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**A CASE STUDY OF DOMESTIC VIOLENCE AGAINST
WOMEN IN KAPSOWAR DIVISION OF MARAKWET
DISTRICT: IMPLICATIONS FOR COUNSELLING**

This Research Project Report has been submitted for examination with my approval as University Supervisor.

FRANCIS KIMOSOP

DATE

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This Research Project Report has been submitted for examination with my approval as University Supervisor.

**A RESEARCH PROJECT SUBMITTED IN PARTIAL
FULFILMENT FOR THE DEGREE OF MASTER OF
EDUCATION (GUIDANCE AND COUNSELLING)
KENYATTA UNIVERSITY**

2005

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DECLARATION

This Research Project Report is my original work and has not been presented for examination in any other University.



.....
FRANCIS KIMOSOP

7/12/005

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DATE

This Research Project Report has been submitted for examination with my approval as University Supervisor.



.....
PROF. AUGUSTINE NWOYE

9-12-05

.....
DATE

DEDICATION

I dedicate this work to my late Father Samuel Kimosop Arap Chesunde and loving and caring Mother Flomena Tungo.

I also dedicate it to my beloved wife Divinah and Children Enock, Gloria and Lawi who missed my valuable company and prayed for me while I was perusing the M.ED programme at Kenyatta University. They all encouraged me so much and boosted my spirit high until the end.

Finally to relatives and friends who supported me in this programme of study.

To them all I say thanks and plenty of Gods blessings.

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I have received many challenges, help and encouragement from others, in the struggle to make this research project to what it is now. To all these I owe them great deal of credit and express my sincere appreciations.

I cannot adequately express my special thanks to my supervisor Prof. Augustine Nwoye whose tireless guidance, patience and encouragement were of inestimable help.

To Mr. Filex K. Rotich who proof read the manuscript and Salome Chesir who typed the proposal, the research instruments and the project report.

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Finally, it is not possible for this formal acknowledgement is adequately recognize the role of all my associates especially colleagues at the year 2003/04 and 2004/05 Counseling Psychology programme, but it at least makes them a matter of records.

— ABSTRACT

The primary purpose of this study was to find out the causes and forms of domestic violence against women in Kapsowar division of Marakwet District and to discuss their implications for counseling. A sample of 65 women residing in Kipsaiya, Kapsowar and Koibarak locations which make up Kapsowar division was selected using a simple random sampling technique, for it enabled each of the elements in the target population an equal chance of being selected. The researcher personally administered the questionnaire to the respondents and also conducted several interview schedules. Percentages and frequencies were used to describe the trend of the results. One way analysis of variance (ANOVA) was employed to test the null hypotheses investigated.

The results show that the major contributing factors to domestic violence against women in Kapsowar division of Marakwet District are financial/money issues, alcoholism, infidelity/unfaithfulness among partners, religious affiliations, gossips and association with friends. It was also discovered that the most common forms of domestic violence against women are physical abuse, economic abuse, psychological abuse, emotional abuse and social abuse. The implications of the results were discussed and recommendations for both counseling practice and research were made.

It is expected that the findings of this study will inform policy makers, Non-governmental organizations and church organizations in formulating policy

guidelines geared towards combating the problem of domestic violence against women. Family/Couple therapists, social workers and church leaders could use these findings to plan and employ appropriate interventions to prevent the problem of domestic violence against women.

Abstract

Declaration

Acknowledgements

Abstract

Table of contents

List of tables

List of figures

CHAPTER ONE

1.1 Introduction

1.2 Statement of the problem

1.3 Purpose of the study

1.4 Objectives of the study

1.5 Significance of the study

1.6 Scope and delimitation of the study

1.7 Assumptions of the study

1.8 Definitions of terms

1.9 Organization of the study

1.10 Summary

1.11 References

1.12 Appendix

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TABLE OF CONTENTS

Content	Page
Title	i
Declaration	ii
Dedication	iii
Acknowledgment	iv
Abstract	v
Table of contents	vii
List of tables	xi
List of figures	xiii
CHAPTER ONE: INTRODUCTION	1
1.1.0 Background of the study	1
1.2.0 Statement of the problem	5
1.3.0 Purpose of the study	7
1.4.0 Research questions	8
1.5.0 Significance of the study	9
1.6.0 Scope and delimitations of the study	10
1.7.0 Assumptions of the study	11
1.8.0 Definitions of terms	12
1.9.0 Abbreviations	15

CHAPTER TWO: REVIEW OF RELATED LITERATURE	16
2.1.0 Introduction	16
2.2.0 Theoretical framework	16
2.2.1 The Individual Psychopathology or Psychiatric Model	17
2.2.2 The Family System Theory	18
2.2.3 Gelles (1972) Sociological or Structural Theory	20
2.2.4 Bandura's Social Learning Theory	21
2.2.5 The Feminist or Sociopolitical Theory	24
2.2.6 Goodes (1971) Resource Theory	27
2.3.0 Review of related foreign and local research	29
2.4.0 Characteristics of men who batter	37
2.4.1 Skill deficit	38
2.4.2 Defenses	39
2.4.3 Individual traits or Personality characteristics	39
2.4.4 Situational Characteristics	40
2.4.5 Childhood history or violence in the family	40
2.4.6 Attitudes	41
2.5.0 Conceptual framework	42
2.6.0 Conclusion	45
2.7.0 Research hypotheses	46

CHAPTER THREE: METHODOLOGY	47
3.1.0. Introduction	47
3.2.0. Area of Study	47
3.3.0. Target population	48
3.4.0. The sample	48
3.4.1 Sampling procedure	49
3.5.0 Research design	50
3.6.0 Instrumentation	52
3.7.0 Content of the questionnaire	52
3.8.0 Development of the questionnaire	53
3.9.0 Piloting of the questionnaire	56
3.10.0 Data Collection procedures	57
3.10.1 Administering questionnaire	57
3.10.2 Document analysis	59
3.11.0 Data analysis	60
CHAPTER FOUR: RESULTS OF THE STUDY	61
4.1.0 Introduction	61
4.2.0 Descriptive statistics	62
4.2.1 Research question one	62
4.2.2 Research question two	66
4.2.3 Research question three	69
4.2.4 Research question four	72

4.3.0	Statistical analysis	74
4.4.0	Summary of results	79
CHAPTER FIVE: CONCLUSION		81
5.0.0	Introduction	81
5.1.0	Discussion	81
5.2.0	Summary of the findings	87
5.3.0	Counseling implications	90
5.4.0	Recommendations for counseling	97
5.5.0	Recommendations for further research	100
References		101
Appendix		106

LIST OF TABLES

Content	Page
Table 4.1 (a) Key causes of domestic violence against women.	62
Table 4.1 (b) Income is a major cause of domestic violence against women	64
Table 4.1 (c) Infidelity is a major cause of domestic violence against women.	65
Table 4.2 (a) Forms of domestic violence against women.	66
Table 4.2 (b) Number of times the partner turned violent.	68
Table 4.3 Why victims of domestic violence stay in abusive relationship.	69
Table 4.4 To whom to victims of domestic violence report to.	71
Table 4.5 Problems experienced by women victims of domestic violence.	72
Table 4.6 ANOVA value for the cause of domestic violence against women on the basis of their marital status	75
Table 4.7 ANOVA value for the forms of domestic violence affecting women on the basis of their age	76

Table 4.8 ANOVA value for the cause of domestic violence
against women on the basis of their
educational level. 77

Table 4.9 ANOVA value for the problems experienced
by women victims of domestic violence on the
basis of their occupation. 78

LIST OF FIGURES

Content	Page
Figure 2.1 The Power and Control Wheel.	26
Figure 2.2 The Cycle of Violence / Battering Cycle.	42
Figure 4.1 Key causes of domestic violence against women.	63
Figure 4.2 Forms of domestic violence against women.	67
Figure 4.3 Reasons for staying in abusive relationships	70
Figure 4.4 Key problems experienced by women victims of domestic violence.	73

CHAPTER ONE

INTRODUCTION

1.1.0 Background of the study

Domestic violence against women has today become more pronounced in our society. Data from the print and the electronic media contains suggestion about atrocious crimes committed against women, all of which are shrilling, defying human logic. Violence against women folk is not a woman's issue, but a societal problem. Gatobu (2003) observed that domestic violence cuts across all age groups and affect both the educated and the uneducated, and that even those in the church are involved in this heinous act. Domestic violence against women is an atrocity that plaques many families in Kenya today. The trend shows that the highest percentage of victims of domestic violence are women and children, although this however, does not mean that there is no domestic violence against men in the society.

The focus of this study is domestic violence against women, which is more prevalent in our society and yet it is viewed in Kenya as less important. In her article entitled *Violence Against Women; A Challenge to the Church*, Hinga (1990) observed that "one of the most urgent moral questions of our times pertains the ever conspicuous and escalating violence and abuse against women and children" and that "almost daily there are reported cases of incidents of terror meted out against women by their male partners." Rev. Dr. Mbogori, the Principal, Bethany Christian College, as cited in Gatobu (2003) noted that domestic violence against women has become more pronounced in

our society and further observed that the more recent case is of the husband who beheaded his wife while latter was sleeping. This act left eight helpless children without their mother who was the sole breadwinner of the family. The issue of domestic violence is one that has no boundaries, it is not limited to a particular country, it cuts across class, race, religion, and social economic status and affects both the educated and uneducated.

Domestic violence against women has been acknowledged to be prevalent in almost all countries of the world. However, not violence in all forms is seen as crime in many countries and therefore the need to address this widespread societal problem. Culture is used as an excuse to reinforce or perpetuate domestic violence against women. For example in most African communities women are regarded as the property of her man, because of the dowry, cultural beliefs and practices such as payment of dowry has been used by some men to subdue women. Women especially rural are hardest to convince that women deserve equal rights, because for generations, women have watched their mothers, sisters, aunts, cousins and friends being abused. They therefore grow up believing that it is a way of life and ought to be expected and accepted. They have also been raised to believe that they are inferior to men.

A resource paper on the seminar held by the National Council of Churches of Kenya (N.C.C.K) in 1993 cited patriarchal attitudes and culture as one of the main root causes of domestic violence against women in Kenya. The same paper states that patriarchal culture, religion and tradition have institutionalized domestic violence against women. Corrin (1996) notes that

domestic violence against women in Asian communities is a taboo subject and no one talks about it and that women were seen as the upholders of the family honour and if they leave their husbands or speak up against violence, they are seen to have shamed that honour.

According to the Amnesty International, many cases of domestic violence against women in Kenya are never reported because of the cultural indifferences and barriers to recognizing domestic violence and marital rape as illegal. It further noted that police involvement in sexual assaults has also stopped women from reporting cases of domestic violence.

A study by Sakala cited in McFadden et al (1998), reports that women in Southern Africa experience various forms of domestic violence such as physical battering, psychological abuse, economic abuse and sexual abuse. She further observed that while abuse takes place mostly at home, governments in the region have done very little or nothing at all about domestic violence against women and that in Africa, often relatives and neighbours turn a blind eye on the excuse that it is a domestic problem.

O'Connell (1994) observed that men have always used violence against women to perpetuate and reinforce the gender hierarchy to keep a woman in her place, to stifle her rights to speak, to make decision and to control her sexually. Such a gratuitous and persistent violence has been largely condoned by most cultures. In fact in many cultures, it was and sometimes still regarded as a man's right to beat his wife, daughter and sister. Ashworth (1995) observed

that women who need care and attention have never spoken out about their problem and nobody asks. It is however clear that most cases of domestic violence against women go unreported as justice. O'Kubasu says that there is no much the courts can do if victims of domestic violence do not report violence. A great deal of the unwillingness to report has to do with the fact that domestic violence in Kenya has not been criminalized.

Gatobu (2003) observed that many victims do not find it easy to make reports on domestic violence, since the police are not trained on how to respond to the matter. She further noted that the victims feel like they are going through the same experience, since they have to narrate in details, how it took place and that when a woman reports domestic violence issues, it is taken lightly, starting from the police station all the way to the judicial levels. This, she observed has undermined many women and belittled their sufferings, which had with time led them to a belief that there is no justice in the land and that very little is said about domestic violence against women as an issue of concern.

The whole idea of domestic violence serves to minimize crime and conceal the identity of the abuser and the abused; responses to such violence in all societies are formed by the view that family privacy must be respected particularly where relations between women and men are concerned. The fact that most victims of domestic violence against women do not report violence explains the lack of adequate statistics. Gatobu (2003) observed that the only sources that one has to rely on are narratives by one victim to another or to a

sympathizer, most of which go undocumented. She further observed that men will comfortably sit around bars and in the village to talk of how they discipline their wives, in this regard, in fact many men think that wife beating is part of their husbandry rights and privileges if not an obligation. Many women on their part seem to generally accept their destiny and will often cover up their husbands even when they have done them bodily harm, they too seem to assume that being battered is part of marriage package.

A critical examination of the political, social-economic, legal and cultural framework of the Kenyan society and generally most patriarchal societies reveals that gender discrimination against women is a pervading principle which is both officially and culturally sanctioned and tolerated. In turn, gender violence and inequality are justified on the premise of society's embedded and insidious discrimination against women. Often men abuse women and women suffer abuse across class divided as if it is men's established privilege to commit violence against women, such violence then assumes physical, psychological and attitudinal dimension. It is on this basis that this researcher chose this topic for research.

1.2.0 Statement of the problem

Much of the Literature on domestic violence in Kenya portrays lack of adequate statistical data on the subject. Hence the difficulty in establishing it as a critical issue that calls for significant attention. The community has failed to recognize that domestic violence against women is a problem that exists, it

is only when extreme cases are reported that our community pays attention to it, for example when a husband kills his wife. It has also become common these days to read or hear about viscous attacks of women in Kenyan homes. Women are at greater risk of violence resulting injury in their homes and from men they know and in many cases are married to (Population report, 1999). No woman is too young or too old to be a victim of domestic violence.

The violence that the woman is subjected to, involves physical abuse (pushing, punching, slapping and chocking) as well as isolation, emotional, sexual and financial abuse. Injuries may be inflicted by hands, feet, teeth, knives or other sharp objects, hot liquid, burning cigarette end and so on (Kenya Demographic and Health Survey Report, 2003).

The effects of domestic violence on the women are far reaching and take a serious toll on them, both physically and emotionally. According to Kenya Demographic and Health Survey report (2003) abused women suffer physical injuries that endanger their health and may result in life-long disabilities. These injuries interfere with job performance resulting in lost promotional opportunities or dismissal. The economic hardships facing many Kenyans indicate that loss of a job or dismissal from a job result to an increased economic hardship.

The emotional effects of abuse can be more devastating than the physical assault as the abused woman may lose touch with friends and family due to partner's attempt to isolate her or because she fears that people she cares about

will discover the violence and blame her for it. Violence against women, especially domestic violence which is normally ignored is everybody's problem and a crime against the society. The quality of community life is likely to suffer when the health and well being of individuals and families are destroyed by domestic violence.

