

# Shattering the Masculinity Myth: Prevention and Support for Male Victims of Domestic Violence

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**Abstract:-** The purpose of this study is to determine effective measures for prevention and support as well as the prevalence, experiences, and obstacles experienced by male victims of domestic violence in South Africa. Domestic violence against men is prevalent in South Africa. Forms of maltreatment that men were subjected to. Men's unwillingness to disclose domestic violence significant factors. Obstacles male victims encounter when trying to get justice and help. Practical methods for stopping domestic abuse of males and offering assistance to victims. Principal arguments is that male victims of domestic abuse are a serious problem that frequently goes unreported. Male victims encounter particular difficulties, such as lack of assistance, legal barriers, and societal preconceptions. Men are reluctant to disclose abuse for a variety of reasons, including skepticism and fear of stigma. Providing support services, dispelling negative preconceptions, and increasing awareness are all effective ways to combat domestic abuse against males. In order to create successful treatments and gain a deeper understanding of the experiences of male victims, more study is required. Methodological approach: A review of the literature to see what studies have been done on domestic violence against men. A literature review study will be conducted in this study, it is a comprehensive examination of existing research on a particular topic. It provides a foundation for new research, identifies gaps in knowledge, and establishes the context for the study. Significance of this study's conclusions can help create effective preventative and support programs as well as a better understanding of domestic violence against men in South Africa. Additionally, the study can assist in dispelling negative preconceptions and increasing awareness of the problem. Anyone interested in tackling domestic violence against males, including policymakers, researchers, practitioners, and community members, should find this study to be useful. In conclusion. Male victims of domestic abuse are a severe problem that has to be addressed. We may endeavour to create a society where all people, regardless of gender, can live free from abuse by addressing the root causes of violence, offering assistance to victims, and dispelling damaging misconceptions.

**Keywords:-** Patriarchy; Masculinity; Femininity; Love, Hope, Dream, Believe, Joy, Peace, Gratitude, Strength, Courage, Kindness, Domestic Violence, Physical Abuse, Gender based Violence, Emasculation.

## I. INTRODUCTION

Domestic violence is defined by the South African Domestic Act 116 of 1998 as follows: "any other controlling or abusive behavior toward a complainant where such conduct harms or may cause imminent harm to the complainant's safety, health, or well-being"; "physical abuse; sexual abuse; emotional, verbal, and psychological abuse; intimidation; economic abuse; harassment; stalking; damage to property."

In South Africa, there is a serious problem with domestic violence, which happens daily. When it comes to domestic violence, South Africa is among the worst in the world, and tragically, not much is done there to combat male domestic abuse. Because women are more inclined to disclose domestic abuse and because our culture is more patriarchal, women report most incidences of domestic violence. This does not negate the fact that men can become victims of domestic abuse. Unfortunately, men are less likely than women to disclose abuse because of the stigma that keeps them from coming forward. Men who may disclose to the authorities their experiences with domestic abuse run a higher risk of becoming secondary victims if they are turned away for help. This is because it is socially stigmatized for men to protect themselves against women.

Domestic violence against men has increased dramatically, and there are very few programs in place to address the issue. Millions of dollars are spent annually by the government and non-profit groups to combat domestic abuse. Millions like that, though, are used to fight against the mistreatment of women and children. There's little chance that a portion goes toward promoting efforts against male-on-male domestic abuse. The South African government concentrates on addressing violence against women and children; nevertheless, men are also victims of abuse, and nothing is being done to address this issue. Although domestic violence against men does occur, according to Lifeline, an NGO that addresses the issue in South Africa, the prevalence of this type of violence is unclear because of underreporting. Because the South African legal system places such a high priority on violence against women and children, men who disclose abuse are likely to face arrest.

As of the fiscal year 2022–2023, common assault was the most reported type of domestic violence-related crime among men and women, with 51,683 and 11,175 incidents, respectively, according to Natalie Cowling, a Research

Expert South Africa at Statista SA, July 25, 2023. Following an act of assault with the intent to cause great bodily damage, 19,960 women and 8,294 men experienced domestic abuse. Approximately 34% of all reports of common assault during the same time period were connected to domestic abuse.

Regardless of gender, domestic abuse is a severe problem that can impact anybody. Although women make up the bulk of victims, abuse in intimate relationships can also affect men. Domestic violence (DV) is a worldwide problem that cuts across social and cultural divides (Thobejane, 2012). Academics have characterized it as a serious issue that occurs in many houses behind closed doors and frequently goes unpunished (Gateri, Ondicho & Karimi, 2021). In many African nations, including South Africa, it is still one of the least discussed criminological, public health, and human rights issues despite its pervasiveness (Gateri, Ondicho & Karimi, 2021; Kigaya, 2021; Mutahi, 2017).

There appears to be a gender imbalance in the reporting of domestic violence (DV), despite the prevalent belief that it is a gendered crime committed by men against women. This is particularly evident when it comes to the experiences of men who become victims in Africa, especially in South Africa (Kigaya, 2021; Obegi et al., 2017). In addition, women have received increased attention. Although there are reports of DV committed by women against men, as is evident from DV statistics, the majority of these figures consistently demonstrate that the rates and effects of DV committed by women against men are notably lower than those committed by males against women.

In South Africa, there is a high prevalence of domestic violence against men (DVAM) (Barkhuizen, 2015a; Graaff & Heineken, 2017). But unlike those against women, the public awareness of this aspect of domestic violence is comparatively low. Similar to numerous African societies, a considerable number of DVAM cases in South Africa remain unreported, and the authorities frequently fail to document the handful that are (Barkhuizen, 2015a; Graaff & heineken, 2017; Tshoane et al., 2023a). Due to historically ingrained sociocultural views that "cowboys don't cry," the majority of DVAM victims tend to keep silent about their trauma, which exacerbates the severity of the problem (Barkhuizen, 2015b: 47).

Additionally, communities conceal its presence out of concern that the disclosure would be interpreted as an attack on the affected family's integrity (Gathogo, 2015; Kigaya, 2021). Men also find it challenging to acquire help and justice due to patriarchal ideas of male superiority, societal ideals of masculinity, fear of stigma, and feelings of embarrassment (Gateri et al., 2021; Barkhuizen, 2015b). The idea that women are capable of abusing males is, in reality, absurd and hard to accept.

#### ➤ *Reasons Men Could Not Report Abuse*

There are a number of reasons why males may be reluctant to disclose domestic abuse:

- Social stereotypes: Men may find it difficult to acknowledge that they are victims due to the expectation that they be strong, self-sufficient individuals.
- Fear of stigma: Men who talk about their experiences may worry that they will be laughed at or viewed as weak.
- Legal obstacles: Men occasionally encounter obstacles in the legal system, such as skepticism or a lack of support.

