

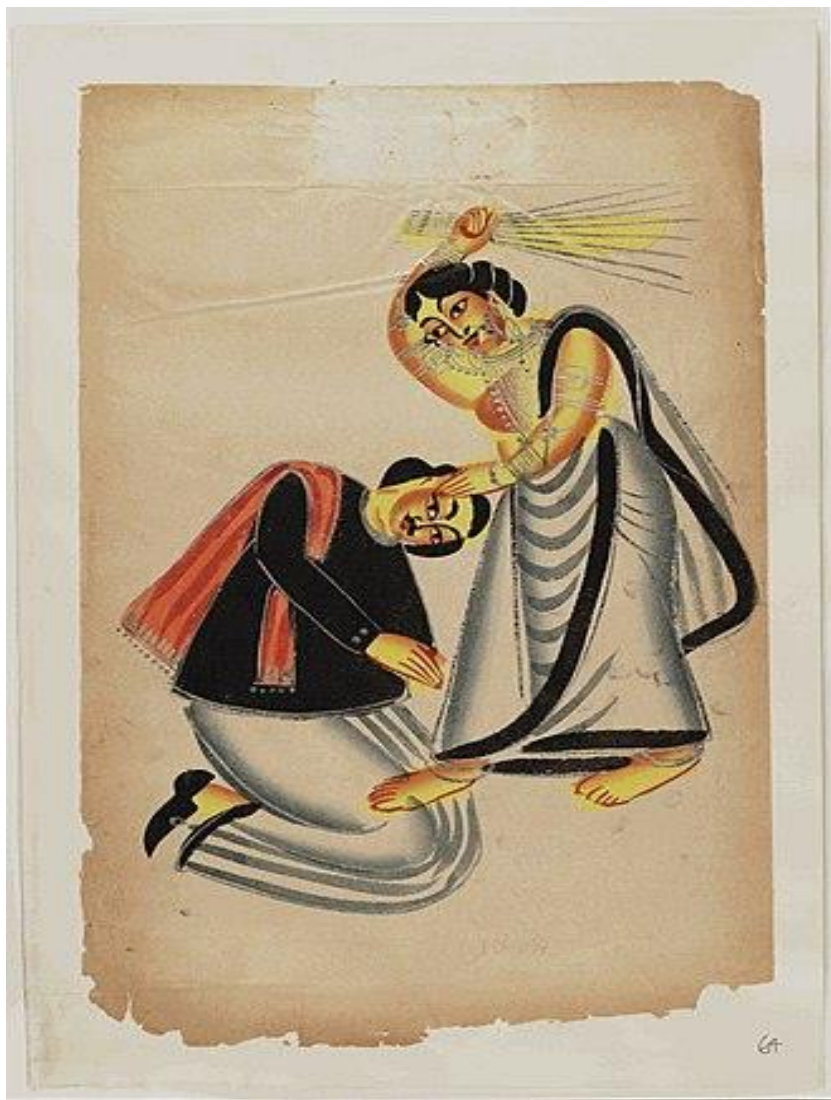


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DOMESTIC VIOLENCE AGAINST MEN ...A PSYCHO-SOCIAL STUDY IN PATNA

Saket Bihari

Patna University, Patna



Kalighat painting, Woman Striking Man With Broom, Calcutta, India, 1875

INTRODUCTION

“It was men who stopped slavery.

It was men who ran up the stairs in the TWIN TOWER to rescue people.

It was men who gave up their seats on the lifeboats of the TITANIC.

JOHN ELDREDGE¹

The above quote by John Eldredge portrayed men were powerful, kind, helpful, and have risk taking ability, which make them men.

Gender-based violence has been recognized as a global public health and human rights problem that leads to high rates of morbidity, mortality, depression, substance dependence, suicide, and posttraumatic stress disorder. India has been a male-dominant society from ages, and it is hard to believe that male can be a victim and female a perpetrator. Domestic violence against men in India is not recognized by the law as well. Domestic violence act in India is for women only. The present study shows that men are also the victims of violence at the hand of women.

1.1 BACKGROUND OF THE STUDY

There are certain things in the society which are latent in the nature and it's manifestations is very low or non-recognizable. Domestic Violence Against Men is one of these cases. Men always portrayed as a warriors, protector and kind hearted. Men always identified as foundation pillar, protector and care taker of their family with lots of responsibility. But now there is a drastic change in role and status of men either in family or in society. This change occurred due to a great revolution that took place in early 19th and late 18th century. It changed the whole structure and function of the society. Where, we could see change in the role and status of men. Due to industrialization two more processes that is urbanization and modernization (discussion of French revolution) led to a great debate about the condition of women which include health, social status, education, freedom, etc. In initial phase, people talk about upliftment of women. This later brings them in the center of discussion either formal or informal. Due to which they got so many privileges in the legal bodies, legislative bodies, in society, circa everywhere. No doubt they all are struggling; still struggling but, somewhere they all are enjoying these privileges. These are like, yes, we are competing with stronger sex. Where it is very common in domestic condition whether complete fight involved in verbal abuse. However, at the end of the day, the sort-out these things and live with co-operation, love and mutual understandings.

But situation has changed in last 50-100 years. Where, large amount of studies have been conducted. In which, scholar and researcher found a new problem in the society that is “Domestic Violence” i.e. violence in domestic condition. However, in history as well as in contemporary times, when we talk about “Domestic Violence’ people start thinking men as a culprit, perpetrators, abettors, and women consider as a victim.

It is true that women were and are suppressed in the society. But this is not completely true in domestic and household condition. Not a single research has shown data where a vast difference in the stats of domestic violence lies between two (gender). Now, situation become worse because women who always portrayed as a weaker sex of and different institutions of the society like legal bodies or judiciary, legislative body, etc.

1.2 WHAT IS VIOLENCE?

Violence is defined by the World Health Organization in the WRVH as “the intentional use of physical force or power, 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”.²

1.3 WHAT IS DOMESTIC VIOLENCE?

“Domestic violence” is often used interchangeably with intimate partner violence. Domestic violence includes physical abuse, verbal abuse, economic abuse and social abuse. Hegarty et al suggest that “domestic violence

¹ https://www.brainyquote.com/quotes/john_eldredge_526128

² Krug et al., “*World report on violence and health*” 2015-08-22 at the Wayback Machine, World Health Organization, 2002

can be better understood as a chronic syndrome characterized not only by episodes of physical violence but also by the emotional and psychological abuse the perpetrators use to maintain control over their partners”.³

1.4 WHAT IS DOMESTIC VIOLENCE AGAINST MEN?

Domestic violence in opposition to men deals with domestic violence experienced by men in a domestic setting, such as in marriage or cohabitation. As with domestic violence against women, violence against men may constitute a crime, but laws vary between jurisdictions.⁴

1.5 TYPES OF VIOLENCE:

- Physical Abuse
- Acid Attack
- Sexual Abuse
- Emotional Abuse
- Psychological Abuse
- Economic abuse
- Stalking & Cyber Stalking

1.6 OBJECTIVES OF THE STUDY

- Types of domestic violence

To find out the different types of domestic violence against men in India because types of domestic violence vary according to gender and same with region.

- Causes of domestic violence

What are the causes which push women to be violent which were already known for their kindness, big heart, love and affection?

- Psycho-social behavior of men due to domestic violence

What are the impacts of domestic violence on men?

- Effect on social relationship

Is it effect the social relationship in the society? How it effect and what are the symptoms of violence.

- Its effect on child

Children are very important in the family and the most important thing is his/her upbringing. Where, environment and bond between parents play a very crucial role in upbringing.

DOMESTIC VIOLENCE AND MEN

VIOLENCE

Violence has been explicitly identified as a significant public health problem. In 1996, the Forty-Ninth World Health Assembly declared violence a major and growing global public health problem. The initial and subsequently updated Global Burden of Disease study, the World Report on Violence and Health (WRVH) and the associated Global Campaign on Violence Prevention have together propelled violence onto the public health agenda.

