

BINDURA UNIVERSITY OF SCIENCE EDUCATION

FACULTY OF SOCIAL SCIENCES AND HUMANITIES

DEPARTMENT OF SOCIAL WORK



Investigating The Role Of Gender Norms And Societal Expectations In Perpetuating Domestic Violence Against Married Men. A Case Of Highfield/Glen-Norah District

BY

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RELEASE FORM

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The Departmental Board of Examiners is satisfied that this dissertation report meets the examination requirements and I therefore recommend to the Bindura University to accept a research project by Valyn Tan Julius in partial fulfillment of the requirements for the Bachelor of Science Honours Degree in Social Work.

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DECLARATION FORM

I declare that this research project is my own work and that it has not been submitted in any form for another at any university or other institutions of tertiary education. Information derived from the published or unpublished work of others has been duly acknowledged.

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SIGNATURE.....

DATE MAY 2024

DEDICATION

This work is dedicated to my supportive mother Gladys Julius and father Arumendo Julius who made it possible for me to complete my studies. I am indebted to their unwavering support throughout the four years learning period. I also dedicate this work to my beloved daughter Mya who gave me a reason to continue to the very end as I had very little time with her, so she had to endure having an absent mother at such a tender age while I focused on my studies. Last, but not least, I dedicate this dissertation to my sister Vallerie and my brother Vaughn to whom I was setting an example.

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ABSTRACT

Although it is being underreported, the prevalence of domestic violence against married men made the researcher to investigate on the issue of domestic violence married men experience so as to find out find out what role gender norms and societal expectations are playing to the perpetuation of domestic violence against married men. The research was guided by some objectives which enabled the study to achieve its aim. The study had to present some written literature pertaining to the objectives of the study. This literature proved that there is knowledge gap in issues to do with the societal biases and stereotypes contributing to the continuation of domestic violence against married men. The researcher was determined to get qualitative data, so face-to-face interviews and focus group discussion that the community, male victims of intimate partner violence and professionals from humanitarian organizations responded to. The findings of the study turned out to reveal that domestic violence is prevailing and societal expectations and gender norms are playing a much bigger role in perpetuating its prevalence. Thus, the study also presented recommendations and some of them were guided by the theories that were explained in the research.

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CHAPTER 1: INTRODUCTION AND BACKGROUND OF THE STUDY

1.1 Introduction

Central to this study is the quest to gain an understanding of the gender norms and societal expectations that are contributing to the ongoing occurrence of domestic violence experienced by married men. This research is coming at a crucial juncture in the fight against the plight of male victims of intimate partner violence. The study also seeks to explore how societal biases and stereotypes prevent married men from disclosing the abuse they encounter in the home. This is achieved by scouting the nature and forms of domestic violence against men and examining their coping mechanisms. The research is grounded on the view that domestic partnerships that are potentially abusive are diverse. However, of particular interest to this study are the abuses that take place in a husband-and-wife relationship, the husbands being the victims. This section presents the introduction, background of the research problem, and sets out the research objectives and questions, the justification for the study, the limitations and delimitations for this study, definition of key terms. Also included in this research study are ethical considerations observed to undertake this project, theoretical framework and research methodology employed as well as chapter summary. Chief among other theories of social work the research mainly applies the social learning and gender role theories. The weight of carrying out this research is on identifying possible interventions and solutions to address domestic violence against married men, based on an understanding of the underlying causes.

1.2 Background of the study

Violence in the home has generally been understood from the perspective of male perpetrators and female victims. Studies conducted in other parts of the world (Kirsta 1994) and within Zimbabwe (Mutepfa 2009), attest to the existence of violence against men in its variations.

Domestic violence in its variations is evident in many communities around the world. It transcends religion, class, race, age and national boundaries. There are vast studies on the phenomenon among academics and various organizations pertaining domestic violence. However, emphasis among these studies is directed on violence against women by men. During the colonial era and after independence, Zimbabwe did not have laws covering domestic disputes. It was only in the late nineties that Zimbabwe ratified the Convention on Elimination of all forms of Discrimination against Women (CEDAW). In 2006 and 2007, reforms were made to the Criminal Law Act (Codification and Reform) and the Domestic Violence Act was adopted into law, respectively. All these and other efforts such as gender mainstreaming by the Zimbabwean government were meant to improve the welfare of women.

However, women now take it upon themselves to abuse men against all cultural dictates. Despite constraints imposed upon women by the patriarchal culture and its presumed resultant domestic violence against women, cases of domestic violence against men in Zimbabwe have been on the increase. According to JSCNR (2012), domestic violence cases dealt with at Zimbabwean courts for the years 2009, 2010 and 2011 were 3 193, 7 628 and 10 089, respectively. The cases that involved male victims were 997 (27.4%) in 2009, 2 968 (38.8%) in 2010 and 4 009 (39.7%) in 2011, JSCNR (2012). The statistics show an increase in cases involving male victims as the general domestic violence cases increased. Nonetheless, the vigorous advocacy against women abuse in the home by women organizations (Msasa project) overshadows campaigns against domestic violence against men by men's organizations such as Varume Svinurai.

Furthermore, it contributes to the apparent dearth in research on domestic violence against men. The prevalence of domestic violence against married men is an understudied and underreported issue. While much of the research on domestic violence has focused on female victims, recent

studies have suggested that men can also be victims of this form of abuse. The role of gender norms and societal expectations in perpetuating domestic violence against married men is a complex and multifaceted issue. Some researchers have proposed that traditional gender roles and expectations may contribute to a climate of acceptance for domestic violence, and may also affect the way in which victims respond to and cope with abuse. However, there is a need for further research on the specific ways in which gender norms and societal expectations may shape the experience of domestic violence for married men. In addition, research on the effectiveness of intervention and prevention programs for domestic violence has tended to focus on female victims, leaving a gap in the knowledge base regarding the needs and experiences of male victims. The present study aims to address these gaps by exploring the experiences of married men who have gone through domestic violence and by examining the role of gender norms and societal expectations in their experiences.

As noted above Zimbabwean society is predominantly if not entirely patriarchal. It is embedded in both urban and rural communities. Therefore, families in Harare western suburbs are largely patriarchal. Domestic violence against men is largely viewed as a taboo as men are perceived as strong and powerful enough to defend themselves. The given scenario makes domestic violence against men appear as non-existent among families in communities. This therefore explains the scarcity of studies on domestic violence against men in Zimbabwe as no attention among academics is drawn to the subject. The above presented statistics and media reports both point to the existence of domestic violence against married men. Based on these, it can be asserted that men are abused by women at home and violence against men at home is an expression of initiative and agency within the women groups and among individual women perpetuated by societal biases. Domestic violence against men is therefore one way in which women deal with the structural constraints of patriarchy in societies. It is against this

background that the researcher sought to undertake this research study.

1.3 Statement of the problem

The purpose of this research is to understand how gender norms and societal expectations contribute to the continuation of domestic violence against married men, and how this issue could be addressed through policy and interventions. In many cultures, there is a societal expectation that men should be tough, aggressive, and the breadwinners of the family. This can create pressure for men to conform to these expectations, and it can also lead to feelings of inadequacy and shame if they do not meet these standards. These factors can contribute to domestic violence, as men may feel a need to assert their dominance and control in the home. Men have become more vulnerable to abuse due to a number of causes influenced by societal biases and stereotypes which has resulted in them facing difficulties to come to their full potential. Societal and religious expectations and beliefs are the major causes of this plight against men as they are expected to “men up” as the strong group of people. It is beliefs like these that resulted in stigmatisation, contributing more to abuse of men, mostly married men. Kambarami (2006) postulates that patriarchy is a socially constructed system that reproduces itself from male members of a society who are endowed with power and authority. In this social system, men and women are socialized into gender roles by such institutions as family and education. Men become breadwinners while women are socialized into caregivers. There are gender roles, behaviours, ways of thinking and speaking that are considered as masculine. Due to the nature of the perceptions of gender norms, the society normalises and justifies violence against men making it more difficult for the victims to seek help men where they should because they too can experience abuse from their spouses.

For women organizations like Msasa Project, Girl-child Network and women activists have put tremendous effort to address issues of discrimination and abuse of women by men in marriages

around societies. Against all cultural dictates, there is apparent evidence of domestic violence against men by women. While studies covering domestic violence against women by men are vast in Zimbabwe and other parts of the world. Research addressing abuse experienced by married men are very few, there has been less research on the experiences and support of male victims of domestic violence. There is evidence of the existence and increase of cases of domestic violence against married men in Zimbabwe in general. Men of different age groups, social backgrounds and professions fall victims to various forms of abuse perpetrated by women at home and prolonged by the society at large. Domestic violence against men that occurs in matrimonial homes can be verbal, financial, emotional, sexual and physical. They are not only physically and verbally abused, rather psychologically, emotionally as well as sexually. Over and above the economic pressures of fighting to be the breadwinners, men are suffering emotional turmoil as they do not speak up, in fear to be judged as weak which also contributes to their exploitation; hence one can say that this has become a silent crisis for men.

The paucity of research on the role of gender norms and societal expectations in perpetuating the prevalent nature of abuse experienced by married men in Highfield/Glen-Norah district Harare western suburbs, Zimbabwe prompted this study. The main crux of this study is on bringing the highlighted knowledge gap in sociological literature by exploring the susceptibility and lived experiences of male victims with particular attention being given to the forms of abuse they face, their perceptions of the abuse and how those who have successfully left abusive relationships responded to the different forms of abuse. This study further intends to come up with recommendations for consideration by bodies interested in gender issues and policy makers in government.

1.4 Aim

The main aim of the study is to investigate the role of gender norms and societal expectations

in perpetuating domestic violence experienced by married men.

1.5 Research Objectives

The study is going to be guided by the following objectives

- To explore the nature and forms of domestic exploitation experienced by married men.
- To investigate the societal biases and stereotypes that prolong domestic violence against men, preventing them from disclosing domestic violence and seeking help.
- To examine the perceptions of men on intimate partner violence to identify coping mechanisms from those who have successfully left abusive relationships.
- To identify possible intervention strategies to address domestic violence against married men.

1.6 Research questions

- What forms of domestic violence do some married men experience?
- What are the societal expectations and gender norms that perpetuate domestic violence against married men?
- What are the perceptions of married men on intimate partner violence against men?
- How do married cope up with gender-based violence?
- How can domestic violence against married men be addressed?

1.7 Significance of the study

Little has been done in addressing the root causes of domestic violence experienced by married men hence this issue keeps occurring in Zimbabwe. This research seeks to fill this literature gap pertaining to the reason cases of gender-based violence against men are prevailing. Based on the findings and the recommendations from this research study, it intends to explore the nature of abuse perpetrated by women, the society, gender roles and religion through

specifically identifying the forms of abuse experienced, the perceptions held by male victims of abuse and examining their verbal or nonverbal responses to the abuse. The outcome of the research has theoretical significance as it shows that as women struggle for power against men in the home, or society, men, on the other hand, devise mechanisms to deal with the perceived violence showing their resistance to cede power and authority endowed to them by culture. The study presents another dimension of gender-based abuse that has received very little attention in Zimbabwe thus far, that of male victims. In fact, it will act as a reference for future researchers thereby contributing to a body of knowledge in the academic and professional's bodies. Policy makers, various organizations and government institutions that deal with the issues of gender-based violence will also benefit as this study will bring an insight on the role played by societal expectations in prolonging abuse against men that has caused their vulnerability. They also take it from the researcher's recommendations that are her suggested solutions to address the issue.

1.8 Assumptions

The researcher assumes that the participants will be able to accurately recall and describe their experiences of domestic violence, scouting the nature of the abuse. That the participants will be honest and truthful in their accounts of their experiences, to gain an understanding of their coping mechanisms. The participants' experiences are representative of the experiences of other married men who have experienced domestic violence. The participants will be willing and able to discuss the role of gender norms and societal expectations in their experiences which will be a leeway to the evaluation of the effectiveness of the existing support programs and resources for married men experiencing domestic violence.

1.9 Limitations of the study

These are factors that are outside of the researcher's control that limit a research. Although they

will not hinder the study from achieving its primary aim and answer key research questions, it is important to acknowledge that any research work inevitably encounters some basic limitations and this study is no exception. A number of potential respondents may be reluctant to participate in this study. There may be a difficulty in obtaining accurate data on a sensitive topic like domestic violence experienced by married men, which may be underreported. Therefore, the sample size is not representative of the exact figures of abused married men in Highfield/Glen-Norah district Harare. There is a potential for biases in the data collection process, due to the stigma associated with intimate partner violence against men. Limited time and resources also make wider coverage impossible. As such, the study only covers a local district, not the whole country.

1.10 Delimitations of the study

The delimitations of a study refer to the restrictions of the research, such as the specific groups or settings being studied, the time frame of the study, or the specific methods being used. In the context of a study on domestic violence against married men in Highfield/Glen-Norah district, there is restriction is on the focus group, that is married men only, rather than including unmarried men or other gender groups. Examining domestic violence against men within the context of marriage only, rather than other types of intimate relationships is another delimitation. The study is also limited to local areas in Highfield/Glen-Norah district, rather than including Zimbabwe or Africa as a whole.

1.11 Definition of key terms

- **Gender**

According to World Health Organization, gender is a socially constructed trait, conduct,

position, and action that a given society considers suitable for men and women. Lockheed (2010) defines gender as a given range of characteristics that distinguishes a male from a female.

- **Gender norms**

Gender norms are a subset of social norms that relate specifically to gender differences. They are informal, deeply entrenched and widely held beliefs about gender roles, power relations, standards or expectations that govern human behaviours and Practices in a particular social context and at a particular time. They are ideas or rules about how girls and boys, women and men are expected to be and to act. People internalize and learn these rules early in life. Gender norms sustain a hierarchy of power and privilege that typically favours what is considered male or masculine over that which is female or feminine (UNICEF 2020).