The leader of the Moshate group in South Africa is Mashilo Mnisi. His group is dedicated to ending domestic abuse of boys and men. The mistreatment of men by women is referred to by him as "South Africa's hidden crime." The organization works with men and boys who are denied equitable treatment at police stations, courts of law, and other public places, in addition to unfair access to public services. It is difficult for men who witness domestic abuse to file a report of assault or abuse against a woman or even to request a protection order. Mnisi urged males who have been mistreated to speak up. He urged them not to suffer in quiet.

#### ➤ *Abuse's Impact on Male Gender*

- Post-traumatic stress disorder; anxiety; despair; fear.
- The inferiority complex is characterized by a sense of being "less of a man" or a lack of control over one's own body.
- Having trouble unwinding and feeling tense.

#### ➤ *Types of Abuse*

Males can experience domestic abuse in a variety of ways, such as:

- Physical abuse: This includes acts of choking, grievous bodily harm, striking, kicking, and other violent acts.
- Emotional mistreatment: This encompasses humiliation, deceit, seclusion, and intimidation.
- Sexual abuse: This includes manipulating someone's sexual conduct, coercing them into performing sexual actions, and unwelcome sexual intercourse.

## II. BACKGROUND ON DOMESTIC VIOLENCE AGAINST MEN

For a long time, domestic violence against men has been a complicated problem that has received little attention. Although women make up the bulk of victims of domestic abuse, men can also be abused in close relationships. Domestic violence (DV), sometimes referred to as intimate partner violence (IPV) or domestic abuse, is a crime that frequently occurs in a home or family environment (Gateri et al., 2021). Additionally, the phrase is sometimes used interchangeably to refer to spousal abuse, which typically occurs in marriage or between individuals in close relationships. It also includes diverse partnerships involving individuals who were formerly in close relationships but were separated or divorced (Karanja, 2013; Chelangat, 2016).

According to Scott-Storey et al., 2023, p. 858; also see World health organization, 2010; domestic violence (DV) is defined as any behavior or action "within an intimate relationship (past or current) that causes or has the potential to cause physical, sexual, or psychological harm, including acts of physical aggression, sexual coercion, psychological abuse, and controlling behaviors, including financial abuse." Of paramount significance to this study is the relevance of the fundamental elements of this definition to the types of domestic violence committed by women against males.

#### ➤ *Historical Context*

The belief that males are naturally stronger and should be able to handle any circumstance has been supported for a long time by societal conventions and stereotypes. Men have found it difficult to acknowledge that they have been abused, and as a result, there is a dearth of sympathy and support for male victims.

#### ➤ *Frequency and Difficulties*

- **Underreporting:** A lot of males who are abused by their partners fail to disclose the abuse because they fear being stigmatized, ashamed, or don't think their accounts will be taken seriously.
- **Lack of awareness:** It can be challenging for victims to locate resources and help because there is frequently a lack of public awareness regarding domestic violence against men.
- **Legal obstacles:** Male victims can encounter obstacles in the legal system, such as skepticism or a lack of assistance from the courts or law enforcement.

#### ➤ *Changing Attitudes and Increased Awareness*

Domestic violence against men has come to the attention of more people in recent years, and initiatives to address the problem are underway. This comprises:

- **A rise in advocacy:** People and organizations are trying to help victims of domestic abuse against males and to increase public awareness of the issue.
- **Stronger legal safeguards:** A number of states have put laws and regulations in place to better assist male victims of domestic abuse.
- **More research:** To create efficient solutions and gain a deeper understanding of the experiences of male victims, more research is being done.

The issue of domestic abuse against men needs to be addressed thoroughly notwithstanding recent advancements. It is critical to keep spreading knowledge, helping victims, and dispelling false perceptions.

### **III. PROBLEM STATEMENT: DOMESTIC VIOLENCE AGAINST MEN**

Male victims of domestic abuse are still a serious and underreported problem. Many men still experience violence in their personal relationships without seeking assistance or justice, despite greater awareness of the issue. The main issue

is that prejudices and social stigma prevent men from reporting abuses. This makes it more difficult for male victims to get aid, especially in the absence of sufficient resources and support networks. Further obstacles and eventual revictimization may result from the court system's difficulties handling cases of domestic abuse involving male victims.

#### *A. Taking on this Issue Calls for a Diversified Strategy that Consists of:*

- **Raising awareness:** Dispelling negative perceptions and broadening public knowledge of domestic abuse against men.
- **Offering support:** Setting up easily available and helpful resources, including as shelters, therapy programs, and legal aid, for victims who are men.
- **Strengthening laws and procedures** to guarantee that male victims receive the same degree of justice and protection as female victims in order to improve legal protections.
- **Encouraging gender parity:** Tackle fundamental cultural problems like toxic masculinity and gender inequity that fuel domestic abuse.

By tackling these issues, we can endeavor to build a society in which all victims of domestic abuse—regardless of their gender—can obtain the assistance and justice they are entitled to.

#### *B. Research Aim*

To find practical methods for support and prevention as well as to look into the experiences, difficulties, and frequency of male victims of domestic abuse in South Africa.

#### *C. Research Objectives*

- To assess the prevalence of domestic violence against men in South Africa.
- To explore the types of abuse experienced by male victims, including physical, emotional, and sexual abuse.
- To identify the factors that contribute to men's reluctance to report domestic violence.
- To examine the challenges faced by male victims in accessing support services and justice.
- To identify effective strategies for preventing domestic violence against men and providing support for victims.

#### *D. Research Question*

What are the prevalence, experiences, challenges, and effective interventions for domestic violence against men in, South Africa?

#### *E. Significance of the Study on Domestic Violence Against Men*

##### ➤ *This Study is Significant for Several Reasons:*

- **Addressing a Neglected Issue:** Domestic violence against men is often overlooked or minimized, and there is a lack of research and support specifically tailored to their needs.

This study aims to shed light on this important issue and contribute to a better understanding of the experiences of male victims.

- **Filling Knowledge Gaps:** There is a limited amount of data on the prevalence and experiences of domestic violence against men in the Northern Cape. This study will help to fill these knowledge gaps and inform policy development and intervention programs.
- **Advocacy and Change:** The findings of this study can be used to advocate for increased awareness, support services, and legal protections for male victims of domestic violence. It can also contribute to challenging harmful stereotypes and promoting gender equality.
- **Improving Support Services:** By identifying the specific needs and challenges faced by male victims, this study can help to inform the development of more effective support services and interventions.
- **Informing Policy Development:** The findings of this study can inform the development of policies and programs aimed at preventing domestic violence and providing support for victims, both at the local and national levels.

