

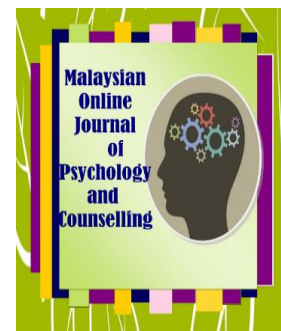
## PERCEIVED PATTERNS OF HUSBAND BATTERING BY EDUCATED MARRIED ADULTS IN KWARA STATE, NIGERIA: IMPLICATIONS FOR MENTAL HEALTH COUNSELLORS

Aminat Adeola Odebode\* & Lucia Beneditte Elebeke

### ABSTRACT

This study examined the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria. The study employed a descriptive survey method. Participants responded to a researcher-designed questionnaire entitled 'Patterns of Husband Battering Questionnaire (PHBQ)'. Analysis of Variance (ANOVA) and t-test statistical tools were employed to test hypotheses at 0.05 alpha level. Results showed that the perceived patterns of husband battering by educated married adults in Kwara State are emotional battering, sexual battering, economic battering and physical battering. It is concluded that the major pattern of husband battering is emotional battering. It was recommended that mental health counsellors should organize seminars and workshop for married adults on various forms by which husband battering are perpetrated.

**Keywords:** *Patterns, Husband Battering, Educated Married Adults, Kwara State*



Volume 8 (2),  
December 2021

Department of  
Counsellor Education,  
University of Ilorin,  
Nigeria

Corresponding Author:  
odebode.aa@unilorin.edu.ng

## INTRODUCTION

Domestic violence is fast becoming a threatening danger in many homes across the globe thus has attracted attention of many researchers, couples parents, religious leaders and the counsellors. Husband battering is a form of domestic violence that is perpetuated by wives against their husbands. It simply means wives behaving violently and abusively toward their husbands. It is an inhuman way that some wives handle their husbands; this could either be mental, emotional, or physical form of battering. Husband battering is a form of domestic violence experienced by men in an intimate relationship. Battered husbands cut across all ages, educational levels, and socioeconomic classes.

UNICEF (2000), Adebayo (2014) and Timothy (2016) opined that domestic violence is of various categories and forms. It is a form of violence which appears in form of spousal abuse, battering, dating abuse, intimate partner violence and family violence among others. Domestic violence could also be regarded as various form of negative and abusive behaviours which occurs within intimate relationship such as marriage, cohabitation, dating or within family (Oyedokun, 2007; Adebayo, 2014 & Timothy, 2016). Spousal abuse is equally a form of domestic violence within the intricacies of an intimate relationship of husbands and wife (Canadian Resource Centre for Victims of Crime, 2000). Different notions among researchers about the nature of intimate partner violence have long been the subjects of popular and academic debate. Research findings are contradictory and point in two directions, with some revealing that women are as likely as men to perpetrate violence against an intimate partner (symmetry) and others showing that it is overwhelmingly men who perpetrate violence against women partners (asymmetry).

The puzzle about who perpetrates intimate partner violence not only concerns researchers but also policy makers and community advocates who, in different ways, have a stake in the answer to this question, since it shapes the focus of public concern, legislation, public policy and interventions for victims and offenders. The question of who are the most usual victims and perpetrators rests, to a large extent, on 'what counts' as violence. Domestic violence can also be known as spousal violence when it occurs between couples. It is a pattern of abusive behaviour which one member of a relationship uses to secure dominance over the other (Timothy, 2016).

Most African societies are predominantly patriarchal and as such, violence against men is not something significant because men are believed to be strong enough to defend themselves. Those men who report abuse by women are viewed as weak (Maboreke, 2009). This explains the reason domestic violence is commonly studied and understood from the perspective of women victims and men batterers. Domestic violence against men therefore, tends to go unrecognized since men are less likely to admit to or report such incidence because of embarrassment, fear of ridicule, and lack of support services. It is rather a taboo subject that is often ignored or trivialized by society, which means that the extent of the problem remains unknown. Watts and Zimmermann (2002), McKeown and Kidd (2003) and Barber (2008) revealed in their studies that women are also perpetrators of violence as much as the men, however men are highly not believed as victims of domestic violence and battering because the society believes men are strong and are always in control.

