

Coping with Intimate Partner Violence: Experiences of Male Victims Reporting at Katwe Police
Station, Rubaga Municipality in Kampala District.

By

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Declaration

I, Ashiraf Lutaaya, do declare that the work in this research dissertation, titled “Coping with Intimate Partner Violence: Experiences of Male Victims Reporting at Katwe Police Station, Rubaga Municipality” is my original work, experience and effort, and that it has never been presented to any higher education institution for any award.

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Signature.....

Date.....

Approval

This is to certify that this research report, titled “Coping with Intimate Partner Violence: Experiences of Male Victims Reporting at Katwe Police Station, Rubaga Municipality,” has been done under our supervision and is now ready for submission to the Directorate of Research and Graduate Training of Kyambogo University.

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Dedication

This dissertation is dedicated to my parents, grandmother, siblings, and all my great friends for their continuous support and encouragement to get this academic work accomplished.

Acknowledgement

First, I would love to praise the Almighty God for keeping me healthy throughout my study time at Kyambogo University.

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Table of Contents

Dedication	iii
Acknowledgement	iv
Table of Contents	v
List of Figures	xi
Abstract	xii
Chapter One	1
Introduction	1
Background to the Study	1
Theoretical Perspective	5
Statement of the Problem	8
Purpose of the Study	9
Research Questions	9
Scope	9
Geographical Scope	10
Content Scope	10
Time Scope	11
Significance of the Study	11
Theoretical Framework	12

Chapter Two.....	16
Literature Review	16
Physical Abuse Experiences of the Male Victims of Intimate Partner Violence	19
Psychological Violence Experiences of Male Victims of Intimate Partner Violence	21
Sexual Violence Experiences of Male Victims of Intimate Partner Violence.....	23
Coping Strategies Male Intimate Partner Violence Victims Utilise	24
Methodology.....	30
Introduction	30
Research Design.....	30
Research Approach.....	30
Study Setting.....	31
Study Population.....	32
Sample Selection.....	32
Inclusion Criteria	33
Data Collection Methods	34
Face to Face, Semi Structured Interviews.....	34
Focus Group Discussion.	35
Data Management	35
Research Procedure.....	36
Research Rigour.....	37

Data Analysis	39
Ethical Considerations	42
Chapter Four	44
Presentation and Interpretation of Findings	44
Introduction	44
Demographic Information of Participants	44
Demographic Information about Counsellors and CFPU Officers	49
Research question 1: What were the Physical, Psychological and Sexual Male Victims’ Experiences of Intimate Partner Violence	51
Physical Male Victims’ Experiences of Intimate Partner Violence.....	51
Psychological/ Emotional Experience of Male Intimate Partner Violence	59
Sexual Experiences of Male Victims of Intimate Partner Violence	72
Other Research findings.....	77
Economic Male Victims’ Experiences of Intimate Partner Violence.....	77
Research Question 2: What Coping Strategies Do Male Victims of Intimate Partner Violence Utilise to Manage Psychological Abuses from their Intimate Partner?	82
Research Question 3: What Coping Strategies do Male Victims of Intimate Partner Violence Employ to Manage Physical abuse from their loved ones?.....	94
Research Question 4: What Coping Strategies Do Male Victims of Intimate Partner Violence Employ to Manage Sexual Violence from their Spouses?	100

Chapter Five.....	106
Discussion, Conclusion and Recommendation	106
Introduction	106
Discussion.....	106
Male Victims’ Experiences of Intimate Partner Violence	106
Coping Strategies Male Victims of IPV Utilise to Manage Psychological Abuses from their Intimate Partner	108
Coping Strategies Male Victims of IPV Employ to Manage Physical Abuse from their Loved Ones	110
Coping Strategies Male Victims of IPV Employ to Manage Sexual Violence from their Spouses	111
Conclusion.....	112
Recommendations for Further Research.....	114
Dissemination of study finding.....	114
References.....	115
Appendix A: Guided Interview Question.....	xiii
Appendix B: Guided Interview Question for FGD.....	xvi
Appendix C: Participant consent form.....	xviii
Appendix D: The code Book	xxi
Appendix E: Plagiarism Clearance Certificate	xxiv

List of acronyms

CDC	Centre for Disease Control
CFPU	Child and Family Protection Unit
FGD	Focus Group Discussion
IPV	Intimate Partner Violence
KI's	Key Informats
MIPV	Male Intimate Partner Violence
NGO	Non-Governmental Organisation
PTSD	Post Traumatic Stress Disorder
UBOS	Uganda Bureau of Statistics
UDHS	Uganda Demographic Health Survey
USA	United States of America
WHO	World Health Organisation

List of Tables

Table 1: Pseudonyms, Age, Marital Status, Occupation, Education Level and Religious Affiliation for Individual Interviews Participants.....	46
Table 2: Pseudonyms, Age, Marital Status, Occupation, Education Level and Religious Affiliation for Focus Group Discussion Participants.....	46
Table 3: Social workers and police officers, gender, age and experience	50
Table 4: Physical Male victims’ experiences of Intimate partner violence	52
Table 5: Psychological Male Victims’ Experiences of Intimate Partner Violence	60
Table 6: Sexual Male Victims’ Experiences of Intimate Partner Violence	73
Table 7: Economical Male Victims’ Experiences of Intimate Partner Violence.....	78
Table 8: Coping Strategies Male Victims of Intimate Partner Violence Utilise to Manage Psychological Abuses from Their Intimate Partner	83
Table 9: Coping Strategies Male Victims of Intimate Partner Violence Employ To Manage Physical Abuse from Their Loved Ones	95
Table 10: Coping Strategies Male Victims of Intimate Partner Violence Employ To Manage Sexual Violence from Their Spouses.....	101

List of Figures

Figure 1: Theoretical Framework of the Study..... 13

Abstract

This study sought to gain insight into the experiences of Male Intimate Partner Violence and how they cope. It was, specifically, limited to exploring the physical, psychological, and sexual violence male victims experience; and exploring the coping strategies male victims of intimate partner violence employ, to manage the aforementioned Male Intimate Violence from their partners. A qualitative research approach was used and data was collected from social workers and male victims of Intimate Partner Violence through Key Informant interviews and Focus Group Discussions using purposive sampling procedures. Qualitative data was analyzed using thematic and content analysis with the aid of Atlas ti Version 8.0. The analyzed data was presented in the form of tables, coupled with verbatim explanations. This study established that males were physically violated through beatings, thrown at objects such as; cups, and plates, as well as being slapped and locked out of their houses in the night. This study revealed that men reported psychological abuse such as; verbal insults, being denied food, being falsely accused of cheating, being publicly ashamed, being cheated on, and experiencing abandonment, among others. This study also found out that men faced sexual violence through prolonged denial of sex, squeezing of their genitals, engaging in sexual intercourse against their consent, and threats of having their genitals cut. The current study established that the coping strategies employed by men to manage abuses were categorized into problem-focused, emotional-focused, avoidance, as well as seeking informal or formal support. Therefore, the study recommends that men should be sensitized about the available existing counselling and support services pertinent to their physical, psychological, and sexual experiences of Intimate Male Violence among men. It further recommends that laws and regulations that are silent about male IPV should be enacted and strengthened to protect men against the different forms of physical, psychological, and sexual experiences of IPV among men.

Key words: Intimate Partner Violence, Coping Strategies, Male Victims.

Chapter One

Introduction

This section consists of the background, the theoretical and contextual perspectives, and statement of the problem, the purpose, the research questions, the scope and the theoretical framework of the study.

Background to the Study

Globally, Intimate Partner Violence (IPV), is recognized as a global social health challenge that has resulted in a high rate of deaths, illnesses, and psychological issues, such as depression, substance dependence, suicide, and post-traumatic stress disorder, among others (WHO, 2007; Walker et al 2020). Intimate Partner Violence is a stressor that transcends socioeconomic, ethnic, and cultural boundaries and all genders (Guruge, 2012). For a long time, it was perceived as a private matter, and discussions on such violence were once not considered acceptable in public (Kronenberg et al, 2013). In the 1970s, IPV appeared as a detrimental issue in the USA, through the feminist movement that started during the Civil Rights Period (Vernon, 2017; Samaritan House; 2017).

Historically, women have been identified as the primary victims of IPV and much attention has been given to their experiences and how they manage this kind of abuse from their spouses (Samaritan House; 2017). Many support services are in place to help women deal with violence directed towards them by their male spouses (Costa et al 2015). Yet, little knowledge exists on the experiences of male victims of Intimate Partner Violence and victimization. This phenomenon pertains, not only to women but also men as victims (Hines & Douglas, 2014).

A study carried out in India revealed that 98% of the men in a heterogeneous sample reported suffering from having experienced IPV. This was associated with unemployment of the

husband at the time of violence, not listening to the spouse, the wife's addiction to alcoholic substances, as well as the spouse's, uncontrolled anger, and ego problems, among other reasons (Malik & Nadda, 2019). According to a CDC Report (2019), over 38 million men had experienced IPV and victims were battling with PTSD and depression (NISVS, 2010; 2019). Further still, a comparative study in Asian countries, like China, India, Laos, Singapore, South Korea, and Thailand, showed that, of all the study participants, victimization of women occurred at a rate of 19.9% and for men at 21%. On the contrary, the perpetration rate for women was at 21.3% and 16.8% among men (Costa et al, 2015).

According to Douglas (2011), support-seeking among male victims of IPV showed that the cycle of violence started with disrespect. Although, not all this resulted in violence, most violence against men starts with disrespect (Douglas, 2011). In many patriarchal communities, men are more likely to be arrested upon calling the police than female perpetrators of violence thus, the growth of the violence against men, which has resulted in men being harassed, as well as increased rates of matricide in European countries (Walker, 2019).

Unfair treatment of men concerning IPV is a social health challenge in the world (Basile et al, 2011). Estimates in the National Intimate Partner and Sexual Violence Survey, about 1 in 10 men in the USA report experiencing spousal abuse, even though services involving Intimate Partner Violence such as; prevention, and treatment (Epinoza & Wanner, 2016). That notwithstanding, sheltering was primarily focused on women and children, thus, creating barriers for men to seek intervention and help (Costa, et al 2015). The majority of men may experience fear of ostracisation because of societal and family constructions of masculinity, thus, they receive little response to have their experiences of violence addressed (Stern & Greenbaum, 2015).

Intimate Partner Violence perpetrated by women against men is a concern that has been given little attention all over the world (Machado et al., 2017). In Africa, Intimate Partner Violence issues are commonly reported by women, because the societies are patriarchal (Shai & Sikweyiya, 2015). Nevertheless, Intimate Partner Violence is looked at as a serious public health concern that affects personal and family well-being. Consequently, among the traditional victims of Intimate Partner Violence, men are not considered, leaving their coping strategies and mythical unknown (Stern & Greenbaum, 2015).

An inquiry by Ellison and Anderson (2001) showed that Male victims are intrinsically less likely to report abuse because of social stigmatization, which involves the devaluation of an individual. This prevents them from speaking out against the different kinds of spousal violence and those who report their IPV experience to someone in an official position are likely to experience secondary victimization by denying them assistance (Morgan & Wells, 2016). Social stigmatization creates barriers to male victims that can lead them to forfeit the formal services in place and opt for informal ones, which, at times, accelerates the violence (Ansara et al, 2010).

There is evidence of a rapid increase in IPV reported by men and yet there are few, or no sounding, programs designed to deal with such a predicament (Price & Rosenbaum, 2009). Coping strategies for dealing with all forms of violence, presumably irrespective of gender, are both cognitive and behavioural (Folkman & Moskowitz, 2004). Thus, this influences how the IPV experience impacts an individual and how it can affect one's psychological well-being as well as social health (Caver & Vargas, 2011; Machado, 2017).

Coping also involves both adaptive and maladaptive strategies, the former of which includes reframing, and acceptance and, as a result, leads to less distress (Carver et al., 1993 & Taylor, 2011). Denial and behavioural disengagement lead to much distress for men. Some

researchers have proposed that male victims of female violence have tended to adopt negative coping strategies (Carver et al., 1993; Taylor, 2011; Hvidtjorn et al., 2014).

Extent research by Costa (2015) showed that, In Africa, and some European countries, policies, laws, and regulations concerning IPV are primarily oriented towards women. Research and funding by big organizations mostly rotate around female victims. Furthermore, the same inquiries indicated that in West Africa, South Africa, and East African countries showed that victimization of women was at 15.8% and for men indicated 13.5%, while perpetration was 25% among men and 19.7% among women all the participants in different combined studies (Costa et al, 2015). This showed that, whereas men had a high percentage accounted for spousal violence in African countries, they were equally victims; hence, needed against IPV.

Despite the prevalence of IPV among men, in the African setting, men tend to suppress their feelings in difficult situations. Because of this, a lot of them experience different forms of Intimate Partner Violence, such as physical, emotional, and sexual abuse from their spouses (Drumm, 2018). Unfortunately, men are not free to express themselves when facing challenges in their homes due to unfair judgments from societies, which, sometimes, result in continuous violence exerted on them by their spouses (Galdas et al, 2005).

Africa's social norms and traditional practices highlight men to be the perpetrators of violence and, as such, male victims at the hands of women perpetrators may tend to decide to die in silence and live with their unresolved IPV issues rather than reporting violence (Buller et al, 2014). The barriers to reporting can also serve as obstacles when formal sources, which are in place, like CFPU offices and professionals, will not readily, accept the concerns of male victims. With these obstacles, male victims of violence by women may resort to unconstructive strategies like substance use as a coping mechanism (Buller, 2014).

According to Nicolene and Cynthia (2018), the measures for spousal violence towards male victims in African societies, undermine the issue of creating equal opportunities between men and women facing IPV. The authors stated that male victims tend to suffer physically, psychologically, and sexually from different forms of abuse, including women scorching them with hot water, verbally abusing them, stoppage from home access, assaulting them by cutting off and squeezing their genitals, as well as treating them like servants. As such, available literature focuses on only women, leaving a gap in studying male victims' experiences of intimate partner violence. The literature on Intimate Partner Violence can be enriched by integrating reports of men, not only women, who are purportedly the main victims of this violence.

Theoretical Perspective

Lazarus' and Folkman's Transactional Model of Emotional and Stress Coping (1984) premised a clear understanding of the present study. The theory states that stress is an individual-situation interaction, dependent on subjective cognition judgment that arises from the interplay between the person and the environment (Zakowski, Hall, Klein & Baum, (2001) as cited by Mitchell, (2004). No situation is inherently stressful, instead, the stressor is defined by the subjective judgment of the situation that is seen and perceived as threatening and harmful to the resources available (Woo, Wang & Falcón, 2020).

Lazarus and Folkman (1984) asserted that coping is most effective if there is a match between the changeability of the stressor currently confronting the individual and the appropriate form of coping applied to the stressor. Problem-focused coping applied to changeable stressors and emotional-focused coping applied to unchangeable stressors are proposed to be the most

adaptive. The theory was adopted for this study to understand IPV as a stressful situation among male victims, since society judges them as perpetrators, leaving many stuck in the situations of violence exerted by female partners. Once these men face IPV, they are likely to use different ways of coping with the help of either internal or external support systems. It is important to discern how well they can neutralize the stressor and find the best solution to their problems of violence, some of which may be ongoing.

Contextual Perspective

In Uganda, while the IPV situation is on the increase, several measures have been taken and good results have been attained through working with ministries and other departments, such as Health, Gender, and Police, as well as legal professionals and NGOs, IPV has been considered a serious psychological problem across all genders, more especially, the female. As a consequence of such attention, it brought decreases in physical violence, which dropped slightly against women aged 15-49 from 34% in 2006 to 27% in 2011, and sexual violence from 39% to 28% (UDHS, 2011) consecutively.

According to Waila et al., (2022), IPV against women is much more prevalent. However, men also experience spousal violence, but the public perceives women as the only victims. On the contrary, men are equally victims, although, they feel shy to report such cases to seek help from police for fear of stigma. Surprisingly, when a man reports IPV to the police, it is hard to believe and police officers often insult him before making a statement (Muhabuzi, 2014).

According to Kadengye, et al. (2019), women intimately violent men. For instance; through assault, denied food, stoppage from accessing homes at night, isolation, neglect,

scorched with hot water, squeezing and cutting off their genitals when there are misunderstandings, prolonged denial of conjugal rights, more attacks that are physical and constant abuses. Consequently, because few men come out to expose IPV they go through, this does not entirely mean that they are not abused. Research conducted in Wakiso and Mukono districts in Uganda showed that their wives (Nassonko, 2007) physically and sexually assaulted 56.3% of men who participated in the study. In the same breath, research carried out in Masaka, Rakai, Kalungu, and Bukomansibi districts in Uganda in 2009, showed that 68.8% of the women were reported verbally abusing, physically threatening, and sexually starving their husbands, while 31.2% who participated in the study did not attack their husbands (Zablotska et al., 2009).

According to Muhabuzi (2014), the men in the reported study suppressed their painful feelings from IPV by taking local alcohol in the evening and sharing with colleagues for advice, while others sought help from family members. Families in Uganda depend on each other As such; the central government assigned the Ministry of Gender and Culture in conjunction with NGOs and cultural institutions to promote the marriage institution (Nassonko, 2007).

According to the Uganda Police Report of 2020/2021, it is unlikely that this menace is spreading in Uganda at quite an unaccepted rate. Kampala District registered a significant number of male IPV cases during the COVID-19 lockdown because families were unprecedentedly kept together. In the process, a large number of people lost their livelihoods, causing friction in families, thus, fueling IPV. The report revealed that of 17,664 cases of IPV registered, 3,498 were from male adults, 10,833 were from female adults and the rest were male and female juveniles.

Although female victimization of IPV seems to be on the rise, IPV male victim's experiences have been neglected and there is little literature on that. According to UBOS (2017),

it showed that 33% of the male population in Uganda had experienced spousal violence. In other countries, there are increasing cases of male victims of IPV that are reported where several women harass men in different ways and some are not reported due to fear of stigmatization (WHO, 2014).

The few studies on female perpetrators of Intimate Partner Violence to men, limit the understanding of male victimization and their coping strategies, leaving a gap to be filled. The current research intended to explore the experiences IPV; male victims go through, including sexual, psychological, and physical violence, and their coping strategies due to the increasing rate of male victims as per the report given by the charge of CFPU Katwe Police Station in Kampala.

Statement of the Problem

Intimate Partner Violence among men has shifted from a social problem to a new detrimental psychological and physical issue among loved ones (Machado, 2017). Men who were historically looked at as perpetrators of IPV are also victimized by their female partners (Woodyard, 2019). In Uganda, IPV cases in different places are on the increase. In Kampala particularly, according to a report by the Child and Family Protection Unit at Katwe Police Station, out of fifteen people who report violence daily, three of them are men.

Much as legal sectors have slowly come up with effective intervention models in the criminal justice system for perpetrators of IPV, men are still being sexually, physically, and psychologically abused by women and there are a few safe places and trained professionals to work with IPV male victims (Choi & An, 2016; Wood yard, 2019). The wide coverage of existing literature mainly points out women and children as the frequent IPV victims. As such,

the inquiry therefore was; to explore an understanding of Intimate Partner Violence male victims' experiences and cross-examine their coping strategies in the under-resourced contexts such as Uganda.