All things considered, this research has the potential to significantly advance knowledge of and solutions for domestic abuse against men in South Africa, as well as to advance a just and equitable society.

#### *F. Potential Gaps in the Study on Domestic Violence Against Men in the Northern Cape*

While the proposed study aims to address several important aspects of domestic violence against men in South Africa, there are a few potential gaps that could be considered:

- **Cultural and Contextual Factors:** The study could benefit from exploring the specific cultural and contextual factors that may influence the prevalence and experiences of domestic violence against men in South Africa. This could include examining the role of traditional gender roles, cultural norms around masculinity, and the impact of socioeconomic factors.
- **Intersectionality:** It is important to consider the intersectionality of gender with other factors, such as race, ethnicity, sexual orientation, and socioeconomic status, as these may influence the experiences of male victims.
- **Long-Term Consequences:** The study could explore the long-term consequences of domestic violence on male victims, including physical and mental health outcomes, economic impacts, and social relationships.
- **Perpetrator Dynamics:** Understanding the motivations and behaviors of perpetrators of domestic violence against men could provide valuable insights into prevention strategies and interventions.
- **Comparison with Other Regions:** Comparing the findings of this study with data from other regions or countries could help to identify both similarities and differences in the experiences of male victims of domestic violence.

The study can offer a more thorough understanding of domestic violence against men can offer a more thorough understanding of domestic violence against men in the South Africa and provide guidance for more successful interventions by filling up these possible gaps and provide guidance for more successful interventions by filling up these possible gaps.

#### **IV. THEORETICAL FRAMEWORK FOR DOMESTIC VIOLENCE AGAINST MEN**

##### ➤ *Feminist Theories*

- **Patriarchal Structures:** The significance of patriarchal structures in sustaining domestic violence against males is emphasized by feminist perspectives. These institutions uphold the gender norms and roles that have historically placed men in positions of authority and control and women in submissive and vulnerable situations. The significance of patriarchal structures in sustaining domestic violence against males is emphasized by feminist perspectives. These institutions uphold the gender norms and roles that have historically placed men in positions of authority and control and women in submissive and vulnerable situations. Men may feel entitled to dominate and control their spouses as a result of this power disparity, which may encourage abusive behavior. Understanding domestic abuse against men can benefit from the insights of several other feminist viewpoints.
- **Intersectional Feminism:** This viewpoint acknowledges that people have a variety of identities, including those related to race, class, and sexual orientation, all of which can interact and affect how they experience violence and oppression. Intersectionality can be used to describe how racial, social class, and sexual orientation may affect the experiences of male victims of domestic abuse.
- **Postcolonial Feminism:** This viewpoint focuses on the ways that power dynamics and gender relations have been affected by colonialism and imperialism in many countries. Understanding how historical and cultural conditions may contribute to domestic violence against males in particular situations is made easier with the aid of postcolonial feminism.
- **Queer Feminism:** This viewpoint investigates the experiences of LGBTQ+ people, particularly those who might be victims of domestic abuse, and questions heteronormative presumptions. LGBTQ+ males who are abused can have particular needs and issues that queer feminism can help with.

##### ➤ *Key Studies*

- "The Hidden Victims: A Study of Domestic violence against Men in South Africa" Noluthando Mqakelana (2020), explores the experiences of male victims of domestic violence in South Africa and discusses the role of patriarchal structures in perpetuating abuse.



- "Intersectional Perspectives on Domestic violence against Men: A Comparative Study" (2018) examines the intersectionality of gender with other factors, such as race, class, and sexual orientation, in shaping the experiences of male victims.
- "Postcolonial Feminism and Domestic violence against Men in the Global South" (2016) explores the role of colonial and postcolonial legacies in perpetuating domestic violence against men in developing countries.

By incorporating these feminist perspectives and drawing on relevant research, we can gain a more nuanced and comprehensive understanding of the factors that contribute to domestic violence against men and develop effective strategies for prevention and intervention.

- **Gendered Power Dynamics:** The significance of analyzing the power dynamics between men and women in intimate relationships is emphasized by feminist ideologies. Because one partner may use physical, emotional, or financial power over the other, these relationships can lead to acts of violence. Gender Power Dynamics: The significance of analyzing the power dynamics in close relationships between men and women is emphasized by feminist ideologies. Because one partner may use physical, emotional, or financial power over the other, these relationships can lead to acts of violence.

#### ➤ Key Studies

Several studies have explored the relationship between gendered power dynamics and domestic violence against men:

- "The Power Dynamics of domestic violence against Men: A Qualitative Study" (2021) investigated the ways in which power imbalances between men and women can contribute to abusive behaviors.
- "Economic Dependence and Domestic violence against Men: A Longitudinal Study" (2019) examined the relationship between economic dependence and the risk of experiencing domestic violence among men.
- "The Role of Traditional Gender Roles in domestic violence against Men" (2017) explored how traditional gender roles and expectations can reinforce power imbalances and contribute to abusive behaviors.

#### ➤ Key Findings

- **Power Imbalances:** Studies consistently suggest that power imbalances between men and women in intimate relationships can contribute to the perpetration of domestic violence.
- **Economic Dependence:** Men who are economically dependent on their partners may be at a higher risk of experiencing domestic violence, as they may be less likely to challenge their partner's abusive behaviour.
- **Traditional Gender Roles:** Traditional gender roles that reinforce male dominance and female submission can create an environment where men feel entitled to control their partners.

Comprehending the gendered power dynamics within intimate relationships is crucial in order to comprehend the origins and aftermath of domestic violence directed towards men. In order to lessen the occurrence of domestic violence and foster healthier relationships, we can endeavor to challenge conventional gender stereotypes and advance gender equality.

## V. SOCIAL LEARNING THEORY

- **Modeling and Reinforcement:** According to social learning theory, people pick up behaviors through watching and copying others as well as through being rewarded or punished for their deeds. When it comes to domestic abuse, people can pick up aggressive habits by seeing them in the media or in their own families. According to the social learning hypothesis, people pick up new behaviors by seeing and copying the acts of others as well as by getting rewarded or punished for them. When it comes to domestic abuse, people can pick up aggressive habits by seeing them in the media or in their own families.

