

**CAUSES, EFFECTS AND REMEDIATION STRATEGIES FOR CURBING DOMESTIC
VIOLENCE AGAINST MARRIED WOMEN IN OVIA NORTH EAST LOCAL GOVERNMENT
IN EDO STATE**

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EDU1904307

DEPARTMENT OF EDUCATIONAL EVALUATION AND COUNSELLING PSYCHOLOGY

FACULTY OF EDUCATION

UNIVERSITY OF BENIN

BENIN CITY.

MAY 2024

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**A PROJECT SUBMITTED TO THE DEPARTMENT OF EDUCATIONAL EVALUATION AND
COUNSELLING PSYCHOLOGY, FACULTY OF EDUCATION, UNIVERSITY OF BENIN,
BENIN CITY. IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE AWARD OF
THE DEGREE OF BACHELOR OF SCIENCE (EDUCATION) B.SC(Ed). DEGREE IN
GUIDANCE AND COUNSELING.**

MAY 2024

CERTIFICATION

We, the undersigned, certify that this project work was carried out by Favour Omohotse UGBODAGA in the Department of Educational Evaluation and Counseling Psychology, Faculty of Education, University of Benin, Benin City.

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DEDICATION

This project work is dedicated to God Almighty, my source of strength and pillar of support, who saw me through my stay in school and inspiration to make this work a success.

ACKNOWLEDGEMENTS

The researcher would like to render enormous gratitude to God Almighty who gave her the inspiration, strength, wisdom, knowledge and direction in putting this project work together.

The researcher's gratitude also goes to her project supervisor Revd. Wellington O. Jesuorobo (Ph.D) for being patient, available, supportive and accessible for his overall professional meticulous counsel during this project. Your useful advice and corrections were helpful to her during this project's completion. In this aspect, the researcher is eternally grateful to you.

The researcher is also grateful to the head of the department Dr. (Mrs.) M.U. Orheruata and the Lecturers, she's grateful to them for their support and guidance.

The researcher would like to sincerely express her heartfelt gratitude to her strongest support system her family Evang. Mrs. Veronica, Micheal, Sandra and Blessing Ugbodaga for their unwavering love and support throughout my academic journey she don't take your support for granted, she's so grateful to have you as her family you all are her world and the best anyone could ever wish for.

The researcher is also grateful to her dearest friends Victoria, Amaka, Happiness, Star, Jennifer, Janet, Rhoda and Excel. Thanks for being amazing.

And finally the researcher's deepest appreciation goes to her best friend Richard Mark. Thanks for always being there for her and for the support. She's really grateful.

May the good Lord continue to bless and increase you all.

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Abstract

This study aims at examining the causes, effects and remediation strategies for curbing domestic violence against married women in Ovia North East Local Government in Edo State. Three research questions were raised to guide the study.

The design adopted for this study is the survey research design. The sample consisted of 200 respondents (married women) randomly selected from 1 church and 1 mosque in Ovia North East Local Government in Edo State. Questionnaires were used for collection of data from 200 (two hundred) respondents which were basically married women. The research instrument was validated by the researcher's supervisor and two experts in the Department of Educational Evaluation and Counselling Psychology. The test re-test method was adopted in testing reliability of the instrument after which the research instruments were administered by the researcher herself. The data obtained were analyzed using one sample t-test.

Findings revealed that there is no significant difference in the respondent's response in the causes of domestic violence against married women in Ovia North East Local Government in Edo State based on religion. It was also revealed that there is no significant difference in the respondent's response to the effects of domestic violence against married women in Ovia North East Local Government in Edo State based on religion. There is no significant difference in the respondent's response regarding the remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State based on the duration of marriage. Based on the findings it was recommended that law enforcement officers should keep proper document of all reported cases of domestic violence against women especially cultural and traditional practices that infringes on the right of women. It was also recommended that the judiciary also needs to put more efforts to nullify or declare customary laws that are repugnant as unconstitutional and should be repealed. Moreover the Civil Societies should intensify their efforts to enlightenment campaign against domestic violence domestic bearing in mind that domestic violence is not only against women but all members of the family.

CHAPTER ONE

Introduction

Background Of The Study

Marriage can be described as a bond/commitment between a man and a woman. Also, this bond is strongly connected with love, tolerance, support, and harmony. Also, creating a family means entering a new stage of social advancement. Marriages help in founding the new relationship between females and males. Also, this is thought to be the highest and most important Institution in our society.

Domestic violence can be described as the power misused by one adult in a relationship to control another. It is the establishment of control and fear in a relationship through violence and other forms of abuse. This violence can take the form of physical assault, psychological abuse, social abuse, financial abuse, or sexual assault. The frequency of the violence can be on and off, occasional or chronic. Domestic violence is not simply an argument. It is a pattern of coercive control that one person exercises over another. "Abusers use physical and sexual violence, threats, emotional insults, and economic deprivation as a way to dominate their victims and get their way". (Susan Scheter,1982).