Purpose of the Study

The purpose of the study was to gain an understanding of the experiences of male victims of Intimate Partner Violence and how they cope.

Research Questions

1. What were the psychological, physical, and sexual experiences of men who are victims of Intimate Partner Violence?
2. What coping strategies did male victims of Intimate Partner Violence utilise to manage psychological abuse?
3. What coping strategies did male victims of Intimate Partner Violence employ to deal with acts of physical abuse from spouses?
4. What coping strategies did male victims of Intimate Partner Violence employ to deal with sexual violence acts from their spouses?

Scope

This section describes the geographical scope, content scope and time scope of the study.

Geographical Scope

The research covered Katwe Police Station and the Office of Child and Family Protection Unit in Kampala. According to the Police Report of 2020/2021, Kampala was one of the places with high numbers of Intimate Partner Violence cases and Katwe Police Station is in the centre of Kampala City, surrounded by slum areas, which are reported to have high rates of IPV due to poverty in the households (Aadan & Abdirashshid, 2019). As such, the Kampala-Katwe Police Station became a viable area to cross-examine the multiple nature of male IPV reporting to the CFPU office.

Content Scope

The study focused on the experiences of male victims of intimate partner violence and the coping strategies available when facing psychological, physical, economic, and sexual abuse from their loved ones. Since many previous studies focused on IPV female victims, this particular study which was purely qualitative, focused on male victims of IPV. Physical violence was determined by slapping, hitting, beating, and launching physical attacks when men were unable to retaliate (WHO, 2010; Machado et al., 2018).

Psychological violence experiences were characterized by insults, constant humiliation, destroying things, threats to harm and taking away children by loved ones, being yelled at, being controlled, and having their sexuality questioned all the time (WHO, 2012). Sexual violence was described as engaging in unwanted sexual acts, manipulation, use of threats, and pressure (Bates et al. 2020). According to Lazarus & Folkman (1991), coping mechanisms included problem-focused, emotion-focused, avoidance, and seeking out social support.

Time Scope

The research considered the period of January 2022 to June 2022. This was post COVID 19 period when reports on IPV had increased in Uganda and cases of victimized men had increased so, it was appropriate to capture IPV male victims' experiences and gain an understanding of how they cope.

Significance of the Study

The study provides baseline information to counsellors in assisting IPV male victims. It also enlightens the fact that men face multiple IPV in their families, hence, a need to empathize with them, and also provide counselling services as a remedial strategy.

The study contributes to the already existing literature. As a revelation to prospective researchers, they would get curious to extend further inquiry into male IPV especially, in Uganda.

The study creates an avenue for male IPV victims to be equally considered in support service delivery. It also contributes to attitudinal mindsets about IPV as not only a woman and children issue but also spills over to men.

The study will help NGOs and policymakers to advocate for equal assistance for the IPV victims in Uganda and it can be used as a baseline source of information in understanding the experiences and coping strategies of men who go through IPV.

Theoretical Framework

According to Grant & Osanloo (2014), a theoretical framework is a diagrammatic structure culled from an existing theory, tested and validated by other researchers that supports the research guiding theory. It was appropriate to establish the types of stressors or trauma responses gleaned from the interviews, as well as the means to explain what is considered healthy versus unhealthy coping based on the sample see (figure 1).

Figure 1: Theoretical framework

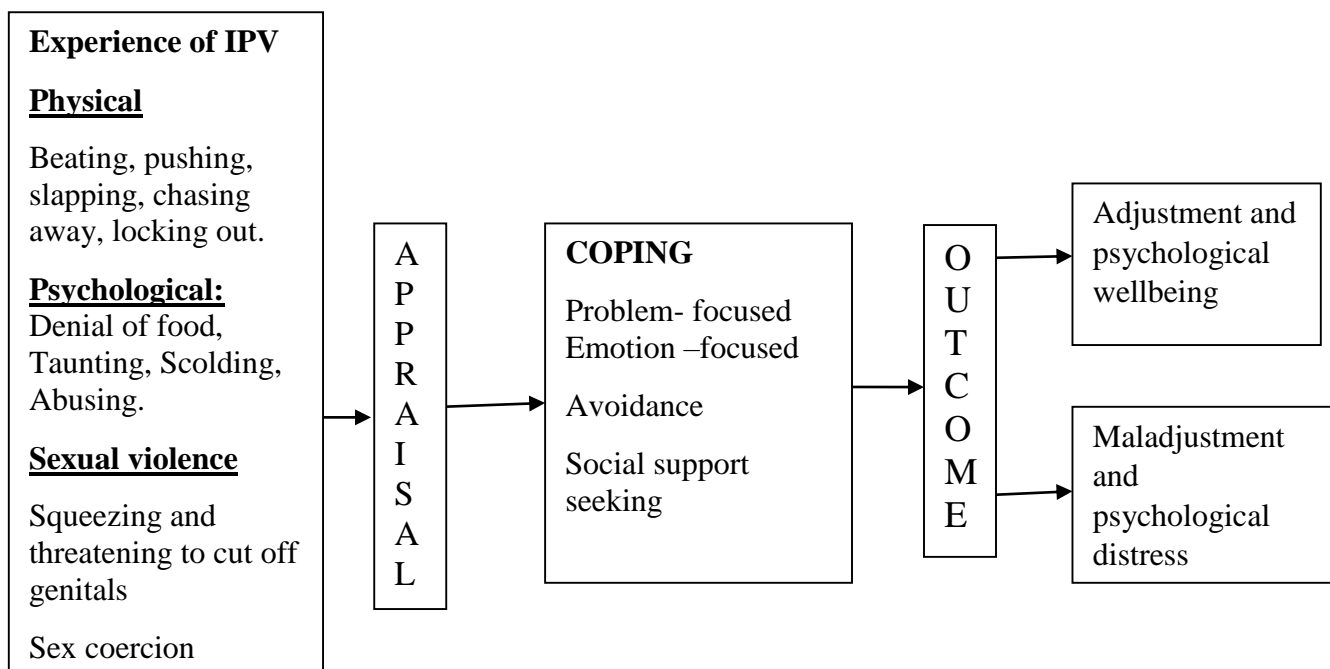


Figure 1: Theoretical Framework of the Study

Source: *Theoretical Framework, of Emotion and Coping Processes Adapted from Lazarus (1991, 1993).*

The above theoretical framework shows how Intimate Partner Violence is an event that causes emotional discomfort or life events men face in their lives. Although there is extensive work done on IPV as a child and women challenge, men ask themselves whether they are in trouble once faced with IPV and find solutions to their problem (Lazarus & Folkman, 1984).

According to Lazarus (1991, 1993), people go through primary and secondary appraisal stages, at primary they are not aware of the violence, and most of the time they try to sort it out. At the secondary stage, the violence is too much, and realize that they are in problems, hence, applying internal or external coping behaviour experiences based on the way IPV affects the person. Some decide to keep silent, abuse drugs, or request assistance from people or social support around them as coping strategies.

Everyone has their way of coping with the stressor (IPV) and it affects them differently due to various factors. Experiences with IPV can be seen during the coping stage when victims are confronted by the IPV in the following circumstances: psychological, physical, and social aspects of life. Some cope with the violence, by focusing on their emotions, and problems and seeking support, while others cope by avoiding the one causing the violence, which brings either adjustment or psychological well-being, based on how someone was helped.

In this particular study, the theory was considered to understand how male victims of IPV follow the appraisal process in the theory. The primary appraisal helped the researcher to know how the male victims perceive the violence they experience and the secondary appraisal, the research assessing the available coping resources for male victims. with coping strategies, this was gaining a deeper understanding of what strategies male victims employ in their primary and secondary appraisals whether they withdraw, disengage, or seek support among others.

The theoretical framework helped in exploring an understanding of male IPV victims' experiences and strategies they employ while confronted by any kind of abuse from their spouses, including the psychological, physical, and sexual aspects of life, as seen in the above theoretical framework.

Chapter Two

Literature Review

Lazarus and Folkman's (1984) Transactional Model that demonstrates emotional and stress coping was adopted in providing a clear understanding of the current research activity. The model operates on the assumption that stress concerns itself with an individual situation interplay. This is based on a non-objective cognition perspective that develops from the interaction between humans and their surroundings (Mitchell, 2004). There seems to be no condition, that is inherently stressful, instead, the stressful situation is noticed by fact judgment of the situation that is appraised as threatening, and hurtful given the existing resources (Lazarus & Folkman, 1984).

The model is a core framework that emphasizes appraisal to evaluate the harm, challenges, and threats that result in the process of coping with stressful challenges (Lazarus, 1966, Lazarus & Folkman, 1984). Coping is elucidated as a state, which involves both cognitive and behavioural responses that human beings use to manage intrinsic and extrinsic stressors perceived to exceed individuals' coping capacity (Lazarus & Folkman, 1987).

Lazarus and Folkman (1984) assert that effectiveness in coping happens if there is an interaction between the changeability of the stressor currently confronting the individual and the appropriate form of coping strategy applied to the stressful situation. The problem-focused coping is applied to changeable challenges while the emotion-focused coping approach is applied to unchangeable challenges and is the most adaptive. The Transactional Model concerns itself with the way individuals interact with one another. People interact in many ways, depending on the ego state that has dominated a person's traits and character all the time. This is governed by

different intrinsic personalities whose effect manifests at different times and according to different outcomes (Ankwasiize, 2016).

Emotional discomfort is the situation every human face and deals with the day-to-day life. While people are not the only creatures to deal with stress, the Transactional Theory of Stress and Lazarus and Folkman initially developed Coping (1987), who wanted to understand further why stressful situations are prevalent issues in people's lives. The Transaction Model relates to stress between the person and the surroundings, depending on demands that one happens to be faced with and the resources that must Minimize the demands, which is another way stressful situations can be managed.

The steps of the Transactional Theory of Emotional or Psychological Discomfort and Coping take the form of primary and secondary appraisal. During the primary appraisal, particular situations are analyzed, whether or not something affects an individual. An individual's mind can analyze the situation and whether it is significant enough to yield stress following these outcomes: the significant event, whether is a desirable encounter; detrimental, shocking, or terrible. In this stage, research intended to explore how male victims of IPV perceive the violence they experience.

The secondary appraisal involves the beginning of figuring out how someone deals with the situation to the best of an individual's ability to ensure that a person gets a positive effect. It is seen that a person begins to determine whether they have enough coping strategies to surpass the event with the desirable outcome. As an example, if a known stressful situation is encountered without coping strategies, an individual may find himself/ herself with no strategic coping, hence leading to stress or emotional discomfort. The Problem-Based Coping Strategies concerns itself with human beings coping, which occurs when someone has control over a

certain challenge and when they can manage the challenge for a positive effect. Individuals, during the coping stage, may develop further skills, which may help them to cope with future problems (Lazarus & Folkman, 1984). At this level, the research intended to investigate the resources available to male victims for coping with the violence, including social support from friends, family, or community members as well as personal strengths and external resources like professional help.

Coping strategies were actions male victims take to alleviate the stress caused by the violence from their loved ones. The theory helped to examine the strategies male victims employ on their primary and secondary appraisals. To know whether they confront the situation head-on, seeking to address the violence, withdraw or disengage as a way to protect themselves, or seek support from external sources?

Emotional-Based Coping, further, concerns itself with little control over the challenging situation. A person can be able to identify the cause of the problem but opt to rely on an emotionally based coping technique, hence, leading to avoidance, self-distancing from the events, and emotional seeking support. For example, when a man avoids his own home because of violence from his partner (Lazarus, 1993). This theory was used in understanding the IPV male victims' experiences and the measures they employ in managing the violence. As Lazarus and Folkman (1984) elucidated, people have different ways of dealing with stressful situations in their lives. This theory further helped in providing clarity as to whether men employ informal or formal coping strategies as they tend to deal with Intimate Partner Violence from their intimate partners.

Being that men are socially viewed as IPV perpetrators, they may tend to use informal coping mechanisms that cause maladjustments or psychological distresses, and few

psychologically flourish depending on the effectiveness of the support system. Therefore, based on the transactional model of emotional and stress coping, different forms of IPV were illustrated as stressors inflicted on men in violent intimate relationships by their loved ones (sexual, psychological, economic, and physical)

Physical Abuse Experiences of the Male Victims of Intimate Partner Violence

WHO (2010) describes physical violence as taking the form of; slapping, hitting, kicking, and beating. In the Intimate Partner Violence context, men reported having been pushed, grabbed, hit, bitten, scratched, threatened with knives or other objects, and slapped (Brooks et al., 2017; Hines, 2015; Machado et al.; 2018). Other related studies indicate that women may launch physical attacks when the men are unable to retaliate, such as from behind, while sleeping, or when children are present (Bates, 2020; Cipottetti et al., 2017 & Walker et al., 2019)

In the study, which examined IPV among heterosexual and gay men, it was noted, that physical violence was higher among gay men than in heterosexual men (Nowinski & Bowen, 2012). Further findings indicated that physical violence among men sometimes was directed at their families (Bates, 2020 & Walker et al. 2019). Male individuals seemed to be physically stronger than their female partners were. As such, many think that they can restrain their spouses and leave unkind behaviour from being physically affected (Hines & Douglas, 2010).

Consequently, female IPV perpetrators against male partners may be less serious, even considered funny (Page Low & Page Low, 1984; Saunders, 2002). Further assumptions that males happen to defend themselves, fuel societal perspectives that 'real men' do face violence from women (Yarrow & Churchill, 2009). However, according to George and George, (1994

&2003), research reveals that females are more likely to employ soft methods of abuse which do not depend on physical strength. Other studies indicate that some female partners adopt physical objects such as knives, chairs, and crockery in attacks against men, hence, eliciting the violence (Drijber & Ceelen, 2013; Straus & Gelles, 1986).

Existing research supports the argument that women engage in harsh physical abuse such as hitting, kicking, punching, stabbing, biting, choking, stalking, scratching, and beating (Drijber et al., 2013 & Hines et al., 2007). Physical attacks against men from their female partners have resulted in high rates of IPV among male intimate partners, including psychological abuse. Furthermore, some men reported fearing disclosing violent behaviour from their female loved ones to avoid social secondary stigmatization. (Dutton & Hines, 2007; Hines & Douglas, 2010; Hines & Douglas, 2010; Carma & Magalhaes, 2011)

The existing societal pressure in patriarchal areas makes males potential victims of IPV, and seeking help becomes difficult since gender roles are essentially embedded in the societies in which individuals are brought up. This partly acts as a barrier to accessing support services when victimized, resulting in remaining in a state of denial, stigma, and fear (Drijber et al, 2013; Barkhuizen, 2015). Many men may not be in a position to know the existence of support systems for them after victimisation leading to difficulties in reporting IPV-related issues. This is also associated with challenges of perceiving their masculinity negatively “How people will perceive them”, due to reluctance, educational experience, low self-esteem, and economic dependence (Barkhuizen, 2015).

In a few instances, some research findings reveal that female partners were found to have engaged in violent acts against their male intimate partners (Morse, 1995; Gozjolk 2014). Outcomes of aggressive acts against men suggest that women are greater perpetrators of

aggression than men are, while men are significantly more likely to cause injury against a female partner with high rates, respectively (Archer, 2000). Men reported fear related to threats of physical violence sometimes directed at their families (Bates, 2020; Walker, 2019). Some women physically attack men in times when men are unable to retaliate, from their back, when they are asleep and, sometimes, in the presence of their children (Entilli & Cipolletta, 2017, Walker et al. 2019, Bates, 2020).

The most reviewed studies point out men as the leading persons in causing physical violence because of their nature of masculinity, and, the existing research was conducted in European countries. A study was needed to collect contextual information on physical violence experiences of male victims and aspects that contributed to it among men in violent relationships reporting at Katwe police station in Kampala.

Psychological Violence Experiences of Male Victims of Intimate Partner Violence

This is the most evidenced form of IPV commonly experienced by men (Follingstad & Rogers, 2013). According to WHO (2012), psychological violence includes insults, belittling, constant humiliation, intimidation, destroying things, threats to harm, and taking away the children by the loved one. In several studies, men describe psychological violence as being yelled at, having their sexuality questioned, being controlled, being isolated by family and friends, and being belittled, all of which do not leave them psychologically being tortured (Bates, 2019, 2020; Machado et al 2018; walker et al 2019)

A practical study done on female perpetrators of violence within intimate relationships recognize emotional violence as the most common form of IPV caused by women (Williams et

al., 2008). This included labelling the victim, wrongly attaining restraining orders, threatening to harm, denying access to children, threatening suicide or homicide, and causing financial harm (Drijber et al., 2013; Hines et al., 2007). Few men reported that they had to bear that state of fear of being arrested by law enforcers (Cook, 2009; Migliaccio, 2002).

Another study provided information on the mental well-being of men experiencing Intimate Partner Violence (Hines & Saudino, 2003). Although there is not enough evidence of the psychological impact on victimized male individuals to be able to come up with a complete argument about the psychological consequences of IPV for male victims, research at least shows that Intimate partner violence is associated with poor mental health outcomes for both male and female victims (Afifi et al., 2009). Furthermore, the study emphasized the need to explore the psychological impact of male victimization (Drijber et al., 2013; Hines & Saudino, 2003).

Hollander (2001) argued that both genders play a big role in the occurrence of victimization. They also highlighted the common issues associated with traits of victimization as being related to cultural perceptions and societal narratives of femininity. In other words, male victims tend to struggle to recognize non-judgmental support systems, resulting in low self-esteem and self-worth within different societies (Lisak, 1994).

A quantitative study done in the USA by Hines and Douglas (2010), which investigated the psychological experiences of male intimate partners from IPV, highlights a significant relationship between post-traumatic stress disorder (PTSD) and IPV-victimized men. Bates (2020) and Nybergh, et al. (2016) asserted that; while some men do not fear physical violence from their female loved ones, some men are fond of fearing degradation and humiliation, especially from the public

Research indicates that IPV female-perpetrated violence highlights that it has always been difficult for male individuals to identify themselves as victims of IPV. This has portrayed challenges in discussing their experiences of violence, hence, resulting in a lack of self-acceptance or being in a denial state (Zverina et al, 2011). Male victims tend to identify themselves as independent, hence, they tend to be reluctant to disclose violence against them for fear of being seen as less masculine (Drijber et al., 2013; Tsui et al., 2010).

Most studies point out men as the perpetrators of IPV because of their masculinity and most existing research conducted in European countries uses a mixed approach. A study was needed to collect context information on the psychological violence experiences of male victims and aspects that contributed to it among men in intimate relationships using a qualitative approach to capture men's emotional experiences in the Katwe-Makindye division.

