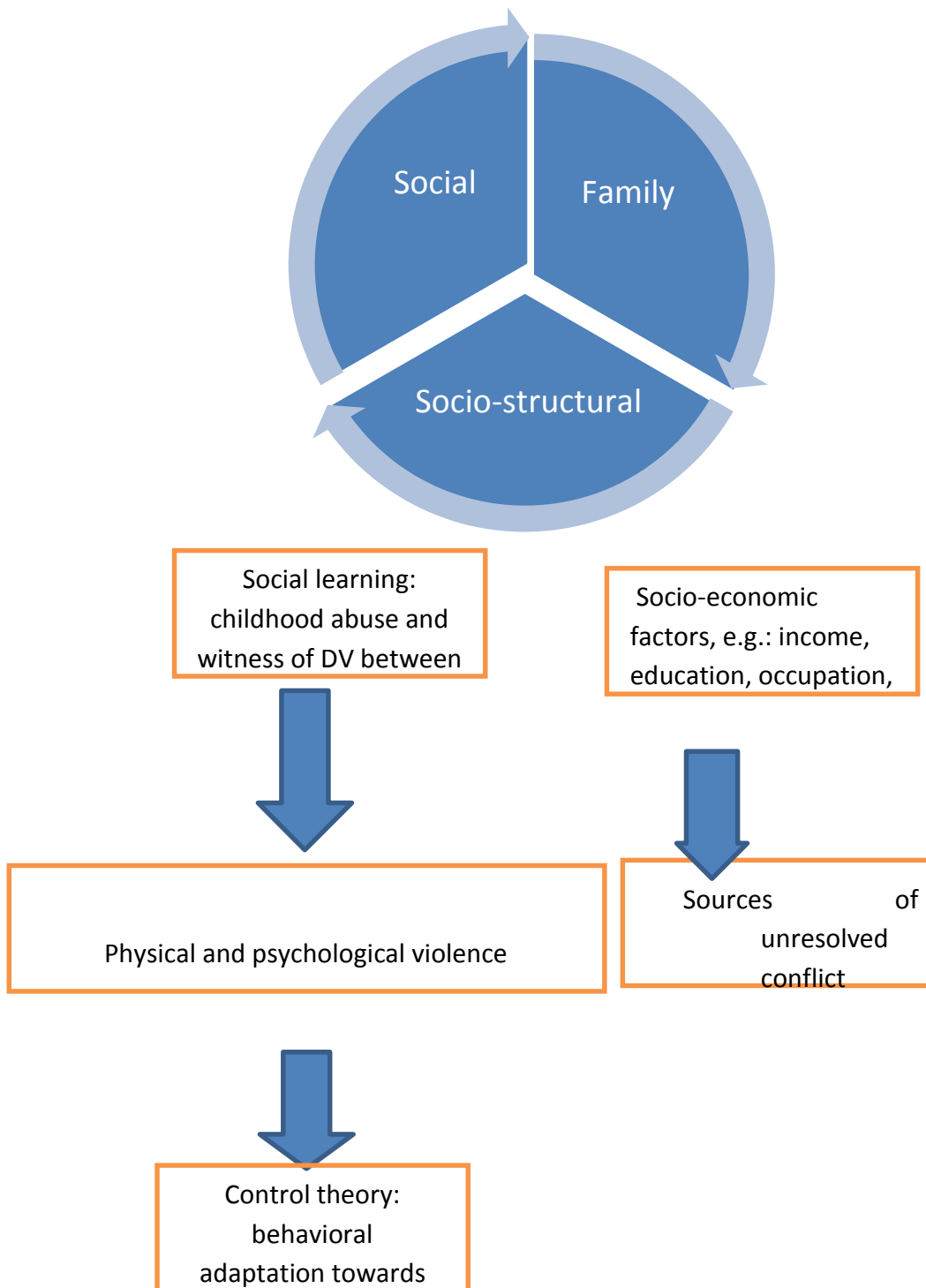
elders in every stage. If the parents or other family members are violating the environment in front of their children, they spoil their generation, because these children will follow their elders and parents and get violated in the society.

