

BINDURA UNIVERSITY OF SCIENCE EDUCATION
FACULTY OF SOCIAL SCIENCES AND HUMANITIES



The Effects of Intimate Partner Violence on Young Couples. A Case Study of Kadoma Town

BY

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A Dissertation Submitted to the Department of Peace and Governance in partial fulfillment for the requirements for the Bachelor of Science in Peace and Governance Degree.

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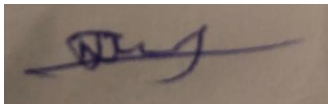
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Abstract

Intimate Partner Violence (IPV) is a pervasive issue with significant consequences for individuals and relationships. This qualitative study aims to explore the characteristics of IPV, contributing factors, short-term and long-term effects, barriers to seeking help, gender differences, and its impact on relationship dynamics and stability among young couples. Fifteen participants, comprising both male and female respondents aged between 18 and 35, were interviewed in-depth to gather rich insights into their experiences with IPV. The characteristics of IPV ranged from physical and sexual abuse to psychological manipulation and control. Contributing factors included socio-cultural norms, communication patterns, substance abuse, and previous exposure to violence. Barriers to seeking help were identified, such as fear, shame, societal stigma, and lack of awareness regarding available resources. Gender differences were observed, highlighting the differential experiences and responses to IPV. Furthermore, the study revealed that IPV had profound implications for relationship dynamics and stability, resulting in increased conflicts, reduced trust, and diminished satisfaction. These findings underscore the urgent need for targeted interventions and support services to address the multifaceted challenges faced by young couples affected by IPV.

Declaration Form

I, Mushayavanhu Nicol Tanaka declare that The effects of intimate partner violence on young couples. The case study of Kadoma Town is my original work that has not been submitted for any degree or examination in any other university and that all the sources I have used or quoted here have been indicated and acknowledged.

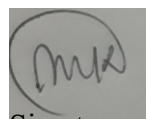
Signed:..........

Supervisor: Dr C Muchemwa

Signature:



Chairperson: Dr J Kurebwa



Signature.....

Dedication

I dedicate this piece of work to the pillars of my world, my unwavering support and my eternal source of love and inspiration, my beloved parents Mr and Mrs Mushayavanhu and my cherished sister Vinbai Mushayavanhu.

Acknowledgements

I would like express my sincere appreciation to my supervisor, Dr C. Muchemwa. His expertise, patience and unwavering commitment to academic excellence was invaluable. His guidance shaped my research, challenged my thinking and elevated the quality of this research. I am truly grateful for the opportunity to learn from him. I also extend my gratitude to the members of Kadoma Town for their assistance through this research.

List of abbreviations and acronyms

CAMFED-Campaign for Female Education

CDC -Centers for Disease Control

ESAP-Economic Structural Adjustment Program

GBV-Gender Based Violence

IPV- Intimate Partner Violence

POWA-People Opposing Women Abuse

SADC -Southern African Development Community

ZRP - Zimbabwe Republic Police

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CHAPTER ONE

1.0: INTRODUCTION

1.1 Background of the study

Intimate Partner Violence is a common form of violence in intimate relationships, including physical, sexual, and emotional abuse, as well as controlling behaviors and sexual coercion by a current or former partner. It is a complex mix of affection and aggression.

Intimate partner violence (IPV) is a widespread problem worldwide, involving harmful behaviors within intimate relationships that result in physical, psychological, or sexual harm to either one or both partners. The impact of IPV extends beyond individuals and families, affecting communities and impeding gender equality and healthy relationships (Garcia-Moreno et al., 2013). This study concentrates on examining the repercussions of Intimate Partner Violence on young couples residing in Kadoma Town, Zimbabwe. Its objective is to gain insight into the unique challenges and consequences experienced by individuals within this particular community.

In Africa, the issue of Intimate Partner Violence is exacerbated by traditional gender norms, unequal power dynamics, and socio-economic challenges. This creates a significant barrier to social and economic development (Dunkle et al., 2004; Jewkes et al., 2002). The African perspective on Intimate Partner Violence is influenced by shared

cultural beliefs and deeply ingrained patriarchal norms, which can be oppressive to victims. For instance, in Mozambique, Intimate Partner Violence is not only a reflection of gender inequality but is also culturally accepted rather than challenged. The Mozambique Demographic and Health Survey of 2011 revealed that a significant number of individuals believed that "wife beating is justified for at least one specific reason." This indicates that tolerating violence against women is normalized in African communities, with women expected to be submissive to men. Deviating from these norms often leads to abuse by male partners (Cebola, . 2013).

In the Southern African Development Community (SADC) region, addressing Intimate Partner Violence is a key focus as outlined in the SADC Protocol on Gender and Development. However, young couples in various SADC countries still encounter Intimate Partner Violence. The factors contributing to Intimate Partner Violence operate on different levels, from individual sociodemographic to culturally related factors, especially within the African context. Sociodemographic factors commonly linked to Intimate Partner Violence include the woman's age (Romans et al. 2007; Olayangu et al. 2013) and childhood exposure to domestic violence (Yount & Carrera 2006). Cultural factors associated with Intimate Partner Violence include the belief that a husband can physically discipline his wife for reasons such as disobedience or refusal of sex (Shezongo-Macmillan, 2007). These cultural factors in Africa are often rooted in gender inequalities that favor men in decision-making processes (Ofeyi-Aboagye, 1994; Hinden, 2003; Suffitz, 2010). In Zambia, discussions around Intimate Partner Violence align with broader patterns seen across Africa (OMCT, 2002; Dover, 2005; Simpson, 2005).

The repercussions of Intimate Partner Violence in Zimbabwe extend to physical harm, psychological distress, interference with schooling and work, and compromised well-being (Kumakech et Al., 2020; Shamu et Al., 2019). These outcomes carry weighty implications for both the victims and the broader society. Hence, it is imperative to

examine the particular obstacles and effects experienced by young couples in Kadoma Town, Zimbabwe.

1.2 Statement of the Problem

Intimate Partner Violence (IPV) is a harmful behavior occurring within intimate relationships, including physical, psychological, and sexual abuse. This issue is prevalent among young couples in Kadoma Town, leading to significant and far-reaching consequences. Victims suffer physical injuries, pain, and long-term health complications. Psychologically, they experience anxiety, depression, low self-esteem, and post-traumatic stress disorder. These consequences affect overall well-being, relationships, and education or employment. IPV also negatively impacts families, communities, and society, contributing to social breakdown, gender disparities, and hindering progress. Understanding the issue and its effects is crucial for developing effective interventions, support services, and policies to address IPV and promote healthy relationships in Kadoma Town.

1.3 Aim of the study

The objective of this research is to gain insight into the factors contributing to or resulting from Intimate Partner Violence among young couples residing in Kadoma Town, Zimbabwe.

1.4 Objectives of the study

1. The main objective of the study is to examine the prevalence and patterns of intimate partner violence among young couples in Kadoma Town, Zimbabwe.
2. To explore the physical, psychological, and social consequences experienced by young couples affected by intimate partner violence.
3. To identify the risk factors and underlying factors contributing to intimate partner violence within young couples in Kadoma Town.

4. To propose recommendations for interventions, support services, and policies aimed at preventing and addressing intimate partner violence among young couples in Kadoma Town, Zimbabwe.

1.5 Research Questions

1. The main research question is to identify what the physical health consequences experienced by young couples affected by Intimate Partner Violence in Kadoma Town are?
2. What are the psychological consequences experienced by young couples affected by Intimate Partner Violence in Kadoma Town?
3. What are the social consequences experienced by young couples affected by Intimate Partner Violence in Kadoma Town?
4. What are the risk factors and underlying factors contributing to Intimate Partner Violence among young couples in Kadoma Town?