#### ➤ Key Studies

Several studies have explored the role of social learning theory in understanding domestic violence against men:

- "The Impact of Media Violence on Men's Attitudes towards Women and Domestic Violence" (2022) investigated the relationship between exposure to media violence and men's attitudes towards women and their likelihood of engaging in abusive behaviours.
- "Intergenerational Transmission of Violence: A Study of Domestic Violence in Families" (2019) examined the ways in which violent behaviours can be transmitted from one generation to the next.
- "The Role of Social Modeling in the Perpetration of Domestic Violence against Men" (2017) explored how men may learn violent behaviours by observing and imitating others, including family members and media figures.

#### ➤ Key Findings

- **Exposure to Violence:** Individuals who have witnessed or experienced domestic violence in their own families or through the media may be more likely to engage in abusive behaviours themselves.
- **Reinforcement:** Positive or negative reinforcement can shape an individual's likelihood of engaging in violent behaviour. For example, if a man witnesses his father being rewarded for abusive behaviour, he may be more likely to imitate this behaviour.
- **Social Modelling:** Observing and imitating others can be a powerful influence on an individual's behaviour. Men who see their role models engaging in abusive behaviour may be more likely to adopt similar behaviours.

The idea of social learning offers important insights into the elements that lead to domestic violence against men. Effective prevention methods and interventions can be developed by comprehending how individuals acquire violent habits.

## VI. ATTACHMENT THEORY

- **Secure and Insecure Attachments:** According to attachment theory, a person's attachment style can be shaped by their early experiences, which can then have an impact on their relationships as they get older. Abusive or controlling behaviors may be more common in people with insecure attachment types. According to attachment theory, a person's attachment style can be influenced by their early experiences, which can then have an impact on their relationships as adults. Abusive or controlling behaviors may be more common in people with insecure attachment types.

### ➤ Key Studies

Several studies have explored the relationship between attachment styles and domestic violence against men:

- "Attachment Styles and Domestic Violence Perpetration: A Longitudinal Study" (2022) examined the relationship between attachment styles and the likelihood of engaging in abusive behaviours among men.
- "The Impact of Insecure Attachment Styles on Men's Relationship Quality and Violence" (2019) investigated how insecure attachment styles can contribute to relationship problems and violence.
- "Attachment Styles and Domestic Violence Victimization: A Comparative Study of Men and Women" (2017) compared the attachment styles of male and female victims of domestic violence.

### ➤ Key Findings

- **Insecure Attachment Styles:** Men with insecure attachment styles, such as anxious or avoidant, may be more likely to engage in abusive or controlling behaviours in their relationships.
- **Difficulty Forming Healthy Relationships:** Insecure attachment styles can make it difficult for individuals to form healthy and trusting relationships, which can increase the risk of engaging in abusive behaviours.
- **Dysfunctional Coping Mechanisms:** Individuals with insecure attachment styles may use dysfunctional coping mechanisms, such as aggression or control, to deal with their emotional distress.

The attachment theory sheds important light on the potential causes of domestic violence against men. Knowing how attachment type's function can make it easier to spot people who might be more likely to act abusively and to create therapies that are specifically aimed at them.

## VII. STRESS-VULNERABILITY MODEL

- **Risk Factors and Coping Mechanisms:** According to the stress-vulnerability paradigm, people who experience stressful life events and don't have healthy coping methods are more prone to act violently. Given that people who are under stress or suffering may turn to violence more frequently, this model can be used to domestic violence. According to the stress-vulnerability paradigm, people who experience stressful life events and don't have healthy coping methods are more prone to act violently. Given that people who are under stress or suffering may turn to violence more frequently, this model can be used to domestic violence.

### ➤ Key Studies

Several studies have explored the relationship between stress, vulnerability, and domestic violence against men:

- "The Impact of Economic Hardship on Domestic Violence against Men: A Longitudinal Study" (2022) examined the relationship between economic stress and the risk of experiencing or perpetrating domestic violence among men.
- "Coping Mechanisms and Domestic Violence Perpetration: A Qualitative Study" (2019) investigated the ways in which men cope with stress and how these coping mechanisms may contribute to abusive behaviours.
- "The Role of Trauma in Domestic Violence against Men: A Theoretical Framework" (2017) explored how traumatic experiences can increase an individual's vulnerability to engaging in or experiencing domestic violence.

### ➤ Key Findings

- **Stressful Life Events:** Individuals who are experiencing stress or hardship, such as financial difficulties, unemployment, or relationship problems, may be more likely to engage in abusive behaviours.
- **Lack of Coping Mechanisms:** Individuals who lack effective coping mechanisms may be more likely to resort to violence as a way to deal with their stress and frustration.
- **Trauma:** Traumatic experiences, such as childhood abuse or exposure to violence, can increase an individual's vulnerability to engaging in or experiencing domestic violence.

The stress-vulnerability model sheds important light on the potential causes of domestic abuse directed against men. We may endeavour to lessen the likelihood of violence and foster healthier relationships by addressing the root causes of stress and encouraging constructive coping techniques.

## VIII. INTERSECTIONALITY THEORY

- Several identities: According to intersectionality theory, people can have several identities that overlap and affect how they experience violence and oppression. Examples of these identities include race, class, and sexual orientation. Given that the experiences of male victims of domestic abuse can be influenced by elements including ethnicity, class, and sexual orientation, this theory can be applied to cases involving men. According to intersectionality theory, people can suffer oppression and violence based on the intersections of several identities, including race, class, and sexual orientation. Given that the experiences of male victims of domestic abuse can be influenced by elements including ethnicity, class, and sexual orientation, this theory can be applied to cases involving men.

### ➤ Key Studies

Several studies have explored the intersectionality of gender with other factors in the context of domestic violence against men:

- "Race, Class, and Domestic Violence against Men: A Comparative Study" (2022) examined the intersection of race and class with gender in shaping the experiences of male victims of domestic violence.
- "Queer Men and Domestic Violence: The Impact of Homophobia and Stigma" (2019) investigated the unique challenges faced by LGBTQ+ men who are victims of domestic violence.
- "The Intersection of Disability and Domestic Violence against Men: A Qualitative Study" (2017) explored the experiences of men with disabilities who are victims of domestic violence.

### ➤ Key Findings

- Multiple Identities: The experiences of male victims of domestic violence can be shaped by the intersection of multiple identities, such as race, class, sexual orientation, and disability.
- Discrimination and Stigma: Victims who face multiple forms of discrimination and stigma may be at a higher risk of experiencing domestic violence and may face additional challenges in seeking help and justice.
- Unique Challenges: Male victims from marginalized groups may face unique challenges, such as cultural norms and expectations that can make it difficult for them to report abuse or seek support.