**Fig. 2. Application of Social theory**



(Source: Self-Design)

**Fig. 03 Social Learning Theory of Aggression**



### **3.5 HYPOTHESIS**

**H0** There is relation between physical and psychological violence against Men.

**H1** There is no relation between physical and psychological violence against Men.



## **CHAPTER NO 04**

### **Conceptualization and Operationalization**

## **4. Conceptualization and Operationalization**

### **Conceptualization**

Conceptualization is a general concept and variable while operationalization reflects their specific components that were used by the researcher in the research. A concept is a word created explicitly for a specific scientific purpose.

#### **4.1 Psychological violence**

According to Minayo and Souza (2003) both researchers defined term 'violence' which derives from the Latin word 'vis', which means force and refers to the notions of constraint and using physical superiority and dominancy on the other person. Violence is mutant, it can change it is influenced by very different times, places, circumstances and realities.

According to the World Health Organization (2014), they provide a more detailed definition for "violence" that "the intentional use of force or power, threatened or actual, against another person, against oneself, or against a group or community, which either results in, or has a highly likelihood of resulting in injury, death, psychological harm, mal development, or deprivation".

Straus (1979) defined the term "violence" that "all the acts either verbal and nonverbal which symbolically hurt the other, or the use of that kinds of words which threatens to other and the hurt the other" Similarly, another researcher Marshall (1996) also elaborated the term violence in similar way that on the nature of psychological abuse as targeting the victim not through physical abuse, but through non-physical means including humiliation, disrespect, threats, surveillance, and control.

#### **4.1.2 Age**

According to Martin et al. (1999); Hotaling and Sugarman, (1986), “Age has occasionally been noted to be a risk factor for such violence, with a greater risk attached to youth but in most research a relation with age of either partner has not been seen. Most of the time people get depressed because of their increasing age, and every time they are in inferiority complex and get violated.

The length of time that somebody or something has existed, usually expressed in years. (Encarta.msn.com).

#### **4.1.3 Education**

In sociological context, “Education is the transmission of cultural heritage from one generation to the next”

#### **4.1.4 Family**

“Family is a concept which denoting biological and emotional relationship involving mating, filiations and sib ship, these explicit and implicit function of family which are found in all known human societies”. (Magill, 1995)

“The family is seen as natural living unit including all those persons who share identity with the family and are influenced by it in a circular exchange of emotions” (Horton and Hunt, 2004). In a family relationship, peoples are getting involved Physically, Emotionally and Biologically.

#### **4.2 Operationalization**

All the socio-economic variables are discussed and the data has been analyzed in Charsadda, Khyber Pakhtunkhwa. The associated factors with physical and psychological violence were closely related that cause violence against men. Different factors or variables has been discussed with respondents discussed on the base of questionnaire; Age, Education, Occupation, Income, Number of Children, Reason of Second and Third marriages etc.

#### **4.2.1. Age**

In Question no. 1, the researcher asking about the age of the respondents in questionnaire. The researcher chooses options age range from below 30 to above 50.

#### **4.2.2 Education**

In Question No. 2. The researcher asking about the education status of each respondent. He wants to explore the mindset that is based on education among men, the measurement scale of three-point scale of Illiterate, primary, secondary, graduate and M.Phil. category.

#### **4.2.3 Occupation**

In this category, the researcher tries to ask in Question No. 6 about the occupation status of the participant, either the respondent is government employee, build up their own business, doing their private job or landlord.

#### **4.2.4 Housing Structure**

In Question No. 8, the researcher asking about their house where the respondent living. The measurement scale or the options are the kacha, pakka or stone carved houses.

#### **4.2.5 Family Structure**

In Question no. 5,7, 9,30, the researcher asking about the family background where the respondent lived. Different measurement has been scaled regarding their family status either they have a joint family system, nuclear or extended.