Naturally, men are egoistic and any form of battering from their wives affects them psychologically (Barber, 2008). Although, the concept 'husband battering' sounds strange and unrealistic but it is true and common in the Nigerian society, but data concerning it are rarely available because most men prefer to die in silence rather than cry out for help for fear of losing their pride. Amazingly, domestic violence had always been perceived as a one-way traffic, with the arrow pointing always at

the men (Ilika, Okonkwo & Adogu, 2002). But the situation seems to be changing rapidly, as numerous other cases of battered men abound.

Battered husbands have historically been ignored or subjected to ridicule and abuse. In France, a battered husband "was made to wear an outlandish outfit and ride backwards around the village on a donkey" (Adebayo, 2014). Even for many people who consider themselves liberated and open-minded, they often have a tough time imagining that husband battering could take place. Although, feminism has opened many eyes about the existence of domestic violence, and newspaper reports often include incidents of abuse of wives. The abuse of husbands is a rarely discussed phenomenon and according to Watts and Zimmermann (2002), the under reporting of husband battering is almost universal and may be due to the sensitive nature of the subject. Husband punching, slapping, kicking, nail scratching and killing are realities that occur in Nigeria (Adebayo, 2014).

Husband battering comes in various patterns. It might range from beating, slapping, locking of tie, turning the man to a 'slave', denying him of the rights to play the role of man in the home, just to mention a few. Patterns of husband battering could also include sleep deprivation (slapping, nudging, and so on to keep the husband awake), taunts about sexual prowess, hiding car keys, and damaging clothes. The main forms/patterns of husband battering are physical abuse, emotional/psychological abuse, sexual and economic abuse (Cleary, 2003; McKeown & Kidd, 2003). Physical pattern of abuse includes pushing, punching, twisting of limbs, strangulating, breaking of bones and damage of properties (Cork Rape Crisis Centre, 2002). In addition, Adebayo (2014) opined that physical aggression and assaults by educated married adults women towards their marital counterparts is a coercive behaviour. Coercive behaviour from married women towards their husband are few or unpopular occasion and involves throwing object at them. However, psychological abuse unlike physical battering is that form of assaults which is also melted towards men, to have intimidating psychological and emotional effects on them (Adebayo, 2014).

Psychological abuse is that form of domestic violence which could further take various forms such as verbal and non-verbal (use of words and none use of words) all having negative, psychological effects and damage on its victims (Abubakar, 2014). Verbal form of abuse is the assault which is perpetrated through the negative manipulation and the use of words to humiliate victims. Verbal abuse is also defined as the excessive use of language to undermine someone's dignity and security through insults or humiliation, in a sudden or repeated manner (Timothy, 2016). This includes calling the man names such as; 'foolish man, stupid man, useless man, good-for-nothing, lazy' and many more degrading names. It also includes unnecessary yelling and screaming by wives at their husbands, constant harassment, consistent belittling, intimidation, and humiliation among others.

According to Abubakar (2014), emotional assault is similar to psychological abuse, and it is defined as a pattern of degrading or humiliating conduct towards a partner and includes repeated insults, ridicule or name calling as well as repeated threats to cause emotional pain. It is however, a practice which brings about emotional stress and imbalance on the victims either male or females. Russell and Emerson (2004) also opined that not only women are emotionally victimized, but men can equally become victims of such emotional instability resulting from emotional abuse from their partners. Abubakar (2004) believed that emotional assaults could be inflicted against victims through the use of blackmailing which could result in embarrassment.