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³ Hegarty et al. (2020-06-16). *Health practitioners readiness to address domestic violence and abuse: A qualitative meta-synthesis*.

⁴ Lupri, Eugene, Grandin, Elaine, (2009-01-04). *Intimate partner abuse against men*.

⁵ Krug et al., (2015-08-22) *World Report on Violence and Health, at the Wayback Machine, World Health Organization, 2002*

The WRVH divides violence into three categories according to who has committed the violence:

- **self-directed**
- **interpersonal** and
- **Collective**

And into four further categories according to the nature of violence: **physical, sexual, psychological or involving deprivation or neglect.**

Many forms of violence may occur simultaneously, so they are not mutually exclusive. For example, intimate partner violence may involve psychological, physical and sexual abuse, and collective violence often includes the use of rape as a weapon of war.

The International Classification of Diseases (ICD) codes, used around the world to code mortality and morbidity data, include mechanism of injury codes for assault, sexual assault, neglect, abandonment and maltreatment. These are sometimes grouped together and reported as “interpersonal violence”. ICD codes also exist for self-inflicted violence and for injuries sustained through legal interventions or operations of war.

Interpersonal violence is divided into two subcategories:

Family and intimate partner violence – that is, violence largely between family members and intimate partners, usually, though not exclusively, taking place in the home. Community violence – violence between individuals who are unrelated, and who may or may not know each other, generally taking place outside the home. The former group includes forms of violence such as child abuse, intimate partner violence and abuse of the elderly. The latter includes youth violence, random acts of violence, rape or sexual assault by strangers, and violence in institutional settings such as schools, workplaces, prisons and nursing homes. When interpersonal violence occurs in families, its psychological consequences can affect parents, children, and their relationship in the short- and long-terms.

- **Intimate partner violence**

“Intimate partner violence” refers to physical, sexual or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.

Although women can be violent against their male partners and violence may be found in male-male and female-female partnerships, it is well accepted that the overwhelming burden of partner violence around the world is borne by women at the hands of men. Feminist theorists have studied the links between masculinities and violence, and identified the ways in which violence is used to bolster masculine identities, particularly in situations of poverty, and the implications of this for broader understandings of global violence.

DOMESTIC VIOLENCE

“Domestic violence” is often used interchangeably with intimate partner violence. Domestic violence includes physical abuse, verbal abuse, economic abuse and social abuse. Hegarty et al suggest that “domestic violence can be better understood as a chronic syndrome characterized not only by episodes of physical violence but also by the emotional and psychological abuse the perpetrators use to maintain control over their partners”.

Domestic violence (also named domestic abuse or family violence) is violence or other abuse in a domestic setting, such as in marriage or cohabitation. Domestic violence is often used as a synonym for intimate partner violence, which is committed by a spouse or partner in an intimate relationship against the other spouse or partner, and can take place in heterosexual or same-sex relationships, or between former spouses or partners. In its broadest sense, domestic violence also involves violence against children, parents, or the elderly. It takes a number of forms, including physical, verbal, emotional, economic, religious, reproductive, and sexual abuse, which can range from subtle, coercive forms to marital rape and to violent physical abuse such as choking, beating, female genital mutilation, and acid throwing that results in disfigurement or death.

DEFINITION

The first known use of the term domestic violence in a modern context, meaning violence in the home, was in an address to the **Parliament of the United Kingdom by Jack Ashley in 1973**.⁶ The term previously referred

⁶ National Women's Aid Federation (2012-01-13) at the Wayback Machine.

primarily to **civil unrest**, violence from within a country as opposed to violence perpetrated by a foreign power.⁷

Traditionally, domestic violence (DV) was mostly associated with physical violence. Terms such as wife abuse, wife beating, wife battering, and battered woman were used, but have declined in popularity due to efforts to include unmarried partners, abuse other than physical, female perpetrators, and same-sex relationships. Domestic violence is now commonly defined "all acts of physical, sexual, psychological or economic violence" that may be committed by a family member or intimate partner.⁸

The term intimate partner violence is often used synonymously with domestic abuse⁹ or domestic violence¹⁰, but it specifically refers to violence occurring within a couple relationships (i.e., marriage, cohabitation, or non-cohabiting intimate partners)¹¹. To these, the World Health Organization (WHO) adds controlling behaviors as a form of abuse¹². Intimate partner violence has been observed in opposite and same-sex relationships¹³, and in the former instance by both men against women and women against men¹⁴. Family violence is a broader term, often used to include child abuse, elder abuse, and other violent acts between family members.

In 1993, The United Nations Declaration on the Elimination of Violence Against Women defined domestic violence as:

According to the United States Department of Justice Office on Violence Against Women, the definition of domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another intimate partner.

➤ **Definition of Domestic Violence: Victims**

Definitions of domestic violence recognize that victims can include anyone, regardless of socioeconomic background, education level, race, age, sexual orientation, religion, or gender. Domestic violence was formerly referred to as wife abuse. However, this term was abandoned when the definition of domestic violence was changed to reflect that wives are not the only ones who can fall victim to domestic violence. *The definition of domestic violence now recognizes that victims can be:*

- *Spouses*
- *Sexual/Dating/Intimate partners*
- *Family members*
- *Children*
- *Cohabitants*

Many people think that a victim of domestic violence can only obtain a protective order against their spouse. This is actually a myth. Most states allow victims of abusive cohabitant lovers to obtain protective orders (also referred to as temporary restraining orders or emergency protective orders). Some states allow victims of

⁷ *"Domestic violence in the Times: From civil unrest to spouse abuse"*. The New York Times. September 10, 2014. Archived from the original on July 22, 2016. Retrieved March 26, 2016.

⁸ *"Convention on preventing and combating violence against women and domestic violence (CETS No. 210)"*. conventions.coe.int. Council of Europe. Archived from the original on September 6, 2013. Retrieved September 8, 2013.

⁹ *"Domestic Abuse & Violence Support in UK"*

¹⁰ Wallace, Harvey (2005), *"Characteristics of family violence"*, in Wallace, Harvey (ed.), *Family violence: legal, medical, and social perspectives*, Boston, Massachusetts: Pearson.

¹¹ Krug, Etienne G.; Dahlberg, Linda L.; Mercy, James A.; Zwi, Anthony B.; Lozano, Rafael (2002). *World report on violence and health*. Geneva, Switzerland: World Health Organization.

¹² WHO. *Understanding and addressing intimate partner violence (PDF)*. Geneva, Switzerland: World Health Organization.

¹³ Renzetti, Claire M.; Miley, Charles Harvey, eds. (1996). *Violence in gay and lesbian domestic partnerships*

¹⁴ Johnson, Michael P.; Ferraro, Kathleen J. (November 2000). *"Research on domestic violence in the 1990s: making distinctions"*. *Journal of Marriage and Family*.

abusive adult relatives, roommates, or even non-cohabitating partners to obtain protective orders. The laws in each state are different.

Prior to the mid-1800s, most legal systems viewed wife beating as a valid exercise of a husband's authority over his wife. One exception, however, was the 1641 Body of Liberties of the Massachusetts Bay colonists, which declared that a married woman should be "free from bodily correction or stripes by her husband."

Political agitation and the first-wave feminist movement during the 19th century led to changes in both popular opinion and legislation regarding domestic violence within the United Kingdom, the United States and other countries¹⁵. In 1850, Tennessee became the first state in the United States to explicitly outlaw wife beating¹⁶. Other states soon followed. In 1878, the UK Matrimonial Causes Act made it possible for women in the UK to seek legal separation from an abusive husband¹⁷. By the end of the 1870s, most courts in the United States had rejected a claimed right of husbands to physically discipline their wives. By the early 20th century, it was common for police to intervene in cases of domestic violence in the United States, but arrests remained rare¹⁸.