**CHAPTER NO, 05**

**RESEARCH METHODOLOGY**

Sociology contributes different methods for their research study. In this research study the researcher has used quantitative research approach to collect and interpret it into realistic results. Researcher adopted this research method due to convenient nature of the research method and easy access to the universe as researcher belongs to the universe chosen for the research. In this research the researcher wanted to know the experiences so, it was important to conduct a survey. That's why the researcher tends to follow quantitative research method.

### **5.1 Universe of the study**

The universe of the current research study was Charsadda, Khyber Pakhtunkhwa. The researcher explored risk factors that are associated with physical and psychological violence and prevalence against men in Charsadda, Khyber Pakhtunkhwa.

### **5.2 Unit of analysis**

In this research, Unit of Analysis for the current study were 200 participates from the clinic located in Charsadda including married and unmarried men.

### **5.3 Sampling technique**

Non-Probability, Convenience Sampling techniques was used in this research. The data was collected from single and married men who visited the clinic of a general physician and met the inclusion criteria. This private clinic is in Charsadda, and it is considered as one of the busiest clinics in this area. The reason for choosing a private versus government clinic was the maximum flow of patients and the availability of a separate room for data collection. People usually come to this clinic from most of the areas of the district because of the popularity of the physician.

#### **5.4 Sampling size**

There were 200 participants from the clinic located in Charsadda including married and unmarried men.

#### **5.5 Tool for data collection.**

A survey was done for the research, the researcher had prepared a questionnaire. The questions were written in English but the researcher used multiple languages during the interview as needed to make the respondent understand the questions.

#### **5.6 Technique for data collection**

As the researcher has done a quantitative method research so in this research the researcher conducted a survey from the respondents. The respondents were given time to share their experience.

#### **5.7 Tool for data analysis**

As the researcher has done a mixed method research so there were few tools for data inquiry in the research. The researcher used (SPSS), Statistical Package for Social Sciences, which is a software to analyze quantitative research data in social research. The researcher used this tool because he was familiar with this software.

#### **5.8 Techniques for data analysis**

The researcher did code of collected data with the help of Statistical Package for Social Sciences (SPSS) software. The researcher put all the data from the survey questionnaire. The software automatically created heads and codes for the highlighted codes after coding all the data and classification of all codes the researcher generated themes.

#### **5.9 Ethical concerns**

Every researcher needed to be aware of all the ethical concern of a research. The researcher of this study had done all the study according to the ethical concern of the research. It was cleared to keep all the collected

information confidential during the research study. In this research, the researcher had maintained all the ethical concerns of research study. Data collection was started after the formal approval from the Ethical Review Committee (ERC) of the District Headquarter Hospital Charsadda, KP Pakistan. Written permission from the Deputy Commissioner (DC) of district was taken for conducting this study in the district Charsadda. The study participants were approached as they visited the selected clinic. The purpose of the study was explained to all the participants, and formal written informed consents were taken prior to the data collection

### **5.10 Field Work Experience**

It was a good experience in the field for the researcher. Some participants were not interested to fill the questionnaire but the rest of all who agreed were very cooperative with the researcher during the survey. It was guaranteed to keep all the collected information confidential during the research study. In this research, the researcher had maintained all the ethical concerns of research study.



**CHAPTER N0 06**

**FINDINGS**

The questionnaire used in this study was designed to include the frequencies of different forms of violence (Physical and Psychological Violence). Different variables are associated with the participants were calculated in frequencies and percentages.

**Table 1 : Age of Participants**

<b>S.NO</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage %</b>
1	22-30	35	17.5
2	30-40	121	60.5
3	40-50	28	14
4	More than 50	16	8
	Total	200	100.0

Physical and Psychological violence are associated with age factor. Frequency and Percentages were calculated. Table 01 shows that the smallest frequency recorded in age more than 50 (Frequency 16) and ultimately their percentage recorded 8.0 %. That was the least percentage recorded in the age more than 50 while the largest frequency recorded in age 30 to 40 that is 121 and their percentage was 60.5%.