Furthermore, economic abuse is a pattern of domestic violence against men which involves the unreasonable deprivation of economic or financial resources to which one is entitled and requires

out of necessity. It also refers to controlling of all financial income (Cork Rape Crisis Centre, 2002). Sexual abuse is the forcing of anyone against their will to have sex or perform any sexual act. This also includes the demoralizing of a person through sexual comments (Cork Rape Crisis Centre, 2002). It is very hard for a man to disclose this form of abuse (Cleary, 2004). Sexual abuse is one of the most intrusive forms of abuse, making it one of the hardest to disclose (Cork Rape Crisis Centre, 2002). Husbands in marriage can occasionally experience sexual violence and oppression against them by their wives and putting them as victims of such negative activities.

Moderating variables such as gender, age and type of marriage have been considered very relevant in this study. Kwara State is one of the States in Nigeria and it is used as a case study as the researcher realized that husband battering occurs in the state and men are covering it up to guard their pride therefore, this study focused on perceived patterns of husband battering by educated married adults in Kwara State, Nigeria.

## **STATEMENT OF THE PROBLEM**

Ordinarily, before now, husbands in Africa are cherished and worshiped to the extent that in some cultures women greet their husbands by kneeling; be on their knees until their husbands finished eating; this act is fast eroding in many families. The reverse is the case now, such that wives beat up their husbands, call them all sorts of degrading names and to worsen the situation, these men cannot cry out for help, for fear of being ridiculed in the society. This makes these men to die in silence, while others live in hell on earth. Husbands that are supposed to be respected and cared for by their wives are treated otherwise. This study therefore investigated the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria.

## **RESEARCH QUESTION**

Based on the purpose of the study, the following research question was raised and answered in the conduct of this study.

1. What are the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria?

### **Hypotheses**

The following hypotheses were formulated and tested in this study.

1. There is no significant difference in the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria based on gender.
2. There is no significant difference in the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria based on the length of age.
3. There is no significant difference in the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria based on type of marriage.

## **METHODOLOGY AND MATERIALS**

### ***Research Design***

The research design adopted for this study is the descriptive survey method. The researcher adopted this research design because the study sought to investigate the perceived patterns of husband battering in Kwara State, Nigeria. Descriptive survey design according to Ali (2006) is concerned with

describing events as they are, without any manipulation of what caused the event or what is being observed.

### ***Population, Sample and Sampling Procedure***

The population for this study comprised all married adults in Kwara State. There are 1,267,164 married adults in Kwara State (Kwara State Bureau of Statistics, 2018). Using the Research Advisor (2006) at 95% margin of error and 2.5% confidence level, 384 was the suggested required sample size for this population as suggested by Research Advisor (2006). The researcher however, increased the sample size by 10% for the purpose of loss or attrition, of the suggested figure, this gives 420 therefore, 420 respondents participated in the study but only 386 were correctly filled. A two-stage sampling technique was used to select the sample. At stage 1, proportional sampling technique was used to select seven (7) Local Government Areas across the three senatorial districts in Kwara State, with the ratio 3:2:2, that is, 3LGAs from Kwara South, 2 from Kwara North and 2 from Kwara Central respectively. At stage 2, accidental sampling technique was adopted to select 60 educated married adults from the selected 7 LGAs from various government ministries and parastatals, religious gathering and private organizations. This made a total of 420 respondents.

### ***Instrumentation***

The instrument which was used for this study is a questionnaire entitled 'Patterns of Husband Battering Questionnaire' (PHBQ). The PHBQ was a researcher-designed questionnaire which was used to collect information on the perceived patterns of husband battering by educated married adults in Kwara State. The various items included in the questionnaire constructed by the researcher were drafted from relevant literature on the patterns of husband battering. The instrument consisted of three sections, Section A and B. Section A consisted of the demographic data of the respondents. Section B with fifteen items focused on the patterns of husband battering. The instrument was validated by experts and it yielded a correlation co-efficient of 0.62 which was adjudged reliable for the study. The data obtained were subjected to statistical analysis. Percentage was used to analyze the data obtained from demographic section. The t-test and ANOVA statistical tools were used to analyze all formulated null hypotheses at 0.05 level of significance.