Violence of whichever form, against women affects every part of our lives. The well being of women, their full participation in the country's policies and programs are essential if the development is to take place that will really benefit the whole population. Domestic violence is a powerful but invisible barrier to development and eventually render the victim hopeless, especially when nothing seem to done about it (Kenya Demographic and Health Survey, (2003).

Due to the foregoing observations, a study to investigate the causes and form of domestic violence against women in Kapsowar division of Marakwet district was proposed and it is hoped that the findings will shade light on what triggers domestic violence against women.

1.3.0 Purpose of the study

The purpose of this study was to investigate on the various causes and forms of domestic violence against women in the family and thus achieve an in-depth understanding of domestic violence and characteristics that make one susceptible of being a victim of violence as perceived by the women victims themselves.

The target populations were all married women residing in Kapsowar division of Marakwet district who were able to reveal the causes and forms of domestic violence against women.

The study was therefore be guided by the following research objectives, namely, to:

- i. Investigate on the various causes of domestic violence against women in Kapsowar division of Marakwet district.
- ii. Investigate the various forms of domestic violence against women in Kapsowar division of Marakwet district.
- iii. Find out the factors that influence the victim's decision to stay or move out of an abusive relationship.
- iv. Establish the problems experienced by the victims of domestic violence i.e. social, economic and physical.

1.4.0 Research questions

The study was guided by the following research questions.

- i. What are the various causes of domestic violence against women among the Marakwet community?
- ii. What are the various forms of domestic violence against women among the Marakwet community?
- iii. What factors influences the victim's decision to either stay or move out of an abusive relationship?
- iv. What are some of the problems experienced by women victims of domestic violence?

1.5.0 Significance of the study

Most of the research studies that have been done on this topic have been done on population samples in regions outside Kenya, especially U.S.A. and Britain. This study focused mainly on the main causes of domestic violence against women with a view of providing a basis for recommending counseling/therapeutic interventions that take into account both preventive and problem solving approaches.

This study was therefore meant to bring to light the causes and factors that precipitate domestic violence against women in Kapsowar division of Marakwet district and its effects to family relations. It is expected that information generated from this study will be helpful to policy makers, for example the Ministry of Culture and Social Services at both divisional and district level, which deal with women issues. The findings of this study also shade light on the level of domestic violence against women in Kapsowar division of Marakwet District, an issue which of interest not only to couple/family therapist, but also to other stakeholders who are involved in the field of family relations such as psychologists, social workers and health educators.

Non-governmental Organizations (NGO's) who have encouraged the initiation of programmes dealing with women issues will find the results of this study helpful for talks and seminar organization and presentations. The study will also be beneficial to church and other agencies that provide social services, for it will enable them to intensify their campaigns on domestic violence against

women by organizing counseling and educational programmes to both the victims and the abusers.

The study will also be helpful to women of all walks of life in understanding the causes, forms and factors that precipitate them and the possibility of one becoming a victim. Thus it could be used for awareness campaign.

Finally the study will contribute to the body of knowledge by offering a deeper understanding of domestic violence as perceived by women themselves and the factors that trigger violence. It also has the potential for comparisons with other related studies and future ones.

1.6.0 Scope and delimitations of the study

- i) The study was confined to Kapsowar division of Marakwet District, Rift valley Province. The locations for study were Kapsowar, Kipsaiya and Koibarak. The findings of the study may only be generalized to women victims of domestic violence in other parts of the country, but with caution.
- ii) Due to the fact that the study had to be carried out and a report submitted within a specific time frame, it was necessary to make the study as brief as possible. The brevity was not therefore done at an expense of relevant precisions and details.
- iii) The prohibitive cost of collecting and processing large amounts of data hindered the researcher from broadening the scope of the

study and investigation of as many research questions and hypotheses as possible.

- iv) Due to the limitations of the questionnaire methods as an instrument of data collection, it is important to note that self-report questionnaires have inherent weaknesses; as such they do not guarantee complete objectivity of the respondents.
- v) Given that the subject of investigation-Domestic violence against women-is rarely discussed topic, the respondents may not have been very frank for fear that by doing so they would expose themselves as victims. However, it is hoped that the assurance of confidentiality and anonymity ameliorated this effect and dispelled the fear to the extent that it did not affect the results of the study.

1.7.0 Assumptions of the study

The following are the assumptions that were made for the purpose of this study.

- i. That there is widespread domestic violence against women in Marakwet community.
- ii. That most of the cases of domestic violence against women are not reported by the victims.
- iii. That there will be truthfulness and honest ness from respondent's in giving the required information.

- iv. That the respondents are able to answer the questionnaire and they will be able to return it for analysis.

1.8.0 Definition of terms

Domestic violence : Refers to any physical, psychological, emotional, sexual, economical or financial abuse against a member(s) within the family.

Violence against woman : Any act of gender based violence that result in, or is likely to result in physical, sexual or psychological harm or suffering to women, including threats such acts as coercion or arbitrary deprivation of liberty, whether occurring in public or private.

Physical violence : Any acts or omission committed within the framework of the family by one of its member that undermines the life, the bodily or psychological integrity or the liberty of another member of the same family or that seriously harms the development of his or her personality.

Culture : Is a system or totality of art, institutions, beliefs, behaviors, communication, practices, media

representations, rituals and myths which provide a social frame of reference for individuals and groups.

Conflict :

Struggle or agreement about ideas, values, facts, occurrences, opinions etc. conflict occurs when two or more parties (individuals, groups, institutions) are unable to resolve disagreements, conflict is expressed through behavior ranging from physical or mental.

Battering:

Refers to a series of physical and injurious attacks on an intimate or family member(s) that form part of repeated habitual pattern.

Battered woman :

Is one who is repeatedly subjected to any forceful physical or psychological behaviors by a man in order to coerce her to do something he wants her to do without any concern for her rights.

Sexual violence :

Any sexual act attempt to obtain a sexual act, unwanted comment or advance, or act to traffic a person's sexuality, using coercion, threats of harm or physical force, by any person regardless

of their relationship to the victim, is any setting including but not limited to home or work place.

Family violence : All range of abusive behaviour in which a person is violated physically, mentally, emotionally and or sexually by a family member.

Sexism : An attitude, behaviour or institutional practice which perceives and treats members of one gender, usually females, as inferior to the other, generally male.

Gender : A socially or psychologically determined identification as male or female, especially used in terms of role taken in a particular situation.

Sex : Is a biologically determined classification as male or female based on reproductive systems and functions.

Violence : Is behaviour that is abusive threatening or hurtful to people through physical, verbal or non-regulatory action.

Counseling :

The means by which one individual helps another to clarify his or her life situation and to decide upon further line of action.

1.9.0 Abbreviations

FIDA	International Federation of Women Lawyers.
COVAW	Coalition On Violence Against Women.
CBS	Central Bureau of Statistics.
KDHS	Kenya Demographic and Health Survey.
NCKK	National Council of Churches of Kenya.
TAMWA	Tanzania Media Women's Association.
UTH	University Teaching Hospital.
YWCA	Young Women Christian Association.
NSW	New South Wales.
W.H.O	World Health Organization.
SPSS	Statistical Package for Social Sciences.
POWA	People Against Women Abuse

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.1.0 Introduction

This chapter discusses the theoretical framework of the study, a review of related studies on the subject of the present investigation, the conceptual framework, counseling interventions, conclusion and the study's hypotheses.

2.2.0 Theoretical framework

According to Stordeur and Stille (1989) wife assault has been a focus of research and theory for approximately twenty years. According to them, across this period of time there have been a number of major theories proposed for what causes men to assault their partners. Research and clinical efforts at understanding and changing wife assaulters are guided by theoretical perspectives.

Stordeur and Stille (1989) observed that, although perspectives tend to evolve overtime and give way to new theories, the theoretical perspectives presented below are still used to develop research and clinical treatment programmes for victims of domestic violence. This study will be guided by the following five theories and one model.

- a) The Individual Psychopathology or Psychotic Model.
- b) The Family System Theory.
- c) Gelles (1979) Sociological or Structural Theory.

- d) Bandura's Social Learning Theory.
- e) The Feminist or Sociopolitical Theory.
- f) Goode's (1971) Resource Theory.

2.2.1 The Individual Psychopathology or Psychiatric Model

Traditionally early theories of wife assault focused on the personalities or individual characteristics of either the abuser or the victim. The individual psychopathological models posit that an intrapsychic, psychological or biological abnormality in the individual causes men to be violent towards their partners.

Theoreticians using this approach have suggested a number of possible psychological problems, including immature personalities, personality disorder, poor impulse control, low frustration tolerance, dependency, depression, developmental trauma leading to misogyny or other ego functioning problems, fear or intimacy and / or abandonment, jealousy, addiction and other psychiatric illness (Deshner, 1984; Lion 1977, Symonds, 1979).

Biological theories have also been suggested, Money and Ehrhards (1972) posit some influence of androgen on fetal development, while Elliot (1976) believes that an unknown number of wife and child batterers experience explosive rage due to neurological and metabolic diseases. Wives have also been implicated as having personality or psychological disorder that lead their

male partners to assault them, such as aggressiveness dominant, sexual frigid and masochistic.

The individual psychopathology model applied to this study, means that men who batter their wives are those who have psychological problems such as immature personality, personality disorder, poor impulse control, low frustration tolerance, depression, jealousy, addiction and other psychiatric illnesses. It also means that wife batterers are those men who experience explosive rage due to neurological and metabolic diseases. It too means that women who are battered are those implicated as having personality or psychological disorders such as aggressiveness, sexual frigid and masochistic.

2.2.2 The Family System Theory

From the Family System perspective, violence is a relationship issue, with violence being one symptom of a disturbed or pathological relationship (Cook & Frantz – Cook (1984) Elbow, 1977, Gelles, 1982). One of the basic premises of the system theory is that all parts of a system contribute to the maintenance of homeostasis, defined as the tendency of a system to maintain a dynamic and to undertake operations to restore that equilibrium whenever it is threatened (Goldenberg & Goldenberg, 1985).

The family system works continually to maintain this homeostasis, even when it is achieved through dysfunction, thus all members of the family participate in the system and carry the responsibility for family dysfunction. In this

context battering is no longer simply the responsibility of the batterer but a behaviors that is maintained by the actions of all family or system members.

Family system theory suggests that battering is the results of repetitive interaction between family members characterized by certain relationship structure of dynamic and that it serves a functional role in maintaining the relationship (Bigrad, 1984). In attempting to equalize the responsibility for the violence, proponents of the systems theory have implicitly or explicitly blamed the victim. It then becomes the victims' responsibility to change her behaviour to stop the violence perpetrated against her.

Family system theorists tend to advocate either family or marital therapy as the most appropriate intervention for domestic violence. According to this theory the batterers and the victims are seen together in the family therapy, both minimizes the violence in the relationship, and if the woman talks about the violence behavior of her partner, the therapy may focus on what she did to provoke him.

Applied to this study, it means that violence in the family arises due to disturbed or pathological relationship and that battering is a behavior that is maintained by the actions of all family or system members. It too means that to stop battering in the family the woman should change her behavior to stop her husband from being violent against her.

2.2.3 Gelles (1972) Sociological or Structural Theory

The sociological theory emerged in part in reaction against the traditional clinical approaches (Gelles, 1985). These theories views wife abuse as behaviors resulting from factor within the social structure, Finkelhor, Hotching & Straus (1983).

According to Gelles (1979) social structure theory, family violence is seen as due to either structural stress producing frustration and violence or the socialization in the use of violence in the culture. Sociological theorist have linked social structure to social learning, for instance, it suggest that violence is a reaction to a particular structure or situational conditions, such as unemployment or poverty, and therefore it is differentially distributed among different social classes. According to this theory too, a person's experience with violence will result in a belief that it is acceptable; in effect people will be more or less likely to use violence as a result of their individual learning histories. There is increasing evidence that frustration from the environment and from social factors leads to a higher incidence of violence in the family (Bern & Bern, 1984). However, the use of violence is one response to stress and frustration is likely related to cultural norms surrounding the use of violence and individual learning.

Straus (1976) believes that sexist attitude and practices support the existence of wife battering for several reasons: Men lacking in personal resources will use violence to buttress a position of superiority in the family; sex - role differentiation and inequality produce antagonism between men and women.

According to this theory, women find it difficult to escape abusive marriages due to lack of alternative roles for women and the consequents of pressure to remain in traditional roles and the male – oriented criminal justice system make it extremely difficult to secure legal protection from assault.

Sociological theories appear to have contributed most to the understanding of the problem of wife assault when they address the patriarchal nature of our society, the power differential between male and females, and the role of societal values, such as misogyny and the cultural view of masculinity in normalizing violence.

The sociological theories applied to this study means that wife battering is as result of factors within the social structure, such as structural stress producing frustrations and violence or the socialization in the use of violence in the culture. It also means that men who batter there are those who are not employed, experiencing high poverty and who had experienced violence in their individual learning histories. This therefore means that they use violence due to increased frustrations from the environment and social factors such as stress and frustrations.

2.2.4 Bandura's Social Learning Theory

Bandura's social learning theory is a hallmark in the study of aggression. Instead of assuming innate aggression instinct or drives. Bandura regards aggression as learned behaviour. The theory posits that one means of learning aggression is through modeling process, where informal observation of the

behaviour of influential models and of consequent reward or punishment, provides an observer with either the inhibition or disinhibition for repeating these acts.

Bandura and his colleagues have demonstrated that children model adult aggressive behaviour, and will increase or decrease the modeled behaviour in response to witnessing whether it is rewarded or punished, Bandura and Ross (1963). This theory explains that people learn to be violent when they grow up in violent homes.

The social learning theory states that the family is the first place where people learn roles of mother and father, husband and wife, and therefore the family is one key place where we learn how to cope with stress and frustration. According to the social learning theory, the family is also the place where people are most likely to first experience violence and thus increases the risk that an individual will be violent as an adult. Under this theory individuals are not only exposed to techniques of being violent, they also learn the social and moral justification for the behaviour; such as parents who explain that they were punishing the child for the child's own good.

Bandura's theory has been used to support the notion that violent men learn to be violent as children by watching or experiencing the violence in their families or origin. This view is supported by a number of studies that have found that men who are violent have a high incidence of witnessing or experiencing violence as children (Carrol, 1977) Owen & Strus, 1975). In

addition to violence learned in the family of origin, social learning theory also focuses on violence as learned and reinforced in the culture and through trial and error experience (Ganly & Harris, 1978) Ganley (1981) states that men who respond to stress with violence experience an immediate reduction in body tension and an increase in psychological arousal. This sudden transition from unpleasant tension to relaxation and a sense of physical well-being reinforces the tendency to use violence in the future as a tension reduction mechanism.

Violence then is seen as a learned response to stress, from observing others and /or from trial and error experience. Individual stressors can be either internal or external, examples of internal stressors may be feeling of insecurity, feeling of inadequacy or personality difficulties, while external stressors may include unemployment, illness or interpersonal difficulties. In this model, violence is not caused by individual psychopathology or societal stress, but rather by the way in which certain men have learned to respond to these difficulties. Once men have used violence, the reinforcement for violence increases the likelihood that it will be used again and the use of violence may then become cynical.