Sexual Violence Experiences of Male Victims of Intimate Partner Violence

Heterosexual relationships (men and women) may be less likely to identify themselves as victims. This is due to differences in physical size, and capability of attaining a desirable level of sexual power over men (Ferraro, 2013; Follingstand & Rogers., 2013). While being physically forced into sexual acts may remain gendered in heterosexual relationships, women are more likely to be victimized by their partners. This has been the same for some men as they reported being coerced or pressured by their partners to engage in unwanted sexual acts and unprotected sex, through the use of threats, manipulation, pressure, and false promises (Bates 2020; Follingstand & Roger., 2013; Machado et al, 2018 & Walker et al, 2019).

According to Ferraro (2013), society's perceptions relate sexual violence to be associated with size and strength, women are likely to be victimized by men. Further, men have also reported silently being abused sexually and pressured by their partners to engage in unwanted sexual acts, and unprotected sex through the use of threats, manipulation, and false promises (Bates, 2020 & Machado et al., 2018). Research in this area remains in its infancy stages, thus, there is a dire need for more investigation into men's accounts of IPV as a critical concern.

Extent inquiries by Nowinsk and Bowen (2012) showed that forced sex and sexual violence among men are more prevalent in relationships with other men than in relationships with women. Sexual minority men are more likely to report sexual violence than men who are in love with women (Dickeson-Amaya & Coston, 2019). This creates a bit too big a breach in this study, where men in heterosexual intimate relationships are studied in Uganda using a qualitative approach because their IPV experience with sexual violence has not been prioritized.

Despite the increasing importance of happy intimate relationships, there is still insufficient empirical research on sexual violence experiences among men and their effect on their well-being in the context of Uganda. The study aimed to explore sexual abuse among men in intimate relationships.

Coping Strategies Male Intimate Partner Violence Victims Utilise

Coping concerns itself with cognitive and behavioural strategies for managing challenging and difficult situations (Folkam & Moskowitz, 2004). This influences how human experiences of coping impact one's well-being and many other ways, such as psychological and physical violence (Carver & Vargas., 2011). There are many coping ways, including adaptive or maladaptive, which involve acceptance, humor, and positive reframing that is related to a

challenge. Coping also involves denial and behavioural disengagement which lead to uncontrollable difficulty, respectively (Carver et al., 1993).

The Intimate Partner Violence experience is perceived as traumatic and frightening. Surprisingly, most male violence victims who sustain it decide to look for support from different sources and find it a traumatic journey (Cook 2009). Individuals in such a dilemma are at a high risk of getting many different mental disorders, channeling a path for Post-Traumatic Stress Disorder (PTSD) and substance abuse, hence, a maladaptive way of coping among men (APA, 1994)

Research shows that among male and female victims, about 34%-65% experience PTSD respectively (Astin et al. 1993; Gleason, 1993; Saunders, 1994). The biggest challenge of IPV experiences among men is associated with a high rate of PTSD symptoms and behavioural disengagement among male victims (Hines 2007 & Hines, 2001). Further research indicates that male help seekers for Intimate Partner Violence are at a greater risk of being stigmatized by their potential helpers. Therefore, male victims find a detrimental journey in attaining genuine support (Hines & Douglas, 2010). Intimate Partner Violence incidents lead to alcohol and substance abuse among male victims and experiences got or received while seeking intervention can increase mental health issues (Dash, 1984).

Men find it hard to report abuse due stigmatization that it might along come with. This, involves the devaluation of an individual and being excluded from social interactions, hence hampering them from disclosing their family challenges (Robert & Leary, 2001; Ellison & Anderson, 2001). Men who manage to come out and talk about it to the officials are at a greater risk of experiencing secondary victimization by being denied assistance since society perceives them as perpetrators of violence (Donna & Michelle., 2010). This leads to the rapid increase in

domestic violence against men by women. As a result, many only manage to cope by using informal sources, such as talking to friends and workmates and, sometimes engaging in other relationships where they feel peace can be attained (Price & Rosenbaum, 2009; Donna & Michelle, 2010).

Male Intimate Partner violence victims face many obstacles (Bates, 2020). Proving that they are victims of personal perception of masculinity, family and society's expectation of masculinity, to ensure that their children are protected and fearing to escalate the abuse, thereby remaining in an abusive intimate relationship and deciding to stay silent for the goodness of the family and community (Taylor et al, 2021). Bates and Elizabeth (2020) revealed, that even if a man proves that he is a victim of IPV, the only thing that they can do is to leave the home, since reporting male violence challenges relates to cultural perceptions that males are invulnerable but, rather, the perpetrators.

According to Nicolene and Cynthia (2018), while some of the silence surrounding the issue of violence against women is continuously being broken, it is quite saddening that effective measures of justice are still not understood in ways that can support and favor the male victims. Therefore, the risk that male victims will remain invisible and left out of responses to domestic violence is still incredibly significant and remains so until more work is done to make their rights and concerns visible as it is for the female gender (Rachel, Nicolene & Cynthia, 2018).

Research by Drijber et al., (2013) elucidates that, once male victims seek support; they are judged and perceived as perpetrators by society. While as Arche, (2002) and Mihoran (2005), similarly argued that due to little information about men's IPV coping experience, men are less likely to be addressed with formal service providers, such as police, health professionals, and community agencies.

The little and barely known formal quality support sources for male victims are a challenge in many countries and societal views (Vernon, 2017). Instead, service agencies that are in existence act as a barrier to service providers who accuse men of being perpetrators and batterers, hence, only women and children benefit from these available services (Vernon, 2017; Douglas et al., 2012). Many men always deny, fear, and feel stigmatized as they fear to disclose any kind of violence done to them because of shame and embarrassment from the community. This makes them be ridiculed due to gender biases in formal sources of support (Black et al., 2011; Barkhuizen, 2015; Tsui, 2014 & Drijber, 2013).

It cannot be assumed that men and women similarly face violence in the same way (Nybergh et al., 2016) and some studies show that men do avoid reporting IPV due to fear of shame, of being labeled to them. Sometimes, those who attempt to come up to report are threatened with being arrested by police and hence end up dying in silence, because there are no safe places for them to disclose their IPV in patriarchal societies (Brooks et al., 2017; Walker et al 2019; Morgan & Wells, 2016)

Hradilova Selin and Westland (2010) asserted that male victims who try to seek support face secondary stigmatization. From the reviewed literature, men in the world are battling with IPV and its consequences. There is little support offered to men compared to the other gender (Gozjolk, 2014). Most of the support systems act in favor of women and children more, leaving men to experience Intimate Partner Violence unknown in most African countries.

In 2016, World Vision facilitated an ethnographic assessment of men in urban Kenya. The study revealed linkages between significant stressors in men's lives and their perpetration of violence against their intimate partners. In response, many of the men reported unhelpful coping strategies such as excessive alcohol and substance use, which further exacerbated the violence

perpetrated against women in their homes. Further, existing research shows that male victims seek and receive support through varied sources including formal avenues such as domestic violence helplines, police, mental health professionals, and informal spaces such as friends, relatives, and the internet (Ansara & Hindin, 2010; Bates, 2020; Douglas & Hines, 2011, 2011; Machado et al, 2016; Wallace et al, 2019).

A study on Coping Responses to IPV; Narratives of Women in Tanzania found that engagement strategies were identified among female victims of IPV in Tanzania. They could actively confront their partners by utilizing informal support systems to demand a change in emotional abuse. Disengagement and avoidance were also prevalent in response to emotional violence. They were afraid that resisting emotional IPV would provoke arguments, intensify the abuse, and sometimes, lead to other forms of violence and cases of sexual violence, which were viewed as shameful, hence women kept these experiences secret from their family and friends. Most women reported having sex with their husbands without their consent. (Dwarumpudi et al, 2022).

In several studies, men describe psychological violence as being yelled at, having their sexuality questioned, being controlled, isolated by family and friends, having their children taken away, and being belittled, which negatively affects their psychological well-being the same (bates, 2019, 2020; Machado et al 2018; walker et al 2019). Men who face the psychological form of IPV tend to attempt suicide in response to the violence (Bates, 2019 & Machado et al., 2017)

Research findings show that in previous studies, the focus was given on women (Hogan 2016), Bacchus (2016) used a mixed approach while other researchers used online questionnaires to collect the data (Hines & Douglas, 2010; Mccarrick et al., 2016), thus, leaving

a gap to be addressed in the current study. Moreover, the available literature on Male IPV is from developed countries, and there is little from Africa (Costa et al, 2015). Therefore, the current research will take place in Uganda, Kampala city targeting only male victims at Katwe Police Station in the Child and Family Protection Unit, present. The study used a qualitative research approach to get a detailed understanding of the male IPV phenomenon in Uganda.

Further still, given the challenges around men coping with IPV in developed countries, a question arose of how men cope with IPV in Uganda. Coping with intimate abuse can be an incredibly challenging and complex experiences for male victims. There was a need for more context-relevant information on how men deal with IPV. Informal ways were highlighted as the commonly used due to barriers surrounding help-seeking / support.

Chapter Three

Methodology

Introduction

Research methodology relates to specific ways or procedures in which the researcher deeply analyses the information about the topic and solves the research problem (Kothari. 2004). This section presents the methods, which were, used during the study and study design, data collection techniques, sample size, research rigor, data analysis and limitations that were faced during the study.

Research Design

According to Creswell (2012), a research design is the procedural data collection and interpretation strategy chosen to conduct the research. Exploratory Case Study research design was employed, enabling to an exploration of the context using one or more data collection methods to investigate the phenomenon characterized by few or no earlier studies (Hew; 2007 & Harley, 2009). Therefore, I used an exploratory case study design because, the nature of the study in the context had little information about males, who had experienced IPV, thus, a need to generate new ideas from the victims and to add knowledge on the little existing research in Uganda.

Research Approach

A qualitative research approach was employed to help in exploring and understanding the meaning of individuals or groups who ascribe to a social or a human problem through

interaction between their experiences and ideas (Creswell et al, 2007 & Yin, 2016). The approach was used specifically to unravel a phenomenon with little information about it, thus, digging a deeper in understanding of the situation through observations and interviews (Leedy & Ormrod, 2005; Henton, 2012). Therefore, I believed that the reality of the participant in the study was their own experience which helped in gaining an in-depth understanding of the research topic.

Study Setting

The study area was Katwe Makindye Division, at Katwe Police Station in the CFPU office. The office saved a wide area, and it was surrounded by slum areas, which are densely populated, such as Kisenyi, Kibuye, Katwe, Wankuluku, and Ndeeba. The setting was preferred the homesteads were crowded together, with increased Intimate Partner Violence cases indicators following the CFPU office report 2020/2021. This means that the study had participants with diverse experiences, different cultures, and from different parts of the country engaging in various activities (Madinah et al, 2014). Further still, the case study is bound by place, time, and activities (Baxter & Jack, 2008; Creswell. 2003).

The study was timely as well as the activities were demarcated meaning the interviews were not too long. The study had a timeline to be carried out, and specific information to be captured from the participants. That besides, Kampala, made transportation accessible, and participants were from one office having a common challenge, hence making the research process clearer and properly demarcated, as recommended by Stake. (1995) and Miles & Lumberman (1994).

Study Population

The study population is the subset of the target population having individuals with common observable features (Odawo, Christine & Ntoiti, 2015). This study targeted male IPV clients from the CFPU Katwe Police Station, where home violence issues are handled by engaging the families for psychosocial intervention.

Sample Size

A sample size is the portion representing the population (Amin, 2005). The study used an exploratory case study design, where 5–25 participants are usually considered to be enough for the study (Creswell, 2008; Adler and Adler, Baker & Edwards, 2012). Therefore, since the study was qualitative, interviews with the study participants were done until I attained the saturation point. The degree to which I started getting similar information from the participants and there were no new ideas generated and regarding this study, saturation was attained on the 10th Key Informant with the male participants who experienced IPV. Further saturation was also attained on the fourth key informant with the social workers, and, lastly, saturation was also attained by the end of the third focus group discussion. The sample size for the study was 26 participants.

Sample Selection

Sampling is concerned with the criteria of selecting the right sample aiming at capturing in-depth characteristics of the participants in the research study within the large population (Creswell, 2013) cited in Guetterman et al (2015). Purposive sampling, also known as

the non-probability sampling technique, was adopted for this study, a procedure that involves identifying and selecting individuals or groups of individuals who are knowledgeable or experienced with a phenomenon of interest (Creswell & Plano Clark, 2011).

However, due to cultural and traditional issues. I used an expert sampling type where officers from the CFPU office were part of the study and engaged in determining what was considered to be Intimate Partner Violence among men handled in their office. Victims whose intimate partners could easily be adduced to the courts of law were mostly considered for the study for believability's sake of the male IPV phenomenon under investigation.

Expert purposive sampling was, further used in selecting the potential participants for the study. This enabled me to choose the participants who could help to get answers to the set questions of research and only potential participants were selected to gain a deeper understanding of the phenomenon (Braun & Clarke, 2013).

Inclusion Criteria

Regarding this study, the following inclusion criterion was considered in selecting participants. I was in a position to do a detailed transcription of what was captured from the participants' interviews at the end of the study. Participants were selected based on the inclusion and exclusion criteria (Setia, 2016). With the inclusion criteria, I focused on the following participants, male victims, above 18 years of age, who have either been or were currently in an intimate relationship, Workers were also enrolled in the study based on meeting the following eligibility criteria; stationed at Katwe Police Station and have worked at this station for two years and above in CFPU office.

I excluded participants with the following characteristics; those below 18 years, female victims of IPV, those who were not having IPV issues, and those who were not clients/workers of the CFPU office. This enabled me to focus on specific cases of IPV males among victims (Kahkonen & Lintukagas, 2010).

Data Collection Methods

I developed the interview guide and FGD guide for participants. This enabled me to gather specific data and avail opportunities to the participants to reflect on answers to avoid quick responses hence increasing the degree of trustworthiness in the collection of data. Both guides had questions on the demographics of the participants, their IPV experience, and how they cope with physical, psychological, and sexual abuses inflicted on them by their current or ex-loved ones. The interviews took an average of 30-60 minutes and FGDs took one and a half, to two and half hours. In the process, rapport building was very instrumental before collecting data (Marica, 2006).

Face to Face, Semi Structured Interviews.

Interviews are guided conversations considered as one of the most important sources of the case study data (Yin, 2016). Semi-structured interviews are key in qualitative research because apart from the set questions, the researcher can also ask probing questions to elicit in-depth data (Cohen et al, 2011). Further, after having done the pilot study of the interview questions to check whether questions were clear to the participants and elicited the required information, I, therefore, used the proposed interview guide with male victims and experts from the CFPU office. The interviews consisted of the description of individuals' experiences with

male IPV. Consequently, this allowed me to gain detailed information that could not be collected from mere observation (Creswell 2012). The semi-structured interviews further helped me to not only get the answer but also the reason for the answer (Wahyuni, 2012). See (Appendix A)

The questions were in a leading format to gain a deeper understanding of the topic under investigation. This helped me to gain in-depth information about participants' coping experiences and viewpoints on a particular theme (Turner, 2010). A semi-structured interview guide was used to conduct interviews with ten male victims of IPV and four Key Informants who were the experts in supporting IPV victims in the CFPU office.

Focus Group Discussion.

This method relates with participants of the same characteristics or experiences aiming at exploring an in-depth understanding of specific themes (Creswell, 2003). It is an efficient procedure of attaining quality and large amounts of data using focus group interview guides, transcribing the proceedings, and arranging them thematically according to issues (Kroeger, 1994; Gibbs, 1997 & Creswell 2001). Three mini-focus group discussions were defined with the help of experts to produce greater arguments and perspectives within the limited duration and, preferably, data collection was compared to individual interviews. This was a useful attempt to have participants with common experiences together (Patton, 2002; Prasad & Garcia, 2017). Due to sensitivity around this topic, the researcher was flexible in a way that he allowed participants to choose whether to attend physical or phone call interviews thus gathering meaningful information from everyone without fear. Refer to (Appendix B)

Data Management

Upon conducting interviews and Focus Group Discussions successfully, the transcribing of the recording of each interview and FGDs was done immediately so as not to lose out on any key details shared during the interviews and focus group discussions. In addition, I conducted member checking whereby the transcribed data were shared with study participants to ensure that their views were accurately captured. Further, I also conducted peer debriefing in conjunction with specialists in qualitative research. The transcribed data were stored in Google Drive for backup limited to self. Lastly, the transcripts of the interviews and focus group discussions were imported into Atlas ti for further analysis.

Research Procedure

A Letter of Introduction was obtained from the Head of the Department of Psychology, at Kyambogo University. I took it to the Development and Research Department at Police Headquarters to secure an acceptance letter to carry out my research. The signed letter was presented to the CFPU In-charge Uganda Police for acceptance and, then, forwarded to the In-charge CFPU Katwe Police to allow me to carry out the study at Katwe Police Station in the CFPU office. Face-to-face interviews, phone calls to those who were not comfortable with physical interviews, and focus group discussions and interviews were conducted with the help of a colleague. With selected participants, I was able to gather relevant data concerning the present study.

Research Rigour

Rigour is the quality of work and state of being careful and exact, or the high level of trust in data, methods used, and interpretation to attain sound and quality research (Thomas & Magilvy; 2011; Piolt & Beck, 2014). Qualitative rigor relates to the journey of explanation and discovery of a given phenomenon (Thomas & Magilvy; 2011). Validity or trustworthiness and reliability in the consistency of the data were achieved following Scheelk & Kuehl., 2016; Sandelowski, Guba, and Lincoln's Criteria of ensuring quality control in the qualitative study approach. This included; credibility, dependability, transferability, and conformability of instrumentation in the study;

Credibility was established by triangulation of data attained from the different research tools. This involved the use of different kinds of data collection strategies, such as focus groups and individual interviews (Braun & Clarke, 2013). In this particular study, the data was obtained from three FGDs of male victims, individual face-to-face interviews of male victims, and Key Informants specifically experts in dealing with male victims; CPFU officers and social workers.

Credibility was further attained through prolonged engagement with participants during the interviews, Peer briefing, and member checks. This was attained by transcribing the research data, involving the participants going through the transcribed data to ensure that everything was captured during their interviews. I further compared new ideas and themes that arose in case the same notion re-emerged. I took time to follow up with participants through phone calls and physical meetings from the CFPU office, to create a professional rapport with them. This was attained a month after being integrated into the system, critiquing the field journals/notes in meetings and discussions with the help of qualitative researchers (Cohen, Manion & Morrison, 2013).

Furthermore, credibility in this study was attained by triangulating the data, spending sufficient time with the data, to conceptualize, selecting a few participants to go through the transcribed data, with the purpose of not identifying errors in capturing participants' interviews and use of participants' words in the report.

Transferability relates to the degree to which research findings of the study can easily be applied to other settings or transferred to another context (Morse, 2002). I attained transferability by providing a comprehensive description of all comparisons to be made, thus, I provided sufficient details of the background data to enable other researchers to decide whether this context was similar, enough to allow them to transfer the findings of this study into their context. Such data provided a wide possible range of information through the detailed and accurate descriptions of the participants' "IPV male victims", and I got deeply involved in the study thoroughly to attain accurate results. In other words, I was on the ground for two months getting to know the system, learning the clients' behaviours, as well as creating professional rapport. Subsequently, I determined the desirable participants for the study with the help of the CFPU officers. The interview guides were revised to fit the study with an emphasis on attaining quality data collection, identification, and analysis of all data relevant to the study.