### **ETHICAL CONSIDERATION**

Before collecting data, the ethical approval was asked from the Research Ethics Committee, Nigeria. As part of approval conditions, prior the administration of the administration of the instrument, written permission was sought to conduct the study. Accordingly, the research participants were well briefed about the purposes of the study and invited afterwards to participate in the study. The participants were also assured of confidentiality of the information supplied. No participant was coerced to partake in the study.

### **RESULTS**

Research Question 1: What are the perceived patterns of husband battering by educated married adults in Kwara State?

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Table 1

*Means of Perceived Patterns of Husband Battering by educated married adults in Kwara State*

Item	Some wives batter their husbands in the following ways:	Mean Score
<b><i>Physical Battering</i></b>		
1	Cause body injury through the use of objects on their husbands	2.75
2	Biting their husbands	2.80
3	Punching him in the face, stomach or head	2.72
4	Scratching their husbands' face and body	2.89
5	Tearing their husband's clothes	2.70
	<b>Aggregate Mean Score</b>	<b>2.77</b>
<b><i>Emotional Battering</i></b>		
6	Ridicule their husband based on their inadequacies	2.98
7	Not making their husband happy by embarrassing him in front of others	2.94
8	Making their husband feel worthless by criticizing him at all time	3.03
9	Cursing him at all times to make him feel bad	3.00
10	Calling their husbands all sorts of bad names	3.40
	<b>Aggregate Mean Score</b>	<b>3.07*</b>
<b><i>Sexual Battering</i></b>		
11	Deny their husbands of sex at all time	3.10
12	Reluctant to satisfy their husbands sexually	3.08
13	Condemn his sexual performance	3.01
14	Use sex as a tool to exploit him financially	2.99
15	Make their husbands beg constantly for sex	3.09
	<b>Aggregate Mean Score</b>	<b>3.05</b>
<b><i>Economic Battering</i></b>		
16	Constantly demanding for money to hurt their husbands	3.11
17	Constant quarrelling with the husband over money issues	3.06
18	Putting too many financial burden on their husband	2.96
19	Molesting their husband because he cannot grant their financial request	3.05
20	Seizing their husbands' phone because of money	2.95
	<b>Aggregate Mean Score</b>	<b>3.02</b>

\*highest mean score

Table 1 shows the means of perceived patterns of husband battering by educated married adults in Nigeria. The table shows that the emotional pattern of husband battering has the highest aggregate mean score of 3.07, followed by sexual pattern of husband which has aggregate mean score of 3.05, followed by economic battering which has aggregate mean score of 3.02 while the least is physical pattern of husband battering has aggregate mean score of 2.77. Since the average mean score for making decision is 2.5, it can therefore be stated that the perceived patterns of husband battering by educated married adults in Kwara State are emotional battering, sexual battering, economic battering and physical battering.

## ***Hypotheses Testing***

Three null hypotheses were formulated and tested for this study. The hypotheses were tested using t-test and ANOVA statistical methods at 0.05 level of significance. The results are presented as follows:

Hypothesis One:

*There is no significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on gender.*

Table 2

*Mean, Standard Deviation and t-value showing the Perceived Patterns of Husband Battering Based on Gender*

Gender	N	Mean	SD	df	Cal. t	Crit. t	p-value	Decision
Male	158	57.27	13.18	198	2.81*	1.96	0.00	Rejected
Female	228	60.39	8.53					

\*P<0.05

Table 2 shows that the calculated t-value of 2.81 is greater than the critical t-value of 1.96. This means that there is a significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on gender thus, the hypothesis is rejected.