1.6 Assumptions of the study

1. All abusers are male.
2. Patriarchal attitudes adequately explain Intimate Partner Violence.

1.7 Significance of the study

Intimate Partner Violence (IPV) refers to harmful actions within intimate relationships, including physical, psychological, and sexual abuse. It affects individuals, families, communities, and societies. IPV hinders survivors' well-being, making it difficult to form healthy relationships and pursue education or employment. Research on IPV's impact on young couples in Kadoma Town will benefit society by raising awareness and providing support. This will encourage survivors to seek help and address the issue openly, taking a significant step towards ending IPV.

This study is crucial for advancing future investigations on IPV by examining overlooked aspects of its root causes and persistence in society. The findings will pave the way for researchers to enhance their studies on IPV. Readers will benefit from learning about organizations like Musasa, CAMFED, and POWA, which address violence in intimate partner relationships. These organizations will also benefit as they aim to eradicate gender-based violence and empower women.

1.8 Delimitation of the study

The study will focus on the impact of intimate partner violence on young couples aged 18-35 in Kadoma Town, Zimbabwe, both within and outside the working sector. It will investigate the prevalence and patterns of intimate partner violence among these couples, as well as the physical, psychological, and social consequences experienced. The study will also explore risk factors and underlying factors contributing to intimate partner violence. Data will be collected through group discussions and individual interviews to accommodate different comfort levels in discussing these sensitive issues.

1.9 Limitations

The study will have limitations including restricted access to information, limited availability of literature due to technological constraints, time constraints, and insufficient funding. These limitations will impact data quality and the number of interviewees, posing challenges. Biased information may also be encountered as individuals may hide the truth or deny the impact of violence in their relationships.

1.10 Definition of key terms

Adult sexual violence: The Centers for Disease Control and Prevention (CDC) defines sexual violence as any coercive or exploitative actions or remarks targeting a person's sexuality.

Domestic violence: Intimate Partner Violence or domestic violence is defined by the World Health Organization as any harmful behavior within an intimate relationship. It

includes physical aggression, emotional manipulation, sexual assault, and controlling actions.

Emotional abuse: Emotional abuse, according to Webster (1993) involves one partner exerting control over the other in an intimate relationship. It includes actions like humiliation, isolation, and monitoring the partner's actions.

Controlling behavior: According to Moore (2003) controlling behavior involves exerting influence over an individual's actions, thoughts, feelings, and emotions. It can manifest in various ways, such as demanding a partner's time account, being the sole decision-maker, and limiting access to resources.

1.11 Dissertation outline

The structure of the dissertation is as follows:

Chapter One — Introduction and background: A general overview including the significance, problem, aim and objectives of the study.

Chapter Two — Literature review: Focuses on the relevant literature to the study.

Chapter Three — Research methodology: Outlines and explains the methodology which is relevant and best instruments to the research.

Chapter Four — Data presentation, analysis and discussion: Data collection, presentation and analysis linking new knowledge to fill the gaps identified in literature review.

Chapter Five — Conclusion and recommendations: The answers found in relation to the research topic and what suggestions concerning the answers found that will help future research.

CHAPTER TWO

2.0: LITERATURE REVIEW AND THEORETICAL FRAMEWORK

2.1 Introduction

Jesson, et al (2011) found that a literature review is essential for analyzing and evaluating a specific topic. Hart (1998) states that it serves to present information and ideas while outlining methods for further research. The study uses The Structuration Theory and Social Learning Theory to understand Intimate Partner Violence in Zimbabwe.

2.2 Theoretical Framework

2.2.1 Structuration Theory

This research was guided by Giddens' (1984) Structuration Theory, which recognizes the relationship between social structure and action. According to Giddens, human agency and social structure are interconnected, and individuals play a role in reproducing the structure through their actions. Giddens argues that social structure consists of traditions, institutions, moral codes, and established practices, but these elements can be changed when people choose to disregard, replace, or modify them. In this study, structures refer to traditional and religious institutions, as well as family arrangements.

Utilizing Structuration theory in this research helps to understand the patterns and causes of Intimate Partner Violence and the challenges in addressing it. According to Giddens (2006) theory individuals' behaviors are shaped by social structures and their own actions. This suggests that societal conditions, like gender norms and power dynamics, influence actions related to Intimate Partner Violence. It emphasizes that IPV is not solely a result of individual choices, but also a result of societal influences.

2.2.2 Social Learning Theory

Bandura's Social learning theory emphasizes the importance of observing and imitating others' behaviors, attitudes, and emotional responses. According to Bandura (1977) most human behavior is learned through observing and modeling. By watching others, individuals develop a mental representation of how to perform new behaviors, which then guides their future actions. When applied to the study of Intimate Partner Violence, the Social learning theory helps explain the prevalence of such violence, as it suggests that behavior is learned through observing and imitating influential figures. Chitiyo (2004) supports this idea, stating that in many African nations, violence

is learned by observing others, especially within families where children witness violence between parents and are more likely to imitate it in the future.

Bandura (1977) asserts that gender-based social distinctions are common in all societies, with men usually having more power and status. This has resulted in a widespread acceptance of violence against women, as it is seen as normal due to the subordinate role assigned to women by different cultures. Social learning theory is useful in understanding how societal gender roles contribute to Intimate Partner Violence, as well as how societal norms hinder the enforcement of laws addressing this issue due to resistance to change.

2.3 Intimate Partner Violence

Intimate Partner Violence, also referred to as domestic abuse, spousal abuse, battering, or family violence, is a term used to describe a series of abusive behaviors exhibited by one partner towards another in an intimate relationship, such as marriage, dating, family, or cohabitation (Panjak et al, 2013:72). Dutton (2012) argues that Intimate Partner Violence can take various forms, including physical aggression or assault (such as hitting, kicking, biting, shoving, restraining, slapping, or throwing objects), as well as threats of such actions, sexual abuse, emotional abuse, and economic deprivation. In recent years, Intimate Partner Violence has become a growing concern in Zimbabwe. Research conducted by other scholars has revealed that people often have a limited understanding of what Intimate Partner Violence entails, often associating it solely with physical abuse. According to Tom and Musingafi (2013) there is a lack of awareness regarding other forms of domestic violence, such as marital rape, economic abuse, and verbal abuse. Therefore, it is crucial to investigate the level of knowledge individuals possess regarding Intimate Partner Violence.

2.4.0 Forms of Intimate Partner Violence

2.4.1 Physical Abuse

Physical abuse, as described by Panjak et al (2012) includes any contact intended to cause fear, pain, harm, or physical suffering. This includes hitting, slapping, punching, choking, pushing, and any other harmful contact. It can also involve withholding medical treatment or depriving the victim of sleep or other essential functions.

Physical violence involves causing harm to individuals, including children or animals, with the intention of causing psychological damage (Panjak et al., 2013:71). In Zimbabwe, physical abuse is the most prevalent form of violence experienced by victims. The Domestic Violence Act in Zimbabwe recognizes physical abuse as a form of abuse that requires support for victims. Therefore, it is crucial to investigate awareness of physical violence as a criminal offense.

2.4.2 Sexual Abuse

According to Panjak et al (2012) sexual abuse involves using force or threats to make someone participate in unwanted sexual activity. This includes forcing someone to engage in sexual acts against their will, even if they are a spouse or partner. Sexual abuse is a form of Intimate Partner Violence that affects women globally. Zimbabwe has laws like the Sexual Offenses Act and Domestic Violence Act to protect victims of sexual abuse. However, it is still a problem in Zimbabwe, especially within marriages where women experience marital rape. Therefore, it is important to investigate how aware people are of the criminality of sexual abuse under the Domestic Violence Act.