The relevance of Bandura's social learning theory to this study is that aggression is a learned behaviour which is done through modeling process. It therefore means that people learn to be violent when they grow up in violent homes. This is because they are exposed to the techniques of being violent and learn the social and moral justification for the behavior. Applied to this study

too, it means that men who batter their wives are those who experienced or watched violence in their families of origin as children, and therefore learned violence from influential models such as their parents.

2.2.5 The Feminist or Sociopolitical Theory Model

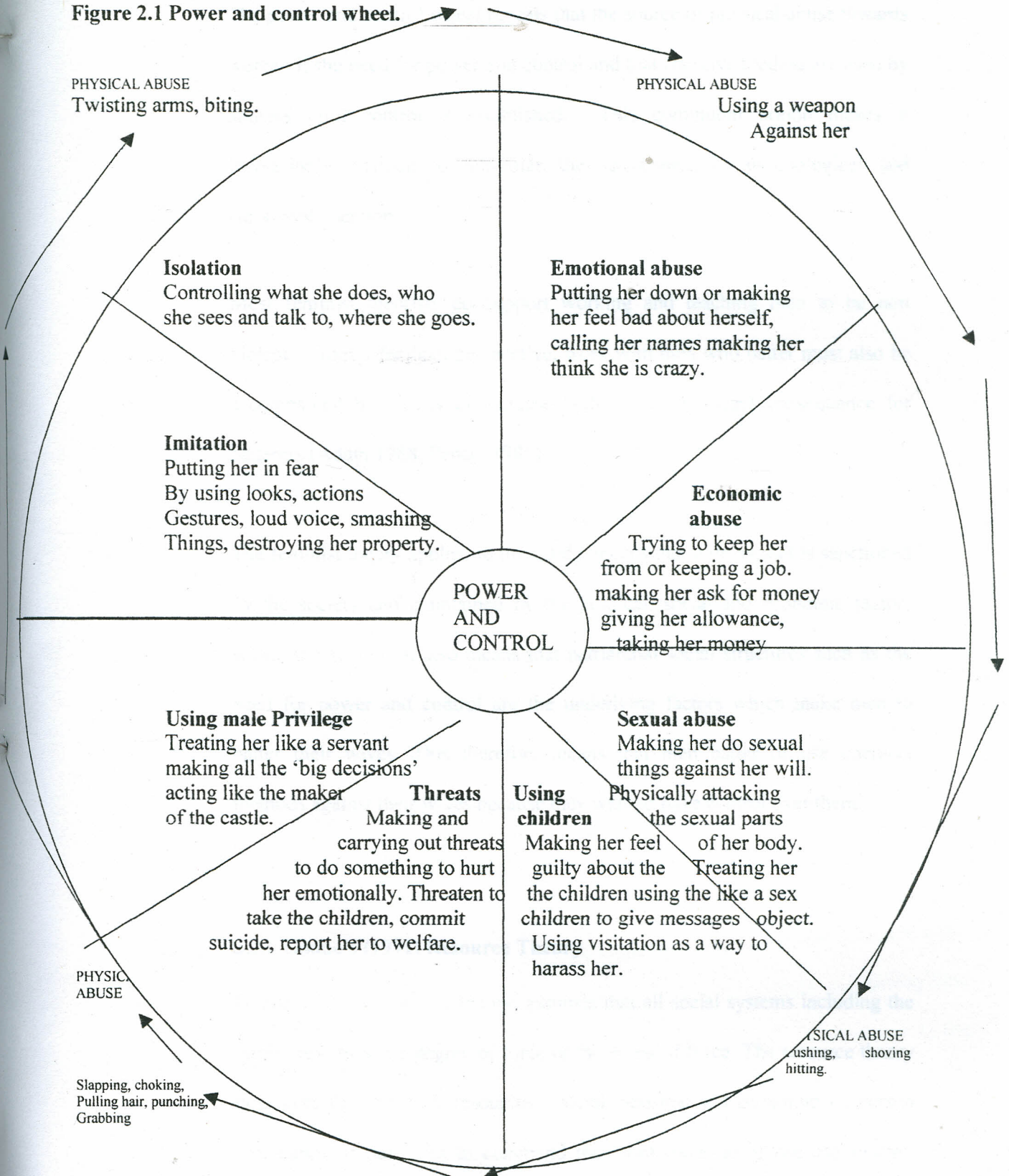
A feminist approach to the assault of women by their husband or partners focuses on the sociopolitical context of male power and control in the society. This view defines violence in a broader context as one of the methods by which men oppress and subjugate women. According to feminist approach wife assault is thought to be sanctioned by the society and maintained by political, social and economical factors within our society (Godkolf, 1985). According to Bograd (1984) violence such as rape or battering is the most overt and visible form of control wielded by men as a class over women.

Feminist theorists seek to understand and explain why men as a class, use physical force against women and how this serves a function in a particular society, rather than why a particular man uses violence against a particular woman (Bograd, 1985; Chapman & Gages, 1978; Dobash & Dobash, 1979). In this perspective individual men are not only trained and reinforced to be violent against women but patriarchal social structure and men in general are rewarded by women being restricted and limited by their fear of men's violence (Bograd, 1988). According to this perspective wife battering will continue until the sexist society that maintain it is challenged and changes even if individual men cease their violence toward their partners.

From a feminist perspective two statements are fundamental that no woman deserve to be beaten and that men are solely responsible for their action Bograd (1984) emphasize four points within this perspective That there is distinction between the verbal and expression of anger and physical assault, men and women can control their behaviour, men and women have a right to physical safety and blaming the victim shifts attention from the patriarchal context of battering.

The feminist model is represented by the power and control wheel (see figure 2.1 overleaf) which highlights the need for power and control as the underlying motivation in directing abuse at others. Physical abuse, which occupies the narrow rim of the wheel, is merely the most extreme method of maintaining power over other.

Figure 2.1 Power and control wheel.



Source: Stordeur and Stille (1989); Minnesota program Development, Inc; (218) 722-278

The power and control wheel reveals that the source of physical abuse towards women is the need for power and control and that coercive methods are used by abusers until control is established. This continuum notion makes it increasingly difficult to minimize the seriousness or psychological and emotional coercion.

Most feminist theorists do support working and teaching men to be non violent. From a feminist perspective, work with men who batter must also be accompanied by efforts to increase both social and legal consequence for batterers (Adam 1988; Pence, 1985).

The feminist theory applied to this study, means that wife assault is sanctioned by the society and maintained by the political, social and economic factors within the society. It also means that patriarchal social structures such as the need for power and control are the underlying factors which make men to batter their wives. This therefore means that men batter or use coercive methods against their wives because they want to have control over them.

2.2.6 Goode's (1971) Resource Theory

Goode's (1971) resource theory, assumes that all social systems including the family rest on some degree of force or the threat of force. The resource theory postulates that the more resources - social, personal and economic - a person commands or perceives to command the more force he or she can muster. Thus a husband, who wants to be the dominant person in the family but had

little education, has a job low in prestige and income and lacks interpersonal skills may choose to use violence to maintain the dominant position.

According to Goode's resource theory the family members including the children may use violence to redress a grievance when they have few alternative resources available. According to this theory too, most people do not willingly use overt force when they command other 'resources' because the costs of doing so are high. Goode's theory assumed that middle class families have more resources arising, for example from their greater prestige and better economic position and consequently will be less likely to resort to violence or threats.

O'Brien (1971), showed a similar line of thought in his status inconsistency hypothesis. He focused on the economic problems of the husband and different educational achievement of the husband and wife that may result in the husband's lower status in the family. Violence is therefore seen as an option used to remedy a low status position and hence increase self-esteem.

Applied to this study, it means that those men who batter their wives are those with a lot of resources-social, political and economic-while also having little education, has a job low in prestige and income and hence chooses to use violence against their wives in order to maintain their dominant positions.

These men therefore use violence to remedy their low status positions and hence increase their self-esteem in the society.

2.3.0 Review of related foreign and local studies

Globally, the World Health Organization (W.H.O) estimates that at least one woman in five has been physically or sexually abused by a man at some time in her life. It also reported and that women are more at risk from those they know such as husbands, fathers, neighbors, or colleagues than they are from strangers.

According to Roy (1982) there are close to two million cases of domestic violence against women in United States of America each year, meaning that, nearly 2 million abusive men are known to exist in the U.S today. She further noted that these cases does not reflect the cases that go unreported and that one can only speculate how widespread the problem is real. Over the last decade the efforts of the Women's Health Movements, the human right lobby and researchers who have documented the extent of domestic violence against women has led to widespread recognition that gender violence is a widespread problem.

A study conducted by Stordeur & Stille (1989) noted that estimates of the incidence of wife or partner assault vary considerably; and that the most conservative estimate, suggests that their mates physically abuse 12% of all wives each year. Straus et al (1980) estimates that one in six couples experiences at least one violence incident, while one in eight inflict serious injury.

Thornman (1980) states that 37% of wives surveyed who applied for divorce in United States of America gave physical abuse as one of the complaints. He further notes that although these figures vary, wife beating is likely to be an underreported behavior and that it may be that at least one - half of all adult women in relationships have been or will be assaulted by their partners.

A feasibility study carried out by the Young Women Christian Association (Y.W.C.A) of Zambia in 1992 to assess the extent of domestic violence against women revealed that; - four out of ten women had been beaten by their male partners, another four in ten woman said they suffered mental abuse that include insults, the denial of money, food, unexplained absence by their husbands and the bringing home of girlfriends.

At the University Teaching Hospital (U.T.H) of Zambia, during the same year an average of 200 women a month were injured from beatings believed to have been given by their woman's partner. Some of the women interviewed even showed their scars resulting from injuries afflicted on them by their husbands. One woman said she had suffered broken ribs, while another said that one severe beating had left her blinded in one eye and several teeth missing.

A study conducted by the Law Reform Commissions of Papau New Guinea in 1982 reported that wife beating in Papua New Guinea is so common that it is seen as a normal part of married life. The survey found out that 57% of the rural women and 67% of the rural men accept in principle the practice of wife

beating. When the Law Reform Commission presented its interim findings on domestic violence against women to members of parliament, Bradley, as cited in (Miranda, 1994) reported that some members of parliament argued that wife beating is and should remain strictly a private affair and that the law should not have the right to intervene in family life, other members of parliament asserted that there is nothing wrong with wife beating, provided that the husband has a 'good reason', while a minister is reported to have said that paying bride prize makes the man the head of the family, so that husband feel that they own the woman. Another honorable members is reported to have been annoyed that the nation's leaders were being asked to discuss something as trivial as wife beating and remarked, 'we are wasting our time instead of discussing the development of country, we should have something better to discuss that this'.

A study entitled *Home-Based Violence Against Woman in Ireland* conducted by Smyth Ailbha as cited in Corrin (1996) revealed that in 1994, Women's Aid, a Non- governmental organization received over 6,000 calls to its National Help Line Service and that in twelve months period between 1st November 1989 and 31st October 1990, Dublin police responded to approximately 3,500 cases of home based violence, while in four months period during 1991, they responded to 1,568 calls. In a pilot study of women admitted to a large accident and emergency unit in a Dublin Hospital in Ireland O'Connor (1994) found that out of eighty one women admitted forty six revealed a long history of abuse, in 78% of these cases, the alleged offenders was a husband or a male partner.

An article entitled *Domestic Violence Against Women* by Siddaque Hanna, a black sister reported that their effort to deal with domestic violence against women in Asian communities was met with men hostility, accusing them as home wreckers and destroying families. That they were also labeled as westernized force, something that was alien to Asian culture and that they had been corrupted by western values.

A study conducted by the National Commission on the causes and prevention of violence in United States of America (Bern & Bern, 1984) reported that one in every five husbands approve of slapping their wives in some circumstance. Stark (1970) in a National survey, report that 25% of male and 16% of female approved of a husband-slapping wife under circumstance. Briere (1987), sampling a normal population of male population of male college students found that 79% said that they would use physical violence against their wives or partners in at least one of a number of circumstances. 75% said they would use force if she had sex with another man.

Miranda (1994) noted that in 1990 the Australian Bureau of Statistics (ABS) conducted a survey in New South Wales (N.S.W) and surveyed random residential areas for victims of crime. It found out that 30% of the female participants had been assaulted at once in their own homes and that 44% of these participants had been assaulted two or more times in the previous 12 months period.

A study conducted by Addiction Research Unit of the Institute of Psychiatry in the United Kingdom investigated the wives of 100 alcoholic and found that nearly half have been beaten by their husbands. Seventy six percent of the men were quarrelsome; 49% had broken furniture and windows, the same proportion were very jealous and / or possessive and 27% had attempted seriously to injure or murder their wives.

According to Campbell and Sheridan (1989) approximately 20% - 50% of all female emergency patients are battered women and that women make 1,453,437 medical visits per year for treatment of injuries resulting from assault by a spouse. They also observed that women suffer 2,100,000 injuries annually as a result of domestic violence compared to 522,000 injuries from car accidents in Michigan.

A 1983 study by Berk & Berk (1983) examined police records in Santa Barbara, California for information on domestic disturbance, they out found that where injury was recorded women were the victims in 86% of the cases while men were victims in only 6% of the cases, and that women were more than twice as likely as men to be victims of nonfatal intimate assaults.

A high percentage of batterers also appear to assault their partners sexually (Walker, 1979). From her research Walker reported that 59% of battered women in the sample were forced to have sex with partners against their will, while 49% reported that this had occurred more than once. Some 41 % of their sample reported being forced or coerced into unusual sexual acts, which

included being tied up, threatened with a gun, beaten, or intimidated. Studies also suggest that marital rape is closely associated with high level of physical violence in a marriage (Frieze 1983). In Russel's (1982) study of a random sample of women, 162 of 644, women reported being raped, beaten, or both raped and beaten by their husbands.

In the recent past in Kenya the media has reported an increased cases of domestic violence against women. One of the greatest calls has been the need for the church and the legal system to intervene on behalf of women. The women's liberation movements such as Coalition on Violence Against Women (COVAW) and International Federation of Women Lawyers (FIDA) have spearheaded much of these efforts to bring awareness to public on the fight on domestic violence against womenfolk.

During a seminar organize by Women Desk of the National Council of Churches of Kenya (N.C.C.K) in 1993 it was reported that although there is a general pervasiveness of violence in our society, violence against women and girls in particular has escalated. This is evident in the frequency of reports, which we read in local newspapers, hear and see through electronic media. Such reports have increased in number although many cases go unreported due to the structural hindrance and fear experienced by women and girls.

A survey carried out by Kenya Demographic Health Survey (KDHS) published in the Daily Nation, August 24,2004 entitled; *Kenya the Nation of Wife Beaters* noted that there is a widespread violence against women.