**Table 2 : Education**

<b>S.No</b>	<b>Respondents</b>	<b>Frequency</b>	<b>Percentage %</b>
1	Primary	58	29
2	Intermediate	92	46
3	Graduate	25	12.5
4	M.Phil.	15	7.5
5	Above than M.Phil.	10	5.0
	Total	200	100

In the above given the researcher asked about their education level in the responded to this question the highest percentage recorded in intermediate participates percentage of 46.0 percent recorded, followed by primary participants 29.0 percent, graduate 12.5 percent, MPhil 7.5 percent, and above than M.Phil. recorded 5.0 percent.

**Table 3 : Property Ownership of Participants**

<b>S.No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	Land	47	23.5
2	House	53	26.5
3	Household items	65	32.5
4	Car	21	10.5
5	Bank Savings	14	7.0
	Total	200	100.0

In the above mention table the researcher asked from their respondents about the peoperty ownership in the response to this the majority responded that they had household items 32.5 percent followed by house 26.5 percent, and land 23.5 percent. Very few of them owned a car 10.5 percent or bank savings 7.0 percent in their own name

**Table 4 : Marriage duration (in years) of Participant**

<b>S.NO</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	01 ---10	13	6.5
2	11---20	73	36.5
3	More than 20	114	57
	Total	200	100

The above table the researcher enquire about the marriage duration of the respondents in the respond to this question the category 1<sup>st</sup> 1-10 years was 6.5 percent recorded, the 11-20 years category response was 36.5 percent; and more than 20 years category response was 57.0 percent recorded.

**Table 5 : Family Structure Divisions**

<b>S.No</b>	<b>Type of Family</b>	<b>Frequency (n=200)</b>	<b>Percentage %</b>
1	Nuclear	32	16.0
2	Extend	75	37.5
3	Joint	93	46.5
	Total	200	100

The above mention table shows the family structure of respondents, the researcher asked about the family structure in the response of the question the majority of the respondents living in Joint family their percentage was 46.5 recorded, then followed by Extended family percentage was 37.5%, and then least number was recorded in Nuclear family their percentage was 16.0% recorded.

**Table 6 : Number of family members living together**

<b>S. No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	01---07	53	26.5
2	08---12	64	32
3	13---30	83	41.5
	Total	200	100.0

In the mention table the researcher asked about the family numbers from the respondents in the response to that question 26.5% said that they had 01-07 family members living together, 08-12 family members percentage was 32.0 percent and 13-30 family members percentage was 41.5 percent respectively.

**Table 7 : Reason of second and third marriage**

<b>S. No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	Separation	51	25.5
2	Death of Spouse	83	41.5
3	Infertility	45	22.5
4	Relation with Other Girls	21	10.5
	Total	200	100

The above Table showed the highest percentage recorded in Death of spouse (41.5%), 025.5% couples were separated while some couples were separated because of husband's relations with other girls, their percentage were recorded 22.5%. the smallest percentage recorded in infertility couples 10.5%.

**Table 8 : Number of Children causing Violence**

<b>S. No</b>	<b>No. of Children</b>	<b>Frequency</b>	<b>Percentage %</b>
1	01—03	47	23.5
2	04—06	61	30.5
3	More than 06	92	46.0
	Total	200	100.0

In the above table the researcher asked about the number of children causing violence, in the respond to that question 23.5% respondents says yes 01—03 children causing violence, 30.5% percent respondents says that 04---06 children causing violence, and 46.0 percent said that more than 06 children causing violence.



**Table 9 : Number of male children cause violence**

<b>S. No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	01—02	29	14.5
2	03—06	77	38.5
3	More than 06	94	47.0
	Total	200	100

The given data showed that the participants were also inquired about the number of male children; one to two category male children has been reported about 14.5 percent, 38.5 percent were three to six, and 47.0 percent who reported having more than six male children.

**Table 10 : Number of Female Children causes Violence in men**

<b>S. No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage %</b>
1	01—02	61	30.5
2	03—06	67	33.5
3	More than 06	72	36.0
	Total	200	100

In the above table the researcher asked from the respondents about the number of female children causes violence in in the reponse to this question 30.5 percent respondents said that one to two female children causes violence, 33.5 percent said that three to six female children causes violence, 36 percent said that more tha six female children causes violence.

