PATTERNS AND PSYCHOLOGICAL EFFECTS OF DOMESTIC VIOLENCE ON WOMEN AND ORPHANS IN OYO AND ONDO STATES, NIGERIA

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Abstract

Domestic violence is as old as human society. It is much more noticeable and accentuated in communities and continents where patriarchy is embraced and valued. This research focused on patterns and psychological effects of domestic violence on women and orphans in Oyo and Ondo States, Nigeria. The study population comprised, women and orphans. The sample size of the study was Two hundred (200) respondents, selected through a snow-balling sampling technique. Both quantitative and qualitative research instruments were used. A quantitative research instrument, titled "Questionnaire on Psychological Effects of Domestic Violence on Women and Orphans in Oyo and Ondo States, Nigeria," fashioned on four Likert rating scale: Strongly Agreed (SA), Agreed (A), Disagreed (D) and Strongly Disagreed (SD). Qualitative research instrument (Focus Group Discussions (FGDs)) was used to generate primary data for the study. The instruments were validated by two experts in test and measurement at Adeyemi College of Education, Ondo, Ondo State, Nigeria. The reliability of quantitative instrument was determined through test-retest method at two weeks interval, 0.69 coefficient reliability was obtained, while different two sets of FGDs were used to determine the reliability of the qualitative instrument. Data was analyzed, using descriptive statistics (frequency counts, simple percentages and mean) for data collected, quantitatively, while data generated qualitatively was collated and transcribed. Generally, findings on the study indicated the patterns as (physical attacks, verbal, economic and assaults etc.) and isolation, depression and victimization as psychological effects of domestic violence on women and orphans in Oyo and Ondo States, Nigeria. Based on the conclusions of the study the following recommendations were made; through the media both (print and electronics) public should be enlightened on the psychological and other effects of domestic violence on women and orphans. Further, women and orphans should be advised to eschew behaviours that can cause domestic violence etc.

Keywords: *Abuse, Depression, Domestic violence, Patterns, Psychological*

Background to the Study

Domestic violence is a social issue and menace that permeates the global community. It has ravaging social and psychological effects on its victims, which are mostly women and children, especially the orphans. It defies a single definition. Burton (2008), states that it covers a wide range of behaviours. Lowenstein (2005), notes that it encompasses psychological   intimidation and not restricted to physical abuse alone, rather social, psychological and behaviours. Domestic violence is not limited to physical abuse alone, rather emotional and psychological assault between husband and wife (couples). It can also be perpetrated by family members. Its

patterns, cover several behaviours, such as; abuse, harm, frighten people, threatening etc. Gaz (2012) opines that, domestic violence is not restricted to a particular age, class, education, gender, race etc. Globally, different nations have formulated policies and legislations and also at international level legal instruments have been adopted to control the menace, coupled with several international stance against domestic violence.

Observably, domestic violence seems to be gaining ground in communities that cherished patriarchy, a culture that places men above women in the society. Erinsakin (2012), observes that, patriarchy enhances deprivation and psychological violence on women. .There are extant studies, either self-reported or empirical analyses on domestic violence across the globe .

A study was conducted by Lindhurst in 2001 on the effect of domestic violence on welfare, employment and mental health. The study was an empirical policy analysis which investigated the effects of domestic violence on women's welfare status, employment and mental health within the context of new policies instituted by welfare reform. Qualitative and quantitative analyses were used for the study. Multivariate analysis was used to analyze data generated. The findings of the study showed that domestic violence did resulted into women's depression and constitute a serious life threatening problem to them. Also, that domestic violence affects women's welfare and employment status.

A research carried out by Aksaral, Denirel, Durukan and Ozkan (2010) on examination of the prevalence of domestic violence against women in Ankara, Turkey. The sample size of the study was 1,178 participants who were married women, who applied for medical services in the primary health care centres situated in a health, education and research region. The findings of the research indicated risks factors associated with domestic violence, such as; the number of people in the household; low incomes levels; low level of education of the couples; husbands having issues dealing with gambling, drinking and watching media that depicts violence etc.