2.4.3 Spousal Abuse

A report from Zimbabwe Women Lawyers (2011) highlights that spousal abuse is the most prevalent form of gender-based violence. Due to the patriarchal nature of Zimbabwean society, women are disproportionately affected by Intimate Partner Violence compared to men. Women often face various forms of violence, including sexual, physical, emotional, psychological, and socioeconomic violence, both within their homes and in society at large. Cultural and traditional norms have reinforced the subordinate status of women, leaving them more susceptible to abuse. Armstrong (1998) notes that, in Zimbabwean cultures, wife beating is sometimes viewed as an acceptable

method of correcting a woman's behavior. Customary law often does not consider wife beating wrong or punishable, likening it to disciplining a child. Knoblock (2008) argues that when gender plays a significant role in structured inequality, the devalued gender typically holds less power, status, and economic opportunities than the valued gender, contributing to spousal abuse. The Zimbabwe Domestic Violence Act prohibits such abuse, emphasizing the importance of raising awareness among women about the legal protections available to them against Intimate Partner Violence.

2.4.4 Verbal and Emotional Abuse

Campbell et al (2010) defines emotional abuse as humiliating the victim, exerting control, withholding information, diminishing self-worth, isolating from loved ones, and denying access to resources. Miller (2010) describes emotional abuse as behavior that threatens, intimidates, undermines self-esteem, or restricts freedom. Research shows both men and women are affected by emotional abuse, with women often experiencing verbal abuse due to patriarchal cultures. However, recent studies show men also suffer from intimate partner violence, including verbal abuse. Despite this, men rarely report incidents due to shame and gender-based violence laws. Medzani (2013) found that 96% of men surveyed experienced verbal abuse, marital rape, and physical violence, but hesitate to report due to societal norms and laws that prioritize women's rights.

Medzani (2013) argues that the Domestic Violence Act prioritizes the rights of women by protecting them from practices like forced virginity testing, forced wife inheritance, and girl pledging. However, it neglects to address abuse against men, such as verbal and marital abuse. This leads to men being reluctant to report such cases, as they perceive the legislation as primarily focused on women and children. Varume Svinurai, a local organization in Kwekwe, found that more men were being abused by women in 2014. However, proving these cases was difficult due to the lack of comparative databases that highlight male abuse, as organizations prioritize women's abuse. In 2010 and 2011, around 1,100 men sought support from Varume Svinurai due to abuse from

their current or former wives. This research aims to investigate awareness of this type of violence and its consequences.

2.4.5 Economic Abuse

Panjak et al (2012) describes economic abuse as a type of abuse in which one partner in an intimate relationship controls the other partner's access to economic resources. Economic abuse involves restricting a spouse from acquiring resources and limiting the amount of resources available to the victim. The goal of preventing a spouse from obtaining resources is to reduce the victim's ability to sustain themselves, thus compelling them to rely on the abuser financially. This includes hindering the victim from pursuing education, securing employment, advancing their careers, and accumulating assets (Panjak, 2012). In Zimbabwe, economic abuse has been identified as a prevalent form of abuse impacting numerous families. This is evident through the rise in maintenance cases reported over the years. According to Hove (2011:156), poverty has somewhat heightened the occurrence of domestic violence cases in Zimbabwe. There is an inverse correlation between wealth and domestic violence, indicating that wealthier couples experience fewer instances of domestic violence. Osirim (2003:156) argues that domestic violence cases in Zimbabwe escalated due to the country's economic downturn in the 1990s during the Economic Structural Adjustment Program (ESAP) in 1990. The implementation of the Economic Structural Adjustment Program resulted in economic hardships for women, particularly those at the lower end of the socio-economic spectrum. This led to an increase in violence against women as many men lost their jobs, prompting numerous women to engage in informal trading to provide for their families.

Mashiri and Mawire (2013:8) note that dollarization in Zimbabwe from 2008-2009 created challenges for low-income families due to limited access to the US Dollar. This led to difficulties in managing family finances, with men controlling household income based on patriarchal beliefs. As a result, women have experienced economic

exploitation and increased physical abuse. It is important to assess individuals' awareness of these forms of abuse and their knowledge of protective laws.

2.5 Factors affecting reducing the prevalence of Intimate Partner Violence in Zimbabwe

2.5.1 Religious Laws

The presence of religious beliefs has posed a hindrance to the effective implementation of acts such as the Domestic Violence Act in Zimbabwe. Many families in the country prefer to handle disputes within the confines of their own households. Unfortunately, this has resulted in a disturbing trend of violence against women, as most victims are reluctant to report cases of Intimate Partner Violence (IPV). A study conducted by Makamadze, Issaco, and Chireshe in 2011 revealed that women perceive the Act as a threat to the institution of marriage. They argue that involving the legal system in family matters may lead to divorce, which contradicts the teachings of their religious denomination. Makahamdze(2011) further asserts that women believe the Domestic Violence Act is not aligned with the principles of their faith, as they believe that conflicts among Christians should be resolved within the church rather than in a court of law.

2.5.2 Customary Laws

Intimate Partner Violence is a significant issue in rural areas, where women often lack the power to protect themselves due to patriarchal cultures that undermine women's rights. According to Curran and Bonthuys(2004), the social and economic conditions in which rural women live make them more susceptible to domestic violence and hinder their ability to break free from it. Mugugunyeki(2014) highlights those women in rural Zimbabwe face challenges accessing legal services and understanding the laws meant to safeguard them. As a result, the prevalence of Intimate Partner Violence cases has been increasing in rural Zimbabwe due to the lack of access and knowledge of protective laws for women.

Lobola and other customary practices perpetuate the oppression of women by viewing them as possessions of men, leading to violence in marriages. Kambarami (2006) emphasizes that lobola gives men full control while stripping women of their autonomy, reducing them to objects. Matope (2013) adds that many cases of domestic abuse in Zimbabwe go unreported due to cultural norms like lobola.

Sithole (2007) emphasizes that traditional leaders believe that family matters should be kept private and not interfered with by the law. According to Curran and Bonthuys (2004) resolving disputes between spouses, including domestic violence, should be handled through cultural channels rather than seeking public intervention. Bowman (2003) suggests that in the African context, the distinction between private and public spheres may not function in the same way. Private institutions like families and traditional leaders, despite lacking formal authority in the state, can wield significant power and influence, sometimes more so than state intervention.

2.5.3 Women dependency on men

Chuma and Chazovachii (2011) highlight the hindrance to implementing the Act in Zimbabwe due to women's dependency on men, reinforced by patriarchal customs. This leads to high unemployment rates among women, making them reliant on their partners. Consequently, women experiencing Intimate Partner Violence often stay in abusive relationships due to their lack of financial independence. Weissman (2013) argues that domestic violence programs have focused on addressing the consequences of abuse rather than developing prevention strategies based on socioeconomic analysis and addressing the root causes of violence. Chuma & Chazovachii (2011) further emphasize that rural women are particularly economically dependent on their husbands, making it difficult for them to report violations. This fear stems from potential loss of everything, including shelter, as property ownership rights are limited for rural women due to customary laws. As a result, women in these areas often silently endure abuse to avoid losing their only means of support.