**Table 11 : Number of earning members in family of participants**

<b>S. No</b>	<b>No. of Earning members</b>	<b>Frequency</b>	<b>Percentage %</b>
1	01—02	133	66.5
2	03—06	39	19.5
3	More than 06	28	14.0
	Total	200	100

In the above table the researcher asked about the from the respondents about the earning of family members In the responded to that question 66.5 percent respondents said that in our family only one to two members are earning, 19.5 percent said that three to six members of the family earning, and 14.0 percent were asked that more than six members are earning money.

**Table 12 : Monthly Household income details of participants**

<b>S. No</b>	<b>Monthly Household income</b>	<b>Frequency</b>	<b>Percentage %</b>
1	Less than 20 thousand	57	28.5
2	20--40 thousand	69	34.5
3	41--60 thousand	43	21.5
4	More than 60 thousand	31	15.5
	Total	200	100

The given data revealed about the socio-economic status, almost half of all the study participants were either in the lower class or lower middle class according to their monthly household income from all sources. Only 34.5 percent had a high socio-economic status in the given data, followed by 15.5 who belonged to the upper middle class.

**Table 13 : Prevalence of Psychological violence in Men**

<b>S. No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	Wife implement decisions on husband	25	12.5
2	wife forces her husband to follow her instructions	45	22.5
3	Breakup love relations before marriage	23	11.5
4	Show physical aggression	17	8.5
5	Restriction from his family members	55	27.5
6	restriction from seeing his friends	35	17.5
	Total	200	100

The above data revealed that a 12.5 percent reported that their wives imposed some decisions on them. Similarly, 22.5 percent reported that their wives verbally forced their husbands to follow all their instructions; however; only 8.5 percent reported if their instructions were not followed that facing physical aggression from their wives. In addition, imposing restrictions on her husbands from their wives with regard to contacting family members, seeing friends, were reported by 27.5 percent, 17.5 percent respectively.

**Table 14 : Prevalence of Physical violence in Men**

<b>S. No</b>	<b>Response</b>	<b>Frequency</b>	<b>Percentage</b>
1	Slap you	11	5.5
2	Threw something on you	51	25.5
3	Pushed you	69	34.5
4	Pulled your Hair	23	11.5
5	Kicked you	17	8.5
6	being hit with something else	29	14.5
	Total	200	100

With respect to all the components of this table, very few men, i.e., 5.5 percent, reported being slapped while 8.5 percent reported who has been kicked by their wives, respectively. A majority of the men 34.5 percent reported that they were pushed by their wives; similarly, 11.5 percent reported that they were pulled by their hair. Furthermore, a significant number of men 25.5 percent reported that some object that could hurt was hurled at them. A similar component “being hit with something else” was reported by 14.5 percent.

## 6.1 Chi-square

**Table 15 : Chi-Square Tests**

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	5.163 <sup>a</sup>	8	.740
Likelihood Ratio	5.612	8	.691
Linear-by-Linear Association	.779	1	.377
N of Valid Cases	50		

a. 11 cells (73.3%) have expected count less than 5. The minimum expected count is .64.

Researcher has been used chi square test for measuring the relationship between social and psychological violence against men. After applying selected test on hypothesis result presents .740 value for person chi square which is greater than the measurement value of .5. Researcher also check the level of limitation 8 with the SPSS statistic table which shows that above result is accurate and valid. So, it can be stated that there is insignificant relationship between social and psychological violence against men. It means that there is no impact of social and psychological violence against men. Based on the above result null hypothesis of the study has been accepted and alternative hypothesis has been rejected.

## **CHAPTER 07**

### **Discussion and Conclusion**



In the current study, overall exposure to psychological violence was reported a study conducted in U.S by almost all the participants which is very similar to the findings, which identified in their study about 100% (n=302) of the men were subjected to psychological violence by their wives (Gass *et al.* 2011).