Dependability concerns itself with the uniformity of the research findings and the capacity to which research procedures were documented, creating room for someone else outside the study to follow and comment on the research procedure (Thorne. 2016; Shaw & Holland., 2014). I documented all the procedures so that other researchers who wanted to conduct the same study could follow the steps I followed and I was involved in the data collection methods such as FGDs, Interviewing, and developing codes Lastly, ethical issues were considered vital in this study.

More to that, dependability was attained by having only male victims and experts interviewed with the aim of not losing out on the purpose of the study. I engaged three qualitative experts and supervisors who reviewed the transcribed material to validate the spotted themes and use of computer software Atlas ti for easy tracking records of the data collection.

Conformability is the degree to which the findings of an inquiry are solely a function of the participants and the condition of inquiry, and not of the biases, motivations, interests, or perspectives (Guba 1981) cited in Cutcliffe & Mckenna (2004; Magilvy, 2011 & Mann; 2016). This was attained when I documented the strategies for checking and re-checking the information all through and leading the interviews by asking clarifications since it was not easy for some men to easily their experiences. To deal with the researcher's interest or bias, triangulation was done to gain data from different sources, such as individual male victims' interviews, FDGs, and formal data from the experts.

Data Analysis

Analysis in qualitative research involves the categorization and ordering of information to make sense of data and come up with a sounding report (Cypress, 2017). Thematic data analysis was employed. This is one of the clusters of methods that focus on identifying patterns/themes or meanings across a data set (Terry & Hayfield, 2017). Thematic analysis was achieved using the six-phase process of Braun and Clarke (2015) and the use of Atlas ti software (Refer to Appendix D).

Familiarisation with the data was attained through the transcription of each interview, which was followed by an ongoing process of reading the transcripts and looking for meaning and patterns in data related to the research questions (Cypress, 2017; Braun & Clarke, 2019).

Patterns and meanings were recorded as notes on the transcripts and within my reflexive study journal (Braun & Clarke, 2013).

Generating Codes involved the systematic process of working on the entire data set, to identify all aspects of the data that would be relevant to research or interested in questions (Braun & Clarke, 2013). Each code was given a brief title that captures the nature of what was considered to be relevant to the data (Maguire & Delahunt, 2017). Codes reflected the content of the data, theoretical assumptions, and the meaning behind the responses of participants (Terry, Hayfield, Braun & Clarke, 2017).

Creating Initial Themes was a step that involved looking for areas of similarity and overlap between codes, and discovering concepts and themes that may underpin part of the codes (Javadi & Zarea; 2016). The identified themes captured an important aspect of the data relevant to the research questions. This phase relates to finding larger patterns, to the research questions through transcripts (Braun & Clarke, 2013).

Reviewing Themes involved reviewing and refining the candidate themes highlighted in Phase Three. The themes were reviewed to determine if they reflected the meaning of participants' accounts. During this phase, cohesive themes were identified, distinct from each other, and related to the research questions (Herzog, Handke & Hitters; 2017). I re-read all the transcribed data while listening to the recordings to ensure that the themes captured the exact stories of the participants. Themes were reviewed following the research questions of the study.

Defining and naming the themes involved writing a story for each theme/topic, general theme, and sub-theme with the nature of what each was about (Smith, 2009; Braun & Clarke, 2013). I captured the stories with definitions of each theme the overall story of the data and of how each theme was positioned with the other. The collected data was available to easily

interpret each theme and then produced names for each theme capturing the nature of what the theme was about (Smith & Mc Gonnar., 2018).

Report Writing was done by providing sufficient quotes from the participants' accounts to demonstrate the prevalence and the nature of each theme and to illustrate the narrative of the data. Since the research followed an exploratory Case Study approach, transcripts were primarily In-depth face-to-face interviews, reading notes and memos by going through transcripts, adding side notes, and defining first codes (Smith & Flower; 2010).

Describing of Participants' Experience was achieved by following the four research questions of this particular study; What are the experiences of men who are victims of IPV; What coping strategies do male victims of IPV utilise to manage psychological abuses; What coping strategies do male victims of IPV employ to deal with physical violence from their spouses and lastly, What coping strategies do male victims employ to manage sexual violence from their loved ones?. The results of the study were a detailed description of themes that capture the essential meaning of coping with intimate partner; experience of male victims.

The use of software Atlas ti version 8.0 helped to simplify the coding when interview and Focus Group Discussion transcripts were imported into Atlas ti. As such, data was coded using open coding, coding by list, and axial coding. A codebook was generated showing the different codes and frequency of occurrence of identified codes. Analysed data were presented in the form of tables to show the number of times the identified themes were mentioned, coupled with a narrative and verbatim explanation, of the participants.

Ethical Considerations

This is an influential aspect of guarantee that the research procedures and findings were valid and trusted (Hesser-Biber, 2016). The ethical issues in this research activity involved voluntary engagement of participants, ensuring that all were treated justly and fairly, without any harm to participants, seeking informed consent, anonymity, confidentiality, and accurate findings. I clearly explained to the participants the objectives of the study before interviewing those following ethical issues (Neuman, 2007).

Informed Consent involved informing participants about the study to ensure voluntary participation (Hogan, 2016). Participants were requested to sign an informed consent form formally inviting them to be part of the study with the option of choosing to participate or not. Informed consent was got from all participants before the research activity and during face to face interviews. To that effect, each participant was asked to sign the consent form. Participants who were comfortable to participate via media platforms, such as telephone, and were free to ask questions about research at the beginning and after the interview activity. They were entitled to know their rights as participants to the study (Hogan, 2016).

Anonymity was concerned with assuring participants that their identity would be highly confidential. In other words, names would not appear on interview guides. Therefore, participants could not be traced back to individual beings (Hogan, 2016; Braun & Clarke, 2013). To maintain anonymity, all participants were given pseudo-names at the beginning of the interview (Braun & Clarke, 2013). I transcribed the entire interview verbatim, using the notion system elucidated by Braun and Clarke (2013). I anonymised all identifiable data about the participants to maximise participant anonymity (Kitzinger et al; 2014; Braun & Clarke, 2017).

Confidentiality was concerned with assuring participants that information shared would not be accessed to third parties (Ellsberg & Heise, 2002). The obtained information was for academic purposes. To further ensure confidentiality of information and participants, the data collected were kept on a personal computer with a password only accessible by myself. Strict measures were put in place to attain confidentiality and awareness of when confidentiality was breached (Ellsberg and Heise., 2002). In accordance with the Data Protection Act (1998), participants were informed about audio recordings of face-to-face interviews, telephone calls and their convenience, and any information shared, was stored in password protected files.

Chapter Four

Presentation and Interpretation of Findings

Introduction

This chapter presents the findings of the study derived from the data collected from the field. The chapter was structured into; the demographics of the participants, and was based on the four research questions of the study. The research questions of the study were; What were the physical, psychological, and sexual male victims' experiences of Intimate Partner Violence? What coping strategies did male victims of Intimate Partner Violence utilise to manage psychological abuses from their intimate partner? What coping strategies male victims of Intimate Partner Violence employ to manage physical abuse from their loved ones? lastly, what coping strategies did male victims of Intimate Partner Violence employ to manage sexual violence from their spouses?

Demographic Information of Participants

The demographic information of the participants was collected using semi-structured interview guides with face-to-face interaction and Focus Group Discussions to capture the different experiences of male victims of IPV and how they cope. The twenty-two participants who were in FDGs and individual interviews provided information according to their pseudonyms, age, occupation, education level, religious affiliation, and marital status.

Pseudonyms, Age, Marital Status, Occupation, Education Level and Religious Affiliation

During introductions, in both individual interviews and FGDs, participants highlighted their age, marital status, occupation, education level, and religious affiliation. In addition, pseudonyms were also agreed upon for confidentiality. The findings are presented in the tables below.

Table 1: Pseudonyms, Age, Marital Status, Occupation, Education Level and Religious Affiliation for Individual Interview Participants

Pseudo Name	Age	Gender	Marital status	Education	Occupation	Religion
P1	30	M	Cohabiting	Graduate	Self employed	Catholic
P2	38	M	Married	A' level	Self employed	Anglican
P3	36	M	Married	Graduate	Self employed	Catholic
P4	28	M	Cohabiting	O' level	Unemployed	Pentecostal
P5	29	M	Cohabiting	O' level	Self employed	Catholic
P6	42	M	Cohabiting	A' level	Private sector	Moslem
P7	35	M	Cohabiting	Primary	Self employed	Catholic
P8	45	M	Cohabiting	O' level	Unemployed	Adventist
P9	33	M	Married	Primary	Self employed	Moslem
P10	41	M	Married	Graduate	Private sector	Moslem

Source: Primary Data from the Field (2022)

Concerning the above table 1, the interviews were conducted focusing on male victims of IPV, above the age of 18. The majority of participants interviewed accounted, were cohabiting (6/10) while only four (4/10) were married. Furthermore, participants were of different educational levels, including graduates (3) and O' level certificate (3), A' level certificate (2), and six (6) were self-employed. Concerning their religious affiliation, four (4) were Catholics, Pentecostals (1), and Moslems (3). This meant that the participants who took part in this study were mature enough and eligible to provide a wide range of experience on IPV, which made their data more valid and reliable for this particular study.

Table 2: Pseudonyms, Age, Marital Status, Occupation, Education Level and Religious Affiliation for FGD Participants

FGD1						
Name	Age	Gender	Marital status	Education	Occupation	Religion
A1	38	M	Married	Primary	Self Employed	Catholic
A2	34	M	Cohabiting	Graduate	Private Sector	Catholic
A3	31	M	Married	Diploma	Government Sector	Moslem
FGD2						
B1	38	M	Cohabiting	A' level	Government Sector	Moslem
B2	45	M	Separated	O' level	Self Employed	Moslem
B3	38	M	Married	Graduate	Government Sector	Adventist
B4	56	M	Married	Graduate	Government Sector	Catholic
FGD 3						
C1	34	M	Married	Graduate	Private Sector	Pentecostal
C2	38	M	Cohabiting	Diploma	Private Sector	Anglican
C3	31	M	Married	A' level	Government Sector	Catholic
C4	40	M	Cohabiting	O' level	Unemployed	Catholic
C5	38	M	Cohabiting	Diploma	Self Employed	Pentecostal

Source: Primary Data from the Field (2022)

The three FGDs that participated in this study were small in nature, totaling twelve participants, all of whom were above the age of 18, from different educational levels and religious backgrounds; the majority were cohabiting (5/12). Each group member was assigned a letter to represent their name, with the aim of not tracing them back. This meant that the research was based on demographics from a cross-sectional dimension, creating room to capture unique experiences of Intimate Partner Violence from different walks of life among consenting male adults.

Demographic Information about Counsellors and CFPU Officers

In this study, for purposes of data triangulation, the formal IPV experience was captured from the two counselors and two CFPU officers who deal with male victims of Intimate Partner Violence. Below are some of the Pseudonyms, age, gender, education level, marital status, religious affiliations, occupations, and working experiences they provided during the interviews.

Table3: Pseudonyms of Social workers and police officers and Counsellors, gender, age and experience

Name	Age	Gender	Marital Status	Education	Experience	Religion	Occupation
K1	56	M	Married	O' level	12 years	Catholic	CFPU officer
K2	48	F	Married	A' level	10 years	Catholic	CFPU officer
K3	34	F	Single	Graduate	3 years	Pentecostal	Counsellor
K4	32	F	Married	Graduate	7 years	Moslem	Counsellor

Source: Primary Data from the Field (2022)

In this research, while integrating the formal experience of male victims of IPV, both genders from police and Counsellors/ social workers were considered three of whom were female and one male. All were above 25 years of age and they had more than three (3) years of working with IPV victims. It was observed that a majority of the participants in the study were under the age of 40, with only two individuals above the age of 50. This indicates that there may be a disparity in how different generations perceive and react to partner abuse. The younger participants felt comfortable discussing their experiences with the officials, while the older ones seemed hesitant to open up to younger officials in the offices. Only those who were willing to talk about their experiences discussed it over the phone.

Research question 1: What were the Physical, Psychological and Sexual Male Victims' Experiences of Intimate Partner Violence

Data on this research question was obtained through a semi-structured interview guide for IPV male victims in FGDs and individual discussions with social workers and CFPU officers. The participants' responses were analyzed under three (3) themes, namely, the physical, psychological, and sexual male victims' experiences, in the following subsections.

In this study, the participants were quoted verbatim, and while some used local language, the researcher involved experts to closely interpret what was said by the participants.

Physical Male Victims' Experiences of Intimate Partner Violence

This manifested into the following sub-themes: physical assaults, beating, biting, throwing utensils about, destroying things, and being locked out of the house. The table shows themes and sub-themes and frequency of each from FGDs, Key Informants, and individual male victim interviewees.

Table 4: Physical Male victims' Experiences of Intimate Partner Violence

Theme 1	Sub themes	Examples	FGDs P= 12	KIs P=4	Individual P=10	Total
Physical Male Victims' Experiences	Assault	Biting	2	2	-	4
		Throwing and use of objects like Knife	3	1	-	4
		Beating the husband, attempting to kill them	1	2	-	3
		Slapping	-	-	1	1
		Destroying things	2	-	1	3
	Threats	Being locked out	-	-	1	1
	Physical provocative behaviour, attacking them in public	6	2	9	17	

Where P = number of participants

Source; Primary Data, 2022

Physical violence meant that a person was exerting control over another person with physical force and assault. In this particular study, all actions were categorized into assault and threats.

Assault: refers to an attempt by an individual to inflict offensive physical or bodily harm on another person (Straus, 2006). Among the study participants, the following forms of assault were reported; biting, slapping, throwing and use of objects, beating the husband, as detailed herein.

Biting is a form of physical violence that refers to inflicting bodily harm, such as wounds, using teeth. In this study, biting was reported by two of the participants interviewed from the FGD as having been bitten by their partners. This was also corroborated by the Key Informants, evidenced by many men who came with mouth bites on their bodies. One victim had this to say:

“My wife has bitten me several times whenever we have misunderstandings, and I remember, one time, I ended up in the hospital to get treatment” (quavering voice).

(A2-FGD 1)

It is no doubt that A2-FGD 1 narrative was a depiction of an aggravated physical deprivation of men by their spouses.

In tandem, Key Informants also observed:

“Many men have come with wounds of mouth bites from their loved ones....” (KI-1)

“From the cases I have handled, women also do a lot of mouth biting to their male partners” (KI- 4)

With vivid manifestations from KIs 1 and 4, it was appalling that mouth bites of men caused by their intimate partners depict tortured male adults who need to be redeemed from the aforementioned marital injustices.

It was thus clearly envisaged, in the present study that biting emerged as the commonest form of assault experienced by male victims, with the majority of the victims reporting to police stations with teeth marks evident on their bodies. The occurrence of throwing and use of objects as a form of assault was also prevalent among the study participants. In addition, it had the same prevalence as biting among the study participants, as evidenced in this study.

The findings of the study, further showed that throwing household items, like cups, glasses, and plates, and use of sharp objects, such as knives, among others, was also a form of physical violence being committed by women. Some shared their experiences;

“My loved one throws things at me whenever she is angry, such as cups, knife and plates still she one time damaged my hand” (A1-FGD 1)

“I called my workmates to have an evening tea at home, I told her to stay home and welcome the visitors, she threw a glass at me almost hitting my head in front of my fellow officers” (B4-FGD 2)

Such unethical behaviour was expressed towards men by their loved ones, as expressed in AI-FGD and B4-FGD2, who physically and intentionally tortured them and left them vulnerable to IPV.

Many male victims of IPV have been seen with damages or injuries on their bodies, and once you have an in-depth talk with them, they disclose how it happened. For example, respondent K1-1 confessed;

“Throwing things at them such as plates, televisions, and saucepans among others. Most especially, because of too much anger, women fight men by throwing things at them, biting and using knives.” (KI-1)

“For physical, it is fighting most of the times. Women use a lot of weapons as the kitchen belongs to them so they use everything they get in their hands” (KI 4)

Basing on the excerpts above, it was evident that women use and throw objects towards their male partners to cause bodily harm which lead to a memorable physical torture to the latter.

Similarly, being beaten was the third most prevalent form of assault experienced by male counterparts, as detailed herein. This study also revealed that their wives were beating another form of physical violence experienced by men. Some of the participants revealed:

“My lover is small size, but when we disagree, she could beat me up and I have scars from her fights” (C2-FGD 3)

The above confession of C2-FGD 3 highlights a situation in which men were battered to an extent of having visible scars. What a physical torture!

Slapping: refers to hitting an individual with the palm of one’s open hand. The findings of this study show that one of the study participants was slapped by his female counterpart. He shared his experiences.;

“On just simple issues she slaps me, be it in front of children, even slapping me in public” (P 9)

Men were branded as punching bags because their spouses vetted their anger through slaps, hence physically inflicting pain on them. However, slapping was cited by the study participants as the least common form of assault experienced among them.

Men were beaten, especially those who drank excessively. Some women were more energetic compared to men. Some were caught off guard and were severely beaten without any opportunity for self-defense.

“Physically, men are violated (laugh) some women are rude and energetic, more especially, to men who take alcohol; they normally delay in drinking and the woman gets the rumor that the man is dating someone in a bar. On coming back home, the woman can be too angry and ready to fight. The wife can ask where he delay and from such emotional confrontation, the woman ends up beating the man severely” (KI-1)

And added that

“Yeah, men have come when they have been beaten by their loved ones” (KI 1)

It is critical to observe the level of vulnerability of male victims of IPV revealed by KI I to the extent that they were physically and emotionally tortured in a unprecedented position when they would not defend themselves. This was very absurd

Participants from individual interviews also had a similar experience, as shared below;

“My wife gave birth, 6 months later she changed completely remember she is more energetic than me(disabled), she could beat me by pushing me on walls” (P 10)

“My intimate loved one could beat me several times and she reached to the extent of cutting off my finger as you see.” (P 8)

“My wife could beat me seriously” and added that “one time she forced me to sleep under the bed on the floor because she was almost killing me” (P 9)

The consecutive narratives of respondents P10, P 8 and P9 elucidate an unfortunate practice of male IPV where wives mercilessly tortured their spouses to a magnitude of amputating their fingers. This was a very appalling situation.

Excerpts disclosed above show that men were severely beaten by their loved ones on several occasions. More so, these incidences were common in family settings where the woman was more energetic than the man and in families where the man was a heavy drinker. Similarly, destroying home properties had the same prevalence with men being beaten among the study participants as detailed herein.

The findings of this study revealed that male partners experienced physical violence in the form of their loved ones destroying valuable assets at home, such as; chairs, and flat-screen TVs. Some of the participants had this to say;

“My intimate girlfriend destroyed things at my parents’ home” (B2-FGD 3)

Another participant from individual interviews on the same issue confessed;

“My wife destroyed many things in the house, including my new laptop” (P10)

Manifestations from B2-FGD 3 and P10 reveal a grave offense that emotionally strains the men by women when they unexplainably vandalize household items. These findings indicate that the destruction of home properties usually occurs during intense escalations and confrontations among loved partners.