- **Societal expectations**

Societal expectations are defined as implicit rules that govern one's reactions and beliefs in a way that is deemed acceptable by society. Social expectations are not just dependent on the individual but also on culture, religion, age group, class, and location (Kamberaj 2021)

- **Perpetuating**

Perpetuating means to continue something or keep it going, especially something that is harmful or negative. In the context of domestic violence, perpetuating refers to the process by which the underlying social structures and systems contribute to the continuation of violence against married men. For example, the perpetuation of gender inequality or the normalization of male victim violence within marriage perpetuate domestic violence. Perpetuating also refers

to the ongoing impact of violence, even after the immediate incident has ended, for instance, the emotional and psychological effects of violence can perpetuate harm and trauma for victims.

- **Domestic violence**

Domestic violence refers to a pattern of abusive and controlling behaviour that occurs within intimate relationships. Domestic violence can be in various forms which are physical violence, sexual violence, emotional abuse, and financial abuse. Intimate partner violence often involves a power imbalance in which one partner tries to control or dominate the other. This type of violence, occurs to people regardless of gender, age, or socioeconomic status.

1.11 CHAPTER OUTLINE

1.0 Chapter 1: Introduction and background of the study

This is an introductory section of the research which provides an overview of the research's background, research topic and explains why it is an important issue to study, this is where the main aim of the study comes in. Chapter 1 outlines the problem statement, which highlights the lack of research and understanding about domestic violence against married men. The chapter then provides a justification for the study, explaining how it will fill the gaps in the existing research and contribute to a better understanding of the issue of domestic violence against married men. The research objectives are also outlined, including the specific questions that the study aims to answer and definition of key terms in the topic.

2.0 Chapter 2: Literature Review

This chapter provides a review of the existing literature on domestic violence, including the prevalence and impact of domestic violence, as well as the factors that contribute to it. It has a review of the literature on gender norms and how they can contribute to domestic violence.

The chapter provides theoretical framework which will be a basis for understanding as there is an explanation of the relevance of the theory to the study. In this chapter is also full explanation of each literature per each objective globally, regionally and nationally. Outlined is a discussion of existing interventions and policy responses to domestic violence and their limitations.

3.0 Chapter 3: Research Methodology

Chapter 3 outlines how the research will be conducted to get data. It brings out approaches to research by description of the research methods, including the use of focus groups and other data collection methods to be employed in the investigation. The target population is given out in this chapter after providing the research approach. In each method will be an explanation of the sampling strategy and how participants will be recruited. There is description of the data analysis methods, including the use of qualitative data analysis techniques such as thematic analysis. In this chapter is a discussion of the ethical considerations of the research that include how confidentiality will be administered.

4.0 Chapter 4: Data Presentation, Analysis and Discussion of Findings

This is a chapter that provides a summary of the main themes and findings gained from all the data collection methods. It has a discussion of how the findings align with or challenge existing literature and research on domestic violence against married men. There is a presentation of the findings collected explaining how they would have achieved the objectives of the study. In data analysis is a comparison of the findings from different groups of participants, such as men from different age groups or socioeconomic backgrounds to bring out how societal biases still perpetuate domestic violence against married men. This chapter also outlines the unexpected findings or emerging themes that were not anticipated, the strengths and limitations of the research findings.

5.0 Chapter 5: Chapter Summary, Conclusions and Recommendations

The final chapter is a summary of the main findings of the research, and how they contribute to the existing literature on domestic violence. This is a reflection on the strengths and limitations of the research, and how they may have impacted the findings. There an outline of the recommendations of the research for policy, practice, and further research and consideration of the wider social and political context of domestic violence, and how the research fits into this context. This chapter is a reflection on the personal and professional learning that has taken place through the research process conclusion that brings together the key findings and implications of the research, and offers a way forward for future research and policy development.

1.12 Chapter Summary

This chapter presents the background of the study to get an understanding of what pushed the researcher to do an investigation on such a topic as domestic violence against men influenced by gender norms and societal expectations. The main aim of the study was well explained giving out the objectives of the study. This is what the study the study intends to find out. The study findings should be able to meet the research objectives and answer the research questions. This explains why the chapter presented the aim, the objectives and the questions. In order to carry out the research, there is need to have an understanding of the key words on the research topic that were defined in this chapter. This chapter also gives assumptions, limitations and delimitations which may arise during the course of carrying out the study. Lastly the study gives an outline of the chapters of the whole research project.

CHAPTER 2: LITERATURE REVIEW

2.1 Introduction

This chapter seeks to discuss literature review according to the objectives. Presentation of literature is of paramount importance at this juncture as it brings out the knowledge gap in literature. It means that the researcher will identify what other researchers have managed to get on the issue of domestic violence experienced by married men. This is achievable when the researcher unfolds literature from a global, to regional then national level. In this chapter is the discussion of the theoretical framework. The researcher starts by explaining the Social learning theory then the Social-cultural theory in detail in a bid to bring about how it can be utilised to show how societal expectations are the influence to the abuse experienced by men. Both of these theories that the researcher employed help bring out the recommendations to address the issue of gender-based violence against married men. The relevance of the study is also put forward in this second chapter. In this chapter are acknowledgements of existing literature on global, regional and national level and these are given out on each of the research objectives.

2.2 Theoretical framework

Social learning theory

This study is largely informed by the social learning theory which is a philosophy that human beings can learn behaviour from each other through observation, imitation and modelling. The concept was theorized by psychologist Albert Bandura in 1977 and blended ideas at the back of behaviourist and cognitive gaining knowledge of approaches. According to Albert Bandura there are some principles to consider for learning to take place which are observation, attention, retention, reproduction, and motivation. Social learning principal endeavours to study socialization and how it impacts human behaviour. The psychologist Albert Bandura studied human behaviour in his Bobo Doll study. In the experiments, Bandura had young people watch

adults' model superb and poor behaviours closer to a toy balloon comparable to a clown. In some cases, the adults were aggressive and would violently beat the doll. After looking at this footage, the young people were given hammers and requested to have an interaction with the doll. The children who had witnessed the aggressive conduct toward the doll additionally acted violently towards it, whilst those who witnessed positive, non-aggressive conduct responded less aggressively. From this experiment Bandura concluded that the children discovered their social behaviours by observation, hence it acted as the groundwork for Bandura's theory. The social mastering idea can be applied in the context of gender norms shaping the ways in which people behave. Children who grew up in abusive homes tend to exert these learnt behaviours in their own homes when they too get married. This can apply to both genders, be it men or women.

Moreover, observational learning is a fundamental aspect of Albert Bandura's social learning theory as it involves acquiring new behaviours by watching others. Children can watch others by attention to their attitudes, emotional reaction and actions. They can learn by observing certain conducts from those around them. Children can observe behaviours from parents, peers, teachers and other influential figures in the environment they spend most of their time in. This explains why there is a belief that a child is who his or her friends are. Such a belief is supported by the saying, "show me your friends and tell you who you are." Child or even adults can observe behaviours from their peers and act according to that. After observation, they tend to imitate or model the new attitudes, behaviours and characters.

Bandura proposed that cognitive processes play a significant role in learning through observation. These mental processes mediate between external stimuli (what one observes) and responses. There are processes which are integral in mediation for learning to take place and the first step is **attention**. Before imitation has happened, an individual must pay attention to

the observed behaviour. Attention determines whether a behaviour is influenced by imitation. The second step is **retention** which is a process of storing the observed behaviour. For successful imitation to occur, behaviour learned through observation should be stored in memory. Observers symbolically encode the behaviour, organizing it into easily recalled templates. When this has happened, then there is **reproduction** where an individual reproduces the observed behaviour based on their stored mental representation. The last step that makes the whole social learning process to be a success is **motivation**. The motivation to imitate depends on the perceived consequences of the behaviour.

In modelling, Albert Bandura identified three primary models of learning from observation which are live model, verbal model and symbolic model. Live model is observing an existing person presenting a behaviour to them imitate. Verbal instructional model is listening to exhaustive descriptions of behaviours and then acting out the behaviour based on that description. Symbolic model is representations of behaviours are displayed through media for example movies and books. All these models are a way of learning through observation as according to Albert Bandura.

2.2.1 Relevance of the Social Learning Theory to the study

Albert Bandura's social learning theory provides valuable insights into understanding how gender norms and societal expectations contribute to the perpetuation of intimate partner abuse against married men. According to the theory, individuals learn behaviours by observing, imitating and modelling others in their surrounding environment which create perceived gender norms. This is when people observe how gender roles are enacted by parents, peers, media and the society at large. Married men, like everyone else, internalise these observed behaviours whether or not they grew up seeing such behaviours. By observing how others will be doing, they then understand what it culturally means to be male within their society. This shows that

social learning can also be influenced by time, hence media now has an impact on the perceived gender norms which might not have existed long back when there was no or poor technology. Men now internalise and model the behaviours they would have observed from media for examples in movies where men are displayed to be tough and not expressing their emotions thereby making that a gender norm. Observational learning is essential in understanding domestic violence as individuals observe how power dynamics, control and aggression are expressed in relationships. Married men who adhere to traditional gender norms and societal expectations such as being dominant, controlling and aggressive may feel justified in manoeuvring violence to maintain authority in a bid to suppress their emotional distress which would have emanated from the verbal or sexual abuses exerted on them by their counterparts.

As per this study, men who grew up seeing their fathers solely providing for the family tend to feel the need to act in the same way even when finances are a struggle. Such men will not open up to the emotional abuse their wives might be perpetrating towards them because they believe the normal is that “men should be tough and provide at any extent.” The wives might be verbally abusing their intimate partners, leading to emotional turmoil as well because even the wives expect the “heads of the family” to provide which is a gender norm that was learnt through observation. Children learn behaviour from their experiences and observations of social interactions. These observations are particularly salient when the modellers are of high status, such as parents and caregivers (Bandura 1973). Therefore, when children experience violence or hostile parenting practices, they learn that violence is an acceptable means of conflict resolution and will later model that behaviour in their relationships (Akers & Sellers, 2009). Gender stereotypes learnt across societies through observation typically maintain gender inequalities in society. This is then passed from generation to generation.

Furthermore, the apprehension of the role of observational learning in shaping gender norms is

crucial for intervention. Educational programs mostly through films and social media platforms can challenge harmful norms, promote healthy communication where men are able to reach out for help and encourage nonviolent conflict resolution. The social learning theory can help break the cycle, destroying stereotypes and creating new harmless societal expectations that cater for the wellbeing of both men and women.

Socio-cultural theory

The other theory that this study is informed by is the Socio-cultural theory which was propounded by Vygotsky in 1962. The theory takes a look at the influence the world has on individual development. It states that learning is a mostly social process whereby development takes place through interactions among people with those with less knowledge learning from those with more knowledge. There are four principles of this theory which are attention, sensation, perception and memory. The social and cultural environment allows these elementary skills to develop and gain higher mental functions and this development occurs in the Zone of Proximal Development. There is what an individual can do on his/her own, then there is the Zone of Proximal Development which illustrates what one can do with the assistance of an adult, a mate or even technology. Cherry (2022) postulates that Vygotsky developed the theory believing that parents, teachers, peers, caregivers and society at large influences an individual's cognitive development.

To elucidate further, learning is an aspect that emanates from how an individual interacts with the people around him/her. According to Vygotsky learning is a procedure of obtaining knowledge, beliefs and problem-solving plans of action with “more knowledgeable” others. Social learning prepares the way for individual development and is eccentric to a person. The contribution of culture is central in the socio-cultural theory. People learn through social and cultural experiences suggesting that children internalise and learn from the beliefs and attitudes

that they associate with. Vygotsky notes how crucial language is in shaping the development of an individual which then results in how they behave. Children who were exposed to a culture that believes that men do not cry tend to keep upholding this belief even when they get older. The belief would be normal to them, so seeing a man crying appears abnormal for them because they learnt it from their parents as they were growing up. In the case that such children get to interact with more knowledgeable people that is for instance the teachers at school who will teach them that a man is also human, therefore has emotions, then they can start accepting the new knowledge being administered to them. This can be so because Vygotsky believed that learning was an active process rather than a natural or passive one. He also emphasised on the importance of learning under the supervision of a teacher. As per the socio-cultural theory, the approaches used by the teacher to engage the child such as carrying out the task themselves as an example or verbally instructing the child was referred to as cooperative or collaborative dialogue.

2.2.2 Relevance of the Socio-cultural Theory to the study

On the investigation of the role of gender norms and societal expectations in perpetuating domestic violence against married men, the socio-cultural theory is applicable in that it explains the roots of these societal expectations and gender norms. As per the theory, people learn through social and cultural experiences suggesting that children internalise and learn from the beliefs and attitudes that they associate with.

As children learn how the more knowledgeable people around them treat women and men differently, they also treat them differently. From tender ages children are exposed to some gender norms like when their parents buy dolls for girls to play with and toy cars for boys. This results in the creation of expectations that women should be feminine and gentle as they nurse their baby dolls whereas boys should be masculine as they drive their toy cars as well as making

the toy cars themselves from scratch.

2.3 Literature review

This section will highlight the similarities in existing global, regional and national literature writings on the nature and forms of domestic violence experienced by married men, the societal biases and stereotypes that are prolonging DVAM, men's perceptions on IPV and possible intervention strategies to address DVAM. People of all genders, ages, races, nationality and socio-economic levels are impacted by intimate partner violence. Although there is a plethora of studies on intimate partner violence victimization among women, very little is known about how men are affected by IPV. Men's experiences with IPV have not received as much attention as women's. Some writers and researchers have searched a wide range of grey and peer-reviewed literature for critical evaluation.

2.3.1 The nature and forms of domestic violence experienced by married men

Global

Globally a research on domestic violence and patriarchal ideologies was published in the United States of America at James Madison University. The study was on domestic violence and patriarchal ideologies in popular men's magazines. Similar to this study was the issue of cultural dictates in influencing domestic violence in relationships at the plight of men victims. The study looked at the gendered nature of serious domestic violence perpetrated equally by men and women. The study notes that it is agreed that there is a relationship between gender and domestic violence. Many researchers have examined the gender symmetry argument against the gendered nature of domestic violence arriving at similar conclusions. Johnson (2019) notes that in gender-balanced IPA, male violence is a much more hidden arena.