Another study of Chinese identified that around 50% of the participants that had been exposed to psychological violence [Capaldi et al. 2012], Similarly 40% of an Indian study showed its participants and a Swedish study found that almost 10% had to face it (Mary, 2005).

In addition, (17.4%) of men reported that they were punched by their wives. Among the exposed men, their wives punched their husbands more than six times. Besides, this study also revealed that 14 (5.4%) women reported that they were tried to burn/scald their husbands with something hot; despite of this, seven women used some hot food stuff, four used hot iron, and three used hot water reason for such varied rates that were tools utilized for data collection for the identification of psychological violence. Some items which were frequently reported by the participants in this study were ‘restriction from seeing friends’ by 72.9%, ‘being insulted’ by 70.9%, ‘intimidated by glaring, yelling, smashing things’ by 74.4%, and ‘threatened to hurt’ by 31.8%. Comparatively, a study conducted in the U.S showed the largest rates such as ‘being insulted’ was reported by

99% in men, 'intimidated by glaring, yelling, smashing things' by 99.3%, and 'threatened to hurt' by 75.5%. In the present study, the overall physical prevalence was recorded 39.92%. It was reported that male partners were exposed about 80% to physical abuse, and 40% recorded to very severe physical abuse (Douglas and, Hines (2011); Jones (2006).

In this study the major physical abuse was recorded being pushed (61.2%), hit by something that was thrown (40.3%), and hit with fist (17.4%). Similarly, the other items which were reported included slapped (2.7%), pulled hair (7.0%), and kicked (0.4%). Similar items were reported with higher rates by studies conducted in the US. These items as pushed (41.8%), punched (24.7%), slapped/hit (43%), and kicked (39.2%) were recorded in another study by Belknap and Melton (2005).

When compared with other study, except for the item "pushed", these are recorded as in very high rates. Similarly, another study conducted in which item 'pushed' was reported by 93% in men by their wives, thrown something that could hurt by 82.5% in men, slapped their husbands by 71.9%, punched by their wives or hit with something else that could hurt their husbands severely by 84.5%, and also kicked by 56.3%.

In the current study, the overall prevalence reported for psychological 99.6% and sexual violence was very high, i.e., 89.14%, respectively, therefore association was sought for

physical violence only. A similar process was carried out in one of the studies, where logistic regression for such maximum rates was not performed (Douglas and Hines, 2011); Belknap and Melton, 2005).

### **7.1 Strengths**

The major strength of this study is that, it is the first study in Pakistan that investigated the physical and psychological against men. It identified the prevalence of psychological, physical, and of Domestic Violence, and also investigated its associated factors with violence. The current study gathered fruitful information in a challenging and conservative population where the patriarchy is highly prevalent.

## 7.2 Key Findings

1. The highest value was 60.5 percent was the age group of 30-40 years and the lowest value was 8.0 percent was the more than 50 years old.
2. The highest value was 46.0 percent was intermediate participates and the lowest value was above than M. Phil was 5.0 percent.
3. The highest value was 30.0 percent was regular employees and the lowest value was labor participants was 7.0 percent.
4. The highest value was household items was 32.5 percent and the lowest value was bank savings participants was 7.0 percent.
5. The highest value was more than 20 duration of marriages was 57.0 percent and the lowest value 01-10 was 6.5 percent.
6. The highest value was 46.5 percent of joint family and the lowest value was 16.0 percent of nuclear family
7. The highest value recorded in category 13 to 30 was 41.5 percent and the lowest value was 26.5 percent recorded in one to seven category.
8. The highest value recorded in death of spouses 41.5 and the lowest percentage was recorded in relations with other girls was 10.5 percent.
9. The highest value was more than 6 of children was 46.0 percent and the lowest value was recorded in one two three category of children was 23.5 percent.
10. The highest number of male children was three – six was 38.5 percent and the lowest value was 14.5 percent.
11. The highest value of female children causes violence was more than six was 36.0 percent and the lowest value was 30.5 percent.
12. The highest value of earning members was 66.5 percent in one – two category and the lowest value recorded in more than six was 14.0 percent.