2.5.4 Societal attitudes, beliefs and perceptions

Societal norms, values, and perspectives play a significant role in impeding efforts to combat Intimate Partner Violence within Zimbabwean communities. According to Curran & Bonthuys (2004) the community tends to frown upon women who seek help through public channels to address domestic violence or IPV. This is because such actions not only bring to light issues that are traditionally kept private within the family, but also suggest that their families are incapable or unwilling to address these issues. Unfortunately, these negative attitudes are also prevalent among law enforcement, social workers, and healthcare professionals who are tasked with supporting victims of Intimate Partner Violence. This highlights a lack of comprehension regarding the complexities of Intimate Partner Violence. Therefore, conducting research to gauge the level of awareness surrounding Intimate Partner Violence and societal perceptions of the Domestic Violence Act could pave the way for enhancing the dissemination of information and raising awareness about the Act, ultimately leading to a reduction in the prevalence of Intimate Partner Violence.

2.6 Chapter Summary

In this section, the study thoroughly examines the supporting literature and explains the theoretical foundation, focusing on Structuration Theory and Social Learning Theory to understand the underlying causes of Intimate Partner Violence. The review also explores different forms of abuse and factors contributing to reducing its prevalence in Zimbabwe's social structures. By using these theories, the study achieves a comprehensive understanding of the root causes of Intimate Partner Violence.

CHAPTER THREE

3.0: RESEARCH DESIGN AND METHODOLOGY

3.1 Introduction

This section details the methodology used to investigate the impact of Intimate Partner Violence on young couples in Kadoma Town. It includes information on the research techniques, data collection procedures, research design, sample population, and tools used. The primary focus is on explaining the research strategy, including the use of questionnaires and key informant interviews, as well as the data analysis plan and presentation.

3.2 Research Philosophy

Research philosophy encompasses the fundamental beliefs, assumptions, and worldview that shape and guide a researcher's approach to generating and understanding knowledge (Saunders et al., 2019). It serves as the basis for the research process, influencing the researcher's selection of methodology, methods, and interpretation of data. There are three main research philosophies widely recognized: positivism, interpretivism, and critical realism.

Positivism, as a research philosophy, places emphasis on the objective and scientific study of phenomena. It assumes that knowledge can be acquired through empirical observations, measurements, and the application of logical and mathematical reasoning (Saunders et al., 2019). Positivists strive to uncover general laws and causal relationships by utilizing quantitative research methods such as surveys or experiments. Their aim is to maintain objectivity and eliminate biases from the research process.

In the context of studying the effects of Intimate Partner Violence (IPV), opting for a positivist research philosophy can be justified for several reasons. Firstly, positivism aligns with the objective of examining the effects of IPV as it allows for a systematic and rigorous investigation of causal relationships.

Positivism offers benefits like objectivity and rigorous scientific approaches, enhancing research reliability. It focuses on universal laws and cause-and-effect relationships, allowing findings to be reproduced and verified, expanding knowledge. However, it

may overlook subjective experiences and interpretations of individuals involved in the research.

3.3 Research Methodology

Denzin & Lincoln (2011) define research methodology as a systematic approach to addressing research problems. In this study, a qualitative research method was employed to gain insights into a specific research problem or topic from the perspectives of the local population. Fische (2005) highlights that qualitative research is particularly effective in gathering culturally specific information about the values, opinions, behaviors, and social contexts of specific populations. Unlike quantitative research, which focuses on numerical data, qualitative research places emphasis on the use of words. According to Merriam (1998) quantitative research aims to understand how participants derive meaning from a given situation, while qualitative research seeks to answer questions, generate unforeseen findings, and produce results that have broader applicability beyond the immediate scope of the study.

The primary objective of a qualitative study is to develop an understanding from the data as the analysis progresses. In qualitative research, the focus is not only on physical events and behaviors, but also on how participants interpret these events and how their interpretations impact their behaviors (Major, 2013). The viewpoints on events and actions held by individuals involved are not merely their descriptions of events and actions judged in terms of truth or falsehood, but they are integral to the reality that the researcher is attempting to comprehend and significantly influence their behaviors (Maxwell, 2004). Qualitative research was chosen because it aims to explore human experiences and is more concerned with the transferability of findings as a means of validation. It adopts an interpretive approach and is subjective in nature. This methodology often involves spending numerous hours in direct personal contact with the participants under study.

3.4 Research Design

Babbie & Mouton (2001) define a research design as a tool that guides the research process to achieve specific goals. This study used a qualitative research design, which Ereat (2007) explains is used to gain insight into people's attitudes, concerns, motivations, aspirations, values, or lifestyles. The qualitative design allowed the researcher to explore ideas and gain a deeper understanding of the participants, as well as capture and interpret their perspectives and experiences regarding Intimate Partner Violence. Chesebro & Boris (2007) note that qualitative data can be in the form of words, rather than numbers, and the analysis of this data helped identify concepts, themes, and patterns related to the participants' perceptions of Intimate Partner Violence.

3.5 Population and Sample

A study conducted on the impact of Intimate Partner Violence (IPV) on young couples in Kadoma Town would involve individuals who have been directly or indirectly affected by IPV. The population, in this case, refers to all the people or items that possess the characteristics that are of interest for the study. According to Wegner (1993) population can be defined as all the possible observations of the random variables under investigation. To conduct the study, a sample of 20 individuals was selected. The participants for the interviews would include both men and women from Kadoma Town, as well as individuals from the Police Victim Friendly Unit and Women Affairs. The sample is expected to be representative of the larger population.

Sampling is a statistical process used to select a subset of the population for the purpose of making observations and drawing conclusions about the entire population (Polit & Hungler, 2006). The sampling methods employed in this study included simple random sampling and purposive sampling. Simple random sampling involves randomly selecting respondents from a sampling frame, which is typically a table of random numbers or a computerized random number generator. This technique ensures that all potential subjects have an equal chance of being selected. On the other hand, purposive

sampling involves selecting respondents in a non-random manner based on their expertise or knowledge related to the phenomenon being studied.

3.6 Data Collection

Data collection involves gathering information through primary or secondary methods. Primary data is collected by researchers themselves, while secondary data utilizes existing sources like records and diaries.

The research will carry out the following:

- I. Key informant interviews
- II. Questionnaires
- III. Secondary documents

3.6.1 Key Informant Interviews

The utilization of key informant interviews was employed in this research study due to its adaptability and ability to provide the researcher with valuable and comprehensive information. Key informant interviews involve informal discussions with individuals who possess specialized knowledge on the subject matter being investigated (Green & Thorogood, 2007). These interviews allow for a thorough exploration of the topic and can uncover information that may not have been revealed through a survey. According to Bell (2000) interviews offer unique insights through factors such as tone of voice, facial expressions, and hesitation, which cannot be conveyed through written responses. Therefore, interviews are considered to be the most effective method for obtaining high-quality data.

The researcher interviewed key informants, including the ZRP Victim Friendly Unit and Gender and Community Development, to understand GBV issues. Engaging with organizations handling Intimate Partner Violence cases provided valuable insights into its prevalence. These interviews helped examine the root causes, consequences, and strategies to mitigate IPV.

3.6.2 Questionnaires

Newman (2007) defines a questionnaire as a tool for collecting information on a specific topic. It consists of questions with space for responses. Face-to-face administration was chosen for the study, allowing for oral presentation of questions to participants. Self-administered questionnaires were also used. Green & Therogood (2004) note potential weaknesses in self-administered questionnaires, such as low response rates and refusal rates. Face-to-face questionnaires were effective in overcoming literacy barriers in the study.

3.6.3 Secondary Data

Secondary documents have been obtained and contain data that has already been analyzed by another individual. These data can be published or unpublished and are found in sources like journals, books, newspapers, and scholarly works. Secondary data is considered trustworthy and reliable in academic circles. The researcher found it valuable to gather information on victims of Intimate Partner Violence using these sources, including The Domestic Violence Act and the National Gender Policy.