Quite a number of journals present the forms of violence men experience in relationships and

how these affect their well-being. For instance an article entitled, “What about men? A critical review on men’s experiences of intimate partner violence”, by Scott-Storey et al (2022). The time most of the articles were written shows that contemporary literature is digging deeper into the issue of domestic violence against men justifying that there is men too are experiencing IPV in its different forms as this study is trying to bring out. In these studies, the forms of abuse that men are experiencing are verbal, emotional, financial, physical and sexual abuse. Existing literature explains men’s experiences of intimate partner violence and their forms. According to Scott-Storey et al (2023) the role of gender norms helps in understanding the nature and type of IPV experienced by married men perpetrated by women. This corresponds with the topic under study as the researcher is investigating to find out how gender norms are contributing or shaping the different forms of GBV against men in their matrimonial homes.

Regional

The growing debate on whether or not the forms and nature of domestic violence experienced by men perpetrated by women are similar to those perpetrated by men against women is voluble. Tshoane et al (2023) in a study of IPV in South Africa postulates that male victims of GBV experience a variety of abuse and from a sample of 302 men looking out for support services are victims of physical, psychological, sexual abuse. Virtually all the study findings were congruous with the definition of domestic violence put forward by World Health Organisation (2010). The pertinence of the basic components of its definition to the forms of gender-based violence against men is of utmost importance to this study. Intimate partner abuse can be in the form of emotional, verbal or financial abuse. When analysing the nature and patterns of violence experienced by males, it is crucial to take into account of the consequences associated with defying gender norms (Olliffe et al 2014). Threats to reveal the nature or state

of their romantic relationships in public are examples of particular damages that should be examined and addressed (Carvalho et al 2011). Such writings show that there is a very big gap in issues of DVAM.

The inherent features of DVAM are a case of serious concern as most men do not report abuses to the authorities. Carmo et al (2011) says that the reported cases of IPA perpetrated by women against men were physical abuse, the most common mechanisms of aggression being punching and hitting with objects. There are two main categories of IPV according to some authors, “intimate terrorism” which is defined as using violence to gain control over the victim and “situational couple violence” which results from escalating a conflict or a series of conflicts without systemic control by one partner. As per Johnson’s (2015) notion, violence against women is exclusively committed by men in “intimate terrorism” while both male and female partners can perpetrate violence in situational “couple violence.” It cannot be denied that both men and women can be victims of IPV, though in some cases the violence perpetrated by women is less severe compared to the violence perpetrated by men. Some women are strong enough to overpower their husbands, therefore being a victim or a victimizer is subjective. Hence, the nature of IPV ought to be regarded as a human issue not just a gender issue. When treated as a gender issue then there is need for gender balance in order to achieve the principles of humanity.

National

In Zimbabwe domestic violence against men is a subject matter requiring inquisitiveness as very little has been done about the issue. While the prevailing view is often portraying IPV as a crime perpetrated by men against women, the reality is more complex (Makomo and Chisaka

(2020). The few Zimbabwean existing literature show that men are victims of physical, verbal, financial, emotional and sexual abuse. Authors are of the view that the same forms of domestic violence that women experience are the same men also experience. Makomo and Chisaka

(2020) give the actions that are considered as domestic violence and these are intimidating, manipulating, humiliating, insulting, isolating, frightening, blaming, injuring and sexual assault. The authors examined why the victims do not leave their abusive partners and came up with reasons such as love, denial, children, money and finances as well as shame.

From this point of view, the abused men not only do they choose not to report, but they also choose to stay in abusive marriages because of the reasons mentioned, chief among others. It can be noted that male victims of IPV may feel embarrassed when they disclose such issues to the public. However, choosing to stay in abusive relationships affects them psychologically and emotionally. Survivors of GBV can suffer from post-traumatic stress disorder (PTSD), depression, anxiety, hopelessness, low self-esteem and many are those that have become suicidal, hence the rise in the rate of male suicides in Zimbabwe. Kabudi (1994) predicates that domestic violence can be more common in families where people are struggling to make ends meet and may feel angry, helpless and frustrated, especially when the spouse is not so supportive or rather demanding of tangible results. In some families, the wives can be verbally abusive when they are the ones providing for the family's needs more than the husbands. Thus, this explains the nature and forms of IPA that men experience.

2.3.2 The societal biases and stereotypes that prolong domestic violence against men, preventing them from disclosing and seeking help

Global

Globally, research on male victims of IPV perpetrated by females has increased recently

proving that indeed male too can be victims of IPV. Though there has been some studies about the issue, more research is required to comprehend the ways in which the abuse patterns continues. A research was conducted in the United States of America (USA) where the experiences of 59 male victims of IPV were analysed. This study revealed the potential societal issues that male victims of IPA perceived as their victimization. The concept of ambivalent sexism recognizes the complex nature of gender attitudes, in which women are often associated with positive and negative qualities (Glick & Fiske, 2001). Hostile sexism refers to the negative attitudes of women as inferior and incompetent relative to men. Benevolent sexism refers to the perception that women need to be protected, supported, and adored by men. There has been considerable empirical support for benevolent sexism, possibly because it is seen as more socially acceptable than hostile sexism. West (2012) has it that across cultures, males tend to be associated with stronger and more active characteristics than females. Such cultural beliefs have created gender roles as to what men should do in the home and what women should do.

The danger in these gender roles comes when the men is financially struggling and failing to meet the gender role expectations. This is when they can get abused verbally by their wives and because of the same cultural expectations that males are associated with stronger characteristics, they remain strong even when things get out of proportion, they cannot speak up. Walker et al (2020) has it that male victimization is not perceived by society to be as severe as female victimization. Such societal beliefs have perpetuated the prevalence of GBV against men, leaving them with no opportunity to report. They do not report their abuse because they know people will not understand them as the society expects them to “man up.” Studies show that generally there is no gender equality and equity worldwide because of how male victimization of abuse is perceived to be less severe than female victimization. By having such

a comparison, it is crystal clear that there is no gender balance because by virtue of being human, men too have emotions, men are too ought not to be discarded as it is the principle of humanity.

Regional

There have been some studies in South Africa that brought about the stereotypes and societal biases associated with IPV against men that prolong their abuse. In an article by Tshoane et al (2023) published in January 2024, it can be seen that gender is a social construct that continues to change in response to historical context and most of the social construction of men are rooted in societal expectations characterised by patriarchy. This is evidence to show that societal expectations are existing, thereby prolonging the prevalence of IPV against men as they are expected to behave or handle issues in a certain way. Written literature in Africa pertaining to the topic under study has put much focus on gender-based violence against men to fill the knowledge gap that most researchers were leaving out, addressing abuse perpetrated against women only. According to another investigation into The Trend of Domestic Violence on Men, A Case of South Africa, it is generally accepted that there is an under-reporting of DV in general where men are victims and women as well as other men are perpetrators. The research highlighted that men moreover can also be reluctant and unwilling to talk about being victimized, taking into account that this is irreconcilable with their masculinity.

Society discourages men from speaking about their emotions, which is similar to the idea this study seeks to address, that is the role of societal expectations in perpetuating domestic violence against men. The justice system, African cultural norms, patriarchal societal expectations are all compounding complicated problems that cause men to be reluctant to document cases of being emotionally, psychologically, physically abused men at the arms of their girl partners. 30

The scourge of male abuses continue due to low self-esteem brought about by societal pressure. The case of South Africa points out that domestic violence does show up on a day to day groundwork and the victims of it in most cases are women, because they are more per chance to file it and because the society is patriarchal. It therefore explained however, that it does not mean that men are not victims of home violence in their personal domains. Swann et al (2022) suggests that in a fluid and altering social context, the constructions of masculine and female identity are said to be complex. It can be justified to note that the case study of the prevalence of domestic violence against men in South Africa acknowledged that men too are experiencing violence in relationships and because of some societal biases, they are not speaking up.

National

The work of Padare has also empowered men to understand that they can also be victims of GBV in Zimbabwe and this is presented in an article “The story of Padare Men’s Forum against domestic violence”. Advocacy and community work by Padare organization has made it easier for men to come forward and report abuse even in a patriarchal society where men suffer in silence because they are afraid of the stigma associated with being a victim of GBV. The existence of literature on the issue of domestic violence experienced by men shows that this study is not far-fetched. Be that as it may, this study will highlight the knowledge gap which still exist in literature as the existing literature does not give the gender norms and societal expectations that contribute to the continuation of IPV. These are the factors that have increased the prevalence of IPV against men as they do not speak up in fear of not being understood, not being heard or hiding in their patriarchal dominance.

This research will investigate on which societal expectations and gender norms are maintaining the prevalence of intimate domestic violence in Highfield/Glen-Norah district, making the

research unique. It is of paramount importance to note that this study acknowledges that much effort has been done to address the issue of domestic violence against men. However, this study then focuses on the continuation of the violence against men who are married due to gender norms and societal expectations. In researching this, the effectiveness of existing support programs and resources for married men experiencing domestic violence is then evaluated to give a leeway for the researcher to suggest recommendations to solve the problem. The Herald reported in January 2024 that a programs officer from Padare, Nyoni pointed out that IPV was among other factors leading to the rise of suicide cases among men because traditionally men are viewed as the victimizers of violence when in contemporary times, they are also victims. Thus, due to culture and how gender roles are socially constructed, men have become vulnerable. Nyoni (2024) says that some men were afraid of reporting their cases to the police after being beaten by their wives as they knew not the approach they were to use.

2.3.3 The perceptions of men on intimate partner violence to identify coping mechanisms

Global

On a global level, evidence from previous studies prove that men do not perceive or reflect on the domestic abuse inflicted on them by women as abusive. In a study by Kumar (2012) the researcher emphasised that an explanation for such trivialisation is nuanced by the effect of gender socialisation and the social construction of society. He goes on to point out that beyond trivialising their experiences, the social construction also makes it onerous for them to share their experiences or be in quest for appropriate support. Be that as it may, there are men that believe that men too can get abused. One of the testimonies from a male Congolese participant in a study on Sexual Violence against Men: A Case of DRC revealed that it is “common for men and boys to be abused, they rape all of us, even the men.” Literature discloses the

prevalence of SGBV against men in Democratic Republic of Congo, but it is said that the violence is perpetrated by other men. The study proved that men suffer from SGBV perpetrated by male soldiers to express power and dominance which are concepts tied to masculinity. Although such findings correspond with the topic under study, there is still a gap as it did not give much information about the perceptions of men on the plight of male victims of GBV particularly perpetrated by women in a marriage setup. Also to note is the absence of a key aspect of how the victims and survivors of DVAM cope with the violence.

Boys and men in Canada are of the view that men can be victims of IPV, hence they are increasingly recognizing how crucial it is for them to be engaged in the fight against DVAM by creating safe spaces where other men can talk about the issue (Namwira 2022). There is written evidence of the work of White Ribbon which is an initiative focusing on involving men and boys for gender equality. Fact that Canadian are reported to be engaging in the awareness programs by White Ribbon shows that men perceive DVAM as devastating and an issue worth recognition.

Regional

Due some cultural beliefs and practices, men in Africa tend to perceive abuse perpetrated by women as not necessarily abuse. They view abuse as a traditional conflict resolution mechanism. Studies show that some cultures in Africa have various traditional mechanisms of conflict resolution, disputes between spouses being one of them. However, according to Bello and Olutola (2016) this assertion that women cannot abuse their husbands undermines the credibility of these mechanisms in most African societies. This then explains the reasons for the heavy cloak of silence on incidences of DVAM in Africa. Men who are abused by their

wives will opt to keep their experiences to themselves to avoid being ridiculed in their communities. This study gives an example, in to say that in some communities in Southern Nigeria, a man who cannot himself against any female violence is considered as a weak man and that reduces his self-esteem and confidence as he gets to be a laughingstock (Obarisiagbon and Oimage 2019). What this proves is that men in Africa have the same perceptions of abuse perpetrated by women, hence they remain silent.

Essentially, the topic under study will look at possible intervention strategies that can be implemented to address this issue. From this, one can point out that men's perceptions about IPV are a result of societal expectations which is something that needs an immediate intervention so that men don't remain silently suicidal. Different forms of abuse can have different effects on men which has been studied to be increasingly death. Initially, men are said to take abuse lightly and fail to realise how damaged they would have got or they are. Usually this happens when they suffer from verbal and emotional abuse. One can be justified to say that men take IPV lightly and in cases where they take it seriously, they choose to suffer silently.

National

Zimbabwean literature has not done justice as far the issue of domestic violence against men is concerned. Men's perceptions of IPV against men is a subject of research, hence this has prompted the researcher to undertake a research on such a topic in order to determine men's standpoint on the issue. There are contemporary writings on the prevalence of DVAM which give out the causes and effects of DVAM. Nevertheless, there is a gap in literature pertaining to how the men themselves regard DVAM. This can also be a factor contributing to the continuation of DVAM and the effects thereof.

2.3.4 Possible intervention strategies to address domestic violence against married men.

Very little alternatives have been documented to help male victims of domestic violence which has influenced the researcher to investigate on this issue. The researcher is of the idea that there has not been much that has been to address intimate partner violence in Zimbabwe, particularly in the local district of Highfield/Glen-Norah due to the gender norms and societal expectations that are influenced by culture. So much is being done to reduce the prevalence of domestic violence against women and girls, neglecting the men. Organisations like Musasa project have missions to work towards ending gender-based violence with particular focus on women and girls and Musasa has a motto that says, “Zero tolerance to all forms of violence against women and girls”. This is evidence to prove that there is no gender balance, men are being neglected. In a 2021 News Day report by Mangwaya, the reporter acknowledges that Fathers Against Abuse Trust (FAA) is a non-governmental organisation that is engaging men and boys in fighting GBV. Mangwaya reported that, ‘Men are also GBV victims during lockdown,’ giving out how the issue can be better addressed. Alois Nyamazana, the FAA co-founder notes that research has shown that men and boys suffer from violence silently, thus the organisation is striving to encourage men to shift norms and open up when facing challenges. He also points out that parents should teach their children to seek help when they are facing challenges.