Physical Threat: Refers to a statement of an intention to inflict pain, injury, damage, or any other hostile action on someone in retribution for something done or not done (Hamberger et al., 2017). Regarding this study, physical threats showed up through provocative behaviour against men. They were profoundly locked out of their homes. All these were reported by the participants, as discussed herein.

The study participants reported being physically attacked in provocative ways by their loved ones as one of the forms of physical violence experienced by men. Some reported being attacked in public, while they were sleeping, and stabbed from the back, as highlighted in the quotations below;

“My wife physically attacks me, I can fight her back, but I have a name to protect, reputation in my village and will be ashamed when I beat her, I just leave her sometimes sleeping in the sitting room to create peace” (B2-FGD 2)

“My female intimate partner attacked me with a knife. I had to protect myself and I have bruises that need medical attention... She reported me, yet she had intentions of ending my life with a knife” (C1-FGD 3)

It was quite revealing as narrated by participant B2-FGD 2 and CI-FGD3 that their loved one to the extent of having them get medical attention physically assaulted men.

Similarly, as per findings from interviews with Key Informants, women tended to use knives to attack men and, as such, men ended up with wounds on their bodies. Below are the narratives.

“Sometimes women cut/ stub men using a knife” (KI-1) and added that

“I happen to have a case where a man confessed in front of police officers that one day a woman stabbed him” (KI 3)

Participant Nine, from the individual’s interviews, had this to say;

“My wife has physically attacked me several times. One time she instructed me to give her my phone and when I refused, she got a knife and started threatening me, as she wanted to kill her. I started doing whatever she wanted that night and we ended up fighting. At my home, I barely get sleep. So, I resort to sleeping in the car.” (P 9)

Participants K1-1 and K1-3 clearly express the highest-level physical attack towards men by their intimate partners of knife-cutting threats. This was a very unpleasant experience for the men.

Physical provocative behaviours: these were the most prevalent form of physical IPVs experienced among participants. Male partners were attacked using knives and stubs, coupled with the majority having bruises and scars from the attacks committed by their female love counterparts. Relatedly, men also experience threats in the form of being locked out. However, this is the least common among the male participants, as expounded upon above.

The findings of the study show that another way in which men are physically violated is through being locked outside of their homes. Captured from one of the male participants who also pointed out that his wife used to lock him outside the house in the night. He had this to say in particularly noted;;

“.....my wife keep on locking me out of the house at night” (P 10)

Respondent P10 reveals a shocking plight of getting locked out of the house by his loved one. This not only tortures the male physically but also strains his emotional stance.

Such manifestation showed that men in this study faced physical abuse from their loved ones and some of them disclosed their own experiences, as evidenced in the aforementioned

participant aforementioned quotations. From the detailed narratives, men faced physical violence in the following forms; biting, destroying things, throwing heavy things at them, being physically provoked beating, slapping, and being locked out of the house. Some of these were done to them when they would not retaliate, such as in front of the children, in public, when drunk, and, sometimes, when they were asleep.

In this particular study, male victims of IPV were physically attacked through beatings, as targets of thrown objects like cups, plates, and glasses, and being slapped as well as being locked out of the house at night.

Psychological/ Emotional Experience of Male Intimate Partner Violence

This was captured and categorized into the following sub-themes: verbal abuse, provocative behaviours, using children for personal gains, neglecting responsibilities, disrespect, false accusations, manipulations, feeling insecure, and secretive behaviours. Below is a summary of the frequency:

Table 5: Psychological Male Victims' Experiences of Intimate Partner Violence

Theme 2	Examples from participants verbatim	FGDs P= 12	KI P=4	Individual P=10	Total
Psychological Male Victims' Experiences	Verbal abuses, shaming them in public	11	3	7	21
	Provocative behaviour; infidelity, burning and soaking clothes, belittlements. Lies.	9	2	7	18
	Using children for personal gains; denied access to children, abandoning them and changing children name with no man's consent.	3	1	1	5
	Neglecting her responsibilities; not cooking and denied men food, not doing home shores.	8	2	7	17
	Disrespect; nagging, quarrelling,	10	1	10	21
	Controlling behaviour; ignoring men at home and being too demanding	3	1	4	8
	Feeling insecure	1	-	1	2
	False accusations over cheating	4	1	3	8

Source: Primary Data, 2022

Verbal Abuse: These are words or behaviours used to intimidate, manipulate, or maintain power over someone, or acts that symbolically hurt or threaten someone (Straus, 1979). Participants pointed out that they experienced psychological violence from their loved ones in the form of verbal abuse, which was done in front of their children, at workplaces, and in public places. Some participants had this to say;

“My female partner always abuses me on top of her voice in the presence of children and neighbors, sometimes regret being in the marriage institution takes a deep breath” (A1-FGD1)

“The big challenge I have faced is verbal abuses, my wife mostly verbally abuses me while children are seeing” (B2-FGD 1)

“My wife and maid, turn against me and they abuse me in my own rented house” (C5-FGD 3)

Key informants noted the following on the same:

“Sometimes, men are told that children are not theirs, not being good in bed, at times these words are said in front of children or public, the verbal abuse of men consists of words which make men emotionally down and at time they fear to seek help” (KI-1)

From the consecutive narratives of participants AI-FGD1, B2-FGD1 and KI-1, a clear and vivid plight of heaps of verbal abuse towards men by their spouses was evident. As such, they were intimately violated.

Verbal abuse experienced by men from their love counterparts was the most prevalent form of psychological violence experienced by the male victims. Women verbally abuse their husbands regardless of where they are, be it in public or even in front of their children. Notably, these verbal abuses uttered at men demean their position as the head of the family and create a sense of inferiority complex among them. Similarly, their loved one’s disrespected men also had the same prevalence of verbal abuses. Perhaps, one can conceive that the two go hand in hand.

The male participants shared their experiences regarding disrespect from their dear loved ones, as disclosed below;

Male victims in the current study experienced shame from their loved ones and this affected their psychological wellbeing negatively. Participants asserted that they experienced shame as a form of psychological violence committed by their loved ones. Moreover, this shame was even being done at the workplace and in front of children. Some of the participants highlighted the following;

“I was patient with the mother of the children but she reached the extent of attacking me at the workplace for leaving little money at home. Most of our children were at school at home we have one child. This annoyed me because the money I leave is enough in this current situation” (B1-FGD 2)

“My loved one always attacks me at work, on the way, and even at home whereby I have a name to protect.” (B3-FGD 2)

B1-FGD 2 and B3-FGD 2 makes an account of men being attacked by their loved ones. It further highlights how the patience of the men is over stretched hence torturing them psychologically.

Participants during individual face-to-face and phone call interviews disclosed the following on the same;

“My wife has shamed me in places we have rented and I couldn’t stay in the place for long” (P10)

“My wife doesn’t listen and once you get simple misunderstandings, she sleeps at a neighbour’s place, we are always ashamed in the community because of her behaviours and she wants to revenge” (loud voice and almost crying) (P2)

Disrespectfulness: This was also manifested through quarreling. Some women are referred to as having ‘razorblade’ mouths. In other words, their words would injure men emotionally, as some participants pointed out that they experienced psychological violence from

their love partners in the form of quarrels. This applied to all kinds of participants in this study, as reflected in the narratives below;

“My partner is quarrelsome. Neighbours know us as a quarrelling couple.” (C4-FGD 3)

“My wife is quarrelsome, She wants to dominate me always” (B3-FGD 2)

Some women can quarrel, and men term them as women with the razorblade mouth. Such conduct made their husbands psychologically uncomfortable. Some participants had to say in this regard:

“Nagging them and quarrelling all the time” (KI-1)

“I was there and I saw my wife coming with children at the workplace, quarreled and wanted to fight me at Ham grounds, saying I don’t provide children with basic needs, yet I used to send money to her mother because they were staying with her” (P-10)

“I got my wife when she had failed in her first marriage. The challenge I have faced in this period of 8 years. I am not being respected” (P-2)

“My wife doesn’t care, no respect.... can say anything without considering our children” (P- 4)

Narratives of the above respondents portray that men are continuously disrespected by their intimate loved ones not only privately but also in public spaces.

Most of the participants had experienced disrespect in varying forms which were committed by their loved ones. This included shaming at the workplace and even in front of their biological children, as well as frequently quarreling with their husbands in public places. Close to disrespect, the use of proactive behaviours by women to psychologically torture their husbands was ranked third.

The proactive behaviours were manifested in terms of anti-social acts, as discussed below. The study findings show that female partners use anti-social acts to make their male counterparts react angrily. The anti-social acts used were committed in terms of; infidelity

(attending to her ex-boyfriend), hiding car keys, burning clothes, soaking clothes, lying or claiming to have another man, and lastly, belittling, as detailed herein;

Infidelity, this was one of the forms of psychological violence experienced by participants whereby the loved partners would bring other men “boyfriends” to their homes and worse off have affairs in their matrimonial bed: This psychologically tortured the male victims of IPV.

“Yes, I have faced some challenges with my wife and I got tired of her attending to her ex-boyfriend” (C1-FGD 3)

“Emotionally also their wives run after other men...and the same women were got red-handed with another man and the husbands’ kind of covered the incident to protect their family from shame” (KI 3)

This was similar with the experience of some male victims as one put it;

“After all the years in marriage, one time she openly told me that she has never loved me” (P-10)

Burning clothes, it was one of the provocative behaviours. This happened when their wives were angry at them and ended up destroying their clothes or burning them, this was described as one of the forms of psychological violence experienced from their love partners.

This was what some of the participants had to say;

“One day I came back home and my loved one had burnt all my clothes and chased away the maid yet the maid was the one doing all the domestic work at home” (C4-FGD 3)

“My clothes were burnt and my shoes by my loved one” (C2-FGD 3)

“My wife destroyed my clothes by burning them” (P-9)

One participant opined that he has experienced psychological violence from his intimate partner in form of his clothes being soaked in water by his loved one.

“Yesterday when my niece ironed for me and polished my shoes she soaked my clothes and changed the shoes not knowing I was seeing her” (C4-FGD 3)

Provocative behaviours were also experienced through hiding car keys. Participants also stated that their wives usually did such when they were about to leave for work, which tantamounted to psychological tortures:

“My wife hid the car keys when I was about to leave for work” (C4-FGD 2)

“I happen to have a case and a man confessed in front of police officers that one day, the woman hid his car keys and pretended that she didn't have them” (KI-3)

Women tend to provoke men by hiding men's property which affect their psychological wellbeing as C4-FGD2 and KI-3 disclosed.

Belittlement and lying, were regarded as provocative manners highlighted by the victims. This involved words that lowered the men down, especially in the public eye. It also involved doubting their manhood resulting in psychological discomfort from the partners. This made the men to be viewed as irresponsible in the community. A participant declared:

“My wife always provokes me by telling people everywhere that I don't provide. I left 600,000/= shillings and only one week that it is not enough” (B3-FGD 2)

From such manifestations, some women tended to lie with the aim of inflicting emotional pain to men. As such, some women tended to tell their partner about having other men. This was believed by the Key Informant that it was mainly done by the women as a form of revenge to either the male counterpart. In particular, the Key Informant said;

“Ladies do violate men and this is too much. Last time we had a case where a woman told a man that it is good, I also have another man but after our investigations, the words were said to hurt the man psychologically. This was due to misunderstandings in a family and the woman wanted to revenge, to make the man emotionally down, to feel the pain because he annoyed her” (KI-1)

Based on the aforementioned excerpts, female partners use varying forms of anti-social acts to provoke their male partners. These acts included belittling and lying to their husbands for revenge, hiding car keys, burning clothes, and cheating on their husbands. These anti-social

behaviours of female partners, consequently, culminated in psychological torture among the male counterparts, with many of the male partners pondering the reason behind such acts.

The use of provocative behaviours was prevalent among 18 participants. This was followed by neglect of responsibilities by female counterparts as a form of psychological violence experienced by men, as discussed below;

Neglecting Responsibilities: refers to the act of an individual ignoring or not performing an act or a duty that is expected of them. This was cited by 18 participants in this study as one of the forms of psychological violence experienced by males. It was found out that despite men trying to fulfill their parental responsibilities, some of their female love counterparts neglected theirs. This was manifested in terms of; denial of food/ not cooking, not doing domestic chores, and not washing clothes, as discussed herein; Participants pointed out that they were being denied food by their loved ones is another form of psychological violence experienced. Some of the participants had this to say;

“I used to leave money didn’t but my wife couldn’t prepare food for me, always she could prepare hers and for children” (B1-FGD 2)

“Ever since I met my female partner, she has never cooked” (B3-FGD 2)

Some women are house wives and they deny their husbands food, yet money for it is provided. This was attested to by police officers basing on their experience in their practice.

“You can find a woman who no longer cooks and yet the man has left money and is expecting to find food at home” (KI 4)

Related to the above, some participants, during the individual interviews, claimed to have experienced the same, as shared below;

“Even when you leave everything at home, you find that she has not cooked, yet you left money and sometimes food starts to go bad” (P-1)

“Sometimes my fiancé denies me food yet I leave money for it” (P 6)

Others believed that they experienced psychological violence in the form of their significant others neglecting their duties, such as doing domestic chores or preparing the children for school, as well as not washing for them. The following were the narratives captured from male victims in FGDs and key informants.

“My female partner neglects her responsibilities, cannot even manage her own home” (C4-FGD 3)

“My loved one does not wash my clothes” (B2-FGD 2)

“.....women do neglect their responsibilities at home like washing” (KI-4)

During the interviews, participants disclosed the following relating to the same phenomenon;

“No doing domestic chores, she really becomes complicated” (P-4)

“My wife left everything for me, cooking, bedding, preparing and taking children to school every day” (P-9)

More than half of the study participants demonstrated that neglect of duties by women was a form of psychological torture inflicted on men. This was manifested in terms of women failing to cook food despite men leaving money at home, women not doing domestic chores, not preparing the children for school, and not washing for their loved male counterparts. This form of psychological torture of men by their loved female counterparts was followed by the use of controlling behaviours as another channel that women use to torture their significant male love counterparts psychologically as discussed below;

Controlling Behaviours: relates to the act of telling someone what they can or cannot do in favour of your own goals or missions. This was manifested in terms of women being too demanding financially, ignoring their men through unfair treatment and lack of attention in a bid to tame men in doing what they want, as detailed herein;

Some of the participants opined that they experienced psychological violence from their wives in the form of the love partner being too demanding in terms of financial resources. This is what one of them claimed:

“My fiancé is too demanding and yet she knew what happened to me...no longer working the way I used to before Covid-19.” (C2-FGD 3)

A similar reflection was realised in the interviews with male victims during the different interview sessions;

“When children get sick, we always have a clinic that I can afford, you find when she has taken them to an expensive hospital without my consent and bills come back to me as a man (low voice) such things distort my mind and peace” (P-1)

“My wife demands a lot as if she doesn’t know the nature of my work.” (P-4)

Lack of Attention and Silent Treatment, were further highlighted as two of the tactic’s women use to control men. Some of the participants also claimed that men were psychologically violated by the lack of attention and silent treatment from their significant others. All this is aimed at controlling men, who do this with the aim of making them do what they want. For instance, respondents FGD had this to say;

“My intimate partner doesn’t talk to me until I do what she wants as if she is in forced marriage and yet she discloses to other people. This affects me so much because I’m new in this institution of marriage and I did an introduction ceremony” (FGD 1)

The same was noticed from individual male victim’s interviews;

“My wife keeps quiet most of the time. When I come back home, I’m not welcomed, no greeting me always, as if I’m a stranger, until I give her what she wants then she starts talking” (P1)

The narrative from FGD1 and P1 reveal that men were treated less humanely by their spouses to a level of questioning their positions of household headship

Use of Controlling Behaviours, was further done in the form of silent treatment and lack of attention, coupled with female partners being financially too demanding to their significant love male counterparts and being falsely accused by their significant love female counterparts, as disclosed below followed this;

False Accusations, concern themselves with allegations of wrongdoing that are not true or not supported by facts. Some participants asserted that they are falsely accused of cheating and women tend to use this as a weapon of psychologically inflicting violence on men, as some had to say;

“My loved one claims that I’m cheating on her and she decided to separate beds and she is the one who came to my room attacking” (B2-FGD 2)

“Whenever I could try to look for something to do in order to earn a living, my wife could say I am from prostitutes” (C5-FGD 3)

One of the key informants shared the experience on the same. Further still some victims had the following to say;

“One of my clients told me that he said hello to a lady at the party and she has been coming up with an allegation of telling him to call his woman” (KI-4)

“Emotional violence, where my intimate partner falsely accuses me of having ladies outside.” (P-6)

“My loved one always accuses me of being a womaniser because sometimes I go back home late” (P-9)

Based on the excerpts shared above, male counterparts are often falsely accused by their significant loved female counterparts of cheating. This culminates in psychological torture among the male counterparts. Eight participants in the study opined this and it was followed by the notion of women using children for personal gain, as detailed below;

Using Children for Personal Gains, was manifested in terms of abandoning home and children, denying men access to their children, and, lastly, changing the names of the children without the consent of their men, as disclosed herein;

The study participants opined that they face psychological violence when their significant loved ones abandon their homes and children. These participants, including key informants and individual interviewees, narrated the following;

“.... sometimes women tend to abandon children to them and this psychologically tortures men” (KI-3)

One of the victims had said;

“I went to a friend’s place and she used that opportunity to take everything in the house and the landlord put a padlock” (P-10)

Denial of access to children to those who were separated from their loved ones was another emotional challenge caused by men. Surprisingly, women tended to ask for support while not allowing men to see or to be with their children whom they provide for. Some of the participants said;

“They don’t want me to access my children and I have a feeling the last born is not mine, she moved on in new marriage and they want me to send support to her in new relationship.....further still she doesn’t want me to know where my children are, her family is full of evil practices I feared my children could be sacrificed.” (C3-FGD 3)

”..... also, I am denied access to children as if they aren’t mine, she took them to my mother in-law as if I’m dead” (C4-FGD 3)

This study therefore revealed that when there was a misunderstanding between the loved ones, women tended to change the names of the children to the names of different clans. One of the participants reiterated that he experienced psychological torture in the form of his loved partner changing the name of their child without his consent. He had this to say;

“My ex-wife changed the child’s name from names I named him to names of another clan” (A3-FGD 1)

Participant A3-FGD1 opined that his ex-wife tended to inflict psychological abuse on the child and she always gave the child to different men this time round she had changed the clan name and he got tired of the situation and took the child to the police for intervention.