In most legal systems around the world, domestic violence has been addressed only from the 1990s onward; indeed, before the late-20th century, in most countries there was very little protection, in law or in practice, against DV¹⁹. In 1993, the UN published **Strategies for Confronting Domestic Violence: A Resource Manual**²⁰. This publication urged countries around the world to treat DV as a criminal act. Stated that the right to a private family life does not include the right to abuse family members, and acknowledged that, at the time of its writing, most legal systems considered DV to be largely outside the scope of the law.

Describing the situation at that time as follows:

"Physical discipline of children is allowed and, indeed, encouraged in many legal systems and a large number of countries allow moderate physical chastisement of a wife or, if they do not do so now, have done so within the last 100 years. Again, most legal systems fail to criminalize circumstances where a wife is forced to have sexual relations with her husband against her will. Indeed, in the case of violence against wives, there is a widespread belief that women provoke, can tolerate or even enjoy a certain level of violence from their spouses²⁰.

In recent decades, there has been a call for the end of legal impunity for domestic violence, an impunity often based on the idea that such acts are private²¹. **The Istanbul Convention** is the first legally binding instrument in Europe dealing with domestic violence and violence against women²². The convention seeks to put an end to the toleration, in law or in practice, of violence against women and DV. In its explanatory report, it acknowledges the long tradition of European countries of ignoring, de jure or de facto, these forms of violence. "There are many examples from past practice in Council of Europe member states that show that exceptions to the prosecution of such cases were made, either in law or in practice, if victim and perpetrator were, for example, married to each other or had been in a relationship. The most prominent example is rape within marriage, which for a long time had not been recognized as rape because of the relationship between victim and perpetrator."²³

¹⁵ "Domestic violence". *Encyclopaedia Britannica Online*.

¹⁶ Pleck, Elizabeth (1989). "Criminal approaches to family violence, 1640-1980". *Crime and Justice*.

¹⁷ Abrams, Lynn (1999). "Crime against marriage? Wife-beating, the law and divorce in nineteenth-century Hamburg"

¹⁸ Katz, Elizabeth D. (2015). "Judicial Patriarchy and Domestic Violence: A Challenge to the Conventional Family Privacy Narrative". *William & Mary Journal of Women and the Law*. Rochester, NY.

¹⁹ Smith, Bonnie G. (2008), "Domestic violence: overview", in Smith, Bonnie G. (ed.), *The Oxford encyclopedia of women in world history*, Oxford England New York: Oxford University Press, p. 94

²⁰ UNODC (1993). *Strategies for confronting domestic violence: a resource manual*.

²¹ WHO. Gender, equity, human rights: gender based violence. Geneva, Switzerland: World Health Organization. the original on April 23, 2015. Retrieved August 22, 2015.

²² The Convention of Belém do Pará and the Istanbul convention: a response to violence against women worldwide.

²³ Council of Europe. "Explanatory Report to the Council of Europe Convention on preventing and combating violence against women and domestic violence (CETS No. 210)". *conventions.coe.int*. Council of Europe. Archived from the original on July 20, 2015. Retrieved August 22, 2015.

There has been increased attention given to specific forms of domestic violence, such as honor killings, dowry deaths, and forced marriages. India in recent decades, made efforts to curtail dowry violence: **the Protection of Women from Domestic Violence Act (PWDVA) was enacted in 2005**, following years of advocacy and activism by the women's organizations²⁴. Crimes of passion in Latin America, a region that has a history of treating such killings with extreme leniency, have also come to international attention. In 2002, Widney Brown, advocacy director for Human Rights Watch, argued that there are similarities between the dynamics of crimes of passion and honor killings, stating that: "crimes of passion have a similar dynamic [to honor killings] in that the women are killed by male family members and the crimes are perceived as excusable or understandable"²⁵.

DOMESTIC VIOLENCE AGAINST MEN²⁶

The term "domestic violence" includes a broad range of violent acts committed by one member of a family or household against another. It often refers to the mistreatment of a child or spouse, and includes not only physical harm but also threats and verbal, psychological, and sexual abuse. The relationship of the abuser to the victim is the key distinction between other assault crimes and domestic violence. In India, domestic violence is always believed to be inflicted on women. However, during personal interactions with many males in society and in the organized setups such as industries and offices, it was observed that men also suffer from domestic violence. Due to stereotyped gender roles, it is hardly believed by society that a woman can inflict violence on men. Many courts also commented on false allegations of domestic violence by women. Men are still not ready to speak of this violence against them and they are ignorant about any legal help to avoid this.

Domestic violence against men deals with domestic violence experienced by men in a domestic setting, such as in marriage or cohabitation. As with domestic violence against women, violence against men may constitute a crime, but laws vary between jurisdictions.

Men who report domestic violence can face social stigma regarding their perceived lack of machismo and other denigrations of their masculinity. Additionally, intimate partner violence (IPV) against men is generally less recognized by society than IPV against women, which can act as a further block to men reporting their situation.

The relative prevalence of IPV against men to that of women is highly disputed between different studies, with some countries having no data at all. Some researchers believe the actual number of male victims may be greater than law enforcement statistics suggest due to the number of men who do not report their abuse. However, for both men and women, domestic violence is among the most underreported crimes worldwide.

IPV against men is a controversial area of research, with terms such as gender symmetry, battered husband syndrome and bidirectional IPV provoking a great deal of debate. The lines of the debate tend to fall between two basic polemics. The first of these argues that scholars who focus on female-perpetrated IPV are part of an anti-feminist backlash, and are attempting to undermine the problem of male-perpetrated abuse by championing the cause of the man, over the much more serious cause of the abused woman. The second polemic argues that IPV against men is a significant problem and underreported, that domestic violence researchers and feminist academics have ignored this in order to protect the fundamental gains of the battered women's movement, specifically the view that intimate partner abuse is an extension of patriarchal dominance, and that concealing violence perpetrated by women puts the abuser herself at risk of future escalation of IPV. One of the tools used to generate statistics concerning IPV perpetration, the conflict tactics scale, is especially contentious

²⁴ "Confronting dowry-related violence in India: women at the center of justice". UN Women. UN Women. December 24, 2012. Archived from the original on November 7, 2014.

²⁵ Staff writer (October 28, 2010). "Thousands of women killed for family "honor"". *National Geographic News*. National Geographic Society. Archived from the original on October 19, 2015. Retrieved August 22, 2015.

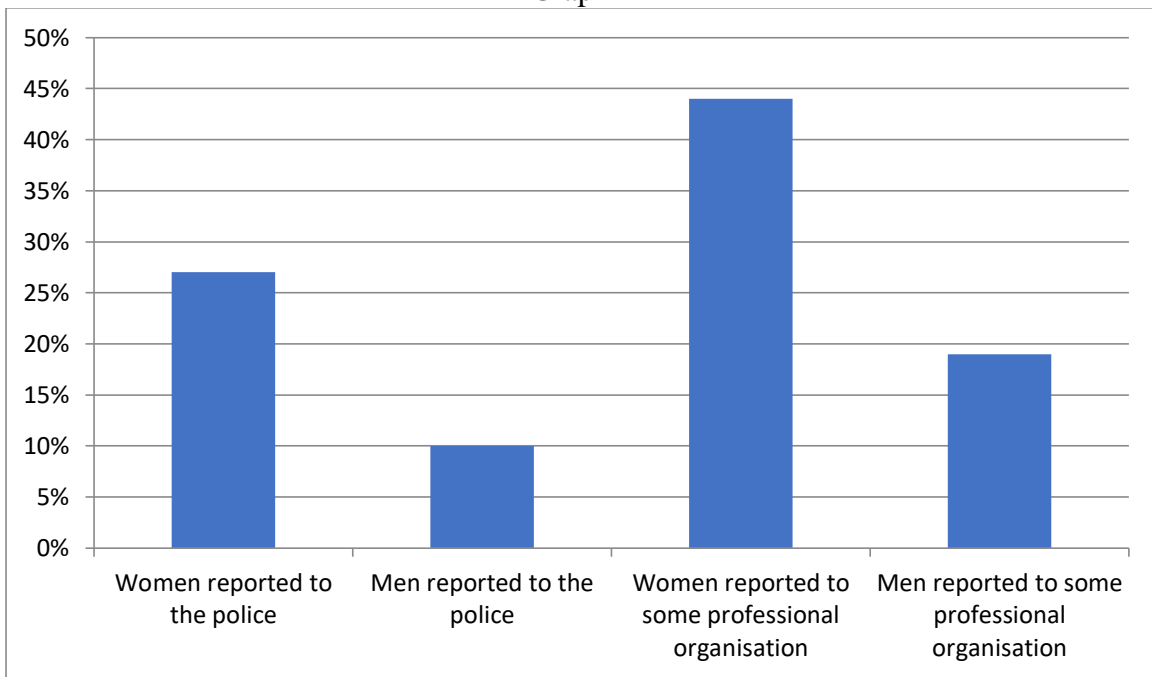
²⁶ Deshpande, Sanjay;(30 December, 2019). *Sociocultural and Legal Aspects of Violence Against Men*