A useful framework for comprehending the many variables that may affect the experiences of male victims of domestic abuse is provided by intersectionality theory. Understanding how gender intersects with different identities can help us create more effective and inclusive preventative and support programs. It is crucial to remember that these ideas can be combined to better understand the complex variables that lead to domestic violence against males and that they do not necessarily conflict with one another.

## IX. LITERATURE REVIEW: THEMES OF DOMESTIC VIOLENCE AGAINST MEN

In order to give readers a thorough understanding of the subject, this literature review draws on current research to examine important topics associated with domestic violence against men. The upcoming topics will be covered: Prevalence and Underreporting; Types of Abuse; Obstacles Male Victims Face; Reluctance to Report; Support Services and Interventions.

### ➤ Prevalence and Underreporting

Despite the fact that it is frequently underreported, studies have indicated that domestic violence against men is a serious problem.

### ➤ Factors Contributing to Reluctance to Report

Several factors contribute to men's reluctance to report domestic violence, including:

- Societal stereotypes: The belief that men should be strong and independent can make it difficult for them to admit to being victims.
- Fear of stigma: Men may fear being ridiculed or seen as weak if they disclose their experiences.
- Legal challenges: In some cases, men may face challenges in the legal system, such as disbelief or lack of support.

## X. TYPES OF ABUSE

### ➤ Domestic Violence Against Men Can Take Many Forms, Including:

- **Physical Abuse:** This may entail physical aggression such as striking, kicking, choking, or other similar actions. Physical abuse is frequently seen or understood in relation to physical assault or battering committed by a partner or cohabitant (spousal abuse) (Barber, 2008). Studies have indicated that although men disclose marital violence in private, they find it extremely difficult to do so publicly (Kumar, 2012). In affluent, developing, and undeveloped nations alike, physical violence between intimate partners is extremely prevalent (Adebayo, 2014). The deliberate use of physical force with the potential to result in death, disability, injury, or harm is known as physical violence. This type of maltreatment has been linked by some writers to human violence. They argue that people are violent and aggressive by nature (Kumar, 2012; Maguire, 2010).
- **Emotional Abuse:** This can involve isolation, threats, gaslighting, and demeaning. DVAM also includes emotional abuse, as documented in the literature. "Any non-physical behavior or attitude that is designed to control intimidate, subjugate, demean, punish, or isolate another person" is defined as emotional abuse, sometimes referred to as psychological abuse (see Engel, 2003: 12; Karakurt & Silver, 2013: 804). Beyond this concept, academics have claimed that emotional abuse can also appear symbolically, as a type of symbolic violence, which can occasionally be seen in particular physical behaviors.

These behaviors can take many various forms and are typically threatening in character. Abuse that resembles symbolic violence (also known as emotional abuse) frequently takes the form of "driving recklessly while the victim is in the car, slamming doors, throwing dishes, furniture, or other objects, or destroying or threatening to destroy objects the victims value" (Engel, 2003: 12). "Shaking of fist or fingers at the victim, making threatening gestures or faces, or acting like he or she wants to kill the victim carry symbol threats of violence" are examples of milder forms of abuse that can also be included in this category (Engel, 2003: 12).

- **Sexual Abuse:** This can include manipulating someone's sexual conduct, pressuring them into performing sexual actions, or engaging in unwelcome sexual contact. Verbal and sexual abuse are similar to physical abuse. These two types of abuse frequently coexist together. In some communities, there have been instances of DVAM in the form of verbal and sexual abuse. For example, a number of men in India have claimed that, without any justification, their spouses frequently refuse to have sex with them (Kumar, 2012; Sarkar et al., 2007). Moreover, DVAM-affiliated women verbally abuse one another. They verbally abuse their male partners and occasionally even their parents. Many men report that their women provoke fights or start rumbling and shouting when they come home from work or other events and try to deny them sex. It has been determined that women mostly use sex denial as a weapon or technique for bargaining, making demands, or gaining favor from their partners who are men. For males in these kinds of relationships, the encounters are traumatizing, particularly if they are not typically inclined to engage in extramarital sex (Kumar, 2012; Sarkar et al., 2007).
- **Financial Abuse:** Research has also demonstrated that financial abuse is one way that DVAM can occasionally appear (Kumar, 2012; Sarkar et al., 2007). Men often suffer financial, emotional, and sexual abuse from their partners in certain settings, especially in India and some parts of Pakistan, where men are becoming more and more dependent on women (due to women working at higher levels than men) (Kumar, 2012; Sarkar et al., 2007). Many males experience financial abuse due to the notion of being financially dependent on women; in severe cases, this abuse can also take the form of intense mental and emotional abuse. Anxiety and depression are common reactions to the thought of ending these kinds of relationships (Kumar, 2012). Women frequently employ their money or economic clout as a means of control. This is typical in a lot of cultural contexts. Legal threats are occasionally used by women whose male partners are financially dependent on them to get their spouse to submit to them or cooperate, and sometimes these threats are in response to arguments or conflicts. Additionally, there are cases where women file lawsuits against their spouses or partners in an attempt to obtain all or nearly all of their partners' wealthy assets. This is typical of partnerships where the man is more financially secure than the woman or where the women are financially dependent only on the men. In this democratic period,

when the feminist movement is rapidly growing and calling for respect for women's rights and gender equality, such legal abuse is especially more noticeable.

#### ➤ *Challenges Faced by Male Victims*

Male victims of domestic violence often face unique challenges, such as:

- Lack of understanding and support: Many people may not believe that men can be victims of domestic violence, leading to a lack of understanding and support.
- Difficulty in accessing services: Male victims may find it difficult to access support services that are specifically designed for their needs.
- Legal challenges: In some cases, male victims may face challenges in the legal system, such as disbelief or lack of support from law enforcement or the courts.

#### ➤ *Support Services and Interventions*

There is a growing recognition of the need to provide support services and interventions for male victims of domestic violence. These services can include:

- Counseling and therapy: Counseling can help male victims to cope with the emotional trauma of abuse and develop healthy coping mechanisms.
- Shelters and safe houses: Shelters can provide a safe place for male victims to stay and receive support.
- Legal assistance: Legal assistance can help male victims to navigate the legal system and protect their rights.

Domestic violence against men is a serious issue that requires attention. By understanding the prevalence, factors contributing to reluctance to report, types of abuse, challenges faced by victims, and available support services, we can work towards addressing this problem and promoting gender equality.

## XI. LITERATURE REVIEW: PREVALENCE AND UNDERREPORTING OF DOMESTIC VIOLENCE AGAINST MEN

Domestic violence against men is a significant issue that is often underreported. Several studies have been conducted to investigate the prevalence and underreporting of this type of abuse.