When men start talking openly about their relationships, it can greatly help to lower the rate of IPV since they can then receive support on how to solve the problems and obstacles without resorting to violence. News Day documented that FAA has established forums and spaces where men may freely talk about problems and obtain support anytime they need it. Same as Padare organisation FAA believes that men should not be restricted by society, instead they should seek counselling and assistance on how to coexist peacefully with women and girls. According to Nyamazana (2021) in order to assist people, understand how GBV affects them

and communities and to approach the issue inclusively, there is a need for conscientization. Nyamazana notes how he views the church as a major participant in tackling the issue of IPA against men. As such, the church can have a significant impact on the fight of IPA. To raise awareness of IPA, schools must integrate IPA into their curriculum. The government was also challenged to commit additional cash from the federal budget to the fight against GBV. Studies on the possible alternatives show that boys and men must be encouraged to view masculinity positively in order for them to join forces with women and girls in the battle against GBV.

2.4 Chapter Summary

This chapter gave an explanation of the theories that the researcher employed that are relevant to the topic under study. The relevance of the social learning theory and the Socio-cultural theory to the study was well elucidated. The chapter also reviewed literature from various scholars who have so far written about the issue of intimate partner violence and the role of societal expectations and gender norms in the prevalence of the subject matter. In all the articles and researches widely read on, a gap has been identified on the extent of the impact of societal expectations and gender norms in influencing intimate partner violence against married men. Another gap is that of Zimbabwean men's point of view on the subject matter. Several possible intervention strategies to the crisis have been identified. However, a lot still needs to be done to address the issue.

CHAPTER 3: RESEARCH METHODOLOGY

3.1 Introduction

Research methodology refers to the overall approach through which researchers need to conduct their research which shows the route way through which research objectives are coined and presented from the data obtained during the study period (Mohajan 2018). The researcher

outlines the research approach, research design and other relevant strategies used to collect data that will answer the research questions and meet the objectives of the research project. This chapter also presents the research ethics that were upheld in the course of collecting data in the interviews and discussions. The research ethics were fundamental in this research as they had to protect the participants, especially the fact that the topic under study is a sensitive one.

3.2 Research approach

In the investigation on the role of gender norms and societal expectations in perpetuating domestic violence experienced by married men, qualitative methodology was utilized. The use of a qualitative research in this study was helpful because it captured the subtleties of social interactions and the meanings people ascribe to their experiences. It shed light on the attitudes, beliefs and underlying causes of domestic abuse directed at married men, which are frequently derived from gender stereotypes and societal expectations. It also helped to avoid bias and ensure that the research is grounded in the lived experiences of those married men who were affected. To effectively create support networks and influence legislative reforms, qualitative research offered a thorough and compassionate understanding of the role that gender norms and societal expectations play in domestic violence against married men. The use of qualitative research is advantageous because it gives more accurate data. This is so because this methodology is based on real life experiences, hence making it more reliable.

3.3 Research design

This research being a case study of Highfield/ Glen-Norah district made use of the exploratory research design. Since the researcher is using a qualitative methodology exploratory research design helped to understand the relationship between gender norms, societal expectations, and domestic violence by exploring how men are reporting their abuse and how the reports are affected by the expectations from the societies they are living in. It was vital to use a design

that was to allow for the discovery of new insights that is the information on what the expectations of the society are from any married male figure explorative research design assisted in identifying previously unsearched facets of this topic under study which gave a more comprehensive grasp of the matter.

3.4 Target population

As defined by White (2010) a population is the collection of respondents who had relevant information to the study from which outcomes are to be attained. The particular group of people that this study intended to examine is referred to as the target population. It is the population to whom the study's conclusions will be applicable. The total population under study comprised of male survivors of intimate partner violence, married men and women, men in general, advocates and social service providers from the Department of Social Development. In order to attain reliable information about societal expectations and gender norms, there was need for the involvement of both men and women because a society is made up of both genders who influence certain expectations from each other. It is also their different genders which result in the existence of gender roles that this study is focused on to get more understanding of how these gender roles are perpetuating domestic violence against married men.

3.5 Sample size

The sample size is defined as the actual number of people that participate in the data collection. The sample size in this research was 20 participants consisting of 5 male survivors of domestic violence, 3 married women and 10 men in general as key informants. This sample size consists of people who responded to face-to-face interviews and group discussions. There were also 2 social services providers that participated in the research.

3.5.1 Sampling technique

Cooper and Schindler (2003) posit that sampling is a procedure in which elements in a population are selected to represent the whole population. The purpose for sampling assisted the researcher to draw inferences about some attitude, characteristic or behaviour of the entire population. The researcher used the convenience sampling and snowball sampling schemes in order to tap into the knowledge and experiences of the married men who are experiencing domestic violence in their homes. The researcher made use of the use of snowball sampling technique when the Department of Social Development assisted the researcher in reaching out to the male victims of domestic violence. Convenience sampling was also used by the researcher to collect data on the willingness of participants to take part, taking into account that the issue under study is a sensitive and complex one. Convenience sampling was also used as the researcher wanted to get an idea of people's attitudes and opinions about IPV against men so as to generate hypotheses that can be tested and verified in the future since little has been to address the issue under study.

3.6 Data collection methods

The researcher collected data using the following data collection methods

3.6.1 Face-to-face interviews

This allowed for an in-depth understanding of the experiences of male victims of intimate partner violence in order to gather information on how far societal expectations maintain the prevalence of domestic violence against married men. The interviews were also open to married men in general even without disclosing their own personal experiences of domestic. This was done so as to bring out how the men themselves perceive domestic violence against men which happened to be the best way of finding out the societal expectations and gender norms The research was conducted for thirty minutes in face-to-face interviews in Highfield, Glen-Norah

and Fidelity high density suburbs where the victims and survivors of intimate partner violence responded to some questions. The researcher made sure she picked up the non-verbal gestures that the participants were presenting, giving a very attentive ear to their choice of words. This gave the researcher the information needed to explain how societal expectations are prolonging the prevalence of domestic violence against men. All the interviews were recorded on the grounds of informed consent to the respondents.

3.6.2 Focus group discussions

Utilizing focus group discussions was a powerful tool for exploring such a sensitive and complex topic of gender-based violence against men as the tool created a safe space for men to open up, given that they are a group of them having similar experiences of domestic violence, but most importantly the fact that they were given an opportunity to gather as men to discuss issues that affect their gender. It became much easier for men to give accurate information on how societal biases contribute to their abuse because the researcher applied the Johari window model in the course of the group discussions. Men in general were the focus group that the researcher worked with in these discussions, the majority of them in the group being those who have experienced domestic violence one way or the other. The focus group discussions were an hour long which gave ample time for each member to participate.

3.7 Data collection procedures

The researcher first permission from Bindura University of Science Education to conduct a research. The Department of Social Work gave the researcher a letter to present to the organisations that she had to work with in collecting some data. Using the letter from the university, the researcher also sought permission from the Ministry of Labour and Social Welfare. The head of the Department of Social Welfare gave the researcher a letter of approval that she can carry out the research. With the use of qualitative research methods to gain depth

information pertaining to societal expectations and gender norms perpetuating domestic violence against married men, the researcher conducted face-to-face interviews and focus group discussions. The researcher collected data at the Department of Social Development by conducting face-to-face interviews with the victims of domestic violence. The department gave the researcher an opportunity to speak with 5 men who have been exposed to abuse in their marriages. After getting an approval letter to conduct the research, the researcher was given some time to wait for the victims to agree to participate in the research as the department spoke to the victims on her behalf. It was after 1 week that the researcher was called by the department that the intended number of male victims of domestic violence had agreed to be interviewed. The researcher then made sure that the participants fully read and signed in the informed consent in the presence of the department head. The participants agreed to let the researcher record the information on paper, while the interview was ongoing. The researcher was using one schedule guide per each research tool which made the data collection much easier. The researcher also conducted face-to-face interviews with social workers at the DSD so that she could get information about how the social service providers perceive the matter under study as they have experience handling cases of any form of domestic violence from both men and women. She also went into the local communities of Highfield/Glen-Norah district with another face-to-face interview schedule guide to interview married men and women of any age group. The researcher collected some data from men of any age group and marital status through a group discussion where she also had one schedule guide.

3.8 Data presentation and analysis

In this study, tables and explanations were used to present collected data. Tables are used to present clear data that can be easily interpreted. A process called data analysis requires the

application of tools methodically to describe, infer conclusions and evaluate data (Wickham 2016).

Cooper and Schindler (2003), state that data analysis involves the interpretation of the research findings in relation to the research questions. The data collected through the interviews and group discussions was thematically analysed and presented to gain qualitative information. The analysis and presentation followed these stages:

- **Data Familiarization**

According to Wickham (2016) it is imperative for the researcher to have familiarity with the software and methodologies utilized in qualitative data analysis. In order to become familiar with the data, the researcher learnt how to code and analyse data step by step. The researcher familiarized with the data by assessing the features in the dataset to determine their relevance to the problem of societal expectations and gender norms perpetuating domestic violence that the research seeks to solve. The researcher read through the data so as to get familiar with the data.

- **Coding**

The second stage was to generate codes by highlighting phrases and sentences of every interview and the group discussion. Gibbs (2007) notes that coding is a process of pinpointing some texts in a passage or other data items to recognize main concepts. This is simply the general points that were brought about from interviews and group discussion that were recorded during the data collection period. In this data collection the codes that were brought about were showing the perceived gender norms and societal expectations. The codes were also showing how men value their masculinity, how men are vulnerable due to their gender role, reporting barriers and support systems.

- **Generating themes**

Themes were generated by grouping the similar codes to identify the major themes. Some of the codes identified became themes while other codes were discarded because they were vague. The themes that the study brought about are masculinity and vulnerability, stigma and disbelief, lack of resources for male victims, gender bias in reporting and cultural expectations of strength.

- **Reviewing themes**

After the themes have were generated the researcher reviewed these themes. This is when she made sure that the themes were accurately representing the data that was collected. This was done to see if they were any changes that needed to be done so that the themes could be relevant enough to explain the data findings.

- **Defining and naming themes**

The researcher had to define the themes that she identified. This involved formulating the meanings of the themes such that it would become easier to understand and interpret the data. By giving out the meanings of the themes, the researcher had a chance to decide on a better name for a theme.

- **Producing the report**

The last step that the researcher took in thematically analysing data was writing the report. Writing the report began with an introduction to bring out how the data findings answered the research questions and how they achieved the aim of the study. There was also a Methodology section in the report where there was a description of how the data was collected. In this section the researcher described that the data was collected through face-to-face interviews and focus group discussions. There was also an explanation of the thematic analysis of the data. The Research Findings section

presented a description of how often the themes came up as well as giving the meanings of the themes. The report also had a conclusion to say that the research proved that societal expectations and gender are playing a role in the perpetuation of domestic violence against married men.

3.9 Validity

Validity refers to the credibility of the data findings. This research employed various methods to intensify the validity of the data collected through the face-to-face interviews, focus group discussions and interactions with the social service providers. In this study validity was the accuracy and truthfulness of the study's findings which was achieved by using multiple data sources, participant validation and rich descriptions. By making use of multiple sources of data, validity was ensured through interviews with victims, discussions with men and a selected few women and consultations with social service providers. The study cross-verified information which boosted the validity of the findings. Rich descriptions of the participants' experiences were provided, allowing for a deeper understanding of the context and ensuring that the data findings were rooted in participator's realities.

3.10 Reliability

According to Caulfield (2023) reliability in qualitative research pertains to the uniformity and solidity of the study's analytical processes. This was achieved by taking the three steps which are consistent methodology, reflexivity and audit trail. Consistent methodology means that the same interview and group discussion schedule guidelines were used with all the respondents to ensure that there was a consistent approach to data collection. The researcher maintained a reflexive journal to record the important points picked during the research process and reflecting on personal biases that could have influenced data interpretation. Also, an audit trail of all the decisions that were made during the research period were kept which is one way of

achieving transparency and reproducibility of the study.

3.11 Ethical considerations

Before conducting scientific research, ethical considerations were made. According to Wager & Wiffen (2011) the main reasons for taking ethical considerations is to ensure the safety of the participants, human rights and respect for personal confidential boundaries. Ethical concerns are part of the everyday practice of doing research, as noted by Denscombe (2009). This study is therefore to consider the following ethical considerations.

- **Voluntary participation**

According to Kilinc and Firat (2017) voluntary participation is a vital principle of ethics in research as it ensures every research participant does so as a personal decision. All participants contributed to the research at their own will, without feeling obliged to take part. The researcher adhered to how participants wanted to contribute to the study, meaning that they were able to withdraw from the study at any point without pressure to conform.

- **Informed consent**

Hardicre (2014) points out that informed consent refers to a situation in which all potential participants receive and understand all the information they need to decide whether they want to participate. This included information about the study's benefits, risks, funding, and institutional approval. The researcher provided necessary and relevant information that the participants needed to know before they had taken part in the study.

- **Anonymity**

Anonymity in research means that the identity of research participants should be kept secret by ensuring responses cannot be linked back to specific respondents. It also implies that no

personal identification details are collected during the initial stages of the research. This study did not use real names, phone numbers, email and residential addresses rather, pseudonyms were employed. The researcher did this in a bid to foster the respondents' confidence and to create an environment where sensitive issues could be discussed without fear of public ridicule.

- **Avoidance of harm**

The researcher ensured that the study did not harm the participants and communities involved as it was the responsibility of the researcher to avoid, prevent, and minimize harm to others. The findings of the research are used for academic purposes only, hence the participants were not to be subjected to harm in any way, be it physical, psychological and emotional. The researcher sought permission from the University to conduct the research so as to get a letter of consent that then used to show everyone who was to be part and parcel of the research study.

3.10 Chapter Summary

Chapter 3 was giving out the methodology that was utilized in collecting data. The researcher outlined that she made use of qualitative data collection tools which are face-to-face interviews and focus group discussions. The researcher points out that in conducting the research there was need to seek permission first. It was also very important for the research to uphold some ethics, hence there was a presentation of the ethics that were maintained during the course of the research.