13. The highest value recorded in 20-40 thousand monthly household income was 34.5 percent and the lowest value was recorded in more than 60 thousand was 15.5 percent in monthly household income.
14. The highest value recorded in 'Restrictions from his family members' was 27.5 percent and the lowest value was 11.5 percent in 'breakup love relation before marriage'.
15. The highest value recorded in 'push' was 34.5 percent and the lowest value was 5.5 percent was 'slap you'.

### **7.3 Conclusion**

In both developed and under developing countries, the Domestic Violence against men exists throughout the world in a very high rate. The current study revealed that high rates of all kinds of Domestic Violence in District Charsadda, Khyber Pakhtunkhwa. The Psychological violence was found to be the most prevalent form of Domestic Violence, followed by sexual and physical violence. In the current study, none of the socio-demographic variables was recorded to be found. Most of health consequences that were found as a result of different kinds of Domestic Violence against men include feelings of anger, shame, fear, Guilty feelings and difficulty in sleeping, and suicidal Attempts. Among the government of Pakistan, public health centers and NGOs should take initiatives collaboratively and to develop several laws which reduce violence on a large scale, also introduce and implement interventions to reduce the severity of the issue.

### **7.4 Limitations**

There are some limitations of the current study. Firstly, the data which was collected from a physician's clinic, due to which the findings cannot be, generalized to the general population. Secondly, they didn't report about their past 12 months of the participant's; they only reported their life time frequencies of occurrence. Lastly, a small sample size was taken due to time and budget limitations to conveniently conduct the current study.

## **7.5 Recommendations**

In this study the future recommendations on different levels in order to address the issue of against men which has deleterious health consequences. The public health personnel, physicians and nurses, should include a few questions regarding Domestic Violence in their routine history taking. He should be thoroughly investigating, if a patient reports his victimization, Government should arrange Domestic Violence telephonic help lines for men in each district so that they could report their exposure in details. Despite of these, the Non-governmental organizations (NGOs) and the media should also develop different strategies regarding avoidance to promote the family misunderstandings and to reduce the general domestic conflicts among families.

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## **APPENDIX**

## **Demographic Information**

### *Age*

- a) 22-30                      b) 31-40                      c) 41-50                      d) More than 50

### **Education**

- a) Primary                      b) Intermediate                      c) Graduate                      d) M Phil                      e) PhD

### **Property Ownership**

- a) Land                      b) House                      c) Household Items                      d) Car  
e) Bank Savings

### **Marriage duration (in Years)**

- a) 1-10                      b) 11-20                      c) More than 20

### **Family Structure Divisions**

- a) Nuclear                      b) Extend                      c) Joint

### *Number of family members living together*

- a) 1-7                      b) 8-12                      c) 13-30

### **Reason of second and third marriage**

- a) Separation                      b) Death of spouses                      c) Infertility                      d)

Relations with other Girls

### **Number of Children causing Violence**

- a) 1-3                      b) 4-6                      c) more than 6

### *Number of male children cause violence*

- a) 1-2                      b) 3-6                      c) more than 6

### *Number of Female Children causes Violence in men*

- a) 1-2                      b) 3-6                      c) More than 6

**Number of earning members in family of participants**

- a) 1-2                                      b) 3-6                                      c) More than 6

**Monthly Household income details of participants**

- a) Less than 20 thousand                                      b) 20-40 thousand                                      c) 41-60 thousand  
d) More than 60 thousand

**Prevalence of Psychological violence in Men**

- a) Wife implment dicission on husband  
b) wife forces her husband to follow her instruction  
c) Breakup love relation before marriage  
d) Show physical aggression  
e) Restriction from his family members  
f) restriction from seeing his friends

**Prevalence of Physical violence in Men**

- a) Slap you                                      b) Threw something on you  
c) Pushed you                                      d) pulled your hair                                      e) kicked you  
f) being hit with something else