According to Kenya Demographic Health Survey too, 49% of all women surveyed in the year 2003 have experienced violence since the age of 15 years. It further noted that more than half of women in Kenya have experienced violence since they were 15 years old and that most of the violence came from husbands, which account for 60% of the beatings reported. The report also noted that most of the attacks in the home are fueled by drinks and drugs and that husbands who are high on alcohol or drugs are three times more likely to hurt their wives than those who are not. The survey says that violence against women has serious consequence for their mental and physical well being including their reproductive and sexual health.

A detailed Family Planning Survey of 733 women in Kisii District reported that 42% of women were regularly beaten by their husbands. The Daily Nation, March 10th, 1999 reported that women in Kenya are subjected to worse treatment than prisoners and that 49 died in 1988 due to violence as compared to 3 deaths that occurred in prisons. The Federation of Kenya Women Lawyers (FIDA) reported that they deal with an average 50 cases of domestic violence from Nairobi and Kisumu in a day (Daily Nation March 13th, 1999), the Standard News paper of Tuesday November, 23rd 2004 report that a 19 years teenage husband hacked his 30 years old wife with an axe to death, following a domestic misunderstanding over money. While the standard newspaper, Thursday, December 9,2004,reported that a middle aged man hacked his wife to death with a jembe, following a quarrel over food.

In a study conducted by FIDA in 1995, where participants were drawn from women attending a legal aid clinic to get advice, information and counseling, it was found that women suffer various forms of violence and abuse. From 25 women who formed part of the study, physical battering followed by sexual abuse was the most prevalent form of abuse. Rape was the most prevalent form of sexual abuse and it affected both married and those living with boyfriends. Economic and psychological abuse was also widely experienced. It was reported that all the women suffered from lack of safety, dignity and control of their lives. All the women confirmed that they had suffered anxiety, shock, and lack of self esteem as a results of the violence inflicted on them, long term health problems were also revealed, one participant had spinal injury while four had persistent back injuries, those injuries were due to kicking, being thrown down or across a room or having chair or other furniture thrown at them. Two of the four women with persistent back injuries have slipped discs, which has affected their walking abilities. To cope with the trauma, a majority of the women heavily depends on painkillers and sleeping pills.

While it can be stated that women are the usual victims of domestic violence and men are the usual perpetrators, it is difficult to estimate the actual incidence of violence in the household. Miranda (1994) notes that communities deny the problem fearing that an admission of its existence is an assault to the integrity of the family and few official statistics are kept. He further noted that current methods of estimating the number of women who are assaulted by their husbands are questionable, the statistics are based on

reported incidents of abuse obtained for example from police, welfare and hospital records.

Statistic gathered from police records and other official sources shows that wife abuse exists but they are notorious for under representing the problem. Victims are often reluctant to report abuse because they feel ashamed of being assaulted by their husband they may also be afraid because of a sense of family loyalty.

2.4.0 Characteristics of men who batter

For each individual batter, some traits mentioned here are likely to be present, although the clinicians may find batterers who appear to possess none of them. Overall, the characteristics presented below identify deviations from the "norm" that appear to maximize the potential for violence in intimate relationships and allow the batterers to justify its occurrence. Some of the characteristics may "set the stage" for wife assault to occur, such as family history, over identification with the stereotypic male roles, perceptual distortions of situations, and jealousy and controlling behaviour. Others may identify cognitive responses to the violence, such as maximization, denial and projection. Some traits will identify long-term emotional and personal results, such as depression and low self-esteem. The characteristics reviewed here have been divided into six groups presented below.

2.4.1 Skill deficit

A number of authors have identified lack of intrapersonal and interpersonal skills as characteristics of wife assaulters (Browning, 1983; Ganley and Harris, 1978). This lack of skills may be due to a number of factors: little opportunity by the assaulters to learn such skills in their families of origin, their male socialization may not have provided them with appropriate learning. The lack of these skills provides them with few alternatives to conflict management or expression of feelings, other than anger and violence.

Under this category, batterers are characterized by:

- Identification of emotions; these are men who are unable to recognize or acknowledge the emotions they feel other than anger.
- Perceptual distortion; these are men who tend to distort situations cognitively and emotionally to fit their own perceptions of the world and their expectations of themselves and others. They often misperceive neutral communications as threatening or insulting to them, fueling their anger and rage.
- Communication skills; wife assaulters have been described as having difficulty expressing verbally what they think, feel and want and as being none assertive both in their families and in the outside world.

Applied to this study, it therefore means that men who batter their wives are those who lack both interpersonal and intrapersonal skills, as a result of little opportunity provided by male socialization in the family of origin to learn such skills. This therefore provides them with little alternatives to conflict

management or expression of such feelings other than anger and violence. It too means that, men who assault their wives are those who have difficulty in expressing themselves verbally, especially on what they think, feel, and want and those who are non-assertive both at home and in the outside world.

2.4.2 Defenses

Psychological defense mechanisms tend to serve two main purposes: to hide the reality of one's behaviour from oneself and from others. Most batterers use some forms of the defense mechanisms of minimization, denial and projection to blame onto others or their circumstances. Using these defenses allows them to avoid responsibility for their behaviour and to obscure the reality of what they have done.

Applied to this study, it implies that men who batter their wives are those who use psychological defense mechanisms of minimization, denial and projections to blame onto others or their circumstance. By using these defenses, they avoid responsibility for their behaviour and therefore obscure the reality of their actions.

2.4.3 Individual traits or personality characteristics

The personality traits generally cited in the literature as associated with wife assaulters tend to focus on a central theme: which suggest that assaultive men may have feelings of inadequacy and low self-worth, become very dependant in relationships and their dependency is reflected in jealousy and extreme

controlling behaviour. They may also display depression, and abuse drugs and alcohol.

Individual traits, applied to this study, means that men who batter their wives are those with feelings of inadequacy and low-self worth, those who are dependent in relationships and hence harbour a lot of jealousy and extreme controlling behaviour.

2.4.4 Situational characteristics

Situational characteristics are those factors in the environment that might be more or less likely to increase the probability of an assault by a man who has some proclivity to abuse his partner. Some of these situational factors are: isolation, stress and unemployment.

Applied to this study, it therefore means that men who batter their wives are those who experience isolation in the society, stress and are unemployed.

2.4.5 Childhood history of violence in the family

A number of studies have suggested that men who batter are more likely to have witnessed or experienced violence in their families of origin (Coleman, 1980; Fagan and Hansen, 1983). By witnessing or experiencing violence as a child, the batter learns through modeling that this is an appropriate way to deal with feelings; he also has little opportunity to learn other appropriate skills. In addition, the experience of violence in the family of origin is emotionally

damaging and may leave the batterer with a generally higher level of anger and hostility.

Childhood history of violence in the family applied to the current study, means that assaultive men, are those who witnessed or experienced violence in their own families of origin. This therefore means that they learnt violence through the process of modeling, and that they view violence as an appropriate way of dealing with feelings and emotions.

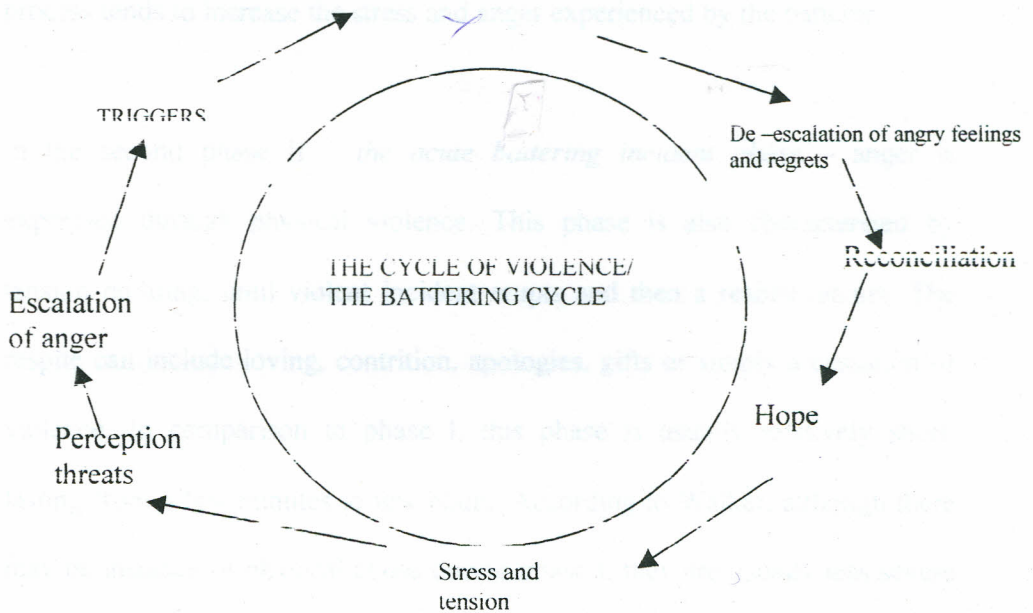
2.4.6 Attitudes

Briere(1987), sampling normal male college students, found a correlation between endorsement of use of force against wives and negative attitudes towards women, attitudes supporting wife abuse and attitudes supporting interpersonal violence. In addition, Saunders (1982), suggest that if a man believes that the use of violence is acceptable, he may be less likely to internalize controls that would inhibit violence.

Applied to this study, it therefore means that men who assault their wives are those men who endorse the use of force against women, and harbours attitudes supporting interpersonal violence. It too means that assaultive men are those who believe that the use of violence is acceptable and hence unable to have self control when expressing their feeling and emotions, apart from through violence.

2.5.0 Conceptual Framework

Lenore Walker (1979), based on her interviews, research and work with battered women has proposed a model of wife assault termed as the 'cycle of violence' or the 'battering cycle' which forms the conceptual framework for this study. The cycle of violence model follows a pattern of three distinct phases; the tension building, the acute battering incident and the kindness, contrite and loving behaviour. The cycle of violence/battering cycle model helps to explain the staying and the leaving dilemma experienced by battered women. (See figure 2.2)



According to Walker, though the beginning of many intimate relationships may be characterized by bliss and caring, relationships demands invariably produce stress. As stress build, the man begins a gradual process escalation evidenced by increased aggression behaviour.

The first phase of the cycle of violence is *the tension building phase* (phase I) a circular process, which occurs when the man experience the effect of stress. During this phase tension builds as a result of verbal outbursts, muttering, and confrontation, minor acts of violence, emotional threats or controlling behaviour.

The escalation of anger makes the man to behave aggressively to achieve catharsis and a return to a state of equilibrium to face again the effects of stress. The carthartic value of aggression tends to be short term and the process tends to increase the stress and anger experienced by the batterer.

In the second phase II – *the acute battering incident phase* – anger is expressed through physical violence. This phase is also characterized by tension building, until violent incident erupts and then a respite occurs. The respite can include loving, contrition, apologies, gifts or simply a cessation of violence. In comparison to phase I, this phase is usually relatively short, lasting from a few minutes to few hours. According to Walker, although there may be instance of physical abuse during phase I, they are usually less severe than the acute battering of phase II. The tension reduction accomplished by violence bring about relaxation and signal the transition to phase III.

The third and final phase in Walkers cycle of violence model is *the kindness, contrite and loving behaviors stage* characterized by the man's kind affectionate and attentive behaviour towards the woman. The battered woman experience what she sees as the 'real' man whom she fell in love with initially.

Here she receives discernible reinforcement of her partner; she too recovers from her battle scars. She also remembers that abuse is not the only significant aspect of her relationship and recognizes that she loves him too.

She also cares about how he feels his health, his survival if she leaves his reputation and so forth. She seems concerned about his relationship with the children, friends and the family. In fact if she has left him, she may return because of love (Barnett and Lopez-Real, 1985; Johnson, 1988). During this phase also the man may realize the wrong he may have done and is likely to panic at the thought of losing his partner. Kindness, gift giving and promises to change are designed to persuade her to stay in the relationship.

As the cycle is repeated, many times in a relationship, phase III then leads back to phase I, as the effects of stress again result in the man's gradual escalation of anger which triggers violent acts. If the relationship ends he is likely to reproduce the cycle in his next relationship.

Applied to experiences in Kapsowar division, this means that domestic violence against women follows a pattern of three distinct phases; the tension building, the acute battering incident and the kindness, contrite and loving behaviour by the batterers. It too means that, most of the relationships are initially characterized by bliss, caring and with time stress builds, which lead to escalation of violence or aggressive behavior by the husband towards the wife. It also means that victims of domestic violence experiences the dilemma of either leaving or staying in the relationship; with those staying being

concerned with the children, friends, the family and love for her husband. They too stay because their husbands become kind, give them gifts and promise that they would change.

2.6.0 Conclusion

From the foregoing theoretical explanations and related research, it is evident that domestic violence against women in the society may be as a result of multiple factors. The theoretical framework and literature reviewed has revealed that domestic violence against woman may be as a result of psychological, to disturbed or pathological relations, to structural or social structural and to the modeling process.

However, the facts in the field seem to support Gelles (1972) Sociological or Structural theoretical view-point, which posits that wife battering is as a result of factors within the social structure, such as structural stress producing frustrations and violence or the socialization in the use of violence in the culture. This is reflected by the responses from the respondents as to the causes of domestic violence against women and the authorities to whom the women victims report to, as discussed in chapter four. The facts in the field, to support the feminist or sociopolitical view-points which posits that wife assault is sanctioned by the society and maintained by the political, social and economic factors within the society. This reflected by the reasons given by the respondent's as to the causes of domestic violence against them, such as money issues, religious affiliations, association with friends and gossips,

which suggests that men use coercive methods against their wives because they want to have control over them.

There are also many other theories that try to explain this phenomenon. It is also worth noting that each theory seems to hold some truth to some extent as to the causes of domestic violence against women in the society, but does not account for all the antecedent factors that precipitate domestic violence against women. It was therefore necessary to undertake on the current study and find out how it could corroborate or refute some of the finding cited beforehand using local data, beside discussing the implications of such findings to Family / Couple therapy in the Kenyan society today.

2.7.0 Research hypotheses

The following null hypotheses were tested in the study:

- Ho₁: There is no significant difference on the causes of domestic violence against women on the basis of their marital status.
- Ho₂: There is no significant difference on the forms of violence affecting women on the basis of their age.
- Ho₃: There is no significant difference on the causes of the domestic violence against women on the basis of their educational level.
- Ho₄: There is no significant difference on the problems experienced by women victim of domestic violence on the basis of their occupation.

CHAPTER THREE

METHODOLOGY

3.1.0 Introduction

This chapter lays out the research methodology, describing the specific procedures to be employed by the researcher to collect and analyze data. It therefore describes the procedures and strategies which were used in the study. It focuses on the research design, area of study, target population, the sampling procedures, research instruments, piloting, data collection procedures and data analysis.

3.2.0 Area of study

The study was carried in Kapsowar division of Marakwet District, Rift Valley Province, Kenya. The area was purposively selected on the assumption that most cases of domestic violence against women are likely to be found or represented here, partly because the division is densely populated and it also harbours the District Headquarters which has witnessed increased population growth as a result of urbanization. According to the 1992 population and Housing Report, Kapsowar Division had a total population of 19,647 out of which 10,007 were female and 9,640 males.