In the study of Boonzaier and Dela Rey (2003), using narrative interviewing to have a deeper knowledge of violence, based on four thematic areas; the experience of the victims or abuse, response to abuse, feelings towards their partners and reflection on staying or leaving. The purpose of the study was women in domestic violence in South Africa. The findings of the study identified a wide range of domestic violence, ranging from verbal to physical abuse.

Observably, most researches on domestic abuse or domestic violence have been focused more on women's experience of domestic violence, effects and prevalence of the phenomenon between sexes i.e. males and females, thus, undermines a simple truth that domestic violence victims are not only women. Also, other family members are also the victims of domestic violence especially, children and in most cases the orphans. Also, noticed, several of the researches were self-reported by the researchers without much empirical analyses. The researchers of the present study also observed that there is rarity of extant studies and literature on domestic violence and psychological effects on women and orphans. It is these identified gaps that informed and motivated the researchers to carry out this study.

Statement of the Problem

Domestic violence is one of the critical social issues in the world today which has a serious ravaging effects on women and children, alike, especially the orphans. Several policies, laws and programmes have been devised to reduce the menace .Observably, from the extant literatures and researches the situation is still persisting and permeating the global community. It is much more pronounced in Africa and accentuated by patriarchal culture of the continent which sees women as second class citizens by placing men on them , Nigerian communities, inclusive. Many of the researches on domestic violence , focused more on causes of domestic violence, much have not been done on its patterns and psychological effects on women and orphans. It was these observed gaps that interested the researchers to conduct this research.

Objectives of the Study

The main objective of this study was investigation on the patterns and psychological effects of domestic violence on women and orphans in Oyo and Ondo States, Nigeria .The study also seek to:

i.   investigate effects of domestic violence on women and orphans, alike; and
ii. determine the patterns and psychological effects of domestic violence on women and orphans

Significance of the Study

Firstly, the result of the study will enable the stakeholders on women right to know the forms or patterns of domestic violence on women and orphans.

Also, the findings of the research will enable governments to adopt policies to curtail domestic violence on women.

Lastly, the study will contribute to extant literature on domestic violence, thus, serves as a good source of reference to the researchers in future.

Research Questions

Two research questions were formulated to guide the study.

1.   What are the effects of domestic violence on women and orphans?
2.   What are the patterns of domestic violence on women and orphans?

Methodology

A mixed method of descriptive research survey design was used for the study. Teddlie and Samsons (2010), opined that using mixed method would help to address the diverse research questions and research hypothese(s) by using integrated qualitative and quantitative approaches. The population for the study comprised, the victims of domestic violence; women and children who were orphans in Oyo and Ondo States Nigeria.

The sample size of the study was Two hundred (200).A snowball sampling technique was adopted to select the respondents because of the peculiarity of the respondents in terms of their dispersed location or difficulty in locating them. Stephanie (2014), explains snowball sampling technique to mean approach used to select respondents for a study, where participants are district to find.

A self-structured and developed research questionnaire by the researcher, titled, "Rating scale on Patterns and Psychological Effects of Domestic Violence on Women and Orphans in Oyo And Ondo States, Nigeria,' developed on four likert rating scales; Strongly Agreed **(SA),** Agreed **(A),** Strongly Disagreed **(SD)** and Disagreed **(D)** . Nyumba, Wilson, Derrick and Mukherjee (2018), stated that (FGDs) is frequently used as a qualitative approach to gain an in-depth understanding of social studies. Therefore, using this instrument helped to collect data by the researcher from the respondents on face to face contact. Also, it paved way to collection of undiluted data orally from the respondents. The research instruments were validated by two experts in test and measurement at Adeyemi College of Education, Ondo, Ondo State, Nigeria. All corrections and suggestions made were effected in the final draft of the research instruments, thus, made the research instruments to have both face and contents validity.

The reliability of the quantitative instrument was determined through test- retest method at two weeks interval, using the same set of respondents and 0.69 coefficient reliability of the research instrument was obtained. The value helped the researchers to adjudge whether the instrument was good enough for the study or not. The reliability of the qualitative instrument was determined by using another Focus Groups Discussions (FGDs) different from the previous (FGDs).