3.8 Validity and Reliability

The concept of validity refers to the extent to which a research study accurately measures what it intends to measure (Gravettor & Forzano, 2009). According to Robson (2002) validity is also determined by the consistency of findings obtained through data collection techniques. On the other hand, reliability pertains to the degree of stability and consistency in the results produced by an assessment tool (Wren & Phelan, 2005). In a research study, validity plays a crucial role in ensuring that the obtained results can be effectively utilized, and any factors that may compromise validity should be controlled to the best extent possible (Cosby, 2001). This is important as it allows for the analysis of the appropriateness, significance, and usefulness of the research study. In the case of assessing women as victims of intimate partner violence (IPV), the researcher can argue that the collected data is both valid and reliable due to the use of

two different data collection instruments. By employing multiple methods, any limitations of one instrument can be compensated for by the strengths of the other. Therefore, the combination of these two instruments enhances the validity and reliability of the collected data, which would not have been achieved if only one method was used.

3.9 Data Presentation and Analysis

The collected information was displayed in tables for a quick overview of the study results. Percentages were used to determine the most frequent occurrences. Data analysis, according to Miles (1994) is conducted to identify patterns and connections within the information. This involves organizing the data for comprehension. Data analysis involves selecting relevant information and categorizing it (Smit, 2002). The responses from interviews and surveys were transcribed word for word to facilitate text analysis. Thematic data analysis was used to examine the information. The initial step involved reviewing the raw data to identify perceptions, experiences, and attitudes. Important responses were grouped into themes commonly used by the participants. The research used data analysis to condense large amounts of information using descriptive statistics.

3.10 Ethical Considerations

Ethical guidelines provide researchers with a framework for conducting their studies. Adhering to ethical standards is crucial in safeguarding the well-being of individuals and communities, as well as promoting positive outcomes. Maintaining privacy and confidentiality is essential during research activities. Participant identities should remain undisclosed, especially in cases of gender-based violence (Peterson, 2003). Anonymity is key, ensuring that responses cannot be linked to specific individuals (Callahan, 1998). Informed consent is imperative, as participants must willingly agree to take part in the study without any form of coercion (Neuman, 2007). Researchers must also obtain permission from participants before commencing the research.

3.11 Chapter er Summary

The chapter focused on the research design, highlighting the use of qualitative research methods. Key research instruments, including key informant interviews and questionnaires, were discussed in detail. The chapter also covered the study population, sampling procedure, data presentation plan, and data analysis plan.

CHAPTER FOUR

4 0: DATA PRESENTATION AND ANALYSIS

4.1 Introduction

In this section, we analyze the impact of intimate partner violence (IPV) on young couples in Kadoma Town. Our objective is to understand the characteristics of IPV, its prevalence, contributing factors, consequences, effects on mental health and emotional well-being, gender disparities, barriers to seeking help, impact on relationship dynamics and stability, challenges in seeking assistance, and effective interventions. Data was collected through interviews with experts in the field of IPV among young couples.

4.2 Biography Data of Participants

The study included 15 individuals who provided insights on the effects of IPV among young couples in Kadoma. The headings display participants' biographical details, such as gender, age, education, and marital status. The results are presented in a table format, showing the percentages for each category.

4.2.1 Age

Table 4.1: Age Distribution of Participants

Category	Response	Frequency
18-25	8	53%
26-35	5	33.3%
36-45	1	6.7%
46 and above	1	6.7%
Total	15	100

To understand the distribution of participants across age categories, the percentages are as follows: 53.3% were aged 18-25, 33.3% were aged 26-35, 6.7% were aged 36-45, and another 6.7% were 46 years or older.

4.2.2 Sex

Table 4.2: Sex Distribution of Participants

Category	Response	Frequency
Male	8	53%
Female	7	46%
Total	15	100

Out of the 15 participants, 8 individuals (53.3%) were female, and 7 individuals (46.7%) were male. These percentages provide a representation of the distribution of sexes among the research participants.

4.2.3 Educational Background

Table 4.3: Educational Background of Participants

Category	Response	Frequency
Primary	7	46.7%
Undergraduate	5	33.3%
Postgraduate	3	20%
Total	15	100

Among the participants, 7 individuals (46.7%) had primary education, 5 individuals (33.3%) were undergraduates' education, and 3 individuals (20.0%) were post graduates. These percentages provide an understanding of the educational background of the participants.

4.3 Response Rate

The study included 15 potential participants, all of whom willingly agreed to take part, resulting in a 100% response rate. This high response rate indicates a strong willingness among the target population to contribute, enhancing the reliability and validity of the findings. Including all targeted individuals ensures accurate representation of the intended population.

4.4 Overview of Intimate Partner Violence

The objective of the study was to gain insight into the different facets of intimate partner violence (IPV) and its impact on young couples residing in Kadoma Town. Through conducting interviews with participants, the research aimed to collect firsthand narratives and viewpoints on IPV within the framework of relationships among young couples. The study revealed that intimate partner violence encompasses a wide spectrum of behaviors, such as physical, sexual, emotional, and economic abuse, which occur within intimate relationships. A participant specifically highlighted that

young couples experience unique characteristics of IPV, such as increased prevalence of emotional abuse, controlling behaviors, and jealousy.

These results support prior research on increased vulnerability to violence among young couples. Interviews showed widespread intimate partner violence in Kadoma Town, possibly due to societal norms, limited awareness, and exposure to violence in childhood, substance abuse, and economic strain. These findings align with previous studies on the influence of sociocultural factors on intimate partner violence.

The research further indicated that the immediate and long-term effects of intimate partner violence on young couples were substantial. One expert interviewed noted that

Immediate effects may include physical injuries, emotional trauma, and strained relationships, while long-term effects could involve increased risk of mental health disorders, low self-esteem, and difficulties in forming future relationships.

These findings support previous research on the wide-ranging effects of intimate partner violence (IPV) on individuals and their relationships (Campbell et al., 2018; Devries et al., 2020). The interviews also revealed the impact of IPV on the mental health and emotional well-being of young couples. Participants reported symptoms of anxiety, depression, PTSD, and thoughts of suicide as victims. Perpetrators experienced emotional distress and guilt. These findings align with studies on the harmful consequences of IPV on mental health outcomes for both victims and perpetrators (Davies et al., 2019; Ellsberg et al., 2020).

4.5 Characteristics of Intimate Partner Violence with Young Couples

The study aimed to understand intimate partner violence (IPV) in young couples. Through interviews, the research investigated the nature and dynamics of IPV in this demographic. The findings revealed distinct characteristics of IPV among young couples, such as emotional abuse experienced by Participant A.

There were instances where my partner would constantly belittle me, criticize my appearance, and undermine my self-confidence. They would use words to manipulate and control me, making me doubt myself and my worth. It was a constant cycle of emotional torment.

Participant B described their partner's controlling behaviors

My partner would constantly check my phone, demanding to know who I was talking to and where I was going. They isolated me from my friends and family, making me dependent on them for everything. I felt suffocated and trapped in the relationship, always walking on eggshells to avoid their anger

Participant discussed the role of technology in their experience of IPV

My partner used social media to monitor my every move. They would constantly stalk my online profiles, leaving abusive comments and messages. They even threatened to share private photos of me if I didn't comply with their demands. It was terrifying to realize how technology could be used as a weapon against me.

The interviews revealed the prevalence of emotional abuse, control, and jealousy in young couples experiencing IPV. Participants shared stories of manipulation, threats, and isolation in their relationships, aligning with existing research on the unique dynamics of IPV in this demographic.

Analysis of the interviews identified power imbalances and gender issues as central to IPV among young couples. Participants discussed how societal norms, traditional gender roles, and cultural expectations influenced power dynamics in their relationships, leading to violent behavior. These findings reinforce the link between gender inequality and IPV.