CHAPTER 4: DATA PRESENTATION AND ANALYSIS

4.1 Introduction

In this chapter is a presentation of data that was collected in a bid to find out how much gender norms and societal expectations are perpetuating domestic violence against married men. The data findings presented are in alignment with the objectives of the study. The data was collected to explore the nature and forms of domestic violence experienced by married men, societal biases and stereotypes contributing to domestic violence, perceptions of married men on intimate partner violence, coping mechanisms, and possible intervention strategies. There is also a discussion of the findings that the researcher got. The data presented through some tables was thematically analysed. This is when the researcher familiarised with the data, generated initial codes, generated themes to make sense of the data.

4.2 Demographic information of respondents

This section where the researcher presents the demographic information of the respondents is of paramount importance. According to Dobosh (2018) in order to contextualise results, the researcher has to more precisely characterise her study participants, describe the groups that were both represented and not represented in her sample, then conclusions about how broadly applicable her findings are to the community under study can be drawn.

4.2.1 Demographic of total respondents

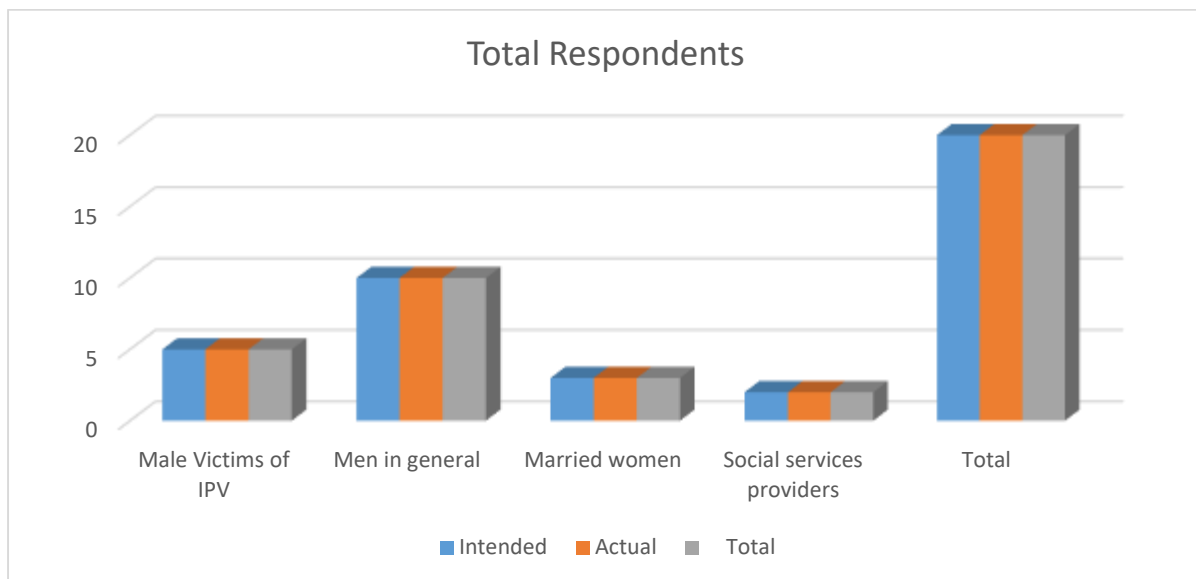


Fig 1 Total respondents

The above table shows the total number of all the people that took part in the research and it sums up to 20 altogether. The respondents were inclusive of both men and women since a society consists of both genders. The study had to take into consideration of women because for societal expectations emanate from an interaction between men and women. As noted by Kamberaj and Desai (2023), social expectations are standards that a society sets which the people regard as appropriate and acceptable. Gender norms are explained as societal expectations that govern how men and women should behave (United Way 2023), hence the researcher had to get some information from women. This was information pertaining to the societal biases and stereotypes that prolong IPV against men, preventing them from not disclosing their abuse and from seeking help. Another reason the researcher had to include both men and women in collecting data is that the topic under study is focusing on married men, meaning that the abuse men are encountering are perpetrated by the women. These respondents were all from Highfield/Glen-Norah district. The targeted number of men, women and very

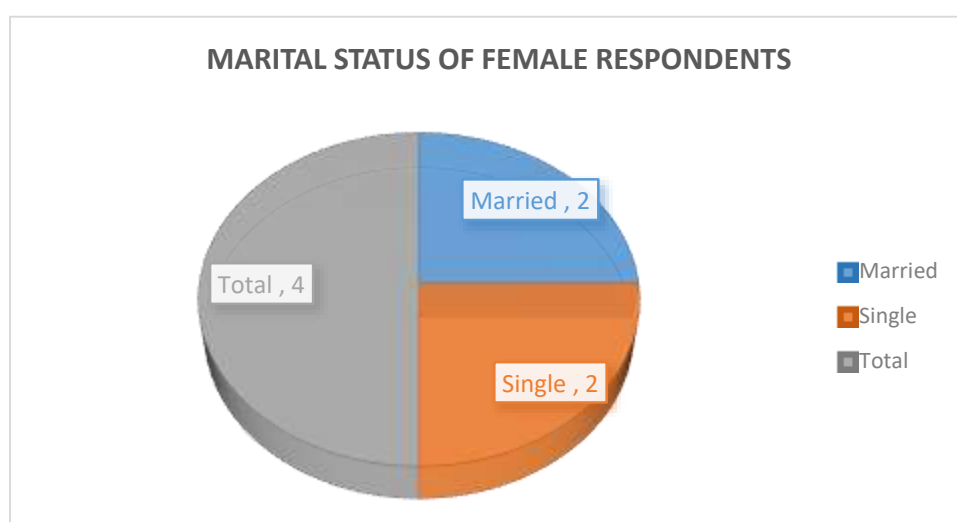
few social services providers was a success and this allowed the researcher to get reliable data.

4.1.2 Marital status of respondents

Table 1. Marital status of male respondents

Marital status	Total
Married	6
Single (who have never been married)	5
Divorced	4
Widowed	1
Total	16

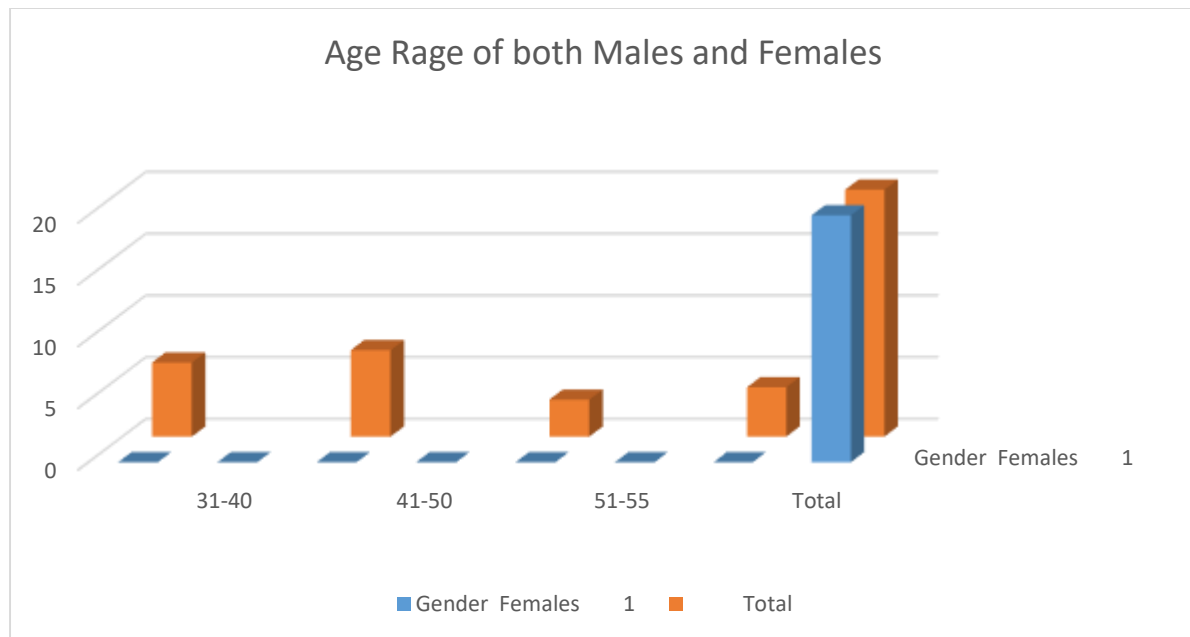
The table shows the marital status of men who responded to focus group discussions and face to interviews. From the 16 male participants, 6 were married men, 5 were those who have not settled in marriages, 4 were divorced and only 1 was a widower. This is evidence to prove that the research findings are reliable as men of every marital status took part in the study.



4.1.2.1 Pie 1 Marital status of female respondents

4.1.3 Age ranges of participants

Fig 2 Age range of both male and female



The table is an illustration of the age ranges of all the participants, both men and women who responded to face-to-face interviews and focus group discussions. Men and women who took part in the data collection were aged between 25 years to 55 years. This shows that men and women of all age ranges participated making the sample size 20. The ages of the participants were even proportional.

4.2 Qualitative data presentation.

The main aim of the study was to investigate the role of gender norms and societal expectations in perpetuating domestic violence against married men in the district of Highfield/Glen-Norah, Harare. The researcher managed to get the information that answer the research question through the face-to-face interviews and group discussion. For each research tool, the researcher

used 1 research guide. In both data collection tools the researcher was process recording the information. The researcher took written notes during the process of face-to-face interviews and tape recorded the group discussions. 20 people were willing to participate in the research and these consisted of 2 social workers from the DSD, 10 men in general, 3 married women and 5 male victims of IPV. The social workers helped by connecting the victims of GBV to the researcher. They were identified using the snowball sampling technique and went through an informed consent process where they signed a form after they understood how they were to be involved. The 10 men who were the key informants and the 3 women were selected using the convenience sampling technique. The data was coded into themes and sub-themes as per the thematic analysis. Below is a presentation of the themes objective by objective.

4.3 Nature and Forms of Domestic Exploitation

The study found that domestic violence against married men in the study area manifests in various forms, including verbal, financial, emotional and physical abuse. Participants reported instances of verbal insults, threats, controlling behavior regarding finances, emotional manipulation and physical violence. In exploring the nature and forms of domestic exploitation experienced by married men, the study uncovered a range of abusive behaviors within intimate partner relationships. This brought about the nature of domestic violence against men to be associated with aspects such as masculinity, power dynamics which are grounded from societal expectations from an early age. The research found out that men who are abusive tend to be like so because of the way they groomed from childhood. This is well supported by the social learning theory which explains that people behave in the way they do because they would be modelling the behavior they observed people older than them presented. The forms and nature of abuse experienced by married men that the study found out shall be explained as sub-themes under the themes forms of domestic violence against married men and nature of domestic

violence against married men

4.3.1 Forms of intimate partner violence experienced by men

The data collected revealed that men in marriages are also getting abused, although they do not always get to report their abuse cases to the police in fear of being judged as weak. Participants responded from a general point of view that they do believe that women are abusive to their partners. In bringing out the forms of abuse that men are encountering, the respondents showed their great concern for the impact these forms of abuse have on the well-being of men. They highlighted that the most common abuses are financial, verbal and emotional, although some do get abused physically. Below is a discussion of the forms of IPV against married men.

4.3.1.1 Financial abuse

Financial abuse was identified as a significant form of exploitation experienced by married men. Male participants recounted instances where their partners-controlled access to finances, restricted their spending and used money as a tool of manipulation and coercion. This financial control not only undermined the victim's autonomy but also left them vulnerable and dependent on their abusive partner for basic needs. One of the respondents said:

“Vakadzi vanoda mari, munhu anokubvunza kuti wazotengetei, asi mari yacho ndeyangu ende hatichatozive kuti pachiine rudo here kana kuti tiri kudirwa mari.”
(“Women love money, she will ask you what you used that money for, but the money is actually mine. We do not know if there still love or they just want us for the money.”)

Some respondents reported that the situation becomes even more difficult when the man is financially struggling to make ends meet. The women were said to be very abusive if they are the ones bringing more money in the home than the husbands. In such cases the participants

said that their wives abused them financially by taking all the money they had worked for because they argued that the money was too little and they had no freedom to use it the way they wanted in the home. One participant said:

“My wife was inconsiderate kutii ndakanga ndadzingwa basa nekuti kucompany kwandaishanda vaida kutapudza vashandi because murungu zvakanga zvavewo kumuomerawo. Semunhu asina maqualifications akaita seaive nevamwe pabasa ndakabva ndaita munyama wekudzingwa. Zvinhu zvakatanga kuoma ndikatanga kutengesa mafruits mutown, but mukadzi wangu aiona sekuti selling fruits raiva basa raishoreka saka aingotora tuprofit twacho twandinenge ndawana otenga zvinhu zvisina basa like biscuits. Aitenga zvinhu zvisina basa, asi mari iyoyo ndainenge ndichida kuitengesa mauniforms evana saka aizoshandisa yake mari” (“My wife was inconsiderate of the fact that I had lost my job because my employer was also facing financial challenges. Since I do not have the same educational qualifications that my co-employees had, I had to lose my job and things started getting hard for me. This is when I started selling fruits in town, but my wife saw this type of job as inferior that she would take the little profits I would have made and buy goodies like biscuits when I would have wanted to buy my children school uniforms with that money. I wanted my provide for my children, but my wife would use her own money”

This was an indication that men are suffering in silence. The wife thought that her husband was now poor that his money would not be used to provide for the needs of the children. Being a man he is, he could not do anything, but continue working for the “biscuits” all because he is a man and he should bring something in the home. This participant highlighted how he had to give a picture that he was working for his family when in actual fact, he was not working for

the family's upkeep.