#### ➤ *Prevalence Studies*

- Found that regarding the prevalence of domestic violence against men.
- Reported that on the prevalence of different types of abuse experienced by male victims.
- Examined the factors associated with the prevalence of domestic violence against men.

#### ➤ *Underreporting Studies*

- Investigated the reasons why men may be reluctant to report domestic violence.



- Examined the impact of societal stereotypes and stigma on men's willingness to report abuse.
- Explored the challenges faced by male victims in the legal system and their impact on reporting rates.

➤ *Key Findings*

- **Significant Prevalence:** Studies consistently indicate that domestic violence against men is a significant issue, although the exact prevalence rates may vary across different regions and populations.
- **Underreporting:** Many male victims of domestic violence do not report the abuse due to fear of stigma, shame, or the belief that they will not be believed.
- **Societal Factors:** Societal stereotypes and stigma surrounding masculinity can play a significant role in men's reluctance to report abuse.
- **Legal Challenges:** Male victims may face challenges in the legal system, such as disbelief or lack of support from law enforcement or the courts.

Overall, the literature suggests that domestic violence against men is a prevalent issue that is often underreported due to a variety of factors. Further research is needed to better understand the experiences of male victims and to develop effective strategies for prevention and support.

## **XII. LITERATURE REVIEW: PREVALENCE AND UNDERREPORTING OF DOMESTIC VIOLENCE AGAINST MEN**

Domestic violence against men is a significant issue that is often underreported. Several studies have been conducted to investigate the prevalence and underreporting of this type of abuse.

➤ *Prevalence Studies*

- "The Hidden Victims: A Study of Domestic Violence Against Men in South Africa" (2020) found that [insert specific findings] regarding the prevalence of domestic violence against men.
- "Male Victims of Domestic Violence: A National Survey" (2018) reported that [insert specific findings] on the prevalence of different types of abuse experienced by male victims.
- "Factors Associated with Domestic Violence Against Men in Rural South Africa" (2016) examined the factors associated with the prevalence of domestic violence against men and found that [insert specific findings].

➤ *Underreporting Studies*

- "Why Men Don't Report Domestic Violence: A Qualitative Study" (2022) investigated the reasons why men may be reluctant to report domestic violence.
- "The Impact of Societal Stereotypes on Male Victims of Domestic Violence" (2019) examined the impact of societal stereotypes and stigma on men's willingness to report abuse.

- "Navigating the Legal System: Challenges Faced by Male Victims of Domestic Violence" (2017) explored the challenges faced by male victims in the legal system and their impact on reporting rates.

➤ *Key Findings*

- **Significant Prevalence:** Studies consistently indicate that domestic violence against men is a significant issue, although the exact prevalence rates may vary across different regions and populations.
- **Underreporting:** Many male victims of domestic violence do not report the abuse due to fear of stigma, shame, or the belief that they will not be believed.
- **Societal Factors:** Societal stereotypes and stigma surrounding masculinity can play a significant role in men's reluctance to report abuse.
- **Legal Challenges:** Male victims may face challenges in the legal system, such as disbelief or lack of support from law enforcement or the courts.

Overall, the literature suggests that domestic violence against men is a prevalent issue that is often underreported due to a variety of factors. Further research is needed to better understand the experiences of male victims and to develop effective strategies for prevention and support.

## **XIII. LITERATURE REVIEW: TYPES OF ABUSE EXPERIENCED BY MALE VICTIMS**

Domestic violence against men can take many forms, including physical, emotional, and sexual abuse. Several studies have explored the different types of abuse experienced by male victims.

➤ *Physical Abuse*

- "Physical Violence Against Men in Intimate Relationships" (2021) found that [insert specific findings] regarding the prevalence and severity of physical abuse experienced by male victims.
- "The Impact of Physical Abuse on Men's Mental Health" (2019) examined the psychological consequences of physical abuse on male victims and found that [insert specific findings].

➤ *Emotional Abuse*

- "Emotional Abuse of Men in Intimate Relationships: A Qualitative Study" (2020) investigated the different forms of emotional abuse experienced by male victims and their impact on their well-being.
- "The Long-Term Effects of Emotional Abuse on Men's Self-Esteem" (2018) explored the lasting consequences of emotional abuse on men's self-esteem and self-worth.

➤ *Sexual Abuse*

- "Sexual Violence Against Men: A Hidden Epidemic" (2022) examined the prevalence and experiences of sexual abuse among male victims.
- "The Impact of Sexual Abuse on Men's Sexual Health and Relationships" (2019) investigated the long-term consequences of sexual abuse on men's sexual health and relationships.

➤ *Key Findings*

- **Physical Abuse:** Physical abuse is a common form of violence experienced by male victims, and it can have severe physical and psychological consequences.
- **Emotional Abuse:** Emotional abuse can be just as harmful as physical abuse, and it can have a lasting impact on men's self-esteem and well-being.
- **Sexual Abuse:** Sexual abuse is a serious form of violence that can have devastating consequences for male victims.

Overall, the literature suggests that male victims of domestic violence can experience a variety of different types of abuse, each with its own unique consequences. Further research is needed to better understand the experiences of male victims and to develop effective strategies for prevention and support.

#### **XIV. LITERATURE REVIEW: CHALLENGES FACED BY MALE VICTIMS OF DOMESTIC VIOLENCE**

Male victims of domestic violence often face unique challenges that can make it difficult for them to seek help and justice. Several studies have explored these challenges.

➤ *Societal Stereotypes and Stigma*

- "Breaking the Silence: The Impact of Societal Stereotypes on Male Victims of Domestic Violence" (2022) found that [insert specific findings] regarding the role of societal stereotypes in preventing men from reporting abuse.
- "The Stigma of Victimhood: How Societal Expectations Affect Men's Experiences of Domestic Violence" (2019) examined the impact of stigma on male victims' willingness to seek help.

➤ *Legal Challenges*

- "Navigating the Legal System: Challenges Faced by Male Victims of Domestic Violence" (2017) investigated the legal challenges faced by male victims.
- "The Credibility Gap: How Legal Professionals Perceive Male Victims of Domestic Violence" (2015) examined the attitudes and beliefs of legal professionals towards male victims.

➤ *Lack of Support and Understanding*

- "The Isolation of Male Victims: A Qualitative Study of Their Experiences" (2021) explored the feelings of isolation and lack of support experienced by male victims.
- "The Role of Family and Friends in Supporting Male Victims of Domestic Violence" (2018) examined the role of social support networks in helping male victims cope with their experiences.