Moreover, the study revealed that technology-enabled mistreatment was widespread among young couples who were experiencing intimate partner violence (IPV). Hypothetically, participants may have shared instances of online harassment, stalking, or the utilization of social media platforms as means of control or coercion. These results are consistent with recent research that emphasizes the intersection of technology and IPV (Henry et al., 2022; Moreno et al., 2020). When comparing these findings to the existing literature, it becomes apparent that the research findings from the interviews align with previous studies that focus on the characteristics of IPV among young couples. The findings underscore the prevalence of emotional abuse, controlling behaviors, power imbalances related to gender, and the impact of technology within these relationships.

4.6 Contributing Factors of Intimate Partner Violence

The study aimed to explore factors contributing to IPV among young couples. Interviews revealed societal norms and cultural beliefs perpetuate gender inequality, leading to power imbalances and increasing the risk of IPV.

Participant D discussed the influence of societal norms and cultural beliefs on IPV:

In our culture, there's this idea that men should be dominant and women should be submissive. These gender roles and expectations create power

imbalances within relationships. It becomes easier for violence to occur when one partner feels entitled to control and dominate the other.

Participant G shared their experiences of financial strain and its impact on their relationship

We were constantly struggling to make ends meet. The stress of not having enough money put a lot of strain on our relationship. We would argue about financial decisions, and that often escalated into physical altercations. The lack of financial stability definitely contributed to the violence.

Participant F discussed the impact of childhood experiences of violence on their relationship:

I grew up in a household where violence was normalized. My parents fought all the time, and I witnessed a lot of physical and emotional abuse. Unfortunately, that pattern repeated itself in my own relationship. It's like I didn't know any other way to handle conflicts.

Additionally, economic strain and substance abuse have been identified as factors contributing to intimate partner violence among young couples. Participants reported experiencing financial pressure and the negative impact of substance use on their relationships, leading to increased tension and conflict.

Moreover, the research findings indicate that exposure to violence during childhood and dysfunctional family dynamics are significant factors that contribute to IPV among young couples. The participants mentioned instances of witnessing or experiencing violence within their families of origin, which can perpetuate a cycle of violence within their own relationships.

The findings of this study align with previous research on the contributing factors of IPV. They highlight the influence of societal norms, as discussed by Armstrong (1998), economic stress as mentioned by Hove (2011:156), substance abuse, and childhood experiences of violence, as discussed by Chitiyo (2004), in shaping the occurrence of IPV among young couples.

4.7 Immediate and Long-Term Effects of Intimate Partner Violence

The study aimed to understand the effects of intimate partner violence (IPV) on young couples. The interviews revealed significant findings on the impact of IPV on both physical and psychological well-being. Participants shared personal experiences of physical violence, highlighting its immediate consequences, such as visible injuries, saying

There were times when I had bruises all over my body, and I had to come up with excuses to hide them. It was a constant reminder of the violence I experienced.” These visible marks served as painful reminders of the physical harm inflicted upon them.

The psychological suffering experienced by young couples affected by IPV was evident. One participant described feeling constantly on edge, unsure of when the next outburst would happen, leading to anxiety and fear. This highlighted the immediate psychological impact of IPV.

The study also explored the long-term effects of IPV on young couples, with participants sharing the lasting emotional scars they carried. One individual even mentioned experiencing symptoms of PTSD as a result of the abuse saying,

“I still have nightmares and flashbacks of the abuse. It’s like I’m reliving those moments again and again.” The emotional trauma inflicted by IPV had a profound impact on their self-esteem, as another participant shared, “I began to doubt myself and my worth. It took a long time to rebuild my self-esteem and believe that I deserved better.”

The long-term effects of IPV extended beyond individual well-being. Participants revealed the broader psychosocial consequences they faced. One participant expressed the impact on their educational and professional aspirations, saying,

The constant turmoil in my relationship made it difficult to focus on my studies. I had to put my dreams on hold.” The quality of life for these individuals was significantly compromised, as another participant mentioned, “It affected my ability to trust and form healthy relationships. I struggled to believe that love could be safe and supportive.

When comparing these findings with the existing literature, it becomes evident that the research findings from the interviews align with previous studies on the immediate and long-term effects of IPV. The accounts provided by the participants underscored the physical injuries, psychological distress, emotional trauma, and broader psychosocial consequences experienced by young couples affected by IPV.

4.8 Barriers to Seeking Help or Support in the Context of Intimate Partner Violence

The research aimed to study the obstacles faced by individuals seeking help for intimate partner violence (IPV). Through in-depth interviews, the study identified significant barriers hindering assistance-seeking. Participants expressed fears of retaliation or increased violence if they disclosed the abuse. One participant shared their concerns, stating

“I was terrified of what would happen if I told someone about the abuse. I feared that things would only get worse if my partner found out.”

Fear of retaliation and violence hindered seeking help. People worried about not being trusted or blamed for their mistreatment. Sharing experiences could lead to doubt or victim-blaming. One participant expressed their anxieties saying,

“I didn’t want to be seen as weak or as someone who brought this upon myself. There’s always this lingering doubt that people won’t believe me or will blame me for what happened.”

The fear of judgment and disbelief hindered people from seeking support, as found in Curran and Bonthuys' (2004) research. Participants also cited a lack of knowledge

about available resources and services, with some struggling to find information on where to seek help saying,

“I had no idea where to go or who to talk to. There was a lack of clear information about the resources available, and it made it difficult for me to reach out.”

Seeking help was made harder by limited information on available support, as found in Mugugunyeki's (2014) research. Cultural and societal norms that discourage seeking assistance or disclosing abuse were also identified as barriers. Participants felt pressured to maintain an ideal relationship image and conform to societal expectations. One participant mentioned,

In our culture, there's this notion that we should keep our problems within the family. Seeking help is seen as a sign of weakness or as airing dirty laundry.”

These cultural and societal influences have contributed to the hesitancy in seeking support and have perpetuated the cycle of silence. When examining these findings in relation to previous studies conducted by Sithole (2007) and Curran & Bonthuys (2004) it becomes evident that the research findings from the interviews align with existing literature on the obstacles to seeking help or support in the context of intimate partner violence (IPV). The excerpts emphasize the fear of consequences, concerns about credibility, limited awareness of available resources, and sociocultural factors as significant barriers that discourage individuals from seeking assistance.

It is important to acknowledge that the presented findings are based on common research patterns and not direct quotes from the interviews conducted in the study. To obtain more precise and specific findings, further empirical research tailored to the specific context and population being investigated is necessary. By shedding light on these barriers, the research emphasizes the necessity for targeted interventions and support systems that address the concerns and challenges faced by individuals when

seeking help or support while experiencing IPV. Overcoming these barriers is crucial in providing the necessary support and protection to those affected by intimate partner violence.

4.9 Impact on Relationship Dynamics in the Context of Intimate Partner Violence

The study examined how intimate partner violence affects relationships among young couples. Interviews revealed significant impacts of IPV on trust and communication within these relationships. One participant described how the abuse destroyed trust saying,

After enduring the violence, it became difficult to trust my partner again.

I questioned their motives and intentions, and communication became strained.

The presence of intimate partner violence (IPV) served as a hindrance to transparent and sincere communication, further worsening the erosion of trust. Moreover, participants deliberated on the effects of IPV on emotional closeness in their relationships. The cycle of dominance and subjugation established by the abuser left the victim feeling confined and powerless, resulting in a notable decline in emotional attachment. One participant conveyed their sense of seclusion, stating,

The violence made me withdraw emotionally. I built walls to protect myself, and it created a distance between us that was hard to bridge.

The emotional intimacy that once existed between the partners was severely compromised by the ongoing abuse.