Both qualitative and qualitative research instruments were adopted to collect data

Data collected through the quantitative instrument was analyzed, using descriptive statistics (frequency counts, means and simple percentages) data collected through the qualitative instrument (FGDs) was collated, transcribed and analyzed qualitatively.

Theoretical Framework

Theories are formulated to explain, predict and make phenomena understandable and in most cases to challenge and expand the existing knowledge. It holds or supports the structure of a study. Wacker (1998) posits that, theory is imperative in research, because it provides a framework for analysis, facilitates the efficient development of the field and is needed for the applicability to practical real world problems. Therefore, this research was guided by the following theories, considered relevant to the study;

1.   Family System Theory **(FST)**
2.   Socio Learning Theory **(SLT)**

Family System Theory

Ray (2016), posited that family system theory emphasis primarily on exchanges of behaviour that occur in a given moment of interaction among the family members. The theory stresses that forms of patterns of interaction among family members demand forth, maintain and perpetuate both problem and non-problematic behaviours. The theory seeks to identify and bring forth reconstructive behaviour exchanges among family members.

The theory views family as the primary relationship context in which individual's characteristics or traits and ensuring patterns of behaviours are acquired or learned and reinforced. Family system theory began during World War II and the following decades with the working in partnership of scientists from diverse fields or discipline of conferences funded by Josiah Macy organized to create and research the science of cybernetics around this period, a number of multi-disciplinary research groups working independently all over the places in the United State, primarily with hospitalized, emotionally disturbed people, stumbled – seemingly by accident or at least tangentially onto the study of interaction within the family as the context within severe behaviour and emotional symptoms emerge.

Ray (2010), identified principal clinical practice models of family system theory to include; the Bowen family system theory (1978); the communication – based system approach (Watzlawick, Beavin-Bavelas & Jackson, 1967; Batenson, 1972); among others, while emphasizing different means of describing the family as a system, all of these orientations explicitly shifted from a linear causal to a circular conception of causality that involves connecting the problem behaviour with the surrounding behaviours of other family members.

Family system theory looks at the interactions among family members which are vital to understand the behaviour and emotions of individuals. Ray (2016), further stresses that family systems theory help in assessing

the nature of a relationship by examining the interactions that take place among individuals. Family systems theory shift attributing behaviours to individuals rather to family members as a group.

The trust of this theory to this study rests on the Dr. Bowen's theory interlocking concepts; nuclear family, emotional system build on four patterns of relationship; marital conflict, dysfunction in one spouse impairment of one or more children and emotional distance. Therefore, the type of destructive behaviour inherent in a particular person or individuals which causes domestic violence is a function of behaviours learnt and acquired within the family. In a nutshell, behaviours that trigger off domestic violence such as; marital conflict and emotional system are as a result of thegeneral pattern of behaviours within the family circle of the perpetrators.

Social Learning Theory (SLT)

Social learning theory was developed by Albert Bandura SLT which stresses that violence behaviour are learned through role models provided by the family (parents, siblings, relatives, boyfriend and girlfriend), directly or indirectly. Bandura (1973), it was stressed that experience of violence is childhood at childhood and continues in adulthood. Social learning theory provides a clear perspectives in the literature of marital violence, which is viewed on conceptualized as the cycle of violence" or "intergenerational transmission theory", when applied to the family. The theory stresses that at adulthood, experiences that have been learnt or acquired through modeling are exhibited.

The theory further indicates that children exposure to parenting styles will affect them later in life. Children learn most violence behaviours through their parents and family members. The theory presupposes that domestic violence is inherited either by experience or watching. Parental harassing and witnessing parental violence increases, the tendency on children to perpetrate violence when they grow up.

The relevance of the theory rests on the fact that domestic violence is an acquired behaviour or act learnt within the family setting. In order words, members of family exhibiting domestic family must have learnt or acquire the behaviour through parental or family members modeling. In other hand, if the perpetrators of domestic violence have not experience violence within the family set-up there is tendency not to exhibit violence with any family members.