Geographically Kapsowar Division extends between 34° and 36° E and between 0° and 2° North. Administratively, Kapsowar is both a division as well as harbouring the District Headquarters. The division occupies an area of

124km², it shares common borders with the following divisions: Tunyo division to the East, Chebiemit to the South West and Tirap division to the North.

3.3.0 Target population

The target population consists of two thousand women in Kipsaiya, Kapsowar and Koibarak locations of Kapsowar division, Marakwet District. The researcher used accessible population of five hundred women, from which a sample of sixty-five respondents was drawn for the purpose of the study.

3.4.0 The Sample

The population is all the existing number of that group. Coolican (1994) observed that since the population itself will normally be too large for each individual within it to be investigated, we would normally select a sample from it to work with. Kathuri and Pals (1993) observed that a sample is to provide adequate information to make judgment; it should be a good representative of the population characteristics on which the judgment is to be based.

Wiersman (1998) described a sample as a small proportion of the target population selected using some systematic procedure for the study. He also pointed out that an ideal sample should be large enough so that the investigator can with confidence and within limits, be certain that a different sample of the same size, if drawn using the same procedure, can give approximately similar results.

For the purpose of this study a sample of sixty-five women, residing in Kapsowar division and drawn from the three Locations of Kapsowar, Kipsaiya and Koibarak were randomly chosen for the study. The reason for choosing the locations is because it will be a representative of all the division. Ochola B.O.P and Ngige L.W (2000) observed that random sampling gives each element in the target population a calculable and non- zero probability of being selected. The researcher used the random sampling method because it enhances the representative ness of the study population. The researcher also assigned a single number to each element in the target population and then used a table of random number to select the required number of elements of the study.

3.4.1 Sampling Procedures

This research employed simple random sampling in getting at the sample subjects. Ellingstad and Heimstra (1974) noted that in simple random sampling technique each individual in the population has an equal chance of being selected for the sample, and the selection of each individual is determined by the law of chance. The simple random sampling technique guaranteed that each individual in the population was capable of being listed and that each had an equal chance of inclusion.

3.5.0 Research Design

In order to achieve the objectives of this study, the case study, and qualitative research design were used. A case study is a detailed examination of one setting, or a single subject, a single depository of document, or one particular events (Bogdan and Biklen, 1992). The choice of the case study design was made in the basis of the fact that these are particular cases and they helped advance our understanding of what triggers domestic violence against women.

The case study designs aimed at studying a phenomena of some sort occurring in a bounded context and may be confined to just one case or several (Gay, 1983). In this study women that have experienced violence in their homes were targeted as cases for the study. Kathuri and Pals (1993) observed that the purpose of case study research is to explore and describe, and usually uses questionnaires and interviews in order to determine the opinions, attitudes, preferences and perceptions of groups of people of interest to the researcher. Gay (1983) defines a case study as an attempt to collect data from members of a population in order to determine the current status of that population with respect with one or more variables in this case, the experience of violence. Mugenda and Mugenda (1999) notes that a case study research is probably the best method available to researchers in social science who are interested in collecting original data for the purpose of describing a population which is too large to observe properly.

Ellingstad and Helmstra (1974) noted that although the researcher using the case study technique is typically interested in assessing the characteristics on

entire population, only on rare occasions can an entire population be studied, consequently, case study researchers usually study samples drawn from populations and from these, attempts to infer the attributes of the populations.

Qualitative research design refers to any kind of research that produces findings not arrived at by means of statistics procedures or other means of quantification (Verma and Beards, 1991). The researcher used these designs so as to be able to describe and develop an understanding of women abuse in domestic situations. Qualitative research is naturalistic (Ellingstud and Heimstra, 1974). It thus enabled the researcher to enter the world of the participants as it exists and obtain data without any deliberate intervention to alter the setting. Qualitative design also enabled the researcher to get in-depth data on phenomenon of domestic abuse while gained novel and fresh slants.

The research was able to study feelings, see gestures and understand the phenomena of abuse against women more deeply. It is hoped that qualitative research design aided in the uncovering of women's experience with violence and factors pre-disposing one to becoming a victim.

The researcher collected data from a sample of a population of women who are residing in Kapsowar division of Marakwet District, in order to determine the cause and factors that precipitate domestic violence against women. This was a self – report study, which required the collection of quantifiable information from the sample. It is in light of these observations that the researcher settled on the above two designs in this study.

3.6.0 Instrumentation

The researcher preferred to use a questionnaire as the instrument for gathering relevant data for this study. The questionnaire was directed to all the women in the target population already mentioned. The actual questions were based on broad study objectives, namely:-

- (a) To investigate the various causes of domestic violence against women among the Marakwet community.
- (b) To discuss their implications for counseling.

3.7.0 Content of the questionnaire

The researcher employed a three part self – report questionnaire on the various objectives of the study as already outlined. The aspects covered by the questionnaire were discussed by the project supervisor before administrating the questionnaire on a pilot sample.

The parts of the questionnaire included:

(A) Demographic information

The respondents were expected to give some personal details such as sex, marital status age, level of education and occupation.

(B) Experience of domestic violence

This section formed the gist of the whole study, in this section the questions sought to establish:

- (i) How long the respondents have been married.
- (ii) Whether the marriage had been blessed with children.

- (iii) Whether their partner had turned violence on them and the factors, which made them, turn violent.
- (iv) Why they had to stay after the first episode.
- (v) If they did something which provoked their partners into turning violent.

(C) Identifying domestic violence

This section contained fourteen questions, which sought to understand what abuse is and know if one is a victim. The questions were developed to indicate the signs of battering and the respondents were required to indicate YES and NO.

3.8.0 Development of the questionnaire

The questionnaire used on this study was adapted from one used by KDHS (2002) in the survey of 4,500 women in Kenya, which was aimed at establishing the level of domestic violence in Kenya. The main changes made, required adapting the earlier questionnaire for the present study. This involved removing terms and questions that were not relevant to the Kenyan situation, extensive restructuring and reorganization of the questions were done in order to meet the specific objective of this study.

In developing the questionnaire, two broad categories of questions were considered, namely:

- (i) Open – ended or unstructured questions.
- (ii) Closed – ended or structured questions.

(A) Open – ended questions

This refers to questions, which give the respondent complete freedom of response. They permit the respondent to use her words. Open – ended questions were used in order to allow respondents free expression on issues that called for such freedom.

The respondents' responses to such open – ended questions could give an insight into her feeling, background, interest and decisions.

Open – ended questions also stimulated the respondents to think about their feelings or motives and express what they consider to be most important in their live situations/ experience.

(B) Closed – ended questions

Structured or closed – ended questions is also called muliti – choice questions is also called multi – choice questions. These types of questions are usually accompanied by a list of possible alternatives from which respondents select answers that best describe their position. The researcher carefully constructed the questions addressing certain objectives and provided a variety of possible responses for the respondents to choose what best suit her.

The researcher preferred this technique because of the following reasons:-

- (i) Closed – ended questions allowed easier and accurate analysis of data, since they were in an immediate usable form, hence precise interpretations of responses.

- (ii) They were easy to administer because each item was followed by an alternative answer, hence allowing high degree of respondents' objectivity.
- (iii) They were also economical in terms of time human energy and finances and made numerical comparison relatively easy.
- (iv) Yields qualitative data that is easy to collect and analyze.

(C) Other questions

Due to the nature of this research and the accessible population sample the researcher found it necessary to use other questioning technique like contingency questions.

(i) Contingency questions;

It is also called filter questions. These are the questions, which are asked after the initial questions, they are usually applicable to certain groups of respondents whom they concern. The purpose of contingency questions was to probe for more information from the respondents and at the same time simplify the respondents task in that they were not required to answer questions that were not relevant to them. This was achieved by giving short and clear instructions at the start or end of a set of questions, directly the respondents on questions that needed to be answered.

(ii) Matrix questions;

These questions share the same set of response categories. They are common where rating scale (e.g. the likely type of scale) is being used. In this case statements are made and the respondents' duty is simply to say: I strongly agree, not sure, disagree or I strongly to specific information.

The advantages of matrix type of questions were that they were easier to complete and hence the respondents were not put off. It was also easy to compare responses given to different items, which was advantageous to both researcher and the respondents, beside being more economical and efficient in the economic and efficient in the use of space on paper.

3.9.0 Piloting

Pre-testing of the data collection instruments was done before the actual field research was carried out, to determine the validity and reliability of the research instruments. According to (Borg & Gall, 1989) Validity is the degree to which a test measures what it purports to measure, while reliability is the level of internal consistency or stability overtime of the measuring research instruments. This was done through pilot study/ pilot trials conducted before the actual study.

The research instruments were pre-tested to select sample, which is similar to the actual sample to be used in the study. Coolican (1994) noted that pilot trials is trying out prototype of a study or a questionnaires on a sample in order to discover snags or errors in a design, or to develop workable measuring instruments. Mugenda and Mugenda (1999) caution that, subjects in the actual sample will not be used in the pre-test.

The questionnaires were tried out on a small sample of women in the study areas in order to highlight snags, ambiguities for which adjustments were made before the actual data gathering process was begun. The pilot study also

enabled the researcher to modify the research instruments were weaknesses were detected in them.

3.10.0 Data Collection Procedures

During the course of the study data was collected through the following two methods.

3.10.1 Administering questionnaires

The principal researcher administered the questionnaire to the respondents on different days in the three locations. Kathuri and Pals (1993) defines a questionnaire as a collection of items or questions to which a research subject is expected to respond to. Coolican (1994) notes that questionnaires used in case studies are usually constructed for specific research topic and tend to test for current opinions or pattern of behaviours. The researcher administered the questionnaires to the respondents and recorded the responses. To enhance responses, the researcher assured the respondents of confidentiality of the information given and their anonymity, since the study was dealing with a sensitive issue (domestic violence against women), which is rarely discussed among the Marakwet community, it was also meant to alley any fears that could inhibit free expression.

Adequate instructions on how to fill the questionnaire were provided and clarifications made were necessary. No respondents was required to write anything that identified her person on the questionnaire, all questionnaires were collected haphazardly without following the order of residence. The

reason for preferring this direct method of administering the questionnaire was that the researcher was able to deal promptly with any problem that arose. The researcher sincere assurance cleared feeling of insecurity and doubts, which could otherwise have hampered the success of the study. The direct method also gave the researcher a face – to – face interaction with the respondents and made it possible for him to explain and convince the respondents on the importance of the study. Women in rural areas are not exposed to filling questionnaires; this made the researcher to personally administer the questionnaires to ensure that they were correctly filled. This method also gave the researcher an opportunity to ensure that proper sampling procedures were followed as planned. It also minimized the wastage of materials because all questionnaires were filled and returned.

Data was also obtained by use of an interview schedule, which was developed to meet the specific objectives of this study. An interview is a situation in the course of which, a researcher or interviewer tries to obtain certain information from knowledge and experience or beliefs, opinions of those interviewed (Onyango and Plew, 1995).

The interview schedule was chosen because it:

- Permitted personal contact with the respondents, this had the advantage of drawing out the respondent by allowing on the spot follow up questions and it afforded an opportunity for the interviewer to give information and develop rapport with the respondent (Borg and Gall, 1983).

- Interviews allowed more complex and detailed question to be asked, it also facilitated the collection of more in-depth information.

Interviews minimized misinterpretations and inconsistencies since these were easily checked by the interviewer, the interviewee did not need to be literate, finally responses rated higher than with mail or telephone interview.

3.10.2 Document Analysis

Document analysis was used as a secondary method of data collection. Punch (2000) notes that in conjunction with other data, documents can be important in triangulation when an interesting set of different method and data types is used in a single project. Mugenda and Mugenda (1999) notes that secondary data is information that has been collected by others for their specific use and that a researcher intends to use because it can save considerable time and effort solving the research problem at hand.

For this study the document that was analyzed included and is not limited to the information collected by such organization such as the:

- Central Bureau of Statistics (CBS).
- Kenya Demographic and Health Survey (KDHS).
- Federation of Women Lawyers (FIDA).
- Coalition of Violence Against Women (COVAW)
- Kenya National Human Right Commission (KNHRC).

And other related studies from which the researcher will find out the extent of domestic violence against women. The decision to use document analysis is flexible depending on how easy or difficult it will be to get access to these documents.

3.11.0 Data analysis

Bogdan and Biklen (1982) defines data analysis as working with data, organizing it, breaking it into manageable units, synthesizing it, searching for patterns, discovering what is important and what is to be learned and deciding what to tell others. Data generated by questionnaires and interview schedule was analyzed using Statistical Package for Social Sciences (SPSS) and presented in form of diagrams, tabulations, frequency distributions and percentages. The data was also be coded and entered into a computer for analysis through Statistical Package for Social Sciences (SPSS). Data generated through interviews and document analysis was analyzed and presented as text.

CHAPTER FOUR

RESULTS OF THE STUDY

4.1.0 Introduction

In this chapter, findings of the study from the researcher questions investigated and hypotheses tested are presented. The study was conducted among women residing in Kapsowar division of Marakwet District. Data was collected by use of a comprehensive questionnaire administered personally by the researcher to 65 respondents in the four locations of Kipsaiya, Kapsowar and Koibarak, which all make up Kapsowar division. Useful respondents were received from all but some respondents did not fill part of the questionnaire.

The presentations of the findings follow the sequence of research questions investigated and the null hypothesis addressed by the study. The first section consists mainly of descriptive statistics, which deal with answer to the major questions explored in their study as outlined in chapter one. The second section deal the results of the four null hypotheses tested in the study.

Tables and figures in the first section are organized following each of the four research questions. The tables show data presented in frequencies, percentage and tanks where applicable, while figures shows visual presentation of the same data where applicable.

4.2.0 Descriptive statistics

4.2.1. Research question one: What are the various causes of domestic violence against women among the Marakwet community?

This question explores specific causes of domestic violence against women among the Marakwet community.

The results are tabulated in tables: 4.1 (a), (b) & (c) below.

Table 4.1 (a) Key causes of domestic violence against women.

Causes	Frequency	%	Rank
Financial issues	18	40.9	1
Domestic affairs e.g. School fees, family up keep	13	29.4	2
Alcohol (drunkenness)	5	11.4	3.5
Infidelity / unfaithfulness	5	11.4	3.5
Religious affiliation	1	2.3	6
Gossips	1	2.3	6
Association with friends	1	2.3	6
Total	44	100.00	

Table 4.1 (a) above shows that financial issues is the most cause of domestic violence against women among the Marakwet community, while religious affiliations, gossips and association with friends are the least causes of domestic violence against women.

The chart overleaf presents this data graphically.