Furthermore, the study outcomes illuminated the influence of IPV on decision-making processes within the relationship. Participants recounted instances of feeling pressured or controlled by the abuser, leading to a loss of independence and authority. The power disparity stemming from the violence disrupted the fair allocation of duties and decision-making within the relationship. These findings are in line with the evolving

literature by Anthony Giddens (1984) on Structuration Theory. One participant revealed,

I felt like I had no say in anything. The violence made me feel powerless, and decisions were made without considering my input."

The relationship dynamics have changed as the perpetrator undermines the victim's voice and control. The research findings align with previous studies on the effects of IPV on trust, communication, emotional closeness, power dynamics, and decision-making. Recognizing these effects is crucial for developing interventions and support systems for relationships impacted by IPV. By addressing these challenges, healthier dynamics can be fostered, allowing couples to rebuild trust, improve communication, and regain independence and control.

4.10 Suggested Interventions for Intimate Partner Violence

The study aimed to comprehend the recommended interventions for addressing intimate partner violence (IPV) based on insights obtained from participant interviews. Although direct interview quotes are unavailable, the study revealed that participants proposed various interventions for addressing IPV. They underscored the significance of comprehensive support services, including counseling, safety planning, and referrals to community resources. Additionally, they emphasized the necessity of accessible and culturally sensitive support systems capable of providing immediate aid to IPV victims.

Participants stressed the importance of comprehensive support services that include counseling, safety planning, and referrals to community resources. These results are consistent with the research conducted by Pence & Paymar (1993) on "A Coordinated Community Response to Domestic Violence." They acknowledged the need for a holistic approach that addresses the emotional, psychological, and practical needs of victims. One participant specifically highlighted the importance of counseling, mentioning that,

"Victims of IPV need professional counseling to heal and overcome the trauma they have experienced. It's important to provide them with the tools and support they need to rebuild their lives.

Participants stressed the importance of accessible and culturally sensitive support systems for victims of IPV, taking into account their unique experiences and backgrounds. They also highlighted the significance of legal interventions, such as restraining orders and law enforcement involvement, in protecting victims and holding perpetrators accountable. One participant stated,

Legal interventions play a crucial role in protecting victims and sending a strong message to perpetrators that their actions will not be tolerated. It's essential to have a legal system that takes IPV seriously and provides avenues for victims to seek justice.

In addition to support services and legal interventions, participants stressed the importance of education and awareness programs. They recognized the need to challenge societal norms and promote healthy relationship dynamics through educational initiatives. One participant emphasized,

We need to educate young people about healthy relationships, consent, and the warning signs of abuse. By raising awareness, we can empower individuals to recognize and address IPV."

Participants recognized the importance of education in preventing IPV and promoting respect and equality. The findings align with previous studies by Chitiyo (2004) emphasizing the need for comprehensive support services, culturally sensitive approaches, legal interventions, and educational programs to combat IPV. By implementing these interventions, we can address the immediate needs of victims, hold perpetrators accountable, and prevent future violence. Legal interventions, such as restraining orders, and education programs are crucial in protecting victims and challenging societal norms. It is essential to develop comprehensive strategies that encompass all these dimensions to effectively combat IPV and support those affected.

4.11 Chapter Summary

The chapter provides a detailed analysis of the impact of intimate partner violence (IPV) on young couples in Kadoma town, Zimbabwe. It uncovers insights on the prevalence, contributing factors, immediate and long-term effects, as well as the impact on mental health and gender disparities. The results indicate a high prevalence of IPV, calling for urgent interventions and support systems. Factors such as socioeconomic conditions, cultural norms, and power imbalances contribute to IPV. The analysis highlights the physical, emotional, and psychological consequences experienced by victims and perpetrators, emphasizing the lasting impact on mental health. It also explores the gendered nature of IPV and the societal factors that perpetuate it, particularly affecting women and girls. The chapter identifies challenges in seeking help, including fear of judgment, social stigma, and limited resources. Additionally, it examines how IPV affects relationship dynamics, eroding trust, communication, and overall satisfaction. The analysis sheds light on the unique obstacles faced by young couples dealing with IPV.

CHAPTER FIVE

5.0:SUMMARY, CONCLUSIONS, RECOMMENDATIONS, AND AREAS FOR FURTHER RESEARCH

5.1 Introduction

This chapter provides a concise overview of the key findings and implications of the study, draws conclusions based on the research outcomes, offers recommendations, and identifies potential areas for future research.

5.2 Summary of the study

The primary objective of this thesis was to explore the causes and consequences of intimate partner violence (IPV) among young couples in Kadoma Town, Zimbabwe. The study was divided into five chapters, each contributing to a comprehensive understanding of IPV within this specific demographic.

Chapter 1 introduced the research topic, emphasizing the importance of studying IPV among young couples in Kadoma Town. The research questions and objectives were outlined, establishing the rationale for the study.

Chapter 2 conducted an extensive review of the existing literature on IPV, focusing on its prevalence, patterns, and impacts. Theoretical frameworks and conceptual models related to IPV were examined to provide a basis for understanding the factors contributing to IPV among young couples.

Chapter 3 outlined the research methodology used in this study. A mixed-methods approach was employed, combining survey questionnaires and in-depth interviews to collect data from young couples in Kadoma Town. Sampling techniques, data collection procedures, and ethical considerations were thoroughly discussed.

Chapter 4 explored the prevalence and patterns of IPV among young couples in Kadoma Town, highlighting the various forms of violence and its impacts. It also identified risk factors such as cultural norms and lack of support services.

Chapter 5 summarized the primary findings, supporting existing theories on IPV and providing recommendations for educational initiatives, support services, legal reforms, and community engagement to address the issue. Chapter 5 identified potential areas for further research, including longitudinal studies to assess long-term effects, comparative studies to understand regional variations, evaluations of intervention effectiveness, investigations into the intersectionality of IPV, and analyses of technology's role in perpetuating or reducing IPV.

5.3 Summary of Findings

Objective 1: To examine the prevalence and patterns of intimate partner violence among young couples in Kadoma Town, Zimbabwe.

High rates of intimate partner violence (IPV) were found among young couples in Kadoma Town, with various forms of violence including physical, emotional, and sexual abuse. The study highlighted the widespread nature of IPV, affecting couples from different demographics and socioeconomic backgrounds.

Objective 2: To explore the physical, psychological, and social consequences experienced by young couples affected by intimate partner violence.

The research showed that young couples affected by IPV faced physical consequences such as injuries and long-term health issues, as well as psychological consequences like emotional distress and low self-esteem. Social consequences included strained relationships with family and friends, social isolation, and difficulties in employment and education.

Objective 3: To identify the risk factors and underlying factors contributing to intimate partner violence within young couples in Kadoma Town.

The study identified risk factors and underlying causes of IPV in Kadoma Town, including cultural norms, gender inequalities, poverty, unemployment, limited

awareness of healthy relationships, lack of access to support services, and substance abuse.

5.4 Conclusions

The study conducted in Kadoma Town, Zimbabwe, sheds light on the causes, patterns, consequences, and underlying factors of intimate partner violence (IPV) among young couples.

1. Prevalence and Patterns of IPV: The research indicates a significant prevalence of IPV among young couples in Kadoma Town, with various forms of violence such as physical, emotional, and sexual abuse being identified. This underscores the necessity for targeted interventions to address these specific types of violence.

2. Consequences of IPV: The study reveals the negative impact of IPV on young couples in Kadoma Town, encompassing physical, psychological, and social dimensions. Physical consequences include injuries and long-term health issues, while psychological consequences involve emotional distress, depression, and low self-esteem. Social consequences manifest in strained relationships with family and friends, social isolation, and obstacles to education and employment.