< [tps://journals.sagepub.com/doi/full/10.1177/2631831819894176](https://journals.sagepub.com/doi/full/10.1177/2631831819894176)>

ESTIMATION DIFFICULTIES

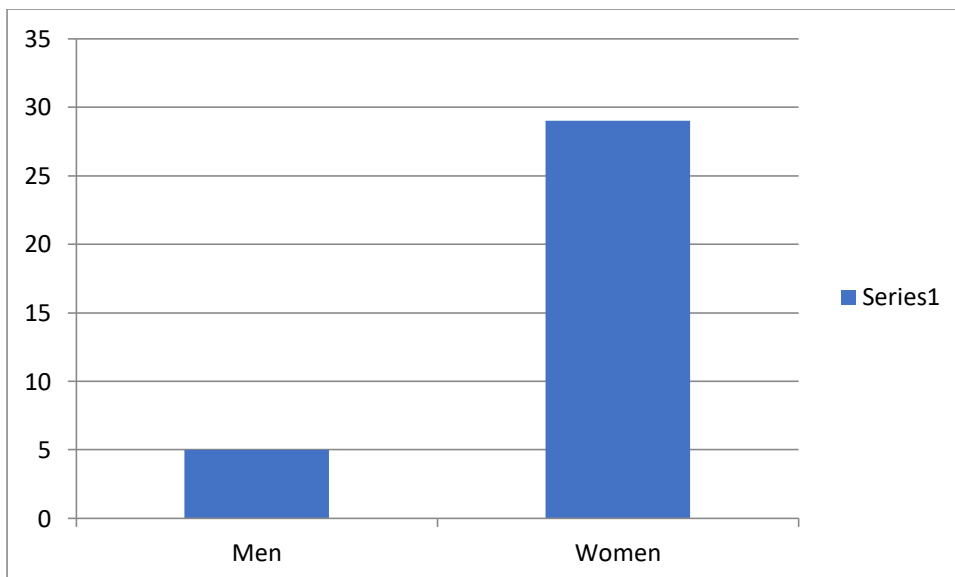
Statistics indicate that under-reporting is an inherent problem with IPV irrespective of gender. For example, in England and Wales, the 1995 "Home Office Research Study 191", carried out as a supplementary study to the British Crime Survey, reported 6.6 million incidents of IPV in the previous twelve months, compared with the 987,000 incidents found by the Crime Survey. The difference in the two reports was that Study 191 was a questionnaire of a random representative sample of people, while the Crime Survey attained its figures from crime records, i.e. actual reported cases of IPV. Supplementary studies carried out in 2001 and from 2004 onwards have consistently recorded significantly higher rates of IPV (committed against both men and women) than the standard crime surveys. The 2010–2011 report found that whilst 27% of women who experienced IPV reported it to the police, only 10% of men did so, and whilst 44% of women reported to some professional organization, only 19% of men did so. In a 2005 report carried out by the National Crime Council in the Republic of Ireland, it was estimated that 5% of men who had experienced IPV had reported it to the authorities, compared to 29% of women.

Graph 1



National Crime Council in the Republic of Ireland 2010-11
Women and men reported to police and some professional organization.

Graph 2



National Crime Council in the Republic of Ireland 2005 IPV reported to the authorities

- **MEN**

Domestic violence against men includes physical, emotional and sexual forms of abuse, including mutual violence. Male domestic violence victims may be reluctant to get help for various reasons. One study investigated whether women who assaulted their male partners were more likely to avoid arrest even when the male contacts police, and found that, "police are particularly unlikely to arrest women who assault their male partners." The reason being that they "assume that the man can protect himself from his female partner and that a woman's violence is not dangerous unless she assaults someone other than her partner". Another study concluded there is "some support for qualitative research suggesting that court personnel are responsive to the gendered asymmetry of intimate partner violence, and may view female intimate violence perpetrators more as victims than offenders."

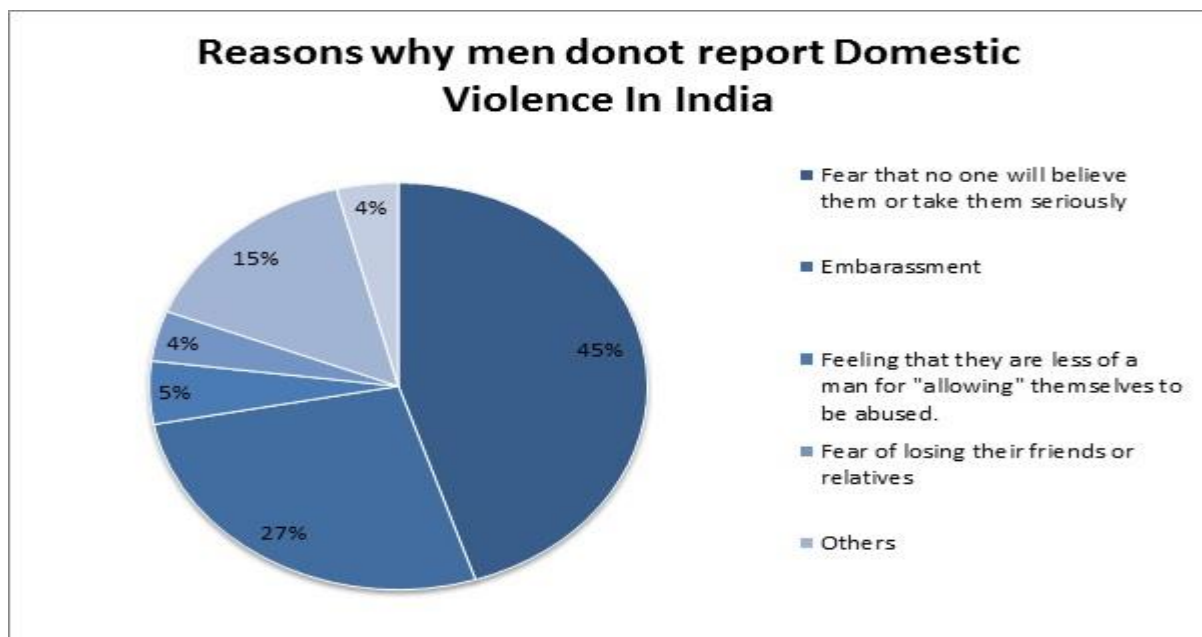
Underreporting

DV is among the most underreported crimes worldwide for both men and women. A 2011 review article by intimate partner violence researcher Ko Ling Chan found men tended to underreport their own perpetration of domestic violence while women were more likely to underreport their victimization and overestimate their own violence perpetration. Financial or familial dependence, normalization of violence, and self-blaming were found to reduce the likelihood of self-reporting victimization in women. By contrast, fear and avoidance of legal consequences, the tendency to blame their partner, and a narrative focus on their own needs and emotions reduced the likelihood of self-reporting perpetration in men.