4.3.1.2 Emotional abuse

Emotional abuse emerged as another prominent form of domestic exploitation with participants describing experiences of manipulation, gas lighting, and psychological manipulation. Emotional abuse eroded the victim's sense of self-worth and agency, leaving them feeling trapped and powerless within the relationship. This form of abuse often went unrecognized and unaddressed, as it left no visible scars but inflicted deep emotional wounds on the victim. One of the respondents was confident enough to share how his breakup with his fiancée took him. His ability to open up to share such an experience shows that some men do want to open, but they just do not have safe spaces to do so. He said:

“My wife-to-be broke things off with me after I had invested so much in her. She just used me to get the education she needed and I blame myself for being blind that I couldn't see that this was her motive. I loved her, but all she did was manipulating me to make me believe she also loved me and wanted to settle with me. When she left me, I was so devastated.”

The researcher found out that there are many of such cases where women are gas lighting and manipulating their partners for very selfish motives. Another respondent revealed that a lot of men are being emotionally abused by their wives as they call them names that demean their self-worth. In as much as this is verbal abuse, it was revealed that it is also emotional abuse when women belittle men by questioning their inability to provide for the family. Some highlighted that women are emotionally abusive when they blame the men for the abuse they would not have done and because they are women, their voices are always heard. One of the women respondents reported that:

“Izwi redu vanhukadzi rinonzwikwa kudarika revanhurume kana dziri nyaya dzeabuse, asi varume vari kusangana neabuse” (“In issues of abuse, women’s voices are heard than men’s voices, but men are getting abused.”)

4.3.1.3 Physical abuse

Physical violence emerged as a distressing form of domestic exploitation experienced by married men. Participants described instances of physical assault, including hitting, kicking and being deprived of enough food as forms of physical harm inflicted by their partners. These acts of violence not only caused physical injury but also instilled fear and intimidation, further reinforcing the power dynamic within the abusive relationship. Some men revealed that their wives abused them by not giving them enough food because they would have failed to meet the needs of the family. Indeed abuse is being perpetrated by the women in the homes because when the head of the family fails to provide some of the family’s needs, it does not mean that they deserve to go to work on empty stomachs. One of the men said:

“Ndinobuda kuenda kubasa ndisina kupihwa zvekudya mukadzi wangu achipopota kuti hamuna kuuya nemari mumba, asi chikafu ndinenge ndakatenga. Worse ndikangoti nonokei kudzoka kumba munhu anenge akutoti ndanga ndichiita zvevamwe vakadzi ndobva ndanyimwa zvokudya.” (“I leave for work without eating anything as my wife will be shouting at me that I am bringing money in the home. It is even worse when I come back home a bit late. My wife starts blaming me of unfaithfulness to her and she will not give me food”)

One of the female respondents indicated that she knows women who hit their husbands whenever they suspect that they are being unfaithful. It showed that women respond violently to issues of suspected infidelity. She said:

“Vamwe vanototaura kuti ini murume akandi cheater ndomudira mafuta kana mvura inopisa” (“Some actually say that if she finds out that her husband is cheating on her, she would pour hot water or oil on him”

Instances like these were reported to be having no evidence of the men’s unfaithfulness.

4.3.1.4 Verbal abuse

Verbal abuse emerged as a prevalent form of violence, with participants describing instances of insults, demeaning language, and threats aimed at undermining their self-esteem and psychological well-being. These verbal assaults often served as a means of control, manipulating the victim's emotions and behavior within the relationship. Men highlighted that women provoke them to be violent because of the way they speak to them. They said that some of the words that their wives speak about them are demeaning and very hurtful. One of them said:

“Women are just verbally abusive and they provoke us by what they say. My own wife take pride in insulting me on top of her voice”

4.3.2 Nature of domestic violence against men

The study revealed that the nature of domestic exploitation experienced by married men often intersected with societal expectations and gender norms. Participants noted that traditional notions of masculinity, which emphasize toughness, emotional stoicism, and dominance, contributed to their vulnerability to abuse. These expectations created pressure for men to maintain control and authority within their relationships, even at the expense of their own well-being. This shall be explained under the following sub-themes

4.3.2.1 Masculinity and femininity

Societal biases and stereotypes regarding masculinity and femininity play a significant role in

perpetuating domestic violence against married men. Participants described how societal norms stigmatize male victims, portraying them as weak or emasculated for experiencing abuse at the hands of their partners. This stigma deterred many men from seeking help or disclosing their experiences, fearing judgment and ridicule from their peers and communities. Cultural taboos surrounding masculinity and victimhood further compounded the challenges faced by male survivors, making it difficult for them to seek help or disclose their experiences. One of the respondents said:

“Domestic violence against men is hidden in the aspect of masculinity as men believe that they should always be strong”

4.3.2.2 Power dynamics

The findings also highlighted the aspect of power dynamics within intimate partner relationships in describing the nature domestic violence against married men. Male participants described how imbalances of power, often rooted in gendered expectations and social hierarchies, facilitate abuse and exploitation within their relationships. In many cases, perpetrators of abuse used their position of authority or control to manipulate and coerce their partners, further entrenching the cycle of violence. One of them said:

“Ndaisada kuudzirwa zvekuita nemukadzi saka nyangwe aindiabuser verbally, ndaitoona kuti ndaona pekuisawo simba.” (“I never wanted my wife to tell me what to do, so her abuse influenced my violent response towards her”)

4.4 Societal Biases and Stereotypes

Participants highlighted the pressure on men to conform to traditional masculine roles of being tough, aggressive, and the primary breadwinners. This pressure often leads to feelings of inadequacy and shame when men fail to meet these expectations, making them reluctant to

seek help or disclose abuse. The study unearthed pervasive societal biases and stereotypes that contribute to the perpetuation of domestic violence against married men. Participants revealed how entrenched gender norms and expectations shape perceptions of masculinity and femininity, influencing the dynamics of intimate partner relationships. Traditional notions of masculinity which valorise strength, dominance and emotional stoicism were cited as particularly influential in perpetuating abuse. Participants described feeling pressure to conform to these narrow definitions of masculinity, which often left them feeling inadequate or emasculated when they failed to meet these standards. This pressure to uphold traditional gender roles created a climate of silence and shame around male victimhood, with many men hesitant to disclose their experiences of abuse for fear of being perceived as weak or unmanly. The societal biases and stereotypes the study uncovered are to be explained below.

4.4.1 The expectation that men should provide

Participants discussed how societal stereotypes about gender roles and responsibilities contribute to the normalization of domestic violence against married men. Men are often expected to be the primary providers and protectors within the household, which can create feelings of shame and inadequacy when they experience abuse at the hands of their partners. Participants revealed how they wish that men would be understood that they do not always have things together especially with the way the economy is. Men are struggling to make ends meet and the only thing they expect from their partners is for them to understand them which was evident when one victim said:

“Dai mukadzi wangu aindinzwisisawo kuti kunze hakuna kumira mushe. Ndakanuroora zvinhu zvichiri kundifambirawo zvakana, apa iye anobvawo kumba kunoonekera, saka kubva zvatanga kunetsa mabusiness angu, handikwanise kumuudza kuti mari haisi kubatana. Ndinongosiya achindituka zvaanoda nekuti I am struggling to meet the daily

demands of the family.” (“I wish that my wife would understand that things are tough out there. She comes from a financially stable family and even I married her when I was making money on the market place, but since the time my business started facing challenges, I have not been able to tell her of my struggles. I just leave her to insult me the way she does because I am struggling to meet the daily demands of the family.”)

4.4.2 The belief that men don’t cry

Another societal bias identified by participants was the belief that men should always be strong, stoic, and in control. This expectation often leads to the dismissal or trivialization of men's experiences of abuse, as they are expected to be able to handle any challenges or adversity without seeking help. As a result, the study found out that many male victims suffer in silence, fearing that disclosing their abuse would lead to ridicule or loss of status within their social circles. The participants highlighted that

“It really is embarrassing for us to tell the world that we have been abused by women because women are the ones who are naturally emotional. A men should just be strong”

In a group discussion the researcher managed to pick the non-verbal communication that some participants were relaying to support that they think men should be strong no matter what their wives put them through. Nevertheless, other men during the discussion showed how this is even a societal expectation.

These participants indicated that the way some men think about themselves is their biggest downfall. They justified this to be the leading factor of an increase in the number of suicide cases. One of them said

“Men should actually embrace the natural responses to pain that are found in every human being. It hurts me that I lost a brother and I had no idea what he was going

through because he never reached out to me or anyone. He was suffering in silence and I still think he feared that even sharing with men like himself would make things worse after that they would have failed to understand him.”

This shows that Zimbabwe is losing a lot of men from suicide because they are failing to open up in fear of been seen as weak or because the men themselves believe that they should not cry. Participants described how these biases often deterred them from seeking support or disclosing their experiences of abuse, contributing to feelings of isolation and hopelessness. Many participants expressed fears of being stigmatized or judged if they were to disclose their abuse, highlighting the pervasive stigma surrounding male victimhood. Societal norms dictate that men should be strong and resilient, leading many male victims to internalize feelings of shame and inadequacy when they are unable to protect themselves from abuse. This stigma not only prevents men from seeking help but also reinforces the silence and invisibility surrounding male victimization.

4.4.3 The expectation that men should be controlling

Participants described how patriarchal ideologies, rooted in cultural traditions and religious teachings, reinforce power imbalances within intimate partner relationships. These ideologies often prioritize male authority and control relegating women to subordinate roles and justifying controlling as a means of maintaining order and discipline within the household. They explained that the society does not put it into account that there are women who are naturally stubborn and controlling. Therefore, in cases where the woman controls things in the home, no one believes that she is taking authority. They highlighted that if they go for religious counselling the woman is told to submit to her husband and the husband to take authority, but they would not have really valued the men's point of view. A male participant said:

“Religious leaders just expect men to take control of the home and the marriage because they say the husband is the head of the family. This is why I never wanted to report again when my wife tend to be abusive when she was still alive. She was a very controlling woman, but the pastor never believed that”

Men are often socialized to believe that they have a natural right to assert control and dominance over their partners and that it is a means of maintaining authority. Religious and cultural norms are playing a significant role in perpetuating domestic violence against married men as participants described how patriarchal interpretations of religious texts and teachings reinforce notions of male superiority and female subordination, providing a justification for controlling behaviour, discarding that some women are naturally controlling thus they tend to be abusive. Participants described how these biases often deterred them from seeking support or disclosing their experiences of abuse, contributing to feelings of isolation and hopelessness.

4.5 Coping mechanisms

Participants shared the complex array of emotions they experience in response to IPV. While some described feelings of fear, anger and frustration towards their abusive partners, others expressed conflicting emotions such as love, loyalty and a desire to maintain peace in the family. These conflicting emotions often contribute to a sense of internal turmoil and ambivalence, making it difficult for participants to take decisive action to address the abuse. Participants discussed the various coping mechanisms they employed and employ to navigate their experiences of IPV. These strategies ranged from denial and avoidance to seeking support from friends or religious communities. Some participants described internal coping mechanisms, such as dissociation or isolation as a means of emotionally distancing themselves from the abuse. Others turned to substance abuse or self-harm as maladaptive coping mechanisms to numb their pain and trauma. The researcher identified the different ways they

respond to which are explained in the following themes:

4.4.1 Aggression

The study identified that men tend to be defensive when women abuse them. They exercise their authority in trying to be strong beings. This is especially when they get verbally abused, they are quick to put on the defensive guard. Sometimes men can cope with displaced aggression where they are harsh to people who would not have made them angry. Instead of being aggressive to their wives, they described that they poured out their anger on their children. One of the male participants who is a teacher pointed out that when his wife insults him, he just has to pretend like it did not hurt him. He noted how the interview with the researcher actually made him realise that the way he is strict with the grade 6 pupils he teaches might just be his anger which would have emanated from the hurtful words his wife would have said about him. He said:

“Every learner at the school I work at knows how strict I am and how easily angry I can get. Imagine your wife just says hurtful words that question your position as the head of the family and you go to work only to find that some learner did not write the homework I gave him”

From this quote, it shows that men can cope with abuse by displacement which when is anger imposed on the school children who have nothing to do with his anger. His wife would have already made him angry and the learners would just be a trigger.

Another point of view that the respondents revealed with regards to aggression is that some men tend to be harsh on their wives not because they want to, but because the wives compel them to. They justified their aggressive behaviour to be caused by the emotional abuse like manipulation that their ex-wives made them go through. One of the male respondents

highlighted that the wife he has now is his second wife, his first wife made him go through a very difficult time. Now he tends to be aggressive to the second wife because he says he has learnt not to allow a woman to do whatever she wants with him. He says:

“I do not even want to be aggressive to my wife, asi chatatanga ndicho chakachenjedza (my experience with my first wife was a lesson)”

4.5.2 Inappropriate conduct

Some men who reported that they experienced some form of abuse in their marriages said that the only way they would cope with the abuse was to drink alcohol. They indicated that many men who are excessively taking alcohol and some even abusing other substances it is because they are trying to escape their problems or to relieve the stresses of having to deal with abusive wives once they get home. A man highlighted how men are hesitant to get home on time because they will be trying to avoid hearing words of insults, so they would spend some time in the bars with other men. He said:

“Zviri nani kuti ndiende hangu kubhawa after work ndonoona bhora, ndodhakwa pane kuti ndiuye kumba kune mukadzi ndiri sober ndotanga kungotukwa tukwa” (“It is far much better that I spend time at the bar after work, to watch soccer then I get drunk, than to go home to a wife who will be insulting me”).)

Another respondent noted how men are wallowing in despair and opt for sexual immorality. The respondents gave an insight as to why some men are cheating nowadays. They indicated that some of their associates are cheating on their wives because the wives are physically and verbally abusive, so they end up looking for places where they know they are and this would only be cheating. Sometimes men are cheating in their marriages because their wives are emotionally absent, they get into other relationships outside the marriages to get the emotional

connection they are not getting. The participants said:

“Ndosaka varume vachi cheater” (“This is why men cheat”).