Hypothesis Two:

*There is no significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on age.*

Table 3

*Analysis of Variance (ANOVA) on Perceived Patterns of Husband Battering Based in Kwara State Based on Age*

Age	SS	df	MS	Cal. F-ratio	Crit. F-ratio	p-value	Decision
Between group	2596.529	3	865.509	7.84*	2.60	0.00	Rejected
Within group	42160.456	382	110.367				
Total	447656.984	385					

\*Significant, p<0.05

Table 3 indicates that the calculated F-ratio is 7.84 while critical F-ratio is 2.60 since the calculated F-ratio is greater than the critical F-ratio at 0.05 alpha level, the hypothesis is rejected. This means that there is a significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on age therefore, the hypothesis is rejected. However, a post-hoc analysis Duncan Multiple Range Test (DMRT) was further conducted to identify where the difference lies amongst the variables.

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Table 4

Duncan Multiple Range Test (DMRT) Output for Differences in the Prevalence of Husband Battering Based on Age

Age	Group	N	Mean	Duncan Groupings
18-27years	1	60	56.70	D
28-37years	2	132	58.92	C
38-47 years	3	131	59.35	B
48years & Above	4		64.62	A*

Table 4 shows the Duncan Multiple Range Test (DMRT) output for significant difference noted on Table 3. The finding shows that respondents between ages 18-27 years have mean score of 56.70 which is slightly different from the mean scores of those with other age groups which have mean scores of 58.92 and 59.35 respectively however, these means are significantly different from respondents between 48years and above with mean score 64.62. Thus, respondents between 48 years & above, perceived the patterns of husband battering more when compared to those of other age group.

Hypothesis Three:

*There is no significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on length of marriage.*

Table 5

*Analysis of Variance (ANOVA) on Perceived Patterns of Husband Battering Based on Length of Marriage*

Age	SS	df	MS	Cal. F-ratio	Crit. F-ratio	p-value	Decision
Between group	2596.529	3	1186.461	11.00*	2.600.00		Rejected
Within group	42160.456	382	107.847				
Total	447656.984	385					

\*Significant,  $p < 0.05$

Table 5 indicates that the calculated F-ratio is 11.00 while critical F-ratio is 2.60 since the calculated F-ratio is greater than the critical F-ratio at 0.05 alpha level, the hypothesis is rejected. This means that there is a significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on length of marriage therefore, the hypothesis is rejected. However, a post-hoc analysis Duncan Multiple Range Test (DMRT) was further conducted to identify where the difference lies amongst the variables.



Table 6

*Duncan Multiple Range Test (DMRT) Output for Differences in the Perceived Patterns of Husband Battering Based on Length of Marriage*

Length of Marriage	Group	N	Mean	Duncan Groupings
Less than 1year	1	40	55.98	D
5-10 years	2	109	57.38	C
6-10years	3	125	62.61	B
11 years and above	4	40	64.92	A*

Table 6 shows the Duncan Multiple Range Test (DMRT) output for significant difference noted on table 5. The finding shows that respondents between ages less than 1 year have mean score of 55.98 which is slightly different from the mean scores of those with other age groups which have mean scores of 57.38 and 62.61 respectively however, these means are significantly different from mean score 64.92. Thus, respondents who have spent between 11 years & above in marriage perceived the patterns of husband battering more when compared to those of other group of respondents.

## DISCUSSION

The finding of this study revealed that the perceived patterns of husband battering by educated married adults in Kwara State are emotional battering, sexual battering, economic battering and physical battering. This finding agreed with that of Abubakar (2014), Oladapo, Yusuf and Arulogun (2011) which revealed that the patterns of husband battering are physical, sexual, emotional and economic battering. In the same view, Adebayo (2014) concluded in a study that women sexually, emotionally, economically and physically abuse their husbands. In this study, emotional battering was ranked highest in the pattern of husband battering and physical battering was ranked least. This could be that women cannot go all out to beat, punch or kick their husbands like men could do for their wives, even though some women tear their husbands' clothes when they are angry, it is much more common for women to abuse their husbands and call them all sorts of derogatory names. Likewise, women could use sex to serve as punishment for their husbands because women believe that sex is the power they wield and use against their husbands when they offend them and they intend to punish them, however, instead of solving the problem it most time aggravate the problem push them out into immoral act – counselled to iron out issues.