A 2014 study conducted across the 28 member states of the European Union found that only 14% of women reported their most serious incident of intimate partner violence to the police. A 2009 report on DV in Northern Ireland found that "under-reporting is a concern and domestic abuse is the least likely of all violent crimes to be reported to the police".

Men face additional gender related barriers in reporting, due to social stigmas regarding male victimization, and an increased likelihood of being overlooked by healthcare providers.

Graph 3



(Source: The Hidden Side of Domestic Violence, 2013 – By Nupur Bhutani)

THE TIMES OF INDIA

False cases against men on the rise

Police Say No. Of Women Misusing Harassment Laws Has Jumped By Nearly 20%

By Mukherjee Iwas
Hyderabad: P. Raghu (name changed), an IT professional and resident of Madhapur, thought he had an ideal life until he decided to question his wife for sending her entire salary to her parents. His attempts to explain how he was finding it difficult to pay all the household bills from his account ended with his wife filing a sexual harassment case against him, landing him in the daily travails of the court.

With strict laws against harassing women, an increasing number of men in the city claim to be in the same boat as Raghu as some women misuse these laws to their advantage, reveal police records. Though the gruesome Delhi gang rape in December renewed focus on women's safety in the country and led to the passing of a reworked anti-rape law, police officers say there is another side to the coin, with a significant increase in the number of false cases of ha-



...rassment being filed. "Around two years ago, only 10 per cent of the total harassment and domestic violence cases registered turned out to be false. But now, the figure is nearly 20 per cent," said an officer at a women's po-

lice station in the city. "We are now undertaking a more detailed inquiry into such cases and listening to both parties carefully," the officer added. Men's rights groups and activists too have taken up the issue and are trying to whip up a campaign to demand gender neutral laws against harassment. One such organisation is Save Indian Family Foundation, which held a candlelight vigil on Sunday in memory of Manoj Kumar, a teacher from Bangalore who committed suicide on April 9 unable to bear the harassment by his wife and mother-in-law.

"In the last five years, more than 500 men in the city and other parts of the state have contacted us with similar problems, with their wives, in-laws, girlfriends or co-workers threatening to file harassment cases against them for 'vengeful reasons,'" said Navneet Saha, an activist with the foundation. He added that with such cases on the rise due to rising awareness about the strict laws pertaining to crimes against women, at least five new members are coming forward to join their group every week to demand that these laws be made gender neutral immediately.

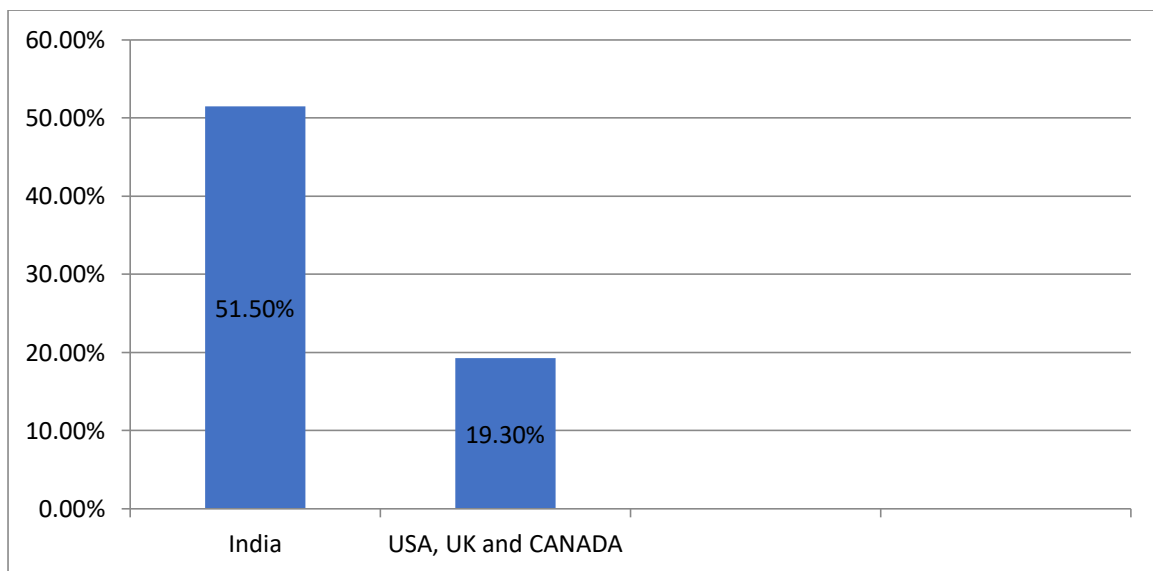
Times of India | Times City | 16-April-2013 | Page 2

3.5 DOMESTIC VIOLENCE AGAINST MEN IN INDIA

The prevalence of spouse/intimate partner violence (51.5%) in the latest Indian study was found to be higher than data collected for domestic violence under **partner abuse state of knowledge** project (PASK) from the USA, Canada, and the UK (19.3%).

Domestic violence was recognized as a criminal offense in India in 1983. The offense is chargeable under section 498A of the Indian Penal Code.

Graph 4



IPV report according to PASK (Partner Abused State of Knowledge)

This might startle many people in India. A man being subjected to domestic violence seems unbelievable to us as a society, primarily due to the extreme gender stereotypes that we have inherited for centuries.

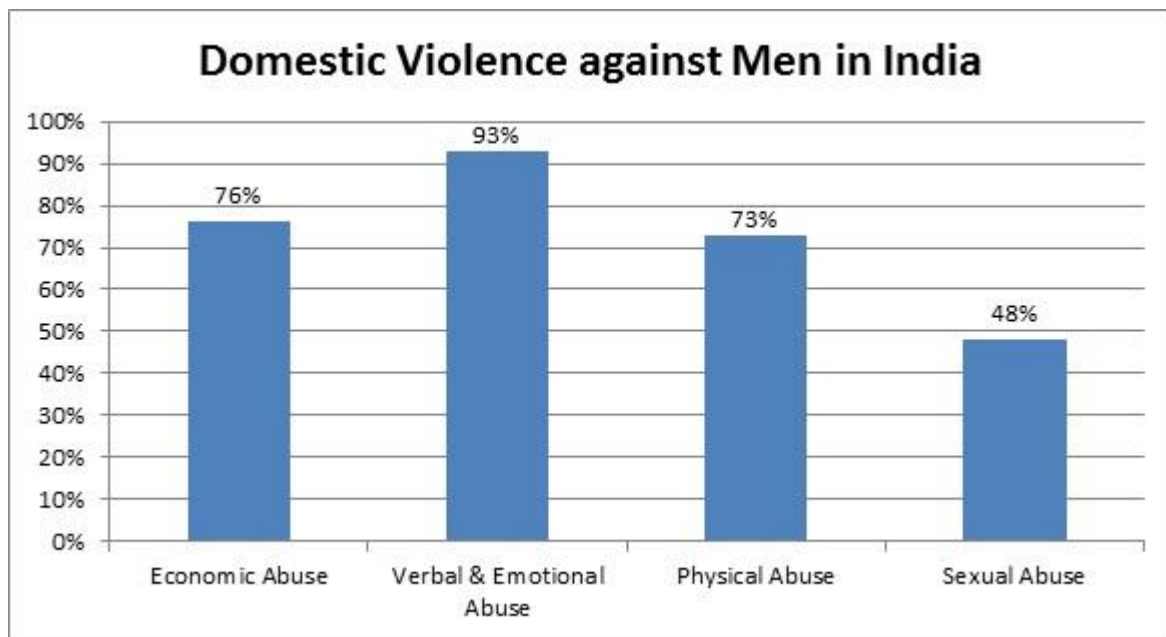
When a man goes public about facing domestic violence, abuse or harassment at the hands of his wife, not only is his 'mardaangi' (masculinity) questioned, but he is also ridiculed for not being able to stand up to 'ek aurat' (a woman). Both of these biases are dangerously problematic. They are fruits of the same patriarchal order that devalues women and whatever is considered 'feminine.'