Feeling Insecure, was another way men suffered emotionally, some of the participants asserted that their wives always made them feel insecure at home whereby they were always on the constant lookout for what their wives were doing in a bid to safeguard their life:

“I feel insecure at home, as it is nowadays ,ladies can kill men. I think she expected a lot from me and she doesn’t see it, for this time we would have understood each other but it’s not like that, I am afraid of her next step” (A2-FGD 1)

Feeling insecure was also experienced by the male victims of IPV as one of them had to say the following;

“One of these days my wife wanted to kill me after discovering that she was cohabiting with other men yet we were married and I could sleep holding my chest with the hands” (P 9)

This participant added further;

“I used to be on tension every night, every sound I could hear I woke up thinking that, maybe, she was setting to kill me; When she was waking up for short call also woke up and every night before sleep. I had to look for knives, spoons and folks to hide them because I feared her due to many attempts she made to kill me.” (P 9)

As related to the above, male victims feared for their lives due to the attempts made by their significant loved ones on their lives. This consequently, translated into men feeling insecure in their own homes, as they were afraid of what their intimate partners could do to their lives. This form of psychological torture caused by men was prevalent between the two participants of the study.

Concisely, it is evident enough that men in this study experienced psychological abuse, such as, as targets of verbal abuse, denied food, falsely accused of cheating, publicly ashamed, being cheated on, and experiencing abandonment, among others, as discussed.

Sexual Experiences of Male Victims of Intimate Partner Violence

This was manifested in the following sub themes: denial of sex, squeezing men's genitals, over demanding for sex and threatening to cut off men's genitals. Below is a summary of theme, sub themes and frequency

Table 6: Sexual Male Victims' Experiences of Intimate Partner Violence

Theme 3	Sub themes	Examples from participants verbatim	FGDs P= 12	KI P= 4	Individuals P= 10	Total
Sexual Violence Experiences	Coersion	Denial of sex	6	3	5	14
		Squeezing the man's genitals	1	-	1	2
		Over demanding for sex	1	1	1	3
	Threats	Threatening to cut off the genitals	-	-	1	1

Where P = number of participants

Source: Primary Data, 2022

The current study found that sexual violence among men included; sexual coercion; denial and demand for sex, squeezing of the men's genitals, and threats which were coupled with threatening words of cutting off men's genital, as detailed below by participants.

Among the sexual coercion forms, was prolonged denial of sex, some men tended to suffer sexually through being denied conjugal rights for long. This was accompanied by words that made them fall as men, Participants cited denial of sex as one of the forms of sexual violence committed by their significant loved ones. This was what some participants said;

"My wife always denies me sex, it is now a year that evil spirits of their family said no having sex" (C4-FGD 3)

"My female partner denied me sex, always saying that I should go and have sex with prostitutes" (B2-FGD 2)

"When I'm in need of conjugal rights my wife excuses herself and now it is months one time, she needed it and I did the same she quarreled the whole night and she didn't sleep in the bed (laughs) (A3-FGD 1)

Some key informants noticed that men marry or get girlfriends to settle conjugal rights. If this is not handled well, it can become a big issue, as it can cause more problems for the men as observed by the participants.

"Once there is a decrease in income/money, women use it as an excuse and they deny men sex, because the domestic money left wasn't enough, from this point of view men find themselves being left out to suffer sexually because the loved one has lame excuses" (KI-1)

".... sexually denied sex and one of the key things in marriage is sex once one party denies it to the other, it can elicit violence of all kinds" (KI-2)

Victims had this to say;

"Bed issues are not handled well which affects me. She puts you in mood and then denies to have it with you" (P-7)

*"My loved one is fond of denying me sex yet I am legally married to her. This was because she had gotten someone else who could fulfil her sexual demands".
Crying and cursing the woman (P-10)*

Based on the information disclosed above from participants 7 and 10, men are sexually abused by their loved ones through prolonged denial of conjugal rights. Fourteen participants in this study raised such a form of sexual violence.

Female counterparts' over-demands for sex from their male counterparts is another form of sexual violence committed by women against men, as illustrated below. Over-demanding for male victims of IPV in this study as their significant loved ones raised sex demands for sexual pleasures. At times, when they are not in the mood and tired from work. Once they were unable to fulfill these demands, they were considered to be uncaring, these participants detailed as follows;

*“Mostly my wife over demands for sex even when I’m tired from heavy work”
(B2-FGD 2)*

“My loved one complains that I’m not caring about her sexual needs yet she over-demands for it” (P-7)

Consequently, men suffered with sexual coercion from their loved ones, as attested to by one of the key informants;

“Men face sexual violence, by being over-demanded for sex and it is hard for them to talk about it” (KI-4)

Therefore, men experience sexual violence committed by women in the form of over-being demanded for sex. Regardless of whether men are in the mood or are tired from work, women are fond of demanding sex, which was conceived by men as sexual harassment.

Three participants in the study raised this form of sexual harassment and it proceeded with squeezing the man's genitals as another form of sexual violence experienced by men, as discussed below. Squeezing the men's genitals was another form of sexual IPV experienced by men. Some of the participants reported that their loved partners squeezed their genitals. These participants had this to say;

“My intimate partner squeezed my genitals without doing anything to her.” (B3-FGD 2)

On the same issue, one of the victims disclosed his experience and expressed his feelings that was not understood by the officials;

“My wife could squeeze my genitals and actually it’s the same office where I reported my concerns, I wasn’t understood” (P-8)

Relatedly, it was evident when women sexually abused men by squeezing their ‘genitals’ which inflicted pain on men. In addition, this was prevalent among three participants of the study.

Women threatening to cut men’s genitals is another form of sexual violence experienced by men, as detailed below followed this;

The current study further found out that women are fond of threatening to cut off the genitals of their husbands. Once their husbands failed to fulfill what their wives wanted. One of the male participants shared his experience regarding threats about his genitals being cut off as another form of sexual violence committed by his wife. He had this to say in particular;

“Sometimes my wife threatens to cut off my genitals I rushed to police to prevent that.... It wasn’t the first time saying this” (P-6)

In the sexual violence context, due to physical anatomy and physical strength, it was viewed that women could not sexually harass men. However, in this study, some participants discussed what sexual violence means to them and most of them reported being denied sex, squeezing of their genitals, over demanding sex from them even when they were stressed. Consequently, women threatened to cut off their genitals or alleged marital rape in cases of refusal. This finding implied that women used soft ways to sexually harass men and the public ignored such plight. This was captured in different quotations aforementioned.

In summary of theme 3, this study indicates that men face sexual violence through prolonged denial of sex, squeezing the man's genitals, demanding sex/ engaging in sex against their wish, and threatening to cut off their genitals.

Other Research findings

Economic Male Victims' Experiences of Intimate Partner Violence

This was shown through women being deemed untrustworthy of finances. They were accused of hiding important property documents, marrying for money, secret financial actions, and even stealing and destroying businesses.

Table 7: Economical Male Victims' Experiences of Intimate Partner Violence

Theme 4	Examples from participants	FGDs	KI	Individuals	Total
	verbatim	P= 12	P= 4	P= 10	
Economical violence experiences	Untrustworthiness on financial resources and stealing of family properties.	2	3	5	10
	Secretive behaviour	1	3	1	5
	Marrying with the intention of grabbing men's property	-	1	1	2
	Hiding property documents	2	3	1	6
Where P = Number of participants					

Source: Primary Data, 2022

Economic violence can be viewed as an act or behaviour, which can cause economic harm to someone. In this particular study, participants aired out the act of being untrustworthy with financial resources by their intimate partners. Some respondents had this to say in particular:

“I used to give her money for banking and she couldn’t bank. Sometime she could bank .This intentionally tortured me psychologically” (B2-FGD 2)

Participant B2 in FGD-2 revealed that his wife was not trustworthy when it came to money, he could give her money to keep in the bank and she could bank less.

One of the male participants opined that he experienced economic violence from his loved partner in the form of manipulation whereby he was used by his partner to channel resources to other men. A participant revealed;

“My wife used to deal with other men, they stole my money in different angles. She used to stage different things/challenges where she could pretend that she is stuck. I could give in money to solve her issues thinking that she was real. I sold everything for her and I found out she was just doing this for other men.... I once owned three cars and a flat house” (P 8)

Participant 8, shared a different experience where his wife could plan with other men to steal his properties and right now is struggling financially.

In a nutshell, this study revealed that men were economically violated by their loved female counterparts by stealing their husband’s money and giving it to their boyfriends. In addition, banked less money than the expected actual money or even none. This form of economic violence was the most prevalent form of economic violence. Subsequently, 10 participants in this study raised it.

Hiding property documents, was raised as another form of economic violence committed by women against men, as detailed. This study found that women tended to hide important

documents, such as land titles, agreements of the properties, and caveating the property of the men. Regarding hiding property documents, some of the participants had this to say;

“She caveated my land and where the house is. This was done when I am not aware” (P 10)

Another one added

“My loved one sold one of my pieces of land and I have been struggling to get it back” (C1-FGD3)

P3 Shared;

“When we got some misunderstandings, my wife hid all my documents concerning my properties and even my academic documents” (P 3)

On the same, KI-1 had this to say;

“I had a client who got to know that his land documents had been put as security when he wanted to get a loan” (KI 1)

Some women, when they misunderstand their loved ones, tend to take away men’s properties and documents without their consent which affects men financially.

Based on the information disclosed above, women tend to use documents regarding the assets of their husbands without the knowledge of their husbands for their interests. In addition, some of the women hide documents that verify ownership of properties by a man for revenge after having a misunderstanding with their significant loved male counterparts. Six participants raised this form of economic violence and it was followed by secretive behaviours of women as another form of economic violence, as discussed below;

Secretive Behaviours, in this study refer to the act of women not revealing much about themselves and planning a lot of things behind men’s backs. In this study, participants disclosed the secrecy of women behind their men’s backs and one of the participants revealed that he experienced economic violence from his intimate partner in the form of his partner being secretive and not informing him of her plans. In the long run affected their marriage in terms of future financial and family plans. In particular, he had this to say;

“Since my wife was planning to go abroad (rumours) and she didn’t tell me yet she was my wife. In the process, much of my money was used, without my consent, I gave it a deaf ear but even the day she was leaving, she didn’t tell me and on my coming back home, she wasn’t around, and my children were taken to her parents” (FGD 2)

Secretive behaviours as a form of economic violence committed by women against men was prevalent. Five participants in this study raised this. It was also followed by women marrying with the intention of grabbing men’s properties as another economic form of violence experienced by men. In addition, women marrying with the intention of grabbing men’s properties was the last form of economic violence found out in this study, as detailed below;

Marrying with the Intentions of Grabbing Men’s Properties was another tactic women have developed and use to cause economic harm to men. Men in this study experienced this kind of violence. It was illustrated that this happened after giving birth. They requested for divorce with the intention of getting a portion of the men’s property. Some of the participants reiterated that;

“I got my wife to have peace and we agreed on not having a child for some time, I don’t know what she did and one day she told me that she was pregnant...added she disturbs me to the extent of wanting one of rentals to be the one collecting the money from them... I guess that was her intention right from day one” (B1-FGD 2)

K1 shared

“I happened to have a case where a man married a young lady whose intention was getting the finances when she got pregnant, she kept on behaving and creating trust to the man who trusted her with property documents. After giving birth, she started selling them and up to now, the gentleman is still in the hospital following this shock”. (KI 2)

Participants K1 and K2, from their working experience, realized that some women move to intimate relationships to grab men’s property as a form of economic violence was raised by two participants of the study. This was manifested in terms of women selling off the properties

of their significant loved ones. Lastly, women seeking for a divorce after giving birth in a bid to get a share of the man's properties.

In summary of Theme 4, men faced economic violence from their loved ones and in this study, this was categorized into thematic manifestations of untrustworthiness on financial resources, secretive behaviours, and female partners getting married with the aim of grabbing properties and hiding important documents.

Research Question 2: What Coping Strategies Do Male Victims of Intimate Partner Violence Utilise to Manage Psychological Abuses from their Intimate Partner?

This was captured in the following themes; emotional coping, problem-focused coping avoidance, and seeking support strategies. Below is a summary of the theme, examples, and frequency from FGDs, Key Informants, and individual interviews.

Table 8: Coping Strategies Male Victims of Intimate Partner Violence Utilise to Manage Psychological Abuses from Their Intimate Partner

Theme 5	Sub themes	Examples from quotations	FGDs (n =3) P= 12	KI P=4	Individual P=10	Total
Coping Strategies for Psychological Abuses	Emotional	Apologising	2	-	1	3
	Focused	Productive activities	3	1	3	7
	Coping	Praying to God	1	1	-	2
		Resorting to drinking	3	3	2	8
	Problem	Abiding by her	2	-	1	3
	Focused	regulations	2	-	-	2
	Coping	Performing				
	Strategies	responsibilities as men	4	-	6	10
		Talking to parents and friends	2	-	4	6
		Confrontation				
	Avoidance	Giving her space	8	4	6	18
	Coping	Coming back home late	2	1	2	5
		Spending time with Children	2	1	-	3
		Silence	7	1	6	14
	Eating from Restaurants	1	-	1	2	
Seeking Support	Police and religious/ community Leader's engagement.	6	1	-	7	

Where P= Number of participants

Source: Primary Data, 2022

Coping strategies for psychological abuses are classified into problem-focused, emotional-focused, avoidance, and help-seeking.

Emotional coping refers to the use of emotional processing and emotional expression in response to a stressful situation. The following manifested as the emotional psychological coping strategies used by men to deal with psychological IPV committed by women; apologizing, engaging in productive activities, such as listening to music and attending musical events, praying to God, resorting to drinking or use of alcoholic substances as discussed;

Resorting to Drinking Alcohol. The findings also show that participants also resorted to drinking alcohol as a mechanism to cope with psychological violence committed by their significant loved ones. Some of the participants revealed;

“All this caused stress to me and I decided to involve myself in alcohol to suppress the stress and difficult emotions” (B2-FGD2)

Key Informant shared practical experiences and said;

“Others go with peers for alcohol (Malwa), and from there, they share challenges and on coming back home feel relaxed” (KI-1)

A participant in line with the above also disclosed that;

“.... sometimes taking alcohol helps me to suppress the pain caused by my partner” (teary eyes).” (P2)

Resorting to drinking was the most prevalent form of coping with psychological torture among the study participants. Eight participants raised it as a form of coping strategy which was followed by engaging in productive activities as discussed below;

Proactive Activities. The techniques are accompanied by a series of activities undertaken to improve the health and well-being of an individual. Regarding this study, it was revealed that

men engaged in productive activities such as; relaxation activities, like listening to music and attending musical events to distract themselves from the psychological torture from their wives.

In particular, some of the participants had this to say;

“Involving myself in relaxing events such as football games at stadium, exercising and distracting myself through doing something developmental” (A1-FGD 1)

The Key Informants said;

“While others get things that can distract them with the aim of protecting their family. Some engage in social activities (Mweso, Ludo, football among others).” (KI)

Further still, the participants disclosed;

“I sometimes go for Ludo in my community to relax my mind” (P 6)

“I normally enjoy football matches with other fans in order to free my heart from stress.” (P 7)

Male victims of IPV utilise proactive activities as a way of dealing with psychological abuse from their loved ones. Participants from individual, group, and Key informants shared their experiences above.

Listening to music, was another productive activity men used to engage in to deal with psychological abuse. One of the participants opined that he resorts to listening to music as a coping strategy in the short term against the physiological violence committed by his wife:

“Listening to music though it is a short time relief” (A2-FGD 1)

One of the participants from the FGD opined that he manages psychological violence from his partner through attending music events. This enabled him to relax and to forget about the nagging issues of his significant loved one. He said;

“Attending music events to relax and forget about the issues with my wife”

Engaging in productive activities, such as attending musical events, listening to music, watching football, and playing ludo, was the second most utilised coping strategy for psychological violence used by men. Seven participants of the study raised this. It was followed by apologizing as the third most common form of coping strategy used by men to counteract psychological violence committed by their significant loved ones, as detailed below;

Apologizing refers to admitting that an individual was wrong and sorry for the hurt he or she has caused to another person. This study found that apologizing was one of the emotional coping strategies men employ while being inflicted with psychological violence. Consequently, men were to seek forgiveness regardless of whether they were in the wrong or not for the sake of having peace at home. This study showed that participants resorted to seeking forgiveness through apologizing to their loved ones in a bid to resolve the underlying issues of psychological violence being committed by their loved ones. Some of the participants had this to say;

“I always apologise to the woman to bring peace in my home even when she is the one in the wrong” (A3-FGD1)

“I had to go and apologise” (C4-FGD 3)

Another participant from interview had a similar response;

“My wife abused me verbally to have checked her phone yet we had agreed upon it, on that day it stopped and I apologised” (P-9)

Apologizing as a coping strategy used by men to create peace by being sorry to their significant loved ones was prevalent among only three participants in this study and it was followed by praying to God as another coping strategy used by men, as disclosed below;

Praying to God refers to giving attention to God in a two-way spiritual relationship where we communicate with God and listen to Him. It was also found that men resort to praying

to God as a remedy to cope with the psychological violence being committed by their significant loved ones. This was what one respondent shared:

“I used to pray to God and I am a born-again Christian.” (C3-FGD 3)

Praying to God was also raised among the key informants as evidenced;

“They get the Bible or Quran and they go somewhere to read to turn off the anger switch” (K1)

Praying to God was the least common emotional coping strategy used by men to counteract the psychological violence committed by their wives against them. This was only manifested among two participants of the study.

Problem-focused Coping Strategies refer to activities that are directly aimed at eliminating the source of stress. The following problem-focused strategies, also known as maladaptive ways of coping were established among the study participants: abiding by her regulations, performing responsibilities as men, and lastly, talking to parents and friends, as discussed below;

Responses from the participants showed that some resorted to engaging and talking to their friends and family members about the psychological violence being committed against them by their partners. This was anticipated with changes in the behaviour of their loved ones due to the influence of family members intervening in the prevailing situation. Despite employing this strategy, some participants opined that the strategy was barely fruitful. Some of the participants had this to say;

“I talked to in-laws and they are not willing to help because they tried and failed I got tired and went to school and picked the boy.” (B1-FGD 2)

“I have tried to talk to her several times, but she doesn’t listen to me and I have ever told her mother to talk to her, but there was no change” (B4-FGD 2)

In relation to the above, one male victim of IPV said;

“We sat with elders and solved it and I was told that those weird behaviours were due to pregnancy...I talked to her parents, but there was no change” (P-10)

Talking to Parents and Friends, about the violence committed by women was the most utilised problem-focused coping strategy used by men. 10 participants in this study accounted for this view. However, this strategy was barely fruitful in eliminating the underlying cause of psychological violence committed by women against their husbands. This approach was followed by confrontation as the second most problem-focused coping strategy used by men, as discussed below;

Confrontation refers to a hostile meeting between two parties. This was another example of problem-focused strategies used by men. Some participants stated that they resorted to having a peaceful talk and resolving the underlying causes of the psychological violence. Albeit, this strategy was cited to be unfruitful among the participants, as expressed below;

“I tried to force myself on her such that she can disclose to me anything because we are one, but all in vain” (A2-FGD 1)

Another respondent had this to add;

“Firstly, I confronted her on why all this was happening, when she was silent not replying to me” (P-1)

The strategy of confrontation was prevalent among six participants of the study. Notably, this approach was also barely fruitful among the study participants. It was followed by abiding by her regulations as another form of problem-focused coping strategy used by men to counteract psychological violence committed by women, as discussed below;

Abiding by Lover's Regulations, refers to the act of complying with the demands and rules set by the female significant loved ones. Findings from the study revealed that only three male victim participants resorted to abiding by the rules and regulations established by their wives to eliminate psychological violence;

One such participant asserted:

“Forced myself to do what she wanted, by coming back home early” (A1-FGD 1)

This strategy was recognized by the participants as being fruitful in dealing with the psychological violence committed by women. It was followed by performing responsibilities as men as another coping strategy, as detailed below;

One of the participants from the Focus Group Discussions opined that he resorted to coping with psychological violence committed by his wife through executing the responsibilities of a man in a family. In other words, some men tended to do their part and treated the rest with a deaf ear: as expressed below:

“Knowing my responsibilities and not doing what she wants, but rather, doing only what I'm supposed to do as a man in a family” (A3-FGD 1)

This strategy was utilised by only two male victim participants and thus, it was the least common problem-focused coping strategy used by men.