Figure 4.1 Key Causes of Domestic Violence Against Women

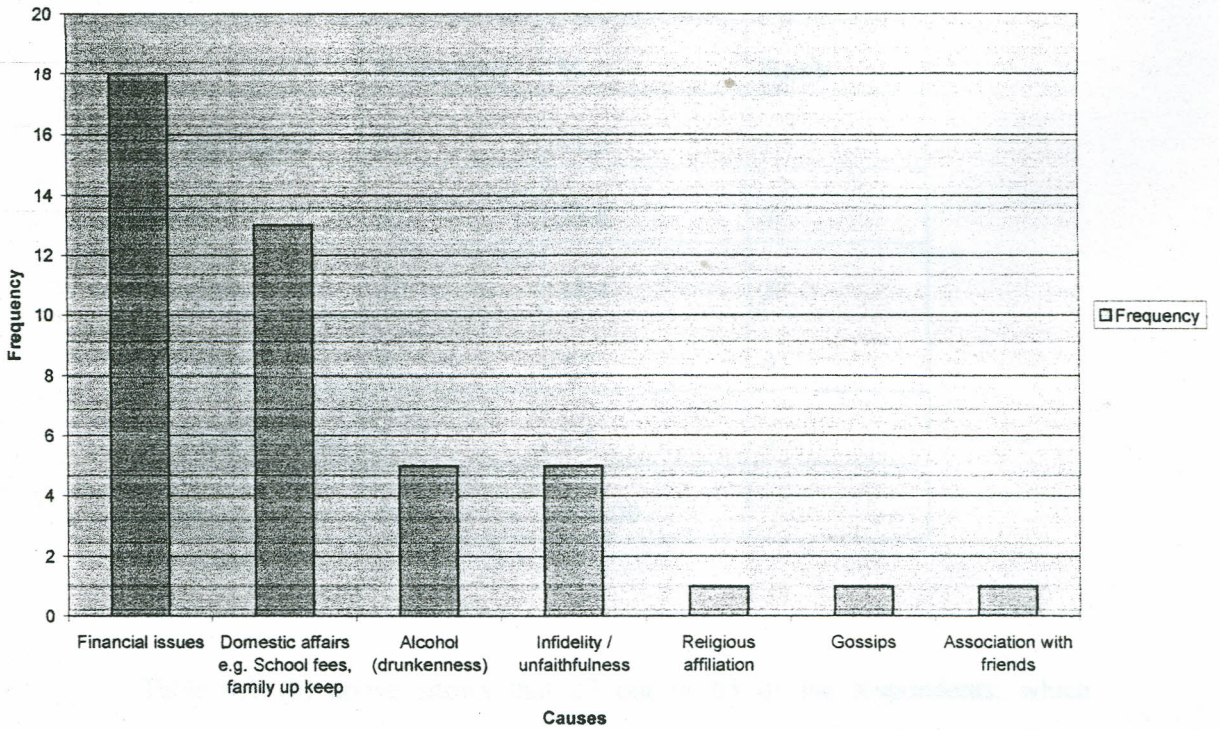


Table 4.1 (b) Income is a major cause of domestic violence against women.

	Frequency	%	Rank
Strongly agree	27	41.5	1
Agree	22	33.8	3
Disagree	10	15.4	3
Not sure	5	7.7	4
Strongly disagree	1	1.5	5
Total	65	100.00	

Table 4.1 (b) above shows that 27 out of 65 of the respondents, which represent 41.5% of the respondents strongly, agree that income is a major cause of domestic violence against women. Only one respondent (1.5) strongly disagreed that income is the major cause of domestic violence against women.

Table 4.1 (c) Infidelity is a major cause of domestic violence against women.

	Frequency	%	Rank
Strongly agree	32	49.2	1
Agree	20	30.8	2
Not sure	7	10.8	3
Disagree	5	7.7	4
Strongly disagree	1	1.5	5
Total	65	100.00	

Table 4.1 (c) above shows clearly that infidelity is the main cause of domestic violence against women as represented by 32 respondents, which is 49.2% of the respondents. Only one (1.5%) respondent strongly disagreed that infidelity is a major cause of domestic violence against women.

4.2.2 Research questions two: what are the various forms of domestic violence against women among the Marakwet community?

Information on this question can be seen tabulated in table 4.2 (a) below.

Table 4.2 (a) Forms of domestic violence against women.

Forms of violence	Frequency	%	Rank
Physical abuse	28	47.5	1
Psychological abuse	16	27.1	2
Psychological / Physical abuse	8	13.6	3
Economic / Social abuse	7	11.8	4
Total	59	100.00	

Table 4.2 (a) above shows that physical abuse is the most prevalent form of domestic violence against Women among the Marakwet community.

The chart overleaf presents this data graphically.

Figure 4.2 Forms of Domestic Violence Against Women

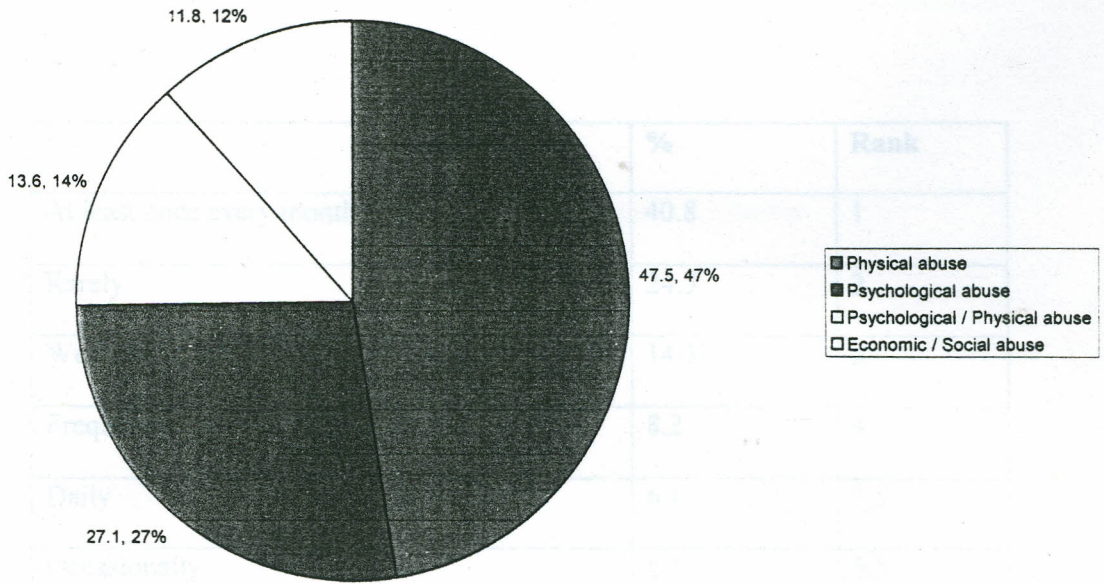


Table 4.2 (b) Number of times when the partner has turned violent.

	Frequency	%	Rank
At least once every month	20	40.8	1
Rarely	12	24.5	2
Weekly	7	14.3	3
Frequency	4	8.2	4
Daily	3	6.1	5.5
Occasionally	3	6.1	5.5
Total	49	100.00	

Table 4.2 (b) above shows that 40.8 % of the respondents reported that they experience violence at least once every month, while 6.1 % reported that they experience violence occasionally and daily.

4.2.3 Research question three: What factors influence the victim's decision to either stay or move out of an abusive relationship?

This question also explored to whom the women victims of domestic violence report to.

Data relating to this question are highlighted in table 4.3 below:

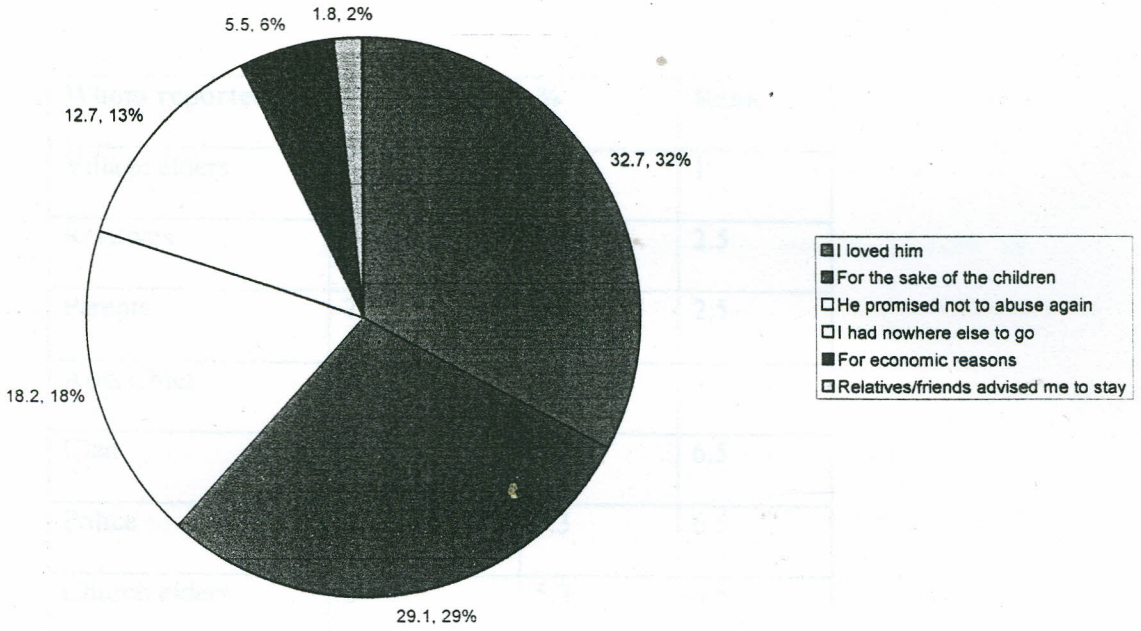
Table 4.3. Why victims of domestic violence stay in abusive relationships.

Reasons	Frequency	%	Rank
I loved him	18	32.7	1
For the sake of the children	16	29.1	2
He promised not to abuse again	10	18.2	3
I had nowhere else to go	7	12.7	4
For economic reasons	3	5.5	5
Relatives/friends advised me to stay	1	1.8	6
Total	55	100.00	

Table 4.3 above shows that most victims of domestic violence stay in abusive relationships because they love their partners.

Figure 4.3 overlap is a chart which graphically represents this data.

Figure 4.3 Reasons for staying in abusive relationships



4.2.3 (b) To whom to women victims of domestic violence report to.

Table 4.4 below shows the data relating to this question.

Whom reported to	Frequency	%	Rank
Village elders	11	28.9	1
Relatives	7	18.4	2.5
Parents	7	18.4	2.5
Area Chief	4	10.5	4
Clan	2	5.3	6.5
Police	2	5.3	6.5
Church elders	2	5.3	6.5
Best maid (wedding)	2	5.3	6.5
Pray to God	1	2.6	9
Total	38	100.00	

Table 4.4 above shows that 28.9% of women victims of domestic violence reported it to the village elders, while 2.6% prayed for God's intervention.

4.2.4. Research question four: What are some of the problems experienced by women victims of domestic violence?

Data relating to this question are highlighted in table 4.5 below.

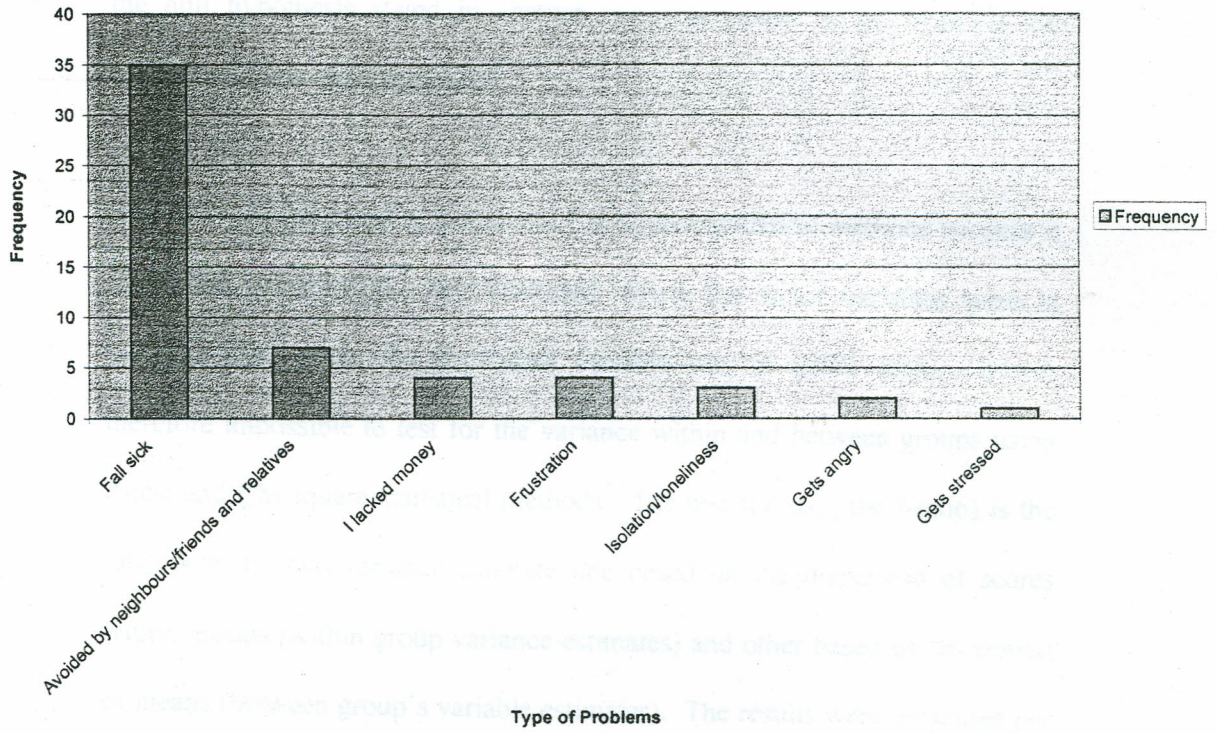
Table 4.5 some of the problems experienced by women victims of domestic violence.

Type of problem	Frequency	%	Rank
Fall sick	35	62.5	1
Avoided by neighbours/friends and relatives	7	12.5	2
I lacked money	4	7.1	3.5
Frustration	4	7.1	3.5
Isolation/loneliness	3	5.4	5
Gets angry	2	3.6	6
Gets stressed	1	1.8	7
Total	56	100.00	

Table 4.5 above shows that most victims of domestic violence fall sick after undergoing domestic violence.

The following chart presents this data graphically.

Figure 4.4 Key Problems Experienced By Women Victims of Domestic Violence



4.3.0 Statistical Analysis

Statistical analysis was done to test if there were any significant differences in the various variables tested in the hypothesis. ANOVA was used to analyze the null hypothesis stated in chapter two. For each of the analysis, the probability level was set at 0.05.

ANOVA was preferred to Z-test and Chi-square statistical methods because it suited the nature of the data collected, where the factor variables were in nominal scale while the dependent variable was in ratio scale. It was therefore impossible to test for the variance within and between groups using Z-test and Chi-square statistical methods. The test statistic (the f-ratio) is the ratio between two variance estimate one based on the dispersion of scores within groups (within group variance estimates) and other based on dispersion of means (between group's variable estimates). The results were presented per hypothesis.