Like every other law, the IPC Section 498A made to protect women against domestic violence has also been misused by some to settle scores or extort money.

Graph 5

False Dowry Harassment Cases				False Sexual Harassment Cases			
States	2011	2012	2013	States	2011	2012	2013
Rajasthan	5,494	6,241	6,615	Andhra Pradesh	288	228	324
Andhra Pradesh	1,745	1,049	1,157	Haryana	17	16	31
Haryana	685	834	982	Kerala	18	16	11
Assam	655	376	83	Maharashtra	15	7	22
Bihar	141	570	695	Odisha	8	15	19
All India	10,193	10,235	10,864	All India	386	339	482
Total cases Investigated	92,610	1,03,848	1,12,058		8,420	8,601	11,869

Source: NCRB²⁷



Graph 6

(Source: The Hidden Side of Domestic Violence, 2013 – By Nupur Bhutani)

METHODOLOGY

Research methodology is the systematic approach used by researchers to collect, analyze, and interpret data in order to answer research questions. It involves a set of techniques, tools, and procedures used to carry out a research study in a structured and organized manner. Research methodology encompasses the entire process of research, from the formulation of research questions to the presentation and interpretation of the findings.

²⁷<http://womenpla.net/dark-realities-of-women/>

Objective of the research clearly shows that this research will be qualitative in nature and by the qualitative research technique, I can get all those answers. Therefore, I had approach the qualitative technique for this research.

In this research, I used the interview schedule method to gain a better understanding of the problem, which includes both open-ended and closed-ended questions. The closed-ended questions inquired about basic details of the respondent, whereas the open-ended questions were aimed at exploring their experiences. The interview schedule consisted of 25 questions, the majority of which were open-ended questions.

SAMPLING

The main principle behind sampling is that we seek knowledge about the total units (called population) by observing a few units (called sample) and extend our inference about the sample to the entire population.

In this research, I have opted snowball sampling, specifically “**Exponential Non-Discriminative Snowball Sampling**”.

SNOWBALL SAMPLING

- **Exponential Non-Discriminative Snowball Sampling:** In this type, the first subject is recruited and then he/she provides multiple referrals. Each new referral then provides with more data for referral and so on, until there is enough number of subjects for the sample.

THEMATIC ANALYSIS

In this research, I used the thematic analysis method to analyze the data. Thematic analysis is a method of analyzing qualitative data. It is usually applied to a set of texts, such as interview transcripts. The researcher closely examines the data to identify common themes – topics, ideas and patterns of meaning that come up repeatedly.

➤ **When to use thematic analysis**

Thematic analysis is a good approach to research where we’re trying to find out something about people’s views, opinions, knowledge, experiences or values from a set of qualitative data – for example, interview transcripts, social media profiles, or survey responses.

UNIVERSE

BIHAR

Area of study: Patna

Sample size 40

DATA ANALYSIS

Data interpretation is the process of reviewing data through some predefined processes, which will help assign some meaning to the data and arrive at a relevant conclusion. It involves taking the result of data analysis, making inferences on the relations studied, and using them to conclude.

BASIC INFORMATION

All repondents are married,whose age vary between 21-51 years

Married

>5 years	34
<5 Years	6

Table 1

Occupation

Occupation	Husband	Wife
Government Employee	13	2
Private Employee	18	0
Self Employed	4	1
Business	0	1
Unemployed	5	36

Table 2

Here, unemployment denotes housewife for wife.

Family Structure

Joint Family	11
Nuclear Family	29

Table 3

Income

1-2.5Lac	7
2.5-5Lac	12
5-10Lac	8
>10Lac	13

Table 4

Number Of Children

1	12
2	23
>2	5

Table 5

Gap between first child and marriage

1-2Years	20
2-5Years	15
>5years	5

Table 6

Academic Details

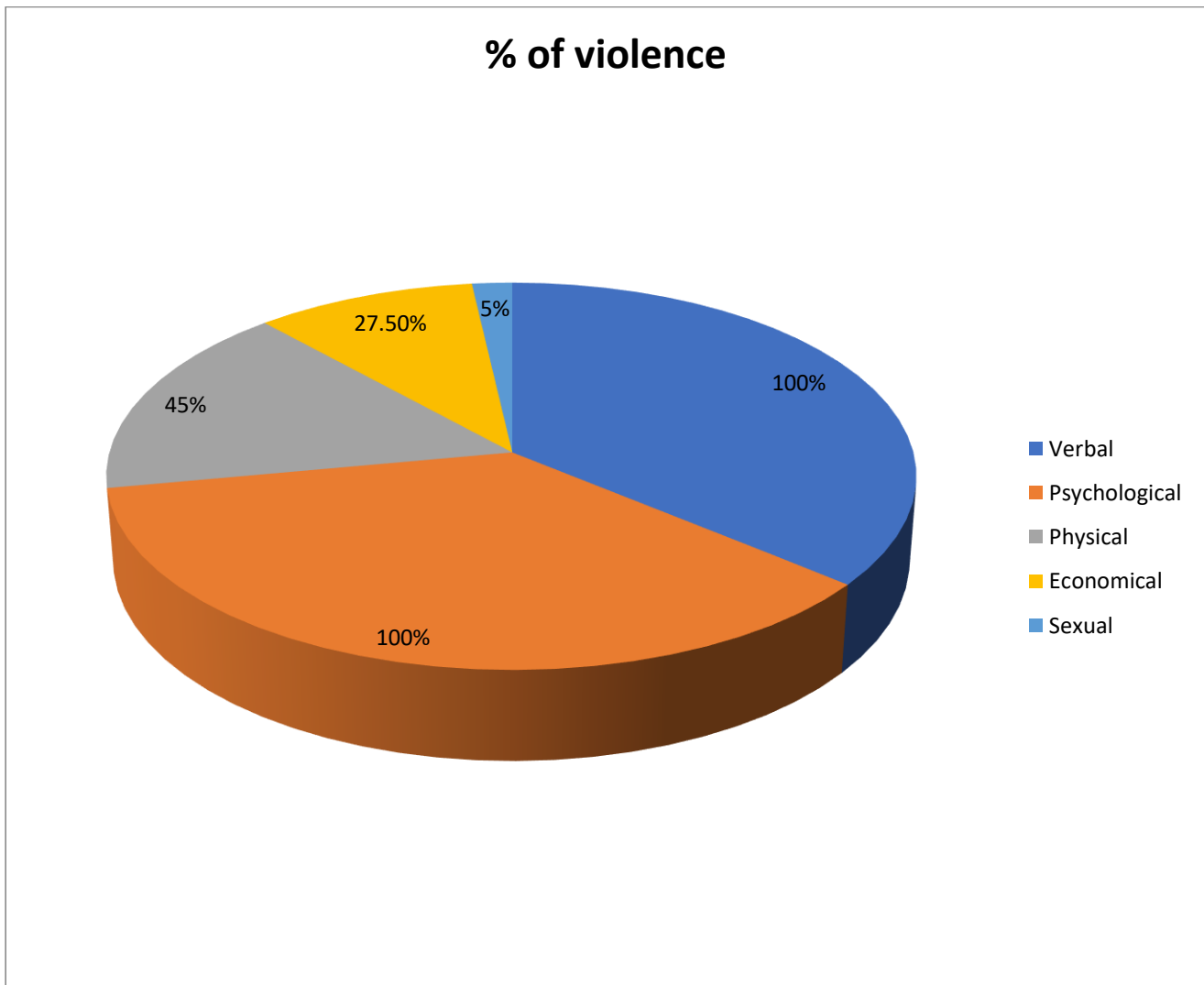
Academic	Husband	Wife
Literate-till 9 th pass	2	7
Matriculation	2	4
Intermediate	6	19
Graduate	30	10