Literature Review

Domestic Violence

The term violence is very elusive and complex to explain and define, because it has different meanings to different people and used in different contexts. Even popular Encyclopedias present a multitude of controversial and confusing interpretations of the phenomenon. Kaase and Neidhardt (1990), state that opinion polls show that the concept is extremely diffuse and ambiguous. However, Moore (1999), explains violence to mean the use of physical force. It was further contended that it means a situation of using aggressive behaviours where the perpetrator no committer implore his or her body as an object to inflict injury or discomfort to another person. Gumbenkian Foundation (1995), explains violence in a more comprehensive term to mean a situation where by people cause physical harm or psychological harm to other people. Usually, violence is an aggressive behaviour which may be physical, sexual or emotional. Aggressive behaviour is carried out by a person or a group to an individual or a group.

Domestic violence is also called family violence. The two concepts are often used interchangeably. Domestic violence can best be conceptualized in the context of how it is being used. Domestic violence usually occurs when one partners made an efforts to inflict either physical injury or psychological harm as a means to control and direct others.

According to the U.S. Office of Violence against Women (2007), domestic violence is a pattern of abuse behaviour in any relationship that is used by parents to gain power or maintain power and control over another intimate partner. Domestic violence takes different patterns, namely; physical, sexual, threats and intimidations, emotion and social abuse and financial deprivation, it is a coercive and force behaviour from a family destructive action etc. other forms of domestic violence, include; abuse, bullying, mocking, molestation etc. what stands out very clearly is that domestic violence whatever form it takes has a long term detrimental effect. Physical violence has its antecedent's effect in form of mental or emotional abuse. Domestic violence occurs in all human societies in the world and its detrimental effects not only on the victims, also the society and the children.

Hayes (2018), identified five types of domestic violence;

1. **Physical violence**: This takes a form of physical force or being coercive against another. Examples are: hitting, biting, shaking, chocking, restraining etc. Physical violence can results into inflicting injuries to someone and it may not.

2. **Sexual violence**: Globally, the case of sexual violence is a daily occurrence. Sexual violence may be between husband and wife, fiancé and fiancée. It may be engaging someone forcefully in sex i.e. when one of the partnersfails to consent to the act. It is this wise, sexual violence is termed as rape and prostitution. It also covers behaviours which limit reproductive rights, such as preventing use of contraceptive methods and forcing abortion.

3. **Economic abuse**: This is a form of domestic violence in which a person is being prevented by another person from being economical independent. In order words, the desire of a partner to put the economic status of a person under a control. This is common among husband and wife for several reasons, best known to the perpetrators.

4. **Psychological violence**: Psychological violence is the type of abuse or violence that hurts one's emotions, feeling, psychic etc. Psychological violence often results into fear, depression and anxiety. It also covers spiritual aspect. Hayes (2018), explained that spiritual violence could be when one is denied opportunity to exercise his or her religious belief or rights.

5. **Emotional violence**: This form of violence infringe on individual self-worth. Examples, incessant criticism, bullying or name-calling, embarrassing, humiliating and mocking.

Globally, 35% of women have experienced domestic violence in different forms. It was reported that about 87,000 women were killed deliberately in 2017, more than half as at estimation of 50,000 – 58 per cent were killed by family members; intimate partners, either former or current partners. Similarly (UNODC, 2018), reported that half percent of human traffic victims were females. "Women and girls together account for 72 percent with girls representing more than three out of every four child trafficking victims. More than four out of every five trafficked women and nearly three out of every four trafficked girls are trafficked for the purpose of sexual harassment and exploitation (UNODC, 2018).

It is equally reported by UNESCO (2019), that across the globe, one out of three students within the age range of 11-15yearsis experiencing bullying by their peers at school. it was reported that girls are more experiencing psychological bulling than boys apart from being made fun. From all indication based on the reports above, women are more prone to domestic violence and it has severally effects on them. Evidence are bounds to lend credence to this. Vic Health (2004), reported that domestic violence has a significant negative impact on the health and wellbeing at women in the following ways;

1. Physical injuries (cuts, scrapes, bruises, fractures and dislocated bones)
2. Hearing challenges
3. Sight impairment or vision loss
4. Miscarriage or untimely delivery etc

In conclusion, domestic violence effects can be immediate or on a long term and that it transcends beyond physical injuries.