4.3.1 The key causes of domestic violence against women on the basis of their marital status.

H_{01} : There is no significant difference on the causes of domestic violence against women on the basis of their marital status.

The results of testing this hypothesis are shown in table 4.6 overleaf.

Table 4.6. ANOVA value of the causes of domestic violence against women on the basis of their marital status.

	Sum of squares	df	Mean square	f	Sig
Between groups	648.470	1	648.470	1.086	.301
Within groups	37616.489	63	597.087		
Total	38264.957	64			

Analysis that tested the hypothesis that there was no significant difference on the causes of domestic violence against women on the basis of their marital status was done.

The differences were found to be statistically significant ($P < 0.05$). The results in table 4.6 above show that the f-value was 1.086 that is less than the critical at 0.05 level of significance. The stated null hypothesis is there for accepted, suggesting that the difference are due to chance.

4.3.2 Key forms of domestic violence affecting women on the basis of the age.

Ho₂: There is no significant difference on the forms of domestic violence affecting women on the basis of their age.

The results of testing this hypothesis are shown in table 4.7 below.

Table 4.7 ANOVA value for the forms of domestic violence affecting women on the basis of their age.

	Sum of squares	df	Mean square	f	Sign
Between groups	2788.378	4	697.094	1.179	.329
Within groups	35476.580	60	591.276		
Totals	38264.957	64			

Analysis that tested the hypothesis that there was no significant difference between the forms of violence affecting women and their age was done.

The differences were found not to be statistically significant ($P < 0.05$). The results in table 4.7 above shows that the f-value was 1.179, which is less than the critical at 0.05 level of significance, for the table value is 2.53. The stated null hypothesis is therefore accepted, suggesting that the differences observed are due to chance.

4.3.3 Key causes of domestic violence against women on the basis of their educational level.

H_{03} : There is no significant difference on the causes of domestic violence against women on the basis of their education level.

The results of testing this hypothesis are shown in table 4.8 below.

Table 4.8. ANOVA value for the causes of domestic violence against women on the basis of their educational level.

	Sum of squares	df	Mean squares	f	Sign.
Between groups	2788.378	4	174.609	.279	.891
Within groups	37566.520	60	626.109		
Total	38826.957	64			

Analysis that tested the hypothesis that there was no significant difference between the cause of domestic violence against women and their educational level was done. The differences were found not to be statistically significant ($P < 0.05$). The results in table 4.8 above show that the f-value was 0.279, which is less than the critical value of 0.05 level of significance, for the table value is 2.53. The stated null hypothesis is therefore accepted.

4.3.4 Key problems experience by women victims of domestic violence on the basis of their occupation.

Ho₄: There is no significant difference on the problems experience by women victim of domestic violence on the basis of their occupation.

The results of testing this hypothesis are shown in the table 4.9 below.

Table 4.9 ANOVA value for the problems experienced by women victims of domestic violence on the basis of their occupation.

	Sum of squares	df	Mean square	f	Sign
Between groups	3364.998	5	673.00	1.138	.351
Within groups	34899.960	59	591.525		
Total	38264.957	64			

Analysis that tested the hypothesis that there was no significant difference between the problems experienced by women victims of domestic and their occupation was done. The difference were found not to be statistically significant ($P < 0.05$). The results in table 4.9 indicate that the value was 1.138, which is less than the critical at 0.05 level of significance. The stated null hypothesis is therefore accepted, suggesting that the differences observed are due to chance.

4.4.0 Summary of the results

With respect to the research questions it was found that:

- i) Financial/money issues played a major role in precipitating domestic violence against women, which accounted for 40.9% of the responses. Domestic affairs such as responsibility for paying children's school fees; family upkeep was also another cause of domestic violence against women by their partners.
- ii) Alcohol abuse and unfaithfulness among the partners was also another major source of violence against women; especially when the female partner questions the use of family resources (finance) by the male partner and has close relationship with other women respectively.
- iii) That the most prevalent form of domestic violence against women was physical abuse, which accounted to 47.5% of the total responses. This form of violence is the infliction or threat of physical pain and /or injury, e.g. pushing, slapping, hitting, hair pulling, biting, kicking, punching and hitting with object.
- iv) That most women victims of domestic violence report their partners to the village elders (28.9%), to parents and relatives (18.4%) each ,while (2.6%) reported that they would seek God's intervention by praying that their partners do not turn violent again.

v) That most victims of domestic violence would fall sick (62.5%) after experiencing violence from their partners.

vi) That the major reasons why women victims of domestic violence stay in abusive relationship/marriages is because of love (32.7%) and for the sake of the children (29.1%) while (18.2%) was due to the promise by their partner not to abuse again.

CHAPTER FIVE

CONCLUSION

5.0.0 Introduction

In this chapter, the main findings of the study are discussed and interpreted in the light of their implications to the counseling practice.

5.1.0 Discussion

Discussion of the findings of the study follows the major research questions in the order presented in chapter one and chapter four.

Research question one: What are the major causes of domestic violence against women among the Marakwet community?

Table 4.1(a) Summarizes women responses to this question; while table 4.1(b) and (c) shows a summary and ranking of the women's response on whether income and infidelity are the major causes of domestic violence against women respectively.

This question aimed at exploring the major causes of domestic violence against women among the Marakwet community. It further explored to what extent infidelity/unfaithfulness and income plays towards the precipitation and escalation of violence towards women.

The results in table 4.1(a) showed that financial issues are the major cause of domestic violence against women (40.9%), followed by domestic affairs (29.4%). Alcohol abuse and infidelity was each represented by 11.4 %, while religious affiliation, association with friends each accounted for 2.3% of the respondents.

This results echoed with the results of a study conducted by Fitch and Papantano (1983), which reported that wife assault has been associated with unemployment, which may be due to a number of factors: loss of income may increase the batterers stress, lack of employment may be seen as a failure by a man to live up to his status expectations, or lack of job may increase the time spent at home, increasing the opportunity for violence.

Other studies on marital violence conducted by Gelles and Cornell (1990) supports the hypothesis that spousal violence is more likely to occur in low income, low socio-economic status families. They further observed that the main factors associated with wife battering is the employment status of the husband, unemployed men have higher rate of wife assault that are almost double the rates of employed men.

Asked whether infidelity is a major cause of domestic violence against women, 49.2% of the respondents strongly agreed that infidelity by the male partner was indeed a major contributing factor to wife battering. The finding of this question is shown in table 4.1(c).

In the current study, although economic/financial issues is rated highly as the major causes of domestic violence against women, other causes mentioned by the respondents includes alcohol abuse, religious affiliations, association with friends and gossips.

In a study conducted by Moore (1979) as cited in Browne and Herbert (1979), reported that alcohol consumption relieves the man for the responsibility for his behaviour and gives the wife justification for remaining in the relationship with the hope that he will control his drinking, which will end his aggressiveness.

Research question two: What are the various forms of domestic violence against women among the Marakwet community?

Table 4.2 (a) shows women's responses to this question, while figure 4.2 represents the data in a chart form. The question aimed at establishing the various forms of domestic violence against women among the Marakwet community.

It also sought to know the frequency of the partner turning violent. The results shows that physical abuse (47.5%) which included injuries, pulling, slapping, hitting, hair pulling, biting, kicking, punching, hitting with object, forced coercion and physical restraint was the most common form of domestic violence against women among the Marakwet Community.

Other forms of violence reported by the respondents are psychological abuse (27.1 %), psychological physical abuse 13.6% and economic social abuse 11.8%. On the number of times the partner has tuned-violence, 40.8% reported that they were rarely battered, 14.3% reported that they were battered at weekly basis, 8.2% frequently while 6.1% each reported occasionally and on daily basis.

An ANOVA test (table 4.7) also found out that there was no significant difference between the forms of domestic violence affecting women on the basis of their age. It is important to note that most women especially rural women do not report violence against them for they grow up believing that it is a way of life and ought to b expected.

It is therefore important to note that all forms of domestic violence coexist, and that coercive interactions in the family may shift along one dimension of harm from psychological to physical injury and another relationship dimension from intra-to-extra familial maltreatment.

Research question three: What factors influences the victims decisions to either stay or move out on abusive relationship?

Table 4.3 summarizes the respondent's responses to this question; while table 4.4 shows the data relating to whom the women victims of domestic violence report to. The highest percentage of the respondents (32.70%) reported that

they continued staying in the abusive relationship because they loved their partners, while (29.1%) reported that they continued staying in the abusive relationship for the sake of the children. Other responses were as follows, the partner promised not to abuse again ranked third (18.3%), I had nowhere else to go (12.7%), for economic reasons (5.5%), while (1.8%) reported that relatives and friends advised them to stay.

This results echoed to the findings of a research conducted by Varvaro (1991) has cited in Ola and Alyce (1993) who reported that the failure of a marriage to meet one's expectations causes bitter disappointment. He further noted that both abusive and non-abusive couples device plausible reasons for hanging on unhappy relationships, such as the desire not to hurt the other partner, belief in the ability to make the relationship better, the need to protect the children and parents, belief in commitment, fear about not finding a better person who is available. Other reasons include the fact that they do not want their friends to know that they are being abused by their husbands; they therefore choose to stay because they would rather endure the beating as they cannot stand the shame of failed marriages, and they also fear that they will become laughing stock among friends and relatives.

Shephard and Pence (1988) in a study of 426 shelter residence and another of more than one thousand women observed that the probability of staying in a violent relationship was higher for women whose husbands were the sole bread winner of the family. This therefore means that the victims decisions to either stay or leave is influenced by economic dependency of the husband.

Reviewed literature on wife abuse reveals that violence in marital relationship is not a one-short –affair, but a pattern that endure over a considerable period of time. Couples hide their troubled relationship from others; instead they develop rationalization such as “all relationships have trouble”.

A research conducted by People Against Women Abuse (POWA) reported that there are basically three reasons apart from finances that keeps women locked in abusive relationships; this are LOVE-despite what has been done to them, FEAR – of repercussions from the abuser, as well as being alone and HOPE – that things will eventually improve.

In general, many women seem to be constrained by economic, relational, cultural and societal factors from permanently leaving a violent relationship.

Research question four: What are some the problems experienced by women victim’s of domestic violence?

Table 4.5 presents the respondent’s responses on this question; while figure 4.4 shows a graphical representation of problems experienced by women victims of domestic violence.

From the responses 62.5% reported that they fall sick after a violent episode, 12.5% were avoided by neighbours, friends and relatives, 7.1% reported that

they lacked money, while only 1.8% reported getting stressed after undergoing domestic violence.

Review of related research shows that domestic violence against women is a societal problem, which has several effects to the victim, the children and the abuser. Some of the effects on the victim includes; isolation, depression, emotional problems, illness, injuries, permanent physical damages and death. It also decreases self-esteem and increases the cost of treatment. On the family domestic violence leads to the fear of the husband instead of love, family breakups, bad role model to the children. The children are not also left behind, for they suffer quite substantially, for they may get hurt, neglected and poor performance in school.

Generally, violence has the effect of beating women into submission and humiliating them at immediate instance and over a period of time. It also demoralizes and undermines their self-esteem, thereby making it increasingly for them to take action against their abusers.

5.2.0 Summary of the findings

This study was designed to explore the causes, forms and effects of domestic violence against women and to discuss their implications for counseling. The factors that were explored included: -

- i. The Key causes of domestic violence against causes.
- ii. The various forms of domestic violence against women.
- iii. The effects of domestic violence on the women victims.

- iv. The reasons why women victims of domestic violence stay in abusive relationships.
- v. Whom to women victims of domestic violence report to.
- vi. The relationship between the marital status of the women and the occurrences of violence.
- vii. The relationship between the occupation of the women and the occurrence of violence.

The study has established that:

1. Financial /money issues are the major causes of domestic violence against women.
2. Most women victims of domestic violence continue staying in abusive relationships because they love their partners, for the sake of their children, for economic reasons and the belief that their partners will change and stop being violent.
3. Infidelity/ Unfaithfulness are also major causes of domestic violence confirmed by 49.2 % of the respondents, who responded that they strongly agree that infidelity is a major contributing factor to domestic violence.
4. Physical abuse is the most prevalent form of domestic violence against women among the Marakwet community of Kapsowar division, Marakwet District.

5. Most women victims of domestic violence are assaulted at least one every month by their abusive partner.
6. Most victims of domestic violence among the Marakwet community report the assaults to the village elders.
7. Most women victims of domestic violence fall sick after a violent episode by their partner.

Based on the study, the researcher therefore arrived at the following conclusions:

- (i) That domestic violence against women in Kapsowar division of Marakwet District is a reality since most of the respondents (40.8 %) admitted being assaulted at least once every month.
- (ii) That financial /money issues are the most significant contributing factor to domestic violence against women, followed by domestic affairs and alcohol abuse respectively.
- (iii) Infidelity / unfaithfulness is also a major cause of domestic violence continue staying in violent relationship because of love and for the sake of the children.

- (iv) That physical abuse is the most prevalent form of domestic violence against women in Kapsowar division of Marakwet District.
- (v) That women victim of domestic violence reports the assault of domestic violence to the village elders.
- (vi) That women victim of domestic violence falls sick after a violent episode.

5.3.0 Counseling implications

From the findings of this study important counseling implication has emerged. It is evident that women of all ages, irregardless of their social status are vulnerable to violence, meted to them by the men they love. Many authorities have rightly argued that most abuse, targeting women occurs within the privacy of the home – a place of supposed safety and happiness and a shelter from the difficulties of life itself. Yet for the majority of women home is the most insecure place they know.

In our African situation, often relatives, neighbours, friends and at times the law enforcers turn a blind eye on domestic violence against women, on the excuse that it is a domestic problem. This situation has therefore led the abused women to find themselves submerged onto fear, self depreciation, and lack of self confidence and sometimes panic. They no longer believe in themselves as capable of getting out of the situation on their own strength, guilt and embarrassment push them further into isolation, and their extreme

lack of self-esteem makes them think that no one will listen to them, believe on them or respect them.

The laws of Kenya prohibit any form of violence including domestic violence against women. The enforcement of this law as regard to domestic violence is not fully enforced because most cases of domestic violence are not reported by the women victims, for they prefer to keep quiet. The tendency to keep quiet is attributed to the societal attitudes on domestic violence against women, which is demonstrated by society refusing to intervene when called upon for help. Most people when called for help tend to shrug shoulders and continue to what they are doing, for example when a woman is crying for help when her husband is battering her, no one comes to her aid.

The centrality of women in all societies must be appreciated; this is because one of the most impediments to development is domestic violence against women. This is because if at every family level women are battered, then they are suffering with pain and cannot be productive. It also means that women are ignored physically economically and psychologically it will hamper National development plans.

According to Strain A. Murray as cited in Roy (1977) marriage counseling is undergoing a tremendous growth and that it may be the fastest type of clinical service, considering the large population being served and the prospect for an even larger clientele in the immediate future, most of whom will have been violent incidents. Marital counseling service such as Relate has been found to

contribute a great deal to reducing the probability of violent interactions within a relationship.