Avoidance Coping Strategy, involves trying to avoid stressors rather than dealing with them. These strategies were demonstrated as the avoidance coping strategies used by men to cope with emotional violence; giving her space, coming back home late, spending time with children, resorting to drinking, silence, separation of beds, eating from restaurants:

Giving her Space meant distancing herself from their significant loved counterparts.

It was found out that some of the participants resorted to distancing themselves from their

partners to give their partners space and have peace of mind from the psychological violence committed by their significant loved ones. Some of the participants had this to say;;

“I shifted from the quarters where I used to stay with her to the main house, I was doing this because she so provocative. As such, I feared to have a physical fight with her because my parents were the one hosting us during lockdown, she instead attacked me” (C3-FGD 3)

One of the key informants said;

“Men do leave their homes to start a new life to deal with emotional pain from their loved ones” (KI-2)

In relation to the above, participants also added;

“I left my wife in the house and up to now she is the one owning it...now I’m home at my mum’s place,” (P 8)

“I realised that I was about to fight her. So, I decided to leave and I went to my parents’ home because it was too much for me due to attending to her ex-husband” (P-2)

This strategy was the most used avoidance coping strategy by men to counteract psychological violence committed by their significant loved ones. 18 participants of the study raised it and it was followed by silent treatment as another form of avoidance coping strategy as detailed below.

Silence, meant keeping quiet and being non-communicative to another person.

Participants from the study also revealed that they coped with psychological violence from their partners through silent treatment and this surprisingly worked for some. In light of this, some of the participants from Focused Group Discussions and individual interviews shared the following experiences;

“I used to ignore her actions.... Pretending that I am not around” (B2-FGD2)

“I used to keep silence as a coping mechanism because, Baganda have a saying, one who keeps quiet, doesn’t regret, though inside me, was dying” (C1-P 3)

“Silence and ignoring some of her action could ease my life” (P 4)

Silent treatment was the second most avoidance coping strategy used by men. Some of the men found it helpful in counteracting the psychological violence committed to them by their significant loved counterparts. This strategy was raised by 14 participants in the study and it was followed by coming back home late, as discussed below;

Findings from the participants indicated that some of the male participants resorted to coming back home late with the view of limiting the interaction time with their loved ones in a bid to avoid psychological violence that emanates from their significant loved ones. Some of the participants had this to say;

“I used to come back late to limit time with her” (B3-FGD 2)

“Coming home late and sometimes I could take weeks without coming back in the area” (C4-FGD 3)

From the Key Informants’ experiences, men resorted to coming back late when there was no peace at home, as related below:

“Some men tend to come back home late to avoid violence or chaos” (KI-3)

Participants disclosed the following on the same;

“.... coming back late to avoid much time with her” (P-6)

“Coming late at home, this enables me to have little time at home and minimize time of seeing other weird things at home which can annoy me.” (P-1)

As disclosed by C4-FGD3, KI-3, P-6, and P-1, men tend to distance themselves from their partners.

Five participants in the study shared this strategy as an avoidance approach used by men to limit interaction time with their loved female counterparts. It was also followed by spending time with their children as another avoidance coping strategy used by men, as detailed below;

Spending time with my kids, was one of the distractive approaches participants resorted to when they faced emotional stressors from their loved ones. This was a mechanism employed to cope with the psychological violence committed by their loved partners. Some of these participants had this to say;

“I managed by having quality time with my children, joking with them” (A2-FGD 1)

“I decided to give quality time to my children” (C3-FGD 3)

Sometimes men make themselves busy to avoid violence, as one of the key informants highlighted;

“Some men tend to make themselves busy with the children and this helps them to avoid conflicts from their loved ones” (KI 3)

Spending Time with Children was prevalent among three study participants to reduce on the timeframe of interacting with their significant loved ones. It was noted to be fruitful in coping with psychological violence committed by women; this was revealed by A2-FGD1, C3-FGD3, and KI-1.

Eating from Restaurants, refers to having a meal from a restaurant instead of food prepared by significant female loved counterparts. One of the male participants also stated that he resorted to buying food from restaurants as a mechanism to cope with being denied food at home by his significant loved one. He had this to say;

“I managed to deal with that slowly, once I get to know that I was late I just go to the restaurant and buy food I eat then go back home” (P 3)

One participant in the study in scenarios only used eating from restaurants as an avoidance coping strategy where his wife would not give him food. This was the least common psychological avoidance strategy used by men.

Seeking Support refers to enquiring or requesting help from an individual or an organization. The only seeking support coping strategy expressed was seeking support from police and leaders in the community. Some of the study participants had this to say;

*“Seeking professional talk from Police though I brought it as a children concern”
(A1-FGD1)*

*“I went to police to handle issues with my ex-wife peacefully because she attacked the school where my child was studying from as I said earlier, that is too much.”
(B3-FGD 2)*

One of the Key Informants added;

“Some male IPV victims are good believers in certain religions, once they get such challenges, they go to religious leaders to get advice and counselling” (KI-4)

Seven participants of the study raised seeking support from Police and religious leaders.

Seven participants of the study sought support from Police and religious leaders. This could be attributed to the fact that men fear and feel inferior when they request or enquire for help on how to deal with violence committed to them by their wives.

The captured information on Theme 5 from the study participants indicates that men tended to come up with different coping strategies to deal with psychological violence. Amongst them included emotional coping strategies which are used to regulate stressful emotions; use of substances and engaging in relaxation events, problem-focused strategies which involve eliminating causes of stressors; confrontation, talking to parents or people around them, and avoidance which involves distractive techniques. Limiting someone with a partner, silence, and seeking support from professionals, which involves professional advice, such as police, counselors, and family courts. Depending on what male victims considered to be too much the majority adopted avoidance/ maladaptive strategies. This meant that men employed more

distractive ways to deal with the violence they were facing in their homes and communities from their loved ones.

Research Question 3: What Coping Strategies do Male Victims of Intimate Partner Violence Employ to Manage Physical abuse from their loved ones?

This manifested under the following themes; emotional coping, problem-focused coping avoidance, and support-seeking strategies. Below is a summary of the theme, examples, and frequency from FGDs, Key Informants, and individual interviewees.

Table 9: Coping Strategies Male Victims of Intimate Partner Violence Employ to Manage Physical Abuse from Their Loved Ones

Theme 6	Sub theme	Quotation examples	FGDs (n =3) P= 12	KI P=4	Individual P=10	Total
Coping Strategies For Physical Violence	Problem	Compliance	2	-	1	3
	Focused	Face to Face	2	-	1	3
	Coping Strategies	talking				
	Disengagement	Withdrawal	8	1	-	9
	Strategies	Separation	-	1	1	2
		Neglect	-	1	-	1
Support	Police and		-	-	1	1
Seeking	Leaders in the community					

Where P= is the number of participants

Source: Primary Data, 2022

Coping strategies men tended to utilise when they were inflicted with physical violence were categorized into problem-focused, disengagement, and support-seeking strategies;

Problem Focused Coping strategies, referred to activities that directly aim at eliminating the source of stress. The following problem-focused coping strategies on dealing with and study participants regarding physical abuse from their loved ones; compliance and face-to-face talking disclosed avoiding physical abuse from their ex- and current loved ones.

Compliance, implied that male victims in this study tended to comply with regulations women put at home to avoid physical violence. Findings showed that study participants resorted to following or abiding by the rules set by their significant others in a bid to prevent the occurrence of physical violence with their loved ones at home. One of the participants had this to say;

“I try to hurry from work to fit in her conditions to avoid beatings and sometimes you leave extra activities which can be paying some extra money” (A2-FGD 1).

Three male victim participants as one of the problem-focused solutions used compliance as a coping strategy to physical violence committed by women against men. Notably, this was done by following the orders of their female loved counterparts. It was followed by having a face-to-face talk between loved counterparts (husband and wife) as another form of problem-focused coping strategy adopted by male victims of IPV committed by women as detailed below;

Face-to-face talking was concerned with a verbal conversation between a husband and a wife to discuss and find lasting solutions to problems being faced as a family. The findings of the study also showed that some of the male victims resorted to having a one-on-one talk with their wives with the sole purpose of having a peaceful means of resolving the physical violence within

the family. However, the participants highlighted this approach to be unfruitful. One of the FGD participants had this to say;

“I tried to seat my wife down but she doesn’t listen and shuts me up” (B3-FGD 2)

Having a one-on-one talk with the significant female loved one was used by three male victim participants of IPV as a strategy to route out the causes of the physical violence committed by their significant loved ones. Albeit, this strategy did not yield any positive results.

Disengagement. This is a physical coping strategy identified in this study, which involved “running away from” stressors, rather than dealing with them. The following avoidance coping strategies were manifested among study participants regarding physical abuse from their loved ones; withdrawal, separation/divorce, and neglect as discussed below;

Withdrawal was a practical way of dealing with physical violence. This means leaving a place or a situation. Responses from participants showed that men tend to distance themselves from their significant loved ones to give them space and to have peace of mind. The majority of these participants achieved this by leaving their homes for their significant partners and living in other places, such as with relatives and barracks. Some of the participants had this say;

“I decided to give my loved one space” (A3-FGD 1)

“I left my home because I had no peace and I went to the barracks, as an army officer discipline is key; so, I had to be patient” (B3-FGD 2)

On giving partner space, the key informant said;

“Others work trans-night and those who work safaris tend not to go back home to give space.” (KI 3)

Withdrawal, as an avoidance coping strategy was prevalent among nine participants of the study in a bid to find peace of mind through deserting homes for their significant loved ones.

This was followed by separation as another form of avoidance coping strategy used by men to avoid experiencing physical violence from their significant loved ones, as discussed below;

Separation referred to the act of moving apart or dissolving a family feud. The findings from the interviews revealed that some of the participants resorted to divorce as a means of ending the physical violence being rained onto them after successfully reporting to police but nothing worthwhile was undertaken to resolve the matter. Some of the participants had this to say;

“I went to Police when I was over-beaten, bleeding and being threatened by men who were dating my loved one, all didn’t work out until I processed divorce” (P-9)

“You find couple doing good in public, but inside the house they don’t share the bedroom due to intense issues, physical violence not being resolved” (KI 3)

Separation in the form of divorce was raised by two participants in the study as one of the avoidance strategies used by men. This strategy was followed by neglect as another avoidance coping approach utilised by men to counteract the physical violence rained onto them by their significant loved ones, as detailed below;

Neglect refers to not paying proper attention to the significant loved ones. Based on the key informant interviews, the findings also show that some of the male victims choose to ignore their wives when they report back home. This is mainly done to limit the interaction time with the loved ones to avoid the occurrence of physical violence between the love partners. Study respondent had this to say;

“I happen to have a case (laughs)...where a man doesn’t want to fight, when he comes back home just go showering and goes straight to bed faster, tries not to have time for violence with the wife, however, the woman goes after him” (KI-3)

However, one participant of the study, implying that it is the least common avoidance coping strategy used by men who experience physical violence from their wives, only raised the strategy of neglecting the significant loved one.

Support Seeking refers to enquiring or requesting help from an individual or an organization and this involves informal and formal support services. The only support-seeking coping strategy that manifested while handling physical violence among men was seeking for support from police and leaders in the community. Some of the study participants had this to say;

“I have been laughed at even at Police. I have come reporting several times with wounds and even officers were wondering how this could happen.” (P 9)

And added that

“I came to Police when I was over-beaten, bleeding, and being threatened by ex-husbands” (P 9)

Participant 9, disclosed seeking support from police because it was too much for him, being over beaten and officers were not believing him.

One participant of the study raised seeking support from police and religious leaders. This shows that it is not a common coping mechanism used by men, which may be linked to the notion that men fear reporting issues of being physically abused. Society's perception affects them as they are not believed when they come out, and this is coupled with the belief that reporting such issues by men reduces their respect within society.

In addition, concluding Theme 6, the detailed verbatim information from the male victims of IPV in this study shows that men utilise different kinds of coping strategies including; problem-focused, avoidance, and seeking help. Since the formal support in place seems to be negatively perceived by men, they tend to use avoidance, also known as maladaptive coping

strategies, followed by problem-focused coping strategies and, lastly, few go for professional support.

Research Question 4: What Coping Strategies Do Male Victims of Intimate Partner Violence Employ to Manage Sexual Violence from their Spouses?

This was manifested in the following themes; emotional coping, avoidance support strategies. Below is a summary of the theme, examples and frequency from FGDs, Key Informants and individual interviews.

Table 10: Coping Strategies Male Victims of Intimate Partner Violence Employ To Manage Sexual Violence from Their Spouses

Theme 7	Sub theme	Examples of the strategies	FGDs (n =3) P= 12	KI P=4	Individual P=10	Total
Coping Strategies for Sexual Violence	Problem	Confrontation	6	-	1	7
	Focused	Masturbation and	-	1		1
	Coping	pornography				
	Strategies	Using sexual energy drinks		1	1	2
	Disengagemen t Strategies	Getting another girlfriend/woman	-	3	-	3
		Keeping quiet	-	-	3	3
		Separation of beds	1	1	-	2

Where P= is the number of participants

Source: Primary Data, 2022

Problem-focused coping strategies refer to activities that directly aim at eliminating the source of stress. The following problem-focused coping strategies on sexual violence among men were actualized among study participants: confrontation, masturbation and watching pornography, and lastly, talking to parents and friends, as discussed below;

Confrontation, was defined as an argumentative situation or meeting between opposing parties. Findings also showed that participants resorted to confronting their loved ones to obtain disclosure on the cause of the sexual violence with the view of resolving the matter. In disguise, this approach seemed unfruitful among the participants: Some of the responses were;

“I tried to force myself on her such that she can disclose to me anything because we are one but all in vain” (A2-FGD 1)

Another participant disclosed;

“We talked and she changed on the issue of conjugal rights” (P-3)

In addition, findings also show that participants resorted to engaging their loved ones, such as parents and relatives, to mediate and talk to their intimate partners with the hope that they would. However, this approach was also unfruitful among the study participants. Some of the participants had this to say;

“I have tried to talk to my loved one several times, but she doesn’t listen to one and I have ever told her mother to talk to her, but there was no change” (B4-FGD 2)

“I tried talking to her parents” (C3-FGD 3)

Confrontation was the commonest problem-focused coping strategy among men against sexual violence committed by their significant loved ones. This was prevalent among seven participants of the study. It was followed by the use of sexual energy drinks as another problem-focused coping strategy used by men, as discussed below;

The use of Sexual Energy Drinks refers to the use of manpower in liquid form to boost the sexual functionality of a man. It was revealed that some men use this to cope with the over-demanding of conjugal rights by their loved ones. They tended to go for sexual manpower drinks to satisfy the sexual ego of their loved ones, as some had to put;

“Some men tend to use herbal remedies with the aim of making themselves sexually stronger to make their loved ones happy” (KI-2)

One participant disclosed the following on the same;

“In Africa once you don’t make your wife happy sexually, you’re not a man and you can be ashamed. The best way was to use sexual energy drinks to make her happy to avoid shame” (P-7)

According to KI-1 and P-7, men sometimes consume sexual energy drinks as a way to cope with being pressured for sex. The study also found that some men turn to masturbation and pornography when their partner denies them sex. These problem-focused strategies were discussed in detail. One key informant shared their thoughts on the matter;

“Some men, when they are denied sex, resort to pornography and masturbation. This is seen in many of them with these addictions and during the sessions they say it was the easiest option” (KI 3)

KI-1 disclosed that some men resort to pornography and masturbation more so when they face prolonged denial of sex by their loved ones.

Disengagement strategies mean avoiding the stressors, rather than dealing with them. The following avoidance coping strategies were manifested among study participants regarding physical abuse from their loved ones; getting another girlfriend/woman, keeping quiet, and, lastly, separation of beds, as discussed below;

Getting another Girlfriend/Woman, as opined by the social worker informants’ experiences, revealed that most of the men, when denied sex by their significant others, usually

resorted to having sex or making love with other women or girlfriends in a bid to fulfill and satisfy their sexual pleasures. Some of the key informants had this to say;

“Regarding sexual violence, some men try to cope by getting sugar mummies, girlfriends to calm them down, thinking that by the time they go back they will be okay and calm, while others go for prostitutes to fulfil their sexual desires” (K-1)

“Sometimes they opt to get other women/ side dish if they are open, they can tell that to the counsellor “me, I opted to get someone else to have peace” (KI-3)

Getting another woman/girlfriend was raised by three key informants as one of the strategies male victims of sexual IPV use when denied sex by their wives.

Keeping Quiet, was a common signal in the discussions with the male participants. Participants resorted to keeping quiet when they were sexually violated (denied sex) by their partners in a bid to avoid escalation of the problem between the love partners. One of the participants had this to say;

“Bed issues are not handled which affects meput you in mood and then denies to have it with you, I keep quiet because in case of anything I could have been charged with rape” (P-7)

It was observed from P-7, that men resorted to keeping quiet when denied sex by their wives and this was prevalent among three male participants.

Separation of beds was another form of avoidance coping strategy used by men as detailed below;

Separation of Beds participants’ verbatim responses revealed that some male victims of sexual violence resorted to separating beds with their significant loved ones when they were constantly denied sex. The participants reported that this prevented them from forcing themselves onto their partners which could culminate into rape. One of the participants reiterated that;

“I decided to leave the matrimonial bedroom in order to avoid forcing myself on her which may lead to rape case” (B3-FGD 2)

One of the key informants also had this to say;

“Others opt not to have sex at all with their partner to torture them by separating bedrooms” (KI 3)

Two participants in this study raised separation of bed as one of the avoidance strategies used by men. Men resorted to separating beds with their loved ones to eliminate issues, such as marital rape.