Table 7

TYPES OF DOMESTIC VIOLENCE AGAINST MEN

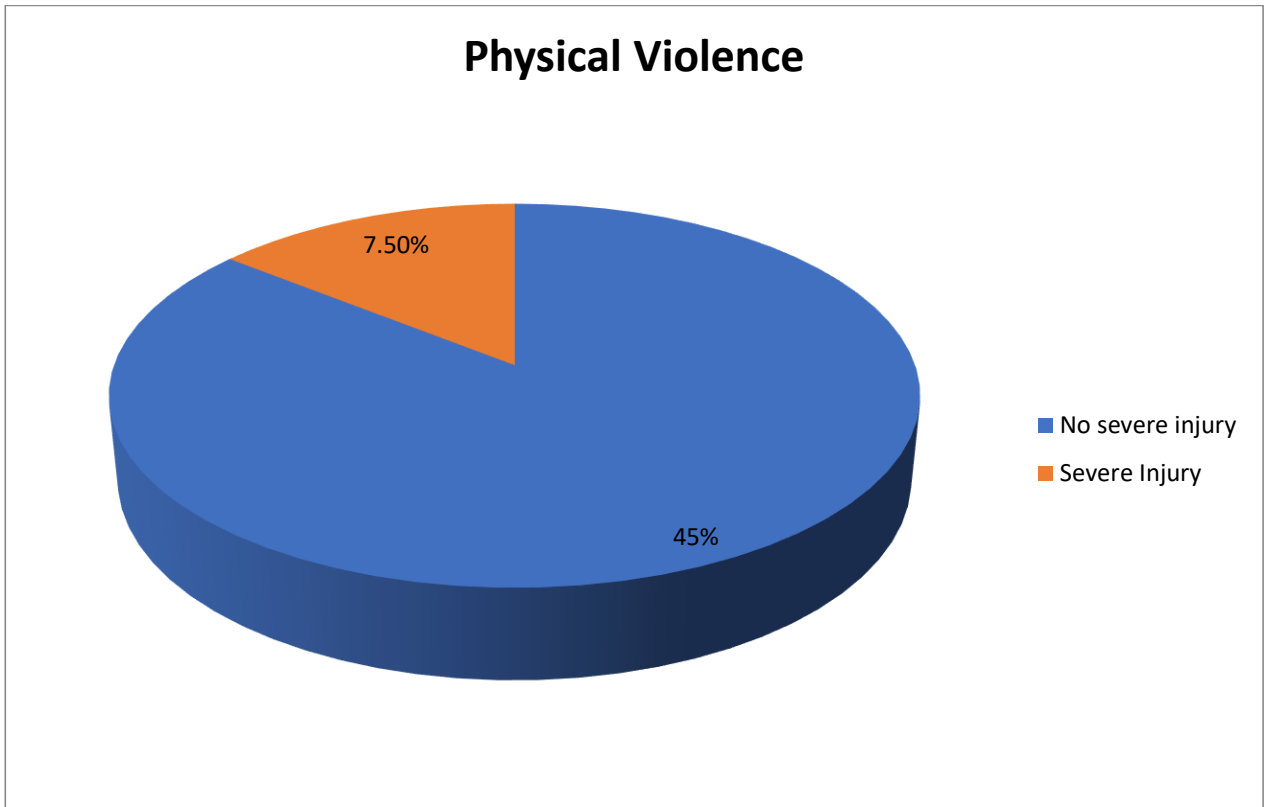
- **VERBAL**
- **PSYCHOLOGICAL**
- **PHYSICAL**
- **ECONOMICAL**
- **SEXUAL**

Graph 7



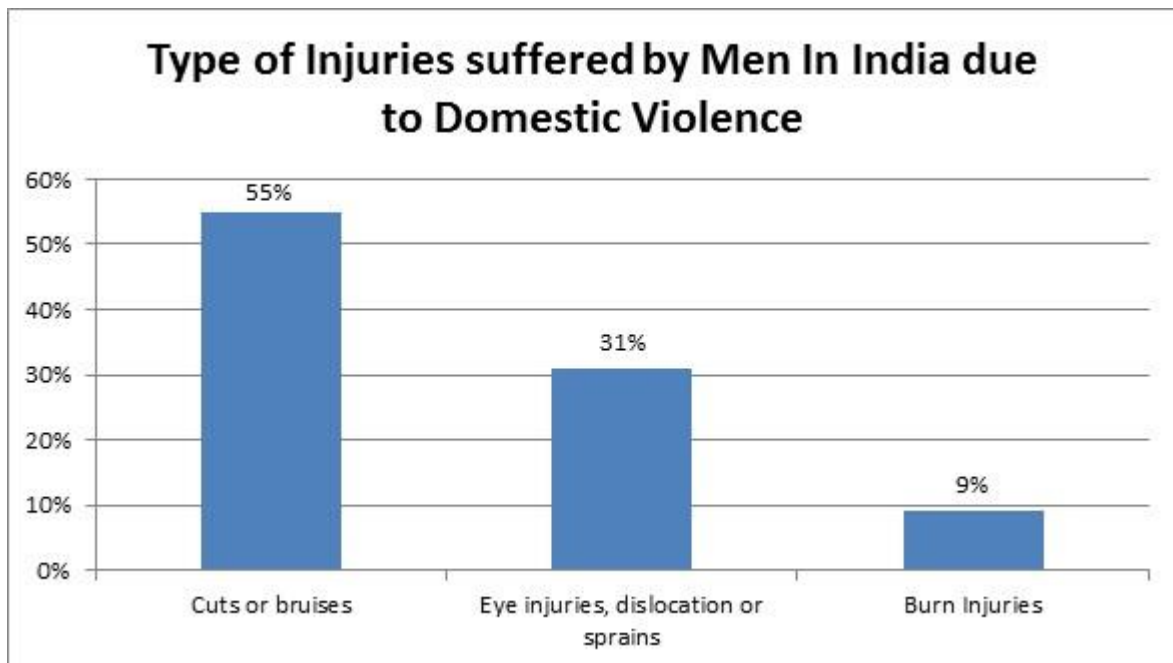
Types of violence and percentage of different types of violence.

Graph 8



Number of people who agreed about physical violence are 45% in which 7.5% face severe injury.

Graph 9



CAUSES OF DOMESTIC VIOLENCE AGAINST MEN

Different studies concluded that there could be various reasons for violence against men in a domestic environment.

- **Socio-cultural**

It has been observed in a study that less income, education up to middle class, nuclear family setup, and the influence of alcohol were risk factors for violence against men. An earning spouse with education up to graduation was found to be the risk factor for bidirectional physical violence. Caste and socioeconomic status were not found significantly associated with violence against men. It was observed that the couples where the spouse is earning and educated up to graduation, the physical violence can be committed by both the spouses against each other.

- **Psychological**

Many women have serious anger management issues and because of this they become aggressive, and a verbal or physical abuse takes place. Women facing stress at workplace have frustration and anger due to non-fulfillment of expectations and thus also can indulge in violent behavior. Financial constraints due to husband's poor income and/or more income by wife may also be one of the factors leading to violence.

In this study I have found so many different reasons for domestic violence against men or violence perpetrated by women in domestic settings. These are:

1. Selfish behavior of wife
2. Materialistic or demanding nature
3. For drinks if husbands are alcoholic
4. For taking care of children
5. For working late or coming late at home
6. To overpower or to control everything (specially where she lives with her in laws)
7. If husband is more attached to his mother
8. Low income of husband
9. Dominant behavior
10. Anger management issue
11. Sense of betrayal
12. Joint family
13. Influence by foreign particle
14. Comparative behavior

CHANGES IN PSYCHO-SOCIAL BEHAVIOUR OF MEN AND EFFECT ON SOCIAL RELATIONSHIP.