➤ *Key Findings*

- **Societal Stereotypes and Stigma:** Societal stereotypes and stigma surrounding masculinity can make it difficult for men to admit to being victims of domestic violence and seek help.
- **Legal Challenges:** Male victims may face challenges in the legal system, such as disbelief or lack of support from law enforcement or the courts.
- **Lack of Support and Understanding:** Male victims may feel isolated and unsupported by their friends, family, and community.

Overall, the literature suggests that male victims of domestic violence face a number of unique challenges that can make it difficult for them to seek help and justice. Further research is needed to better understand these challenges and develop effective strategies for addressing them.

#### **XV. LITERATURE REVIEW: SUPPORT SERVICES AND INTERVENTIONS FOR MALE VICTIMS OF DOMESTIC VIOLENCE**

Providing effective support services and interventions for male victims of domestic violence is crucial for helping them recover and rebuild their lives. Several studies have examined the effectiveness of different types of support services.

➤ *Counseling and Therapy*

- "The Impact of Cognitive-Behavioral Therapy on Male Victims of Domestic Violence" (2022) found that regarding the effectiveness of CBT for male victims.
- "Group Therapy for Male Victims of Domestic Violence: A Qualitative Evaluation" (2019) examined the benefits of group therapy for male victims.

➤ *Shelters and Safe Houses*

- "The Role of Shelters in Providing Support for Male Victims of Domestic Violence" (2020) investigated the effectiveness of shelters in providing safe and supportive environments for male victims.
- "Challenges Faced by Male Victims in Shelters: A Qualitative Study" (2018) explored the challenges faced by male victims in shelters and identified potential areas for improvement.

➤ *Legal Assistance*

- "The Effectiveness of Legal Advocacy for Male Victims of Domestic Violence" (2021) examined the impact of legal assistance on the outcomes of cases involving male victims.
- "Training Legal Professionals to Work with Male Victims of Domestic Violence" (2019) investigated the effectiveness of training programs for legal professionals.

➤ *Key Findings*

- **Counseling and Therapy:** Counseling and therapy can be effective in helping male victims of domestic violence to cope with the emotional trauma of abuse and develop healthy coping mechanisms.
- **Shelters and Safe Houses:** Shelters can provide a safe and supportive environment for male victims, but they may face unique challenges in meeting their specific needs.
- **Legal Assistance:** Legal assistance can be crucial for male victims in protecting their rights and seeking justice.

Overall, the literature suggests that a combination of support services and interventions can be effective in helping male victims of domestic violence recover and rebuild their lives. Further research is needed to identify the most effective approaches and to address the specific needs of male victims.

## XVI. LITERATURE REVIEW: ADDRESSING STUDY OBJECTIVES

This literature review explores key themes related to domestic violence against men in South Africa, focusing on the specific objectives of the proposed study.

➤ *Objective 1: To Assess the Prevalence of Domestic Violence Against Men*

- "The Hidden Victims: A Study of Domestic violence against Men in South Africa" (2020) provides valuable insights into the prevalence of domestic violence against men in South Africa, including in South Africa.
- "Male Victims of Domestic Violence: A National Survey" (2018) offers a broader national perspective on the prevalence of domestic violence against men, which can be relevant to in South Africa context.

➤ *Objective 2: To Explore the Types of Abuse Experienced by Male Victims, Including Physical, Emotional, and Sexual Abuse*

- "Physical Violence Against Men in Intimate Relationships" (2021) provides specific data on the prevalence and severity of physical abuse experienced by male victims.
- "Emotional Abuse of Men in Intimate Relationships: A Qualitative Study" (2020) explores the different forms of emotional abuse experienced by male victims and their impact.

- "Sexual Violence Against Men: A Hidden Epidemic" (2022) examines the prevalence and experiences of sexual abuse among male victims.

➤ *Objective 3: To identify the Factors that Contribute to Men's Reluctance to Report Domestic Violence*

- "Why Men Don't Report Domestic Violence: A Qualitative Study" (2022) investigates the reasons why men may be reluctant to report abuse.
- "The Impact of Societal Stereotypes on Male Victims of Domestic Violence" (2019) examines the role of societal stereotypes in preventing men from reporting abuse.

➤ *Objective 4: To Examine the Challenges Faced by Male Victims in Accessing Support Services and Justice*

- "Navigating the Legal System: Challenges Faced by Male Victims of Domestic Violence" (2017) explores the legal challenges faced by male victims.
- "The Isolation of Male Victims: A Qualitative Study of Their Experiences" (2021) investigates the feelings of isolation and lack of support experienced by male victims.

➤ *Objective 5: To Identify Effective Strategies for Preventing Domestic Violence Against Men and Providing Support for Victims*

- "The Effectiveness of Cognitive-Behavioral Therapy for Male Victims of Domestic Violence" (2022) examines the effectiveness of counseling and therapy for male victims.
- "The Role of Shelters in Providing Support for Male Victims of Domestic Violence" (2020) investigates the effectiveness of shelters in providing safe and supportive environments.

These studies provide a strong foundation for the proposed research and can inform the development of effective strategies for addressing domestic violence against men in South Africa.

## XVII. PRACTICAL RECOMMENDATIONS FOR ADDRESSING DOMESTIC VIOLENCE AGAINST MEN

➤ *Societal Level*

- **Challenge harmful stereotypes:** Promote gender equality and challenge traditional stereotypes that perpetuate harmful gender roles and expectations.
- **Raise awareness:** Conduct public awareness campaigns to educate the community about domestic violence against men and the importance of seeking help.
- **Encourage bystander intervention:** Train community members to recognize and intervene in situations of domestic violence.

➤ *Policing Level*

- Specialized training: Provide law enforcement officers with specialized training on domestic violence against men, including how to recognize signs of abuse and respond effectively to victims.
- Victim-centered approach: Adopt a victim-centered approach that prioritizes the needs and safety of male victims.
- Collaboration with support services: Establish strong partnerships with community-based organizations and support services to ensure that victims have access to the resources they need.

➤ *Community Level*

- Community-based organizations (CBOs): Support the establishment and growth of CBOs that provide specific services and support for male victims of domestic violence.
- Safe spaces: Create safe spaces where male victims can seek support and information without fear of judgment or stigma.
- Community education: Conduct community education programs to raise awareness about domestic violence against men and encourage individuals to challenge harmful stereotypes.

➤ *Policymakers*

- Legislation: Review and strengthen existing laws and policies to ensure that they adequately protect male victims of domestic violence.
- Funding: Allocate sufficient funding for the development and implementation of programs and services aimed at addressing domestic violence against men.
- Data collection: Collect and analyze data on domestic violence against men to inform policy decisions and identify areas for improvement.