Presentation of Findings and Discussion of Results

Research Question One: What are the patterns of domestic violence on women and orphans in Oyo and Ondo States, Nigeria?

Table 1: Showing frequency counts, simple percentages (%) and mean (x) on the patterns of domestic violence on women and orphans in Oyo and Ondo States, Nigeria

S/N	Items	SD	D	A	SA	Mean	Remark
1.	I am often experiencing physical assault at home.	10 5%	26 13%	40 20%	124 62%	**3.39**	Accepted
2.	I have never experienced physical assault.	110 55%	50 25%	24 12%	16 8%	**1.73**	Rejected
3.	I have no experience of sexual abuse.	16 8%	42 21%	28 14%	114 57%	**3.20**	Accepted
4.	I have never been abused, sexually	108 54%	46 23%	36 18%	10 5%	**1.74**	Rejected
5.	Always, I am deprived of my economic rights.	12 6%	20 10%	54 27%	114 57%	**3.45**	Accepted
6.	I am not deprived of my economic rights.	105 52.5%	28 14%	40 20%	27 13.5%	**2.08**	Rejected
7.	Victimization has been part of my life.	13 6.5%	18 9%	20 10%	149 74.5%	**3.52**	Accepted
8.	I have never been victimized	118	46	22	14	**1.66**	Rejected

	59%	23%	11%	7%		
Total	**492**	**276**	**264**	**568**	**2.59**	**Accepted**
.	**30.7%**	**17.2%**	**16.5%**	**35.5%**		

Table 1 shows the result on the patterns of domestic violence on women and orphans in Oyo and Ondo States, Nigeria. On item 1, 124 (62%) among the respondents was got for strongly agreed, while 40 (20%); 26 (13%) and 10 (5%) results obtained for agreed, disagreed and strongly disagreed respectively. On item 2, 16 (8%), 24 (12%), 50 (25%), and 110 (55%) obtained for strongly agreed, agreed, disagreed and strongly disagreed as responses. On item 3, 114 (57%), 28 (14%), 42 (21%) and 16 (8%) responses were got for strongly agreed, agreed, disagreed and strongly disagreed

On item 4, 10 (5%), 36 (18%), 46 (23%) and 108 (54) responses were obtained for strongly agreed, agreed, disagreed and strongly disagreed. Also, on item 5, 114 (57%), 54 (27%), 20 (10%) and 12 (6%) responses were got for strongly agreed, agreed, disagreed and strongly disagreed. On item 6, 27 (13.5%), 40 (20%), 28 (14%) and 105 (52.5%) responses were obtained for strongly agreed, agreed, disagreed and strongly disagreed. On item 7, 149 (74.5%), 20 (10%), 18 (9%) and 13 (6.5%) responses, obtained for strongly agreed, agreed, disagreed and strongly disagreed. Finally, on item 8, 14 (7%), 22 (11%), 46 (23%) and 118 (59%) responses were obtained for strongly agreed, agreed, disagreed and strongly disagreed.

Generally speaking, the result shows that domestic violence takes different patterns. Since, the average rating scale (x = 2.5) not less than the average mean of rating scale of four (x = 2.59). Thus, the result agreed with the submission of Hayes (2018), who identified five types of domestic violence (physical, sexual, economic, psychological and emotional) and also Vic Health (2004), that domestic violence, negatively has effects on women's in several ways.

The above result was further corroborated by responses obtained, through (FGDs). A woman responded that:
"I am always feeling depressed at home due to constant physical attack from my husband"

FDGs – Okitipupa town in Okitipupa Local Government, Ondo State, Nigeria.
Also, an orphan responded that:
"Day and night, I am always feeling very sad and unhappy due to series of domestic challenges that I am experiencing from my guardians".

FDGs – Moniya Community in Akinyele Local Government, Oyo State, Nigeria

Research Question Two: What are the psychological effects of domestic violence on women and orphans in Oyo and Ondo States, Nigeria?