Counseling like psychotherapy, is a social process which may be defined as the means by which one individual helps another to clarify their lives situations and to decide upon their further lines of action (Browne, 1991). This means that the counselor provides the opportunity for the relationship which they may enable the client to get in touch with their own resources search for their own solutions to their difficulties.

A study conducted by Retzinger (1991) reported that there is a universal agreement that regardless of theoretical orientation, conflict is inevitable in long-term relationship. It also noted that frequent intense quarrels over long periods of time are uncommon in marriages, and that problems arise in unhappy couples where one partner denies his or her part in conflict and projects responsibility and blame onto others. He further observed that counseling can help these individuals to take responsibility for their own negative behaviour and that can also encourage exploring and questioning their own negative feeling and emotions.

Men who batter can also be counseled on cessation of violent and the restructuring of attitudes towards the uses of violence in the family, this can be done through the use of the following techniques; self-observation, cognitive restructuring, interpersonal skill training, relaxation training and small group format. The prevention of domestic violence against women can be

conceptualized in two ways: preventing violence from occurring in the first place and preventing repeated violence. It is important to know that most of the current intervention techniques only operate after violence in the family has occurred; this therefore places less emphasis on strategies that reduce the number of domestic violence against women.

Primary prevention measures, operating at the societal level such as telephone help line and public awareness campaigns should be started by local and national advocacy groups. These should target at women who are potential victims and offer them information, addresses and contact numbers on where to find help. The aim of these advocacy groups should be to achieve the basic principles of primary prevention of family violence, such as the elimination of norms that legitimizes and glorify violence in the society and the family, the reduction of violence-provoking stress created by society, such as poverty and inequality, change the sexist character of society through education and by breaking the cycle of violence in the family by teaching alternatives to violence.

At the secondary prevention measures, marital services such as 'Relate' contribute a great deal to reducing the probability of violent interactions within a relationship. Both psychotherapy and counseling may take place on an individual one-to-one basis, or in couple, families or groups. Three modes of counseling are offered to deal with the problem of domestic violence, with three principle orientations namely; psychodynamic, cognitive-behavioural and the humanistic.

The Psychodynamic approach, derived from Freud (1940) highlights the relationship between past and present and the unconscious forces that influence behaviour, to encourage the expression of suppressed feelings and emotions. This approach can be applied to deal with relationship difficulties resulting from emotional problems such as anxiety and unhappy childhood. Cognitive-behavioural approaches can be applied to relationship with difficulties, this will help to improve communication between partners, and problem solving skills and assist alleviate depression.

Many couples who seek or referred to therapy/counseling to deal with relationship difficulties have children. Sometimes the child's behaviour creates or contributes to the difficulties and ends domestic violence. In other cases the parent's problems may arise from conflicts with each other. The psychodynamic family therapists consider that relationship difficulties are caused by unconscious impulses, fear, anxieties, and defenses against them (Scharff and Scharff, 1987). This approach is used in order to free couples of unconscious restrictions and enable them to interact on the basis of the current realities rather than images of the past.

Exploring roles is the main purpose of "Systematic Family Therapy", where the family unit is analysed as a set of interlocking roles. This counseling technique can be used to explore pathological family patterns that damage the development of the children involved. On the other hand Behavioural Family Therapy, has been used to help partners, assuming that family conflicts is as a result of coercion and the use of aversive stimuli (complaints, accusations etc)

to influence the behaviour of others. This approach can be used to promote reciprocity and the mutual use of positive reinforcement such as praise and compliment.

Humanistic approaches based on Rogers (1951) aims to establish an honest dialogue between the two partners, especially where there are communication problems. This approach can be applied to explore individual roles in the family and to help the client to identify any imbalance in their relationship (e.g. strong vs. weak partner).

Group therapy approach can also be used. The group method may help to heal the wounds and ease the inhibition resulting from client's family of origin. By interacting with other members of the group the client may gain insight into themselves and the relationship they developed. In much the same way as psychodynamic couple and family therapy; defense mechanism, resistance and transference are analyzed within the group. The main focus of group therapy is on how clients interact with others to reveal the root of their personal conflict and offer them insights into how the part is affecting the present. Yalom (1975) identified eleven factors that promote healing in therapy in most orientation, altruism, corrective recapitulation of the primary group, development of social skills, imitative behaviour, interpersonal learning, group, cohesiveness, catharsis and existential factors.

Given the reciprocal nature of spouse violence, conjoint treatments where the abuser and the abused are seen together can also be adopted in dealing with

domestic violence. This is because by seeing the two together will help them to perceive the similarity of their concerns and hence enable them to solve their problems together, this approach can be used especially when assisting the couples to sort out issues affecting them such as money/finance and interference from friends and relatives.

Egeland et al (1988) noted that women who had managed to break the cycle of violence were those who had received some forms of help with their abusive experience. And that whether it was a relative, a therapist or a social worker, somewhere in their life history was someone who listened believed and expressed empathy and understanding about their experience. He further noted that formerly abused women who had received counseling were likely to leave than women who did not. This therefore means that therapy can help a battered woman to accept personal responsibility for her safety while rejecting personal responsibility for violence. The therapist can help the client to increase her self-efficiency and behavioural competence to constructively use her anger and to reduce the symptoms of her anxiety. This too, means that having a strong social network when coping with trauma is physically beneficial to the traumatized person. It also implies that supportive involvement with others is critical in the transformation for battered into a self-saver.

The major problem of offering intervention is that most instances of domestic violence go unreported and undetected. This may be due to a fear of retribution by the husband fear of stigma, fear of being blamed and an absence

in the belief that the situation may change. It is therefore important to emphasize that no one single counseling/intervention method has been shown to independently combat or reduce domestic violence against women. However the humanistic approaches (client centered therapy) based on Carl Rogers, the behavioural Family Therapy, and the Systematic Family Therapy as advocated by Minuchin plus a number of other interventions methods such the psychodynamic approach and the cognitive – behavioural approach would combine well to help those women who are risk of domestic violence.

5.4.0 Recommendations for counseling

In view of the fore goings and conclusion it is recommended that: -

- (i) Women organization should be in the forefront in educating the womenfolk about the problem of domestic violence against women. The women should be encouraged to read materials on the topic, visit or write to relevant organizations for more information on the rights of women. The women should also speak out their case loudly and clearly share their experiences and be assertive and support other women through networking.
- (ii) Women groups and other organizations such as church organizations should be in the forefront in promoting legal awareness and human rights education, encourage rural women to discuss domestic violence and thus work together to find legal and other solutions to them. Legal education efforts

should be initiated and carried through the local leadership of women's organizations and other community structures.

(iii) The electronic and print media, drama and role – reversal techniques should be used in fostering women's rights awareness. The content and use of language, visual tools and the dissemination of information are crucial to this goal. The media also should play a central role in advocating against domestic violence in women.

(iv) There is need for the government and local Non – governmental organization to launch a national campaign on '*Zero tolerance on violence against women*' to educate the general public about the prevalence of domestic violence and to condemn unequivocally the general attitude that accepts violence in the home. The campaign should be based on the premise that men have to accept responsibility for damage they inflict and emphasize that violence is crime and will not go unpunished.

(v) There is need to include men in the campaign against gender based violence because society accords them greater power over women. It is also because unless men change, women will continue to suffer as well as the society. This therefore means

that violence against women must be seen as a problem of society and not just of women.

- (vi) Women groups should be funded to enable it to set up centers and the provision of counseling services to women victims of domestic violence. They can also set up public telephone helpdesks, which offer immediate counseling about the potential or actual problem of violence in the home..
- (vii) Human rights awareness must be built on clear analysis of women legal problems taking into account and addressing those cultural, political social and economical factors which may contribute to the problem of domestic violence against women.
- (viii) There is need to introduce special courts or special procedures in existing courts that focus on domestic violence against women, to make it easier for women to take advantage of the laws. These courts and procedures should also humanize and facilitate the process of using the legal system so that women are not repeatedly violated by it.
- (ix) There is need for campaign and policy work to create long term changes in dealing with the underlying causes of domestic violence against women making demands on the state society and on the communities in which women live.

- (x) The government should translate the laws into local languages in a simplified manner for women's understanding. Women at all levels and in all sectors must also be consulted and involved in policy and law reform targeting women.
- (xi) The government should be lobbied to adopt affirmative policies for women and establish refuge shelters for battered women and their children.

5.5.0 Recommendation for further research

- (1) This research was carried out in one out of seven divisions of Marakwet District. It is recommended a similar research capturing the whole district can be undertaken so that where report out can be drawn to put into use while implementing counseling services.
- (2) Similar study utilize national samples should be carried out to enable the development of a national counseling programmed.
- (3) With the foregoing revelations on the causes and forms of domestic violence against women, there is need for further research to design and intervention program suitable for both the women victims of domestic violence and the batterers.

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APPENDIX A: INFORMANTS/ RESPONDENTS QUESTIONNAIRE/

INTERVIEW SCHEDULE.

INSTRUCTIONS: This questionnaire has 3 parts, kindly answer all the questions and do not write your name. The information you give will be treated with strict confidence and will not be used for any other purpose other than for this research. The more honest you are in responding to the questions, the more valid the results will be.

PART A: SELF-INFORMATION

Instructions. Place a tick (✓) against your preference.

1. Gender Female Male

2. Marital status Married Single

3. Age

Below 25 years

25-30 years

30-35 years

35-40 years

Over 40 years

4. What is the highest level of your education?

1. K.C.P.E/C.P.E

2. College/polytechnic

3. O Level

4. A level

5. Others (specify)-----

5. What do you do for a living?

(Occupation).....

PART B: EXPERIENCE OF DOMESTIC VIOLENCE

Instructions: Indicate your experience and opinion in any of the following questions.

1. For how long have you been married?

Below 5 years []

6-10 years []

10-15 years []

15-20 years []

Over 20 years []

2. Has your marriage been blessed with children? Yes []No []

3. If your answer in 2 is yes, how many children do you have?-----

4. Has your partner ever turned violent against you? Yes []No []

5. If your answer in 4 is yes, what caused your partner to turn violent on you?

a. I do not know []

b. He was drunk []

c. We quarreled []

d. Others (specify)-----

6. If the answer in 5 is C, what did you quarrel about?

.....
.....
.....

7. Did you do anything that may have provoked your partner into violence?

Yes [] No []

8. If yes, please explain.-----

9. What did the abuser do to you? Tick all that apply *Have you reported him?*

1. He beat me []

2. He kicked me []

3. He slapped me []

4. He slashed me []

5. He burned me []

6. He knocked me against the wall []

7. Others (specify)-----

10. Is this the first time he has gotten violent on you? Yes [] No []

11. If your answer to 10 is No, how many other times has he turned violent on you?

a. Every day

b. Every week *13. What is your response to the following statements?*

c. Every two weeks

d. At least once every month

e. Others specify

12. If your partner has been violent to you more than once, why did you stay on with him, after the first violent episode?

1. I had no where else to go to []

- 2. I loved him []
- 3. He promised not to abuse me again []
- 4. For the sake of the children []
- 5. For economic reasons []
- 6. Relatives and friends advised me to stay. []
- 7. Others (specify)-----

13. When your partner assaulted you/abused you, have you reported him?

Yes [] No []

14. If your answer to 13 is yes, to whom did you report to?-----

15. In your own opinion, what are the factors which led to violence against you by your partner?-----

16. Does your society's cultural beliefs and practices contribute to violence against women?

Yes [] No []

17. If your answer to 16 is yes, how? -----

18. What is your opinion to the following statements?

NO	STATEMENT	5	4	3	2	1
		STRONGLY AGREE	AGREE	NOT SURE	DISAGREE	STRONGLY DISAGREE
1	Women are the ones who cause men to beat them					

2	Men do not have to be provoked to be violent					
3	Income is a major source of quarrels that lead to violence					
4	Infidelity is a major source of quarrels that lead to violence					
5	Women should never stay in violent relationship					

19. What problems do you experience when you are undergoing violence at home?

1. I would fall sick []
2. I lacked money []
3. Neighbours / friends/ relatives avoided me []
4. Others (specify)-----

20. What are some of the signs that indicate the possibility of your partner turning violent?

1. He became abusive (verbally or physically) []
2. He drinks too much []
3. He stops support []
4. He starts issuing threats []

5. Others (specify)-----

21. Are there instances when you felt like hitting your partner back? Yes [] No []

22. If yes, when were these instances?-----

23. Did you ever get advice from anybody when you were experiencing violence?

Yes [] No []

24. If yes, who gave you the advice?

1. My parents []

2. My family relatives []

3. My neighbours []

4. A counselor []

5. Church elders/pastor/ priest []

6. Others (specify)-----

25. What kind of advice did you get?

1. To stay and endure []

2. To run away to friends/ relatives []

3. To get to a shelter home []

4. To fight back if happened again []

5. To seek counseling []

6. Others (specify)-----

26. What are some of the forms of domestic violence against women?-----

27. What are the effects of violence in your home on your children?-----

28. What are the effects of violence in your home on yourself?-----

29. What are the effects of violence in your home on your husband?-----

30. What are the effects of violence on your home on the society?-----

31. What advice would you give to those living in violent homes or situations?

- 1. Sue the abuser/ batterer []
 - 2. Report to the authority []
 - 3. Leave the violent situations []
 - 4. Stay on []
 - 5. Patch up with your partner []
 - 6. Try to find out if you in any way contributed to the problem
-
-

32. What message would you have for your daughter/ or female relative/ friends on violence against women?-----

33. What message would you have on your son/ male relatives/ friends on domestic violence against women?-----

34. In your opinion why is there an increase in domestic violence against women in Kenya?-----

PART C: IDENTIFYING DOMESTIC VIOLENCE.

Instructions: This section contains 14 questions, which seeks to understand what abuse and know if one is victim. Please read the following statements carefully and place a tick (✓) against yes or no in the answer that suits you most.

NO	SIGNS OF BATTERED PERSON	YES	NO
1	Has your partner ever hit, grabbed, choked, bitten, burned, slapped or pushed you?		
2	Has your partner ever used some kind of weapons against you		
3	Has your partner ever hit with some object like a book or belt?		
4	Has your partner ever hit, held or squeezed you so hard that it left a bruise?		
5	Has your partner ever threatened to hurt or kill you or your children or your friends?		
6	Has your partner ever withheld money or food or medical or transportation from you?		
7	Has your partner ever called you names that made you feel ashamed of yourself or humiliated you?		

8	Has your partner ever locked you out of the house?		
9	Has your partner ever put you down in front of your children, your friends or family?		
10	Has your partner ever forced you to have sex when you did not want to?		
11	Has your partner ever forced you to perform sexual acts you did not want to?		
12	Has your partner ever destroyed or broken your possessions?		
13	Has your partner ever threatened to harm or kill himself if you did not do as you wished?		
14	Has your partner ever embarrassed you in front of your children, friends, relatives or colleagues?		

THANK YOU VERY MUCH.

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