In summary, as far as coping with sexual violence was concerned, male victims in this study shared their experiences and those who were confident enough to talk about it revealed the following; confronting their loved ones through talking to their loved ones, parents, and friends about their challenges, masturbation and pornography, and using sexual energy to fulfill their loved ones sexual desires even when they (men) are not interested. This meant that male victims could focus on dealing with the problem regardless of the outcomes to distance themselves from the blame. While others resort to getting other girlfriends/women more so when they were denied sex for a long time, keeping quiet and separation of beds to avoid allegations of marital rape. This means that men in this study, tended to put measures of avoidance to have peace, depending on the kind of sexual violence exerted on them by their female partners.

Chapter Five

Discussion, Conclusion and Recommendation

Introduction

This chapter presents the discussion, conclusion, and recommendations of the study, which expounded on the understanding of coping with Intimate Partner Violence; and experiences of male victims in Kampala at Katwe Police Station, in the office of Child and Family Protection Unit. In the first section, a detailed discussion of the results based on research objectives is given. In the second section, the limitations of the study are presented and in the last section study's conclusions, limitations, recommendations for action, and further study are deliberated.

Discussion.

The current study aimed to gain an understanding of the experience of IPV male victims and how they coped, and these are the two areas the current study focused on. The key findings and their implications are discussed in the text below.

Male Victims' Experiences of Intimate Partner Violence

Male victims experienced a variety of partner violence including physical, psychological, and sexual as they are categorized in different examples and themes. These experiences are similar to the IPV experienced by female victims (Walker, 2020; Johnson et al., 2014 & WHO, 2012). The current study findings show that men are physically violated by their partners through assaults, such as biting, as well as throwing objects like cups, knives, and plates hence destroying

home properties. This is in line with the findings of the study done by Drijber & Ceelen, (2013), which showed that also reported that female partners use physical objects, such as knives, chairs, and crockery in attacks against men. Further still, these findings also concur with the findings of Migliaccio (2001), where it was found that wives use weapons, such as objects, like knives, scissors, screwdrivers, phones, and keys, among others. Similarly, these current study findings demonstrate that men are physically violated in the form of being bitten and beaten by their significant loved ones. This concurs with the results of a study carried out by Drijber et al., (2013) and Hines et al., (2007) where it was shown that women can use harsh physical abuse, such as biting and beating their male partners.

Moreover, the present study findings relate with Hope, et al., (2021); Hines, (2015); and Machado et al.; (2018) who found out that physical violence involves slapping, hitting, kicking, and beating. In the intimate partner violence context, men reported having been pushed, grabbed, shaken, hit, bitten, scratched, threatened with a knife or other objects and slapped. Other related studies indicate that women may launch physical attacks when the man is unable to retaliate, such as from behind, when men are sleeping, or when children are present (Bates, 2020; Cipottetti et al., 2017 & Walker et al., 2019)

Further, the current study findings revealed that men experienced psychological violence from their partners in the form of being denied access to their children, using children for personal gains, demonstrating controlling behaviour towards men and also, and being ashamed and embarrassed by their loved ones, and being verbally abused. This is in agreement with the findings of studies done by Drijber et al., (2013), Hines et al., (2007), Hines & Malley-Morrison, (2001), and Durfee (2011) where it was pointed out that men are psychologically

violated by being denied access to children, being verbally abused, embarrassed and ashamed by their significant loved ones.

The findings on emotional abuse concur with WHO (2012), psychological violence which include; insults, belittling, constant humiliation, intimidation, destroying things, threats to harm, and taking away of the children by loved one and Bates (2019, 2020); Machado et al (2018) and Walker et al (2019) agrees that men reported psychological violence in the following ways; being yelled at, having their sexuality questioned, being controlled, isolated by the family and friends, having their children taken away, being belittled, which tortured them their psychologically.

In addition, participants in this study shared the sexual violence coercion, and threats from their female partners. The masculine gender norms of sexual and emotional strength restrain men from talking about such issues because it results in to shame and embarrassment (Migliaccio et al 2003). This indicates that male victims struggled with the stigma associated with being a male victim of IPV. Subsequently, this affected their coping strategies. Although it is hard for a man to talk about it and be accepted as the victim of sexual violence; according to (Bates, 2020 & Machado et al. 2018), men reported being coerced and pressured by their loved ones to engage in unwanted sex, false promises, manipulations and threats.

Coping Strategies Male Victims of IPV Utilise to Manage Psychological Abuses from their Intimate Partner

This current study's findings revealed that men coped by giving their loved one's space and talking to professionals' parents and friends. This is in concord with the findings of studies

done by Price & Rosenbaum, (2009) and Donna & Michelle (2010), where it was also reported that men managed psychological abuse from their intimate partners, by coming out and talking about it to the officials, friends, and workmates.

Furthermore, the findings are in agreement with Amnie, (2018), who studied coping with lifetime stress among adults. She noted that both men and women tended to use diverse strategies, such as practicing mindfulness, meditation, yoga, humor, jokes, seeking higher power or religious pursuits, engaging in different exercises, and seeking support, while others resorted to using alcohol as a coping strategy.

Similarly, (Douglas & Hines, 2011, Stephens-Lewis et al.; 2019; Wallace et al.; 2019) found that male victims of IPV tended to seek and receive support through varied sources including formal; domestic violence helplines, police and mental health professionals as well as informal avenues through friends and relatives sometimes internet.

Furthermore, the current study findings showed that men with psychological violence by avoidance techniques such as leaving home for some time, and confrontation strategies, such as facing their sitting their loved ones and talking to them. This coincided with Dwarumpudi et al., (2022) who studied the coping responses to IPV; narratives of women in Tanzania and found out that, engagement strategies were identified among female victims of IPV in Tanzania. They could actively confront their partners or utilise informal support systems to demand a change in emotional abuse. Disengagement or avoidance was also prevalent in response to emotional violence. They were afraid that resisting emotional IPV would provoke arguments and intensify the abuse or sometimes lead to another form of violence.

Coping Strategies Male Victims of IPV Employ to Manage Physical Abuse from their Loved Ones

This current study finding showed that men coped with IPV by giving their loved ones space. In addition, they talked to professionals, parents, and friends. This is in line with the findings of studies which showed that men manage physical abuse from their intimate partner by coming out and talking about it with officials and also talking to friends and workmates (Price & Rosenbaum, 2009; Donna & Michelle, 2010). Similarly, Carver et al, (1993) cited in Goldlberg-looney, (2016) confirmed that men tended to cope with IPV by positively reframing, emotional and instrumental support, self-distraction, denial, and behavioural disengagement of which some were adaptive while others were maladaptive (Carver & Vargas, 2011).

This meant that physical violence against men from their female counterparts was real, regardless of masculinity factors. Such as manifestations of men with mouth bits, scars, and wounds caused by their loved ones. Participants tended to distance themselves from their loved ones, while others could confront their wives with the help of informal support. The findings partly agreed with Amnie (2018), who found that physical IPV victims tended to utilise disengagement and withdrawal strategies from the stressful environment. Further, the current study findings were in agreement with Goldberg-Looney et al (2016) who studied the coping styles used by sexual minority men who experience IPV. The study revealed that sexual minority men who faced physical violence tended to engage in disengagement coping strategies.

Coping Strategies Male Victims of IPV Employ to Manage Sexual Violence from their Spouses

The current study findings showed that male victims of intimate partner sexual violence resorted to getting other women, confrontation, masturbation, and pornography, using energy sexual drinks to manage sexual violence from their spouses. These were classified into disengagement and problem-focused strategies. This collaborates with the findings of a study, which reported that men coped with sexual violence from their loved partners by talking to friends and workmates and getting other women (Price & Rosenbaum, 2009). Similarly, this study found out that men use sexual energy drinks to fulfill the sexual demands of their loved ones even when they are not interested in sex. This equally collaborated with the study findings in Mwanza, Tanzania which showed that women may agree to have sex with their husbands even though they are not in the mood, given that sex in marriage is framed as a man's right (Mchome et al, 2020 & Dwarumpudi et al, 2022))

In the current study, men tended to utilise problem-focused coping strategies and avoidance such as engaging in masturbation/pornography, using sexual energy drinks, and getting girlfriends or other women. This coincided with the findings of the study, which revealed that those who experienced sexual violence were more likely to engage in substance use (Buller, Devries, Howard & Bacchus, 2014). The study findings were in disagreement with Goldberg-Looney et al (2016) whose study on coping styles used by sexual minority men who experience IPV, which found that LGBTI couples tended to opt for religious coping strategies but were less likely to use planning coping.

Limitations of the Study

Although this study has made a practical contribution to understanding the experiences of IPV male victims and the coping strategies they employ, some limitations of this study must be recognized. First, the study used an exploratory case study. Data was collected only at one office focusing on only males facing IPV hence, the finding, which did not define women's context. Future research could investigate this aspect using an ethnography study design that provides sufficient time.

Secondly, the semi-structured interviews used for collecting data, usually have some bias. It was not possible to completely minimize this bias, which might have contributed to having some unnecessary data/information for the study. Therefore, future research might explore additional and more objective ways to understand the topic using a quantitative approach.

Further still, the study sample consisted of male victims from a single case area in one of the urban divisions. This, at some point, might have affected the triangulation of the data process. I therefore recommend multiple case studies to be carried out in the future for a broader inquiry.

Conclusion.

This study recommends that men should be more sensitized about the available existing counselling services, such as police and family court services that are related to handling issues pertinent to physical, psychological, and sexual experiences of intimate partner violence among men. This will yield more interventions for male IPV victims reducing the damages that might be caused to the families or community.

To reduce on maladaptive coping strategies utilised by IPV male victims, laws and regulations should be enacted to protect men against the different forms of physical, psychological, and sexual experiences of Intimate Partner Violence among men.

There is a need to have more safe places, full of professional people with, skills in handling IPV among men without judging them. This should be done at all levels and they should be favourable and easily accessible (decentralized services).

This study also recommends, further, IPV screening tools for all clients for abusive experiences regardless of gender. There must be an increase in training about the diversity of IPV victims for members in the IPV services systems and all helping professionals who might come in the context of male IPV victims.

Further still, there is a need to deliberate policies that address IPV against men, by enforcing unbiased laws and professionally monitoring existing facilities and opportunities to address the abuses caused by any gender as per Article 33 of the 1995 constitution of the Republic of Uganda

Psychological violence was the most common form of abuse among the male victims. There is a need to improve the present law in Uganda concerning IPV and re-examine Police CFPU departments concerning how they handle incidents of IPV among males. More to this, there is a need for public education concerning IPV and outreach materials for potential victims.

Recommendations for Further Research

The findings of this study point out the need for further research in the following areas;

This study suggests that a countrywide survey should be carried out about the prevalence of physical, psychological, and sexual Intimate Partner Violence among men in Uganda.

Further, research is needed to establish psychosocial support in reducing violence among intimate couples in Uganda.

Dissemination of study finding

At an appropriate moment, the researcher can arrange to talk to officials in the police about the severity of IPV among males; further still, in the case of any funding, male survivors of IPV shall be given a platform to speak up or share their experiences as a way of helping them to heal and also helping other men in violent relationships to find appropriate support in the community.

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Appendix A: Guided Interview Question.

Dear participants.

I am Ashiraf Lutaaya a master's student at Kyambogo University conducting qualitative research about Coping with intimate partner violence: experiences of male victims at Katwe Police Station, Rubaga Municipality in CFPU office. This interview is for study purposes and all the information you give shall be handled with utmost confidentiality.

Section A**Client's bio data**

Tell me about yourself (age, family, occupation and time in relationship)

Section B

This section consists of questions which are in line with the topic is investigating about; kindly answer them from your own experience.

1. What were the psychological, physical and sexual experiences of men who are victims of Intimate Partner Violence?

- a) Can you describe any instance where you felt psychologically abused by your partner? What were the specific behaviour or actions that contributed to this feeling?
- b) Have you ever experienced physical violence from your intimate partner? Can you provide details about the incidents, including the context, trigger and outcomes?

- c) Have you encountered any instances of sexual violence from your partner? Could you share your experiences and how they impacted you mentally?
- 2. What coping strategies did male victims of Intimate Partner Violence utilise to manage psychological abuses?**
- a) How did you respond when you faced psychological abuse from your partner? Can you describe any strategies you used to cope with the emotional distress caused by the abuse?
- b) Were there times when you sought support from friends, family or professionals to manage the psychological effects of the abuse? If so, how did this support impact your coping process?
- c) Did you engage in any activities or practices to maintain your emotional well-being while dealing with psychological abuse? If yes, can you provide example?
- 3. What coping strategies did male victims of Intimate Partner Violence employ to deal with acts of physical abuses from spouses?**
- a) When you experienced physical abuse from your spouse, how did you handle the immediate situation? Can you discuss any strategies you used to protect yourself or alleviate the impact of the abuse?
- b) Were there moments when you sought assistance or intervention to address the physical abuse? If so, who did you turn to, and how did their involvement influence your coping effort?
- c) Did you engage in any self-care practice or utilise resources to manage physical abuse? Please provide experience.

4. What coping strategies did male victims of Intimate Partner Violence employ to deal with sexual violence acts from their spouses?

a) How did you respond to instances of sexual violence perpetrated by your spouse?

Can you describe any strategies you adopted to cope with sexual effects of violence.

b) Were there instances when you sought professional help or support networks to address the aftermath of sexual violence?

c) Did you engage in any activities or behaviours to regain a sense of control and empowerment after experiencing sexual violence? Please provide example

Thank you!

Appendix B: Guided Interview Question for FGD.

Dear participants.

I am Ashiraf Lutaaya a master's student at Kyambogo University conducting qualitative research about Coping with intimate partner violence: experiences of male victims at Katwe Police Station, Rubaga Municipality in CFPU office. This Group focused interview is for study purposes and all the information you give shall be handled with utmost confidentiality.

Section A

Introductions

Name, Age, occupation, family, Years in relationship, type of relationship

Section B

This section consists of questions, which are in line with the topic is investigating about, there is no wrong answer and respecting each other is very important in this discussion. Every one shall be given equal time to share his experience about IPV.

- 1) How would you describe your partner? In addition, how do you think she would have described you and your relationship?
- 2) Kindly tell us about your experience about IPV. (Probe; Psychological, Physical, sexual and economic)
- 3) What kind of violence exerted to you by your partner and how does/did it occur?
- 4) How did you handle the violence while it was happening?
- 5) How did the violence affect you in day-to-day life?
- 6) What did you do to handle your situation? Any specific strategy used kindly share more.
- 7) To who have, you disclosed the violence before. What was your experience?

- 8) Is there anything that caused you to refrain from seeking help and in that case what?
- 9) How did you find yourselves at CFPU office?
- 10) Kindly share your experience with CFPU officers service provider been like?
- 11) Is there any Issue that have not mentioned and that you feel is of importance and want to share?

Thanks!!

Appendix C: Participant consent form

Dear participants.

I humbly captivating you to participate to this study, I am Ashiraf Lutaaya a master's student at Kyambogo University conducting qualitative research study about Coping with intimate partner violence: Experiences of male victims at Katwe Police Station in CFPU office, Kampala-Uganda. Am under the supervision of Jane Namusoke (PhD) and Ali Baguwemu (PhD), department of psychology at Kyambogo University. The purpose of this study is to gain an understanding of male victims' experience with IPV and how they cope.

The Interview Procedure

The method of research will employ individual and group interviewing. The interviews will made up of open-ended questions elucidating the IPV male victims experience and coping strategies they employ. There happen no recognised risks to you taking part in this research activity.

There will be an interview, which shall take nearly 1-hour, nevertheless the length of the sessions shall be determined by the participant's discretion. The interview will exist visual and audio recorded, then transcribed and to be observed under protected computer files and disposed away after the study. It is a participant's right to request to have the recorder turned off at any time and then information will be noted down.

Right of Participants for Interview

The participant will have a right to step down from the study with no detailed reason and it will not influence negatively the services you get and the way you treated. Your right to remove

given information from the study will require a certain period agreed upon and after that time it will not be allowed to withdraw the given information.

The selected individuals for the study, they will be completely free to share and will not thus happen coerced into providing sensitive and confidential.

The study participants will happen ready with the interview schedule before the interview commences in order to communicate to researcher the questions, they happen affluent at which will communicate kinds of questions i shall use while probing the participants.

Participant shall be reached to on phone or face to face after the interview to approve the interview interpretations. The follow up sessions will be optional to participants.

The study participants will be entitled to a choice of anonymity as signify by a checkmark below.

Check to know whether selected participants will want to reached at after the study

Check to the right to be unknown in participating to this research study (indicating the participants name will not be seen anywhere in research work)

Follow up

The transcripts of the interviews were presented to all people who takes part in the study activity for clarification of any miss interpretation during transcription process.

I will transmit the copy of study judgement and final analysis to the participants, incomplete interview will be rejected unless the participants permit i to use specific data.

The participant sign shows he/she has read and conceptualise i's message; they had a right to ask questions and intrinsically answered. Therefore, I allow taking part in the research activity.

Every participant will have a copy concerning this consent form for his or her records

Participant

Signature

Date

.....

.....

.....

Researchers' signature

Date

.....

.....

Appendix D: The code Book

CODES AND EXAMPLES	CATEGORIES	THEMES
Biting Throwing and use of objects like Knife Beating the husband and attempting to kill them Slapping Destroying things and attacking men in public	Assault	PHYSICAL VIOLENCE
Being locked out Physical provocative behaviours	Threats	
Verbal abuses; shaming them in public Provocative behaviours; infidelity, burning and soaking clothes, belittlements. Lies. Using children for personal gains; Denied access to children, abandoning them, Changing children name with no man's consent. Wives neglecting their responsibilities; not cooking and denied men food, not doing home shores. Disrespect; Nagging, Quarrelling, Controlling behaviours; ignoring men at home and being too demanding Feeling insecure False accusations; Cheating	EMOTIONAL DISCOMFORT	PSYCHOLOGICAL VIOLENCE
Denial of sex Squeezing the man's genitals	Coersion	SEXUAL VIOLENCE

Over demanding for sex		
Threatening to cut off the genitals	Threats	
Untrustworthiness on financial resources		ECONOMIC VIOLENCE
Secretive behaviours		
Marrying with the intention of grabbing men's properties		
Hiding property documents		
Coping strategies		
Apologizing	Emotional Focused	COPING STRATEGIES FOR PSYCHOLOGICAL ABUSES
Productive activities	Coping	
Praying to God		
Resorting to drinking		
Abiding by her regulations	Problem Focused	
Performing responsibilities as men	Coping Strategies	
Talking to parents and friends		
Confrontation		
Giving her space	Avoidance Coping	
Coming back home late		
Spending time with Children		
Silence		
Eating from Restaurants		
Police intervention	Seeking Support	

Religious and community Leader's engagement.		
Compliance Face to face talking/ fighting back.	Problem Focused Coping Strategies	COPING STRATEGIES FOR PHYSICAL VIOLENCE
Withdrawal Separation Neglect	Disengagement Strategies	
Police Leaders in the community	Support Seeking	
Getting another girlfriend/woman Keeping quiet Separation of beds	Disengagement Strategies	COPING STRATEGIES FOR SEXUAL VIOLENCE
Confrontation Masturbation and pornography Using sexual energy drinks	Problem Focused Coping Strategies	

Appendix E: Plagiarism Clearance Certificate