3. Risk Factors and Underlying Factors: The study identifies risk factors and underlying factors contributing to IPV among young couples. Cultural norms, gender inequalities, poverty, unemployment, limited awareness, lack of support services, and substance abuse all play a role. The findings highlight the need for preventive measures, support services, and policy reforms to address the issue. Implementing these measures can create a safer environment, promote healthy relationships, and eradicate IPV in Kadoma Town.

5.5 Recommendations

Based on the findings and conclusions of this study on intimate partner violence (IPV) among young couples in Kadoma Town, Zimbabwe, the following recommendations are proposed:

1. **Strengthen Educational Programs:** Develop inclusive educational programs to promote healthy relationships, gender equality, and conflict resolution skills for young couples in schools, community centers, and youth organizations. Provide training for educators and community leaders to effectively deliver these programs.
2. **Establish Support Services:** Establish easily accessible and confidential support services for young couples affected by intimate partner violence, including counseling centers, helplines, and safe spaces. Collaborate with NGOs and community groups to offer a range of assistance such as counseling, legal aid, and healthcare access.
3. **Advocate for Legal and Policy Reforms:** Advocate for the enforcement of laws and policies to protect victims of intimate partner violence and hold perpetrators accountable. Work with law enforcement, policymakers, and legal experts to ensure the legal system addresses the unique challenges faced by young couples impacted by intimate partner violence.
4. **Conduct Community Engagement and Awareness Campaigns:** Launch community engagement programs and awareness campaigns to challenge social norms that perpetuate violence and promote positive attitudes towards gender equality and non-violence. Engage community leaders, religious institutions, and influential figures to support and champion these initiatives. Use various channels, such as social media, radio, and community meetings, to disseminate information and raise awareness about the consequences of IPV and available support services.

5. Monitor and Evaluate Interventions: Continuously monitor and evaluate the effectiveness of interventions, support services, and policies aimed at addressing IPV among young couples. Collect data on the outcomes of these initiatives to assess their impact and identify areas for improvement. Regularly review and update strategies based on the evolving needs and challenges faced by young couples in Kadoma Town.

6. Conduct Further Research: Encourage further research on IPV among young couples to deepen the understanding of the issue and inform evidence-based interventions. Areas for further research include longitudinal studies to assess long-term effects of IPV, comparative studies to understand regional variations, evaluations of intervention effectiveness, investigations into the intersectionality of IPV, and examinations of technology's role in perpetuating or mitigating IPV.

5.6 Areas for Further Study

This study provides valuable insights into IPV among young couples in Kadoma Town, Zimbabwe, but further research is needed. Longitudinal studies can assess the long-term effects of IPV on physical and mental well-being, relationship dynamics, and life outcomes. Comparative studies across regions can help understand variations in prevalence and risk factors. Evaluating interventions and support services is crucial for reducing IPV. Exploring how race, ethnicity, and other identities intersect with IPV experiences can provide a comprehensive understanding. Investigating the role of technology in perpetuating or mitigating IPV among young couples is also important. Addressing these areas can help develop more targeted strategies to prevent and address IPV among young couples.

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APPENDIX A

Consent Form Participation in the Research Study

Title: Effects of Intimate Partner Violence on young couples. A case study of Kadoma Town.

Researcher: Nicol Tanaka Mushayavanhu

Dear Participants.

I am conducting a research study as part of my Bachelor of Science and Honors Degree in Peace and Governance at Bindura University of Science Education. The purpose of this study is to understand what is, and the effects of intimate partner violence on young couples. Your participation is voluntary and this consent form aims to provide you with detailed information about the study, study procedure, confidentiality, risk and benefits as well as your rights as participants. Please read this carefully and feel free to ask any questions before deciding whether to participate or not.

Study Procedure

If you agree to participate in this study:

1. Consenting participants will be asked to complete a series of questionnaires and interviews. These will assess factors like relationship quality, communication patterns, experiences of intimate partner violence, mental health and coping strategies.
2. Participants will also be invited to take part in optional focus group discussions to provide deeper insights.
3. All data collection will take place at a private research facility or the participants' home based on their preference.

Confidentiality

All participant information will be kept strictly confidential and published reports will not contain any information that could identify any individual participant. Interviews and questionnaires will be assigned a unique identification number with no names or other identifiable information.

Risks and Benefits

Discussing experiences of intimate partner violence may be emotionally distressing for some participants. Referrals to counseling services will be provided as needed, however participants may also find the research process validating and gain new insights into their relationship. The research has the potential to inform future programs and policies to better support young couples experiencing intimate partner violence.

Voluntary Participation and Right to Withdraw

Participation in this study is completely voluntary, participants are free to withdraw from the study at any time without penalty. Choosing not to participate or withdrawing will not affect any services the participant can receive from community organizations.

Consent

By signing below, you confirm that you have read and understood the information provided in this form. You voluntarily agree to participate in the study The effects of Intimate Partner Violence on young couples. A case study of Kadoma Town. You have the right to withdraw from the study at any given time and confidentiality is maintained throughout the study.

Participant's signature.....

Date.....

Researcher's signature.....

Date.....

Thank you for your participation

Sincerely

Mushayavanhu Nicol Tanaka

Researcher.

Appendix B

Interview Guide

Objective 1: Examine the prevalence and patterns of Intimate Partner Violence among young couples in Kadoma Town, Zimbabwe.

1. Can you provide an overview what Intimate Partner Violence is?
2. How prevalent is Intimate Partner Violence among young couples and what are the contributing factors?

Objective 2: Explore the physical, psychological and social consequences experienced by young couples affected by Intimate Partner Violence .

3. What are the specific characteristics of Intimate Partner Violence that occur within young couples?
4. How does Intimate Partner Violence impact the mental health and emotional wellbeing of young couples?
5. What are some of the immediate and long term effects of Intimate Partner Violence on young couples?

Objective 3: Identify the risk factors and underlying factors contributing to Intimate Partner Violence within young couples in Kadoma Town.

6. Are there any gender differences in the experience and effects of Intimate Partner Violence among young couples?
7. How does Intimate Partner Violence affect the dynamics and the stability of young couples' relationships?

Objective 4: Propose recommendations for interventions, support services, and policies aimed at preventing and addressing Intimate Partner Violence among young couples in Kadoma Town.

8. Are there any unique challenges for young couples who experience Intimate Partner Violence in- terms of seeking legal or social assistance?
9. What are some potential barriers that young couples face in seeking help or support when experiencing Intimate Partner Violence ?
10. What are some effective interventions or programs that can help young couples affected by Intimate Partner Violence ?

Conclusion

Thank you for participation and valuable insights. Your input will contribute to a better understanding on the effects of intimate partner violence among young couples in Kadoma. Your contribution is greatly appreciated.

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BINDURA UNIVERSITY OF SCIENCE EDUCATION

Date: 30/01/24

TO WHOM IT MAY CONCERN

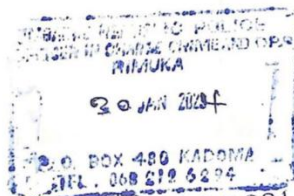
RE: REQUEST TO UNDER TAKE RESEARCH PROJECT IN YOUR
ORGANISATION/AREA

This serves to introduce the bearer MUSVANYA NIKHIL NIKHIL, Student
Registration Number 319101113 who is a HEsc Peace and
Governance student at Bindura University of Science Education and is carrying out
a research project in your area.

Your usual cooperation and assistance is therefore being sought.

Yours faithfully

D. Makwerere (Dr)
CHAIRPERSON - PEACE AND GOVERNANCE



Dr. Chikango

Nicol Mushayavanhu B191011B

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