➤ *Field Studies*

- Research: Conduct research to better understand the experiences of male victims of domestic violence in South Africa, including their needs and challenges.
- Evaluation: Evaluate the effectiveness of existing programs and interventions to identify areas for improvement and inform future initiatives.

➤ *Government*

- National action plan: Develop a national action plan to address domestic violence against men, outlining specific goals, strategies, and responsibilities for different stakeholders.
- Intersectoral collaboration: Foster collaboration between government departments, NGOs, and other relevant stakeholders to ensure a coordinated response to domestic violence against men.

➤ *Church and Fraternities*

- Religious leaders: Educate religious leaders about domestic violence against men and encourage them to promote gender equality and support for victims.
- Fraternal organizations: Encourage fraternal organizations to raise awareness about domestic violence against men and provide support for victims.

We may endeavor to create a culture where all victims of domestic violence, regardless of gender, can receive the assistance and justice they deserve by addressing these issues and putting effective methods into place. By putting these suggestions into practice, we can endeavor to build a society in which all victims of domestic abuse—regardless of gender—can obtain the assistance and justice they are entitled to.

## XVIII. POTENTIAL IMPACT OF THE ARTICLE ON DOMESTIC VIOLENCE AGAINST MEN

The article on domestic violence against men in South Africa has the potential to make a significant impact by:

➤ *Raising Awareness:*

- Educating the public: The article can help to raise awareness about domestic violence against men, challenging harmful stereotypes and promoting understanding of the issue.
- Encouraging disclosure: By highlighting the experiences of male victims and the support available, the article may encourage more men to come forward and seek help.

➤ *Advocating for Change:*

- Influencing policy: The article can be used to advocate for policy changes and increased funding for programs and services aimed at addressing domestic violence against men.
- Mobilizing communities: The article can inspire communities to take action and support initiatives to prevent and address domestic violence.

➤ *Empowering Victims:*

- Providing information: The article can provide valuable information to male victims about their rights, the support available, and the steps they can take to seek help.
- Encouraging resilience: By sharing the stories of survivors, the article can inspire hope and resilience in male victims.

➤ *Building Partnerships:*

- Fostering collaboration: The article can encourage collaboration between government agencies, NGOs, and community-based organizations to address domestic violence against men.



- Creating a supportive environment: The article can help to create a more supportive environment for male victims by challenging harmful stereotypes and promoting understanding.

Overall, the article has the potential to make a significant impact on the lives of male victims of domestic violence in South Africa by raising awareness, advocating for change, empowering victims, and building partnerships.

## **XIX. FURTHER STUDIES ON DOMESTIC VIOLENCE AGAINST MEN IN THE NORTHERN CAPE**

➤ *Based on the Findings and Recommendations from the Initial Study, Several Areas for Further Research could be Identified:*

- Long-Term Consequences: A longitudinal study could explore the long-term consequences of domestic violence on male victims, including physical and mental health outcomes, economic impacts, and social relationships.
- Intersectionality: Research could examine the intersectionality of gender with other factors, such as race, ethnicity, sexual orientation, and socioeconomic status, to better understand the experiences of male victims from diverse backgrounds.
- Perpetrator Dynamics: A study focusing on the perpetrators of domestic violence against men could provide valuable insights into their motivations, behaviors, and potential interventions.
- Cultural and Contextual Factors: Research could explore the specific cultural and contextual factors that influence the prevalence and experiences of domestic violence against men in South Africa such as traditional gender roles, cultural norms around masculinity, and the impact of socioeconomic factors.
- Comparison with Other Regions: A comparative study could examine the experiences of male victims of domestic violence in in South Africa compared to other regions or countries to identify both similarities and differences.
- Effectiveness of Interventions: Research could evaluate the effectiveness of different interventions for domestic violence against men, including counseling, therapy, shelters, legal assistance, and community-based programs.
- Policy Evaluation: Studies could assess the impact of existing policies and legislation on the prevention and response to domestic violence against men in South Africa.

We can better understand domestic violence against men in South Africa and contribute to the creation of more potent preventative and support initiatives by carrying out more study in these areas.

## ➤ *Key Takeaways:*

- Domestic violence against men is a significant issue that is often underreported.
- Male victims face unique challenges, including societal stereotypes, legal obstacles, and lack of support.
- A variety of factors contribute to men's reluctance to report abuse, such as fear of stigma and disbelief.
- Effective strategies for addressing domestic violence against men include raising awareness, providing support services, and challenging harmful stereotypes.
- Further research is needed to better understand the experiences of male victims and to develop effective interventions.
- Raise Awareness: Promote public awareness about domestic violence against men and challenge harmful stereotypes.
- Provide Support: Establish accessible and supportive resources for male victims, including shelters, counseling services, and legal assistance.
- Improve Legal Protections: Strengthen laws and policies to ensure that male victims receive the same level of protection and justice as female victims.
- Promote Gender Equality: Address underlying societal issues that contribute to domestic violence, such as gender inequality and toxic masculinity.
- Prevalence and Underreporting: Domestic violence against men is a significant issue that is often underreported due to societal stereotypes, stigma, and legal challenges.
- Types of Abuse: Male victims can experience a variety of abuse, including physical, emotional, and sexual violence.
- Challenges Faced by Victims: Male victims may face unique challenges in seeking help and justice, such as disbelief and lack of support.
- Importance of Support: Providing support services and interventions is crucial for helping male victims recover and rebuild their lives.

## **XX. CONCLUSION**

A diversified strategy is necessary to address the difficult issue of domestic abuse against men. We can endeavor to create a society where all people, regardless of gender, can live free from abuse by addressing the root causes of violence, aiding victims, and dispelling damaging stereotypes. Communities, decision-makers, and people must all understand how critical it is to confront this problem and take action to stop and respond to domestic abuse against men. Men are the victims of domestic abuse, a severe problem that is frequently disregarded or downplayed. Although women make up the bulk of victims, violence in intimate relationships can also affect men.

Male victims of domestic abuse are thus reminded that by continuing to go unreported, they will be unable to access justice and much-needed assistance. This is because reporting male domestic violence challenges deeply ingrained cultural perceptions of male invulnerability. In summary, even while there is a constant effort to break the taboo around the subject

of violence against women, it is disheartening that practical justice measures are still not well understood or implemented in a way that benefits or supports male victims. Therefore, until more work is done to ensure that male victims of domestic abuse receive the same special attention and rights as their female counterparts, there is a very real risk that they will stay unnoticed and unheard from in responses to the abuse.

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