The testing of hypothesis one revealed that there was a significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on gender. This implies that gender significantly influenced married adults' perception of patterns of husband battering. This finding corroborated the findings of Oyedokun (2007) who also revealed that gender significantly influenced the perception of married adults on patterns of husband battering. This study revealed that females perceived the patterns of husband battering more than males. This could be that females actually perpetrate this menace against their husbands therefore, they know the patterns in which they follow to batter and victimize their husbands, or as disused with peers or friends.

The testing of hypothesis two revealed that there was a significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on age. This means that the perception of older married adults differed from that of younger married adults. This

finding validated the finding of Timothy (2007) and Dienye (2008) which showed that age influenced the perception of married adults on patterns of husband battering. Further analysis revealed that respondents who are between 48 years and above perceived the prevalence of husband battering more than married adults who are younger. This could be that as one ages, the more one becomes more aware of issues. This implies that married adults who are 48 years and above would have experienced many forms of husband battering than married adults who are younger than 48 years. The finding of this study further revealed that respondents who have spent 9 years and above in marriage perceived the prevalence more than other respondents who have spent less years in marriage. This could be that the longer married adults stay in marriage, the more they will have experienced on husband battering; they possibly may be aware that women are blameworthy of husband battering.

The testing of hypothesis three showed that there was a significant difference in the perceived patterns of husband battering by educated married adults in Kwara State based on length of marriage. This means that length of years in marriage had significant influence on the perception of married adults on the patterns of husband battering. This is in line with the finding of McKeown and Kidd (2003) which revealed that length of years counts where sourcing information on spousal abuse. Further analysis showed that married adults who had spent 9 years and above in marriage perceived the prevalence more than other married adults who had spent fewer years in marriage. This could be because these group of married adults had stayed longer in marriage to be aware of the various patterns that husband battering is perpetrated; they could be aware that in order to react and victimize their husbands, wives take different forms.

## **CONCLUSION**

This study investigated the perceived patterns of husband battering by educated married adults in Kwara State, Nigeria and it can be concluded that husband battering perceived by educated married adults in Kwara State takes the following patterns: emotional battering, sexual battering, economic battering and physical battering. Similarly, significant influence was found on perceived pattern of husband battering based on gender, age and length of marriage.

## **IMPLICATIONS FOR MENTAL HEALTH COUNSELLORS**

It was concluded that emotional battering, sexual battering, economic battering and physical battering are the patterns of husband battering therefore, mental health counsellors should orientate women, taking into consideration gender, age and length of marriage, on the patterns of husband battering and how to prevent the occurrence. Through this, couples will be happy together and mentally healthy.

## **RECOMMENDATIONS**

From the findings of this study, the following recommendations are made:

1. Women should be counselled on conflict resolution strategies. They should be encouraged on talking matters over with their husbands on whatever issue that is making them angry, rather than issuing threats or starving their husbands of sex and food.
2. Enlightenment programme on patterns of husband battering should be organized for married adults in which the targeted audience would be married people of younger ages, people from

polygamous family, less educated married adults, married adults with lower length of years in marriage.

3. Women should desist from battering their husbands either emotionally, sexually, economically or physically; they should desist from inflicting any form of pain on their husband. Women need to remember that in Africa, men are the heads of families, therefore it is traditionally wrong for women and morally bad for wives to batter their husbands. As a result, women should learn effective communication strategies to communicate with their husbands to avoid any form of provocation.

## FUNDING

The authors have no funding to disclose.

## COMPLIANCE WITH ETHICAL STANDARDS

All procedures performed in this research involving human participants were in accordance with the ethical standards of the institutional research committee and with 1964 Helsinki Declaration and its later amendments or comparable ethical standards.

## CONFLICTS OF INTEREST

We have no conflict of interest.

## INFORMED CONSENT

Informed consent was obtained from all individual adult participants included in the study.

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