Table 2: Showing frequency counts, simple percentages (%) and mean(x) on the psychological effects of domestic violence on women and orphans in Oyo and Ondo States, Nigeria

S/N	Items		SD	D	A	SA	Mean	Remark
9.	I suffer injury due to domestic violence.	8	12	45	135	**3.53**	Accepted
		4%	6%	22.5%	67.5%			
10.	My injuries are not caused by domestic violence.		100	52	36	12	**1.80**	Rejected
		50%	26%	18%	6%			
11.	I am always feeling depressed as a result of my experience on domestic violence at home.	4	10	65	118	**3.50**	Accepted
		2%	5%	34%	59%			
12.	Domestic violence can't cause my depression violence	12	18	47	123	**3.40**	Accepted
		6%	9%	23.5%	61.5%			

13.	Domestic violence results into my isolation from other members of family at home.	6 3%	14 7%	39 19.5%	141 70.5%	**3.57**	Accepted
14.	Domestic violence does not make me isolated from other family members.	146	24 73%	18 12%	12 9%	**1.48** 6%	Rejected
	Total	**276**	**130** 23%	**253** 10.8%	**541** 21.0%	**2.85** 45.0%	Accepted

Table 2 reveals findings on research question two which states, what are the psychological effects of domestic violence on women and orphans in Oyo and Ondo States, Nigeria? On item 9, 135 (67.5%) among the respondents responded to strongly agreed, while 45 (22.5%), 12 (6%) and 8 (4%) responses obtained for agreed, disagreed and strongly disagreed. On item 10, 12 (6%), 36 (18%), 52 (26%) and 100 (50%) for strongly agreed, agreed, disagreed and strongly disagreed. On item 11, 118 (59%), 68 (34%), 10 (5%) and 4 (2%) responses were got for strongly agreed, agreed, disagreed and strongly disagreed respectively.

Furthermore, item 12, 123 (61.5%), 47 (23.5%), 18 (9%) and 12 (6%) responses, obtained for strongly agreed, agreed, disagreed and strongly disagreed respectively. On item 13, 141 (70.5%), 39 (19.5%), 14 (7%) and 6 (3%) for strongly agreed, agreed, disagreed and strongly disagreed, obtained as responses.

Finally, on item 14, 12 (6%), 18 (9%), 24 (12%) and 146 (73%) responses were obtained for strongly agreed, agreed, disagreed and strongly disagreed, respectively.

The finding indicates that domestic violence has psychological effects on women and orphans in both Oyo and Ondo States, Nigeria. Hence, the average rating scale (x = 2.5) is less than the average mean of rating scale four (x = 2.88). the result agrees with the opinion of Moore (1999), Gunbekian Foundation (1995), that domestic violence effect is not only physical assault or attacks that, it takes forms of depression, emotional, fear, isolation etc.

The result was corroborated also by responses obtained during the FGD sessions.
An orphan had this to say:
"All scars on my body are due to corporal punishment receiving at homes".
FGDs – Ajue Community in Ese-Odo Local Government Area of Ondo State, Nigeria.
Another female respondent reported
"I once lost my pregnancy because of constant beating from my husband".
FGDs – Afijo town in Jobele Local Government Area of Oyo State, Nigeria.

Conclusion

Based on the results obtained, conclusions were made that domestic violence has negative effect on women and children, especially the orphans physically, emotionally, socially etc. It is a barrier to women's and orphans' happiness and joy within the family set-up.

Recommendations

Based on the conclusions of the research the following recommendations were made;
1. Public enlightenment strategy on psychological and other aspects of human life that can be affected by domestic violence should be made. This can be made through the media (print and electronics) and other approaches.
2. The society should frown at perpetrating or indulging on act(s) of domestic violence.
3. Government should enact policies and laws (Acts) to defer domestic violence.
4. Disputes resolution centres should be made more accessible to the people by creating more centres.
5. There should education on peace education through a non-formal method to complement the existing formal approach.
6. Women and orphans alike should be advised on the need to be exhibiting behaviours that can stabilize peace within the family setting etc.

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