4.5.3 Isolation

Isolation is the most risky way of coping that the study uncovered. Some men were identified to be isolating themselves when they are in deep emotional turmoil. This is because of the way the society expects them to have it all together as if they are not humans. By virtue of being human, men too feel pain and they showed great concern for the improvement of the services that assist men. One of the participants who responded to a face-to-face interview with the researcher said that he was devastated when his wife-to-be left him only for her to tell him that she never wanted to get married to him. This participant was confident enough to share his story with the researcher that he highlighted how he had to cope with the emotional abuse. He revealed that he had to go through some periods of self-isolation. He noted that his experience was traumatic that he has been suffering from PTSD. He said:

“The wound is still fresh, women should be taught on how to be emotionally considerate because we as men don’t take break-ups the way they think we do. We get hurt too. I am finding it very difficult to cope with the flashbacks. All I do is isolate myself whenever I get anything that reminds of my pain.”

Such experiences have resulted in the increased number of suicide cases as noted by the social services providers from Padare Organization

4.6 Possible intervention strategies

Participants discussed potential intervention strategies to address domestic violence against married men at individual, interpersonal and systemic levels. At the individual level, participants emphasized the importance of raising awareness about male victimization. At the

interpersonal level, participants highlighted the importance of promoting healthy relationship dynamics within intimate partner relationships. Finally, at the systemic level, participants called for broader social and structural changes to address the root causes of gender-based violence and promote gender equality.

4.6.1 Raising awareness

Participants suggested that more awareness on male victimization is needed to challenge stereotypes and stigma surrounding male victimization and providing accessible and culturally sensitive support services for male survivors. This includes establishing helplines, shelters and counselling services specifically tailored to the needs of male victims, as well as training healthcare professionals, law enforcement officers, and other frontline responders to recognize and respond to male victimization effectively. They were of the idea that the boy child should be heard as much there is so much being done to ensure the girl child is heard. Participants emphasized the importance of raising awareness about male victimization, dismantling stereotypes and stigma surrounding male victimization and enhancing access to tailored support services for male survivors. One of them said:

“Vanhu ngavadzidziswe so that we normalize attending kumacases edomestic violence ari kusangana nevanhurume. Zvikaita normal kana mapurisa chaiwo anorega kuseka vamwe varume vakuti varohwa nevakadzi sezvazviri izvezvi” (“People need to be taught so that we normalize attending to cases of domestic violence against men. Once it becomes normal, even the police will not laugh at the men who come reporting that they have been beaten by their wives as it is now.”)

The people believe that by raising awareness it would also better the services that professional are delivering to men.

4.6.2 Teaching on the importance of healthy relationships

Participants indicated the importance of encouraging the building of healthy relationships paying particular attention to men since there is a lot that is being done for the women. They were of the idea that healthy intimate partner relationships foster open communication and challenges power imbalances within intimate partner relationships. Educating people on healthy relationships would include providing education and training on boundaries and healthy communication skills to individuals and couples, as well as facilitating peer support groups and community-based interventions to cultivate empathy, understanding, and accountability within relationships. One of the respondents said:

“Nekutodzidzisa vanhu kuva nemarerelationship akanaka ane kunzwisisana kuti abuse haisiriyo inogadzirisa maproblems.” (“Teach people that they should build good and healthy relationships where people understand each other because abuse does not fix the problems in any relationship.”)

4.6.3 Legal intervention

Participants suggested that the government should take legal action which include advocating for policy reforms, legal protections and institutional responses that prioritize the safety and well-being of male survivors, as well as challenging patriarchal norms and practices that perpetuate violence and discrimination against men. The study found out that there is need for the law to revise the existing policies as well as coming up with new policies that would ensure that men are heard. Most of the participants were of the idea that there is poor enforcement of the kind of services being delivered by the government institution. Because of poor regulation of the services, men end up underreporting their abuse cases.

“Hurumende dai yapindira nekuti ndiyo inogona kusandura mafungiro evanhu towards

the issue yedomestic violence against men.” (“The government should intervene because we really think it is the government that can change people’s perspective about domestic violence against men”)

4.7 Discussion of findings

The study’s focus was on investigating the role of societal expectations and gender norms in perpetuating domestic violence against married men using a case of Highfield/Glen-Norah district as a case study. The objectives that were guiding the research were: to explore the nature and forms of domestic exploitation experienced by married men, to investigate the societal biases and stereotypes that prolong DV against men, preventing them from disclosing their abuse and from seeking help, to examine the perceptions of men on IPV so as to identify their coping mechanisms, possible intervention strategies to address DV against married men. The researcher conducted face to interviews and group discussions with 20 participants in Highfield. From the 20 participants, 10 were men in general and these were the key informants since the study was aimed at finding out information about men and societal expectations from men. 5 of the participants were male victims of DV, 3 were married women and 2 were social workers who were advocates from the DSD.

The social learning theory helped the researcher to better understand the root causes of the abusive behaviour that some women present which the study found to be harmful on men. According to the social learning theory, a child learns by observation and so, the researcher understood that the women who abused their husbands did so because they grew up seeing their own mothers behave in such ways. This shows that issue of domestic violence against men is not anything new. These women whose husbands said were verbally abusive learnt to say such hurtful words by modelling their mothers as they were growing up. Understanding the root cause of the problem brought out the fact that truly societal norms are existing. The

study found out that men are failing to seek help because no one believes that there are women who have an abusive character. The researcher understood that because of the social learning theory which does not generalize all women to have learnt submission from tender ages. The theory explains that how a person behaves is a reflection of what he or she used to see and according to the research findings, these women learnt such behaviours from their immediate family members.

The study found out that there are many forms of IPV that men experience in their marriages as presented in the literature review. There are similarities between the study findings and the literature review with regards to the nature and forms of domestic violence. Makomo and Chisaka (2020) notes that the actions that are considered as domestic violence against men are manipulating, intimidating, humiliating and insulting, among others. The study proved that men are encountering these abuses from their partners. Similar to these authors' work, the study also identified the reasons why men do not leave abusive partners. The reasons that were identified include that men feel it is embarrassing to leave their wives because they are verbally abusive. Thus this proves that men believe that they are masculine and should be tough. The study brought out the other forms of domestic violence against married which include physical violence like hitting with objects, emotional abuse like manipulating, financial abuse like lack of freedom to use one's money and lastly verbal abuse like insulting. The research revealed that most of the issues of the abuse are existing because men are struggling to make ends meet.

The study found out the societal biases and stereotypes that prolong IPV against married men and these are preventing them to disclose and seek help. The socio-cultural theory helped the researcher to better understand the impact of the world influence on individual development. Some male respondents were of the idea that they just have to be strong even when their wives were people who do not appreciate their work. They think they have to be strong and still work

despite being looked down upon because they embrace a gender norm that men should be the primary providers. They would rather give the world a picture that they are the ones working for the family's sustenance. In line with this the socio-cultural theory made the researcher understand that such beliefs are embraced by the Zimbabwean society because as a people they created these beliefs that men are masculine, there the expectation is that they should always be the breadwinners of the family. Similar to the literature on the societal biases and stereotypes, the study found out that men do not disclose GBV against men because of the beliefs that men do not cry, men should be tough, men should be the primary providers and that men should be controlling.

The study revealed that men do believe that men can be abused, but some of them think that it is embarrassing to disclose. As per the findings from the participants' responses, one can note that men are failing to disclose abuse not because of the way they perceive because of the way other men perceive disclosing the abuse. This is something that had a gap in the literature review. Another gap that the study brought out with regards to the perceptions of men towards IPV is that men are in need of help. This is so because most of the participants were saying that they always want to reach out, but the society does not expect them to. This shows that they perceive that domestic violence against married men is real and so are the gender norms and societal expectations. They then explained how they cope with the abuse their coping mechanisms include displaced aggression, isolation and inappropriate conduct.

Furthermore, the study findings show that there is something that can be done to address IPV against married men. Since literature proved that very few alternatives have been documented to help male victims of IPV, the research managed to bring out quite prominent intervention strategies that can be employed in a bid to help men. These strategies can work with the support of the socio-cultural theory as it explains the root causes of the societal beliefs and expectations.

Once people start getting educated, it means that they will start upholding the new beliefs. The study found out that men are concerned about the new knowledge and want everyone else to be educated. The suggested intervention strategies identified were the need to raise awareness on male victimization, education on the importance of building healthy relationships and the need for the law and legal intervention. The education on the importance of building healthy is a strategy that literature had a gap in.

4.8 Chapter Summary

This chapter was a presentation of the data that the researcher found out after she conducted a research in the district of Highfield/Glen-Norah in Harare. The chapter presented the nature and forms of abuse, societal biases and stereotypes preventing men from disclosing abuse, men's perceptions of IPV against men and their coping mechanisms and intervention strategies. This was then thematically analysed to a better understanding of this under-researched and underreported issue. The data findings show that there is the need for targeted interventions and support services for male victims, as well as efforts to challenge and change societal norms that perpetuate domestic violence.

CHAPTER 5: SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Introduction

This chapter gives a summary of the research findings, conclusion for the topic under study and recommendations to address the problem. The summary of findings shall be presented as per each of the research objectives. These objectives were to explore the nature and forms of domestic exploitation against men, to investigate the societal biases and stereotypes that prolong IPV against married men, to examine the perceptions of men on IPV to identify their coping mechanisms and to identify possible intervention strategies to address IPV against married men. The data collected shall be summarised in this chapter bringing how the findings achieved the research objectives.

5.2 Summary of findings

From chapter 1 to 4 the researcher discussed the background of the study, reviewed the literature, presented the methodology used and lastly presented and analysed the data collected. The study was to investigate the role of gender norms and societal expectations in perpetuating domestic violence against married in Zimbabwe, so in order to get the intended results the research had some objectives which were guiding the data to be collected. The data collection was carried out in the district of Highfield/Glen-Norah in Harare. It had been identified by the researcher that there is a gap in literature pertaining to the issue of domestic violence against married as very little had been done to investigate on the issue. Most importantly the existing literature has a gap on the issue of societal biases that the research was determined to look into. The researcher used the social learning theory and the socio-cultural theory to better understand the root causes of the problem under study as well as to be able to come with intervention strategies that can be utilised to address the problem. To get qualitative data, the researcher made use of one hour long focus group discussions and thirty minutes long face-to-face

interviews on a sample size of 20 participants. The participants were picked using convenience and snowball sampling techniques such that the researcher would get reliable information. The study respondents were inclusive of both men and women, although first-hand information was given by the men, being the 10 key informants.

5.2.1 The nature and forms of domestic exploitation against married men

The research found out that the nature of IPV men are encountering is based on the beliefs that men are considered as the stronger gender which is by itself a societal expectation. The study proved that men suffer from financial abuse, verbal abuse, emotional abuse and physical abuse. Just like women who have representatives advocating for the voice of women to be heard, it was also identified that men's voices also ought to be advocated for because they are facing the same forms of abuse as the women in intimate partner relationships. The results of the study highlighted that men are victims of domestic of any form of abuse, although their cases are underreported. The research participants outlined why they do not open up the forms of their abuse which the researcher noted that failure to reach out as abuse too.

5.2.2 The societal biases and stereotypes prolonging domestic violence

The results of the data collected show that there are a number of societal biases and stereotypes that are responsible for the continuation of domestic violence against men. The societal biases that were identified by the study are the expectation that men should provide, the belief that men do not cry, the expectation that men should be controlling and the belief that men should be tough. From the study results, it can be noted that men do not report their victimization because they fear being judged as weak, so they would rather not reach out at the expense of their well-being, the study prove that men have a desire that the society they live in come to the realisation that these expectations and beliefs do not always apply to men. Men want their partners to understand that they too get depressed due to pressures of trying to make ends meet

for the family and the need to fulfil the society's expectation that they have to provide as the heads of their families. The study revealed that men are controlled by societal expectations and gender norms to the extent that they also believe that they always have to be strong as if they are not human. Some men proved that they cannot afford to be weak which proves that it is simply because they embrace these societal biases.

5.2.3 The perceptions of men on IPV and their coping mechanisms

The study revealed that men are of the idea that they do get abused, but are struggling to embrace reaching out. All the male participants revealed how hurt they feel about domestic violence, although some still believed it is embarrassing to reach out to say he has been abused. As per the research findings men cope with the violence in a way that is seemingly similar. The coping mechanisms that the study identified are isolation, displaced aggression and inappropriate conduct. Men revealed that they tend to be aggressive at people who would not have made them angry or even their partners who would have verbally abused them. They highlighted how they always feel the pressure to conform to the belief that they are tough and aggressive. From the research findings, the researcher can point out that men cope with domestic exploitation by excessive or consistent intake of alcohol. They do this to escape their emotional distress. Some would end up having multiple partners whom they think would give them a safe space to be themselves. The study identified a very important and risky coping mechanism that has resulted in men taking their lives. Men highlighted how some of them isolate and isolated themselves and committing suicide afterwards.

5.2.4 Suggested intervention strategies

The study results prove that there is something that can be done to address the problem of domestic violence against married men. Some of the recommendations that the study discovered would challenge the existing societal expectations and gender norms which are

playing a considerable role in perpetuating domestic violence against married. The recommendations would better the well-being of men so that the society gets to understand that they can be abused too. The study found out that there is need to raise awareness on the issue of IPV against men. The results suggested that men, women, boys and girls must be familiarised with the idea that men too can be abused, men too get hurt and men too need help. The idea is also that professionals can give adequate services to men who reach out to them because they would be aware that men do not always have to be strong on their own. The study revealed that people in relationships should be educated on the importance of maintaining healthy relationships which will reduce domestic violence in any marriage. Another strategy that the study found out that can address the issue of IPV against married in the intervention by the law and government. The idea was that the government ensures that is law enforcement on issues of IPV.