Most of the husband did not want to discuss professional affairs with their wife, they try to skip social gatherings or if they participate they participate alone, less involvement or home welcoming can be seen in this study. Where, nobody (husband) tried to contact lawyer, police or any legal authority. In a male-dominated society, men feel that it is shameful to be beaten by a woman and they do not report the violence. The pressure from family also prevents them from taking any legal action, and they are also afraid of getting trapped in false accusation under 498A. When men report domestic abuse and violence, people do not believe them. Also, when these men try to complain about these problems, within marriage and family, no one takes them seriously. Many men are ashamed of talking about and sharing that they are beaten by their wives. Complaining by men also can be perceived as "feminine behavior" in the male-dominated Indian society. Few respondents are okay with this type of violence where they face severe injury but domination of Hindu mythology can be seen. Where, marriage is sacred and couples are made in heaven and it happen only once in lifetime.

Any violence affects life physically, mentally, emotionally, and psychologically. It is also a violation of basic human rights. Unreported and unnoticed violence against men may lead to denial in accepting the family,

divorce, depression, or suicide in extreme cases. It has been observed that suicides were more in married men as compared to separated/unmarried men. According to WHO (2002), women think more about committing suicide, whereas men die by suicide more frequently.

Lived Experience

During my research work, I met a man whom I enquired about the mark above his left eye. He initially said nothing, but when I assured him that whatever he shared with me would remain confidential, he revealed that it was a mark from a knife. I was shocked and asked him how it happened. He then showed me another mark on his chest where the knife had slipped and pierced him. He explained that his wife had attacked him because he was not handling their child properly and was talking on the phone at the time. His wife left the house with the children, and he was admitted to the hospital by the neighbors. I asked him if this was the first instance or if similar things had happened before, to which he replied that his in-law's members had beaten him up many times before. His wife had also seized his phone after reaching home. When I asked him if he had ever thought of contacting the police, a lawyer, or seeking separation, he replied that he had not. He believed that marriage was a lifelong bond and that if God had decided, it was okay. This is his "NIYATI".

CONCLUSION

The family structure and society are changing, and the same is true with the norms and values regarding gender violence. Men also are physically and mentally harassed by their spouses and in-laws. India is a country where patriarchy is dominant in nature. So, people were less concerned about men problems. Due to which "Domestic Violence" is still latent in the Indian society. Those who are suffering from this problem they are still silent or they don't want to discuss. Hindu mythology is also very dominant where they are about that marriage happen only once in a life. Where, society is negligible about this particular violence, evidence shows something different. There are serious cases of violence can be seen in which wife try to murder his husband. Hence, their problems must be recognized as a social and public health issue, and appropriate strategies and interventions should be implemented. They too need help in crisis and family violence, especially by spouse. Even the laws and legislation must include domestic violence against men as a punishable offense. Men and women are the pillars of society and a family. Hence, laws are needed to offer protection to both from spousal violence. Domestic violence act in India is for women only. The present study shows that men are also the victims of violence at the hand of women. Hence, necessary amendments in favor of men experiencing domestic violence should also be incorporated.

Most of the husband didn't want to discuss professional affairs with their wife, either they try to skip social gatherings or if they participate they participate alone, less involvement or home welcoming can be seen in this study. Where, nobody (husband) tried to contact lawyer, police or any legal authority. In a male-dominated society, men feel that it is shameful to be beaten by a woman and they do not report the violence. The pressure from family also prevents them from taking any legal action, and they are also afraid of getting trapped in false accusation under 498A.

In this study, I also asked questions from children to see the impact of domestic violence on them. However, most of the answers were from father. According to the fathers, there is change in behavior but I had never observed it minutely. However, in particular situation they are scared and try to skip from that situation.

Suggestions

Need for Gender Neutral Laws


In cases where men are falsely accused of violence or dowry, a law which can address these false allegations is the need of the hour. Human rights and gender equality should include both men and women. Domestic violence should be considered as spousal violence and must not be differentiated due to gender. Domestic violence act in India is foe women. Hence, necessary amendments addressing violence against men are suggested.

SAVE THE MEN

30-year-old Ameen Shareeff is riding 35,000 km to help male victims of domestic violence

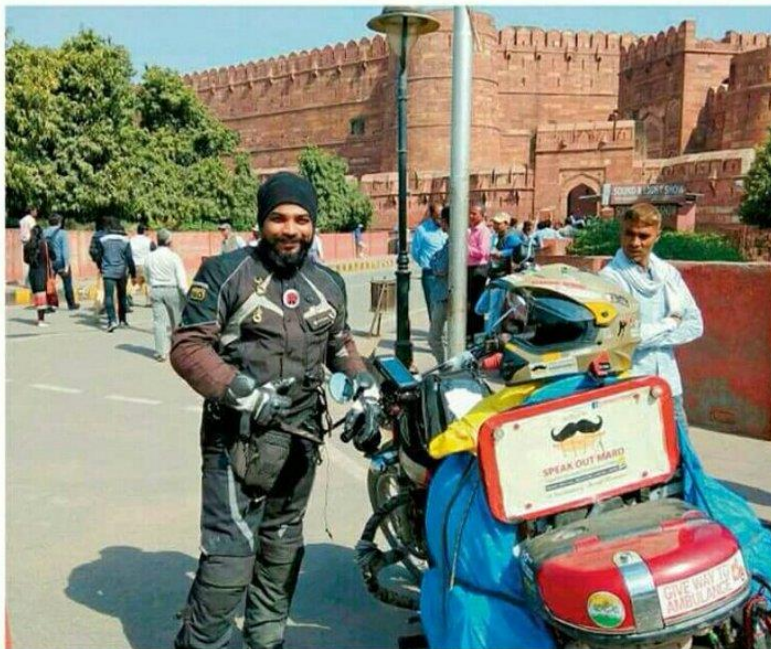
NAMRATA SRIVASTAVA

DECCAN CHRONICLE

 If you think that domestic violence is an act only against women, then you are wrong. Domestic violence against men is on the rise in the country. Raising his voice against this issue is 30-year-old Ameen Shareeff, a solo bike rider from visakhapatnam.

Ameen is all set to complete a 35,000 km bike ride journey, covering 29 states and five Union Territories, besides touching Nepal and Bhutan, to spread the message. Ameen says that he may complete his journey in about four months, and it would end in Hyderabad.

Having faced domestic violence himself, Ameen wants other men to know that it is okay to be emotionally weak at times. "We're always told that men are supposed to be strong and stoic. However, men are as emotionally and mentally vulnerable as women. But when a man cries, he is made fun of," he says, adding, "I'm a victim of domestic violence. After three months of marriage, my wife asked me to stop talking to my siblings. I had to also stop biking because of her. But, I have managed to come out of it."



RIDING FOR A CAUSE: Ameen Shareeff is spreading the message through biking communities across the country. His ride is set to end in Hyderabad.

There are many laws that protect women from domestic violence, but we need the same for men

AMEEN SHAREEFF, RIDER

He started his ride on his Royal Enfield on January 24, and has completed nearly 19,000 km, and is currently in Gangtok. He has already covered half of India, Nepal and Bhutan. He stops over at different cities to raise awareness about the cause.

"I'm spreading the message through biking communities across India. I

also visit famous spots in a city and reach out to people there. I try to talk to local groups that are working towards the same cause. This one person I met in Nepal, even invited me to a wedding at his place," he says.

However, riding solo can also be dangerous. "Learning about your bike is important. One must ride and not race, because

the latter is dangerous. Also, write an emergency contact number on your helmet and your bike, so in case you meet with an accident, someone will inform your family or friends," says Ameen.

Talking about the cause, Ameen adds, "If I'm able to save even one life through my journey, I will feel satisfied."

There are many laws that protect women from domestic violence, but we need the same for men. Everyone should also know that when men cry, it doesn't make them less of a man; it makes them more human."

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