5.3 Conclusions of the study

As per the data that was collected on carrying out a research on the investigation of role of gender norms and societal expectations in perpetuating domestic violence against men these were the inferences that were drawn

Domestic violence against married men is undeniably prevalent in Zimbabwe as revealed by how men and women who participated in the research gave their point of views. The study concludes that men are facing financial abuse, verbal abuse, emotional abuse and physical abuse. The problem of domestic violence against men has been proved to be in continuation because of some gender norms and societal expectations. The gender norms like the man should be the primary provider in a family and societal expectations like men do not cry have resulted in the continuation of IPV as men feel afraid and embarrassed to report. The nature of domestic violence against men is shaped in the society's expectations and gender norms. Men also feel

the need to conform to the expectations of the societies they live. Just like any other human, men's behaviours are shaped by the people around them. This is for example, their aggressiveness sometimes tends to be a result of their victimization to abuse. One can conclude that men are suffering with no one to support them which is evidenced in the increased cases of male suicide cases. When they get domestically abused in any form, they cope in ways that are at the cost of their well-being. In as much as some of the men themselves embrace their masculinity, given a conducive environment to express their emotional distress, they would. Thus, the study concludes by giving some recommendations to the problem of IPV against married men which will challenge societal expectations and gender norms.

5.4 Recommendations

Following the above conclusions, the study reached at the recommendations below

- Raising awareness about GBV against men is of paramount importance because it will change people's perceptions about the issue. This can be done through the use of social media platforms to reach out to as many people as possible. People can familiarise with the idea that men get abused when they get to see some television shows, through hashtags on Facebook, X, and Instagram. Being familiar with this information normalizes the truth that men too, get hurt.
- There is need to educate people on the importance of building relationships. This can be achieved by ensuring that religious leaders are disseminating this information to their congregation because the church environment is one place that shapes the way people behave and treat others.
- Law enforcement by the government will help improve the ways male victimization by female perpetrators are responded to. There is need for good and active law enforcement that ensures that the police do not ridicule or make fun of men reporting being victims

of GBV.

- More humanitarian organisations are needed to support and reach out not only to adult men, but young men and boys well. Advocating for the boy child and the voice of men normalizes the perception that men get hurt and should always reach out. These organizations should be there to cater for the mental health services for men, the rights of men among other things that affect men.
- School curriculum should be diverse. This means that children should learn that both girls and boys are human who get hurt. The expectation that men should be strong has resulted in them being women by girls, so challenging such beliefs through the academic curriculum is crucial. From tender ages, girls ought to learn to offer emotional support, speak kindly, offer safe spaces for boys to open up about anything that they might be going through.

5.5 Chapter summary

This was a summary of the findings of the study which had to arrive to some conclusions. The chapter summarised the results that were found after investigating the role of gender norms and societal expectations in perpetuating IPV against married men. By summarising the findings, the study concluded that gender norms and societal expectations play a considerable role in the continuation of IPV men experience. The chapter also gives some recommendations to address the problem of IPV against men and to challenge these gender norms and societal expectations that were identified in the study.

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Appendix A: Introduction letter from BUSE

FACULTY OF SOCIAL SCIENCES & HUMANITIES
DEPARTMENT OF SOCIAL WORK

P. Bag 1020
BINDURA, Zimbabwe
Tel: 263 - 71 - 7531-6, 7621-4
Fax: 263 - 71 - 7534



BINDURA UNIVERSITY OF SCIENCE EDUCATION


Date: 22/03/2024

TO WHOM IT MAY CONCERN

RE: REQUEST TO UNDERTAKE RESEARCH PROJECT IN YOUR ORGANISATION

This serves to introduce the bearer, Valyn Tan Julius, Student Registration Number B2006526, who is a BSc SOCIAL WORK student at Bindura University of Science Education and is carrying out a research project in your area/institution.

May you please assist the student to access data relevant to the study, and where possible, conduct interviews as part of a data collection process.

Yours faithfully

MR L.C Nyamaka
Acting Chairperson - Social Work

BINDURA UNIVERSITY OF SCIENCE EDUCATION
SOCIAL WORK CHAIRPERSON
22 NOV 2023
FACULTY OF SOCIAL SCIENCES & HUMANITIES
PRIVATE BAG 1020, BINDURA, ZIMBABWE

Appendix B: Application Letter

0774230737

16860, 103 close Kuwadzana 5

Harare

Zimbabwe

14 May 2024

The Director of the Department of Social Welfare
Ministry of Public Service, Labour and Social Welfare
3rd Floor Compensation House
Corner Central Avenue and Fourth Street
Harare

Dear Sir/Madam

Subject: Request for Clearance to visit Social Welfare Department to carry my research in order to partially fulfil the requirements for a Bachelor of Science Honours Degree in Social Work

Research Topic: INVESTIGATING THE ROLE OF GENDER NORMS AND SOCIETAL EXPECTATIONS IN PERPETUATING DOMESTIC VIOLENCE AGAINST MARRIED MEN. A CASE OF HIGHFIELD/GLEN-NORAH DISTRICT.

I am writing to request clearance to visit your Social Welfare Department as part of a research project that I am currently working on. The purpose of these visits is to conduct research, gather information, and meet with relevant officials to discuss the project's objectives and scope. In order to ensure the success of this project, it is essential that I have access to relevant information and expertise from various government departments and agencies.

I am requesting clearance to visit the following department:

- The Department of Social Welfare

I would like to schedule these visits over the next two weeks. I assure you that all necessary precautions will be taken to ensure the confidentiality and security of any sensitive information that I may have access to during these visits. I can be reached at valynjulius@gmail.com or 0774230737 if you require any further information.

Thank you for considering my request. I look forward to hearing from you soon.

Sincerely

Valyn Julius

APPENDIX D: DATA COLLECTION TOOLS

Official communications should
Not be addressed to individuals

Telephone: Harare 790872/7
Telegrams "SECLAB"
Private Bag 7707/7750



ZIMBABWE

MINISTRY OF PUBLIC SERVICE, LABOUR AND SOCIAL
WELFARE
Compensation House

Cnr Fourth Street and Central Avenue
HARARE

14 May 2024

Valyn Julius (B200652B)
Bindura University of Science Education

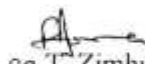
**REF: LETTER OF APPROVAL TO CONDUCT A RESEARCH STUDY
TITLED, "INVESTIGATING THE ROLE OF GENDER NORMS AND
SOCIATAL EXPECTATIONS IN PERPETUATING DOMESTIC
VIOLENCE AGAINST MARRIED MEN" A CASE OF
HIGHFIELD/GLEN-NORAH DISTRICT.**

Receipt of your letter with the above mentioned matter is acknowledged.

Please be advised that permission is hereby granted for you to carry out research
titled "Investigating the role of gender norms and societal expectations in
perpetuating domestic violence against married men, a case of
Highfield/Glen-norah District".

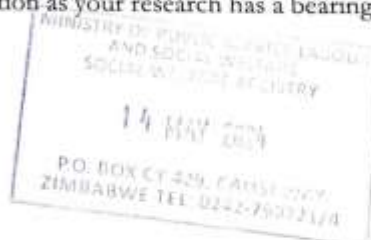
Permission is granted **STRICTLY** on condition that the research is for academic
purposes only in pursuit of your Bachelor of Science Honours Degree in Social
Work. The data collected should not be shared to third party (3rd).

You are requested to submit a copy of your final research documents to the
Department of Social Development upon completion as your research has a bearing
on the Department's mandate.


pp T. Zimhunga

Director Social Development.

MINISTRY OF PUBLIC SERVICE, LABOUR AND SOCIAL WELFARE



Informed Consent to the research participant

I hereby agree to participate in the research being conducted by Valyn Tan Julius, a Social Work student at Bindura University of Science Education.

In giving my consent I state that I understand the purpose of the study and what I will be asked to do and that I am participating freely and without being forced in any way. To do so I understand that this is a research project whose purpose is not necessarily to benefit me, so I have been informed about the nature of the research and the nature of my involvement. The researcher has answered every question that I had about the study and I am happy with the responses. I understand that I can withdraw from the interview at any time and that this decision will not in any way affect me negatively. I may also refuse to answer any questions I do not wish to answer. I understand that personal information about me that is collected over the course of this interview will be stored securely and will only be used for purposes that I have agreed to. I was well informed that the information about me will only be told to the researcher's supervisor, and that my identity will not be referred to.

I understand that the results of this study may be published, but these publications will not contain my name or any identifiable information about me.

Signature of participant..... Date:

Researcher's signature..... Date:

Appendix E: Research Instruments

Face-to-face interview guide for male victims and survivors of intimate partner violence

SECTION A: A CONSPECTUS OF THE LIFE EXPERIENCES OF MEN WHO HAVE BEEN EXPOSED TO SOME SORT OF ABUSE

1. How old are you?
2. What do you for a living?
3. Are you married?
4. How long have you been or for how long were you married?
5. Do you have children? If so, how many?
6. What form(s) of domestic violence did you encounter which was or were perpetrated by your wife?
7. How did you respond to the abuse?
8. What do you think was or were the cause(s) of the abuse your spouse imposed on you?
9. Did you talk to someone about the abuse that you experienced?
10. For how long did you experience this form of domestic violence?
11. When you experienced violence in your matrimonial home, how did sharing (or not sharing) about the abuse affect you as a man?
12. How did you cope with the domestic violence that you went through?

SECTION B: CHALLENGES FACED BY THE VICTIMS AND SURVIVORS OF INTIMATE PARTNER VIOLENCE

1. Throughout your experience of domestic violence, can you explain the challenges you

2. came across that were influenced by the society?
3. What are some of the challenges you had to deal with in a bid to reach out to any support groups?
4. What are your thoughts on the future of these challenges and how they might change or evolve over time?

SECTION C: MEASURES THAT THAT BE PUT TO CHANGE HOW THE SOCIETY VIEWS GENDER ROLES

1. Can you suggest ways that can be used for the society you live in to better understand that men too can be vulnerable?
2. How best can the government of Zimbabwe improve their response to the issue of domestic violence against men to curb its longevity?
3. Are there any specific laws, policies or programs that you are particularly effective (or ineffective) at addressing these challenges you have mentioned?

Face-to-face interview schedule guide for all age groups of married men and women in Highfield/Glen-Norah District

SECTION A: AN ABBREVIATED VERSION OF THE PERSPECTIVES THAT MARRIED MEN AND WOMEN HOLD TOWARDS ISSUES OF DOMESTIC VIOLENCE AGAINST MEN

1. How old are you?
2. For how long have you been married?
3. Can you tell what you think are the roles of a man and a woman in a marriage setup.

4. Do you believe that men can be victims of domestic violence?
5. How do you think men handle intimate partner violence and how should they handle it?
6. What gender norms and societal expectations have you observed or experienced that you believe contribute to domestic violence against married men?
7. Do you believe that these norms or expectations are different for married women than they are for married men? If so, how are they different?

SECTION B: CHALLENGES THAT MARRIED MEN FACE IN REGARDS TO THE ISSUE OF DOMESTIC VIOLENCE

1. What challenges do you think married men face in seeking help or support for domestic violence?
2. Do you think these challenges are different for women? If so, how?
3. Do you think there are any unique challenges faced by married men who belong to the marginalised underrepresented groups? If so what are they?

SECTION C: MEASURES TO IMPROVE HOW THE ISSUE OF DOMESTIC VIOLENCE EXPERIENCED BY MARRIED MEN

1. What can be done to address the society's perspective about men in general, if need be?
2. What role do you think the education system, faith based organisations, other community groups or even the government play in addressing the stigma that is associated with men being the victims of intimate partner violence and in addressing the challenges faced by male victims in a bid to access help.

*Face-to-face interview guide for the social service providers and advocates
from humanitarian organisations*

SECTION A: GENERAL PERSPECTIVES ON GENDER-BASED VIOLENCE AGAINST
MARRIED MEN AND EXPERIENCES OF WORKING WITH MALE VICTIMS OF
INTIMATE PARTNER VIOLENCE FROM HUMANITARIAN ORGANISATIONS
ADVOCATES

1. What is your name?
2. You are from which humanitarian organisation
3. At which station do you operate?
4. What is your experience with investigating and responding to cases of intimate partner violence against men?
5. How many cases or an estimated number of cases of domestic violence against married men do you respond to on a monthly and annual basis?
6. What forms of domestic violence will the victims be reporting for?
7. What is your perspective on the kind of programs or services available to support married men who have experienced domestic violence?

SECTION B: CHALLENGES FACED BY THE HUMANITARIAN ORGANISATIONS IN
HANDLING AND ADDRESSING THE ISSUE OF DOMESTIC VIOLENCE AGAINST
MEN

1. What challenges do you come across as you handle cases of domestic violence against married men?
2. What societal challenges do you point out in a quest to address the issue of domestic

3. violence against married men?

SECTION C: MEASURES TO REDUCE THE CONTINUATION OF DOMESTIC
VIOLENCE MARRIED MEN EXPERIENCE FROM THE HUMANITARIAN
ORGANISATIONS ADVOCATES

1. What do you think can be done to positively change what the society expects from men and their masculinity that is playing a role in perpetuating their abuse in marriages?
2. What do you think are the most important priorities for improving the programs and services that address the issue of domestic violence against married men?
3. What do you think are the biggest knowledge gaps in research and data collection that could be improved for better understanding of this issue?

Focus group discussions schedule guide for men in general to give out their perspectives on the role of gender norms and societal expectations in perpetuating

SECTION A: A RUNDOWN OF HOW MEN VIEW THEMSELVES AND THEIR ROLES IN THE SOCIETY FROM TIME IMMEMORIAL

1. What roles do you play in your homes?
2. Do you believe that these roles emanated from how you were groomed from childhood?
3. How do you take the idea that men have to be strong, men do not cry and is it a good or a bad idea?
4. Why do you think that as men you should abide to some certain gender normalities, even at the expense of your physical, emotional and mental well-being?
5. Do you believe that men too can be abused by women or the society at large?
6. What could be the reasons that prevent men from speaking up about their emotional distress?
7. How do you balance meeting your roles as men and the natural response to some pressures?

SECTION B: CHALLENGES THAT MEN FACE IN MARRIAGES

1. What challenges do you think men encounter as the heads of the family?
2. How challenging is it to you when a man commits suicide due to the failure of reaching out for help? How do you take that in?

SECTION C: MEASURES TO IMPROVE HOW MEN VIEW THEMSELVES

1. What do you suggest should be done to give effective awareness to men in general about how they can better respond to domestic violence?