The Protection of Women from Domestic Violence Act, (2005) says that any act, conduct, omission, or commission that harms or injures or has the potential to harm or injure will be considered domestic violence by the law. Even a single act of omission or commission may constitute domestic violence - in other words, women do not have to suffer a prolonged period of abuse before taking recourse to the law. The law also covers children. Domestic violence is perpetrated by, and on, both men and women. However, most commonly, the victims are women, especially in our country. Thus, domestic violence in the Indian context mostly refers to domestic violence against women.

Domestic violence is a global issue reaching across national boundaries as well as socio-economic, cultural, racial, and class distinctions. This problem is not only widely dispersed geographically, but its incidence is also extensive, making it a typical and accepted behavior. Domestic violence is widespread, deeply ingrained, and has serious impacts on women's health and well-being. Its continued existence is morally indefensible. Its cost to individuals, health systems, and society is enormous. Yet no other major problem of public health has been so widely ignored and so little understood. Violence not only causes physical injury, but it also undermines the social, economic, psychological, spiritual, and emotional well-being of the victim, the perpetrator, and society as a whole. Domestic violence is a major contributor to the ill health of women. It has serious consequences on women's mental and physical health, including their reproductive and sexual health. These include injuries, gynecological problems, temporary or permanent disabilities, depression, and suicide, amongst others. Many forms of verbal and psychological abuse appear relatively harmless at first, but expand and grow more menacing over time, sometimes gradually and subtly. As victims adapt to abusive behavior, the verbal or psychological tactics can gain a strong 'foothold' in victims' minds, making it difficult for them to recognize the severity of the abuse over time. These physical and mental health outcomes have social and emotional sequelae for the individual, the family, the community, and the society at large. Over both the short term and long term, women's physical injuries and mental trouble either interrupt or end, their educational and career paths leading to poverty and economic dependence. Family life gets disrupted which has a significant effect on children, including poverty (if divorce or separation occurs) and a loss of faith and trust in the institution of the family. These sequelae not only affect the quality of life of individuals and communities but also have long-term effects on social order and cohesion. The physical health consequences of domestic violence are often obscure, and indirect and emerge over the long term. For example, women who were subject to violent attacks during childhood are bothered by menstrual problems and irritable bowel syndrome in later life.

Domestic violence against women is an age-old phenomenon. Women were always considered weak, vulnerable, and in a position to be exploited. Violence has long been accepted as something that happens to women. Cultural mores, religious practices, and economic and political conditions may set the precedence for initiating and perpetuating domestic violence, but ultimately committing an act of violence is a choice that the individual makes out of a range of options. Although one cannot underestimate the importance of macro system-level forces (such as cultural and social norms) in the etiology of gender-based violence within any country, including India, individual-level variables (such as observing violence between one's parents while growing up, absent or rejecting father, delinquent peer associations) also play important roles in the development of such violence. The gender imbalance in domestic violence is partly related to differences in physical strength and size. Moreover, women are socialized into their gender roles in different societies worldwide. In societies with a patriarchal power structure and rigid gender roles, women are often poorly equipped to protect themselves if their partners become violent. However, much of the disparity relates to how men-dependence and fearfulness amount to cultural disarmament. Husbands who batter wives typically feel that they are exercising a right, maintaining good order in the family, and punishing their wives' delinquency - especially the wives' failure to keep their proper place.

Domestic violence against women has been a norm in society today and we have lived with it not having the feeling that it is wrong anymore (Godwin 2005). Domestic violence is a product of a long-lasting unequal power relationship between a man and a woman that has resulted in the control over and discrimination against women by men and the hindrance of the complete advancement of women. Violence against women continues to be a global epidemic that kills, tortures, and maims physically, psychologically, sexually, and emotionally. It is among the increasing and fierce violation of human rights that hinders women's security, equality, personal dignity, self-worth, and right to enjoy fundamental freedom. Domestic violence against women exists in many countries in the world, throughout the boundaries of culture, class, education, income, ethnicity, and age (Un Declaration on the Elimination of Violence Against Women and General Assembly Resolution 1993).

Women Aid Collective (WACOL 2004) pointed out that domestic violence can be likened to anything that provokes an action taken against someone, which is capable of robbing the individual of his or her fundamental human rights. (Women Aid Collective 2004) also pointed out that domestic violence is a kind of bullying whereby an individual is dealt with physically or mentally, hence resulting in injury to the individual just because the attacker cannot control the situation when it goes wild. Kantor in Yogo (2008), pointed out that domestic violence is a serious global topic that is always associated with women's segregation from supportive ties to kin. It is a very vital component of gender-based violence that has been defined as those actions and activities that can result in emotional, physical, and psychological damage to a person as a result of a mere misunderstanding (Ityavyar in Okpeh, 2005). As an existing issue, violence against women, however, relates to a large spectrum of issues bothering the existence of the female gender in the family. The female counterparts suffer in their marital homes because God himself constituted marriage in the Garden of Eden and further made women to be helpful mates. So consequently, our social system places women in an unfortunate position (Okpeh, 1999). Efforts to curb domestic violence against married women involve a multi-faceted approach. This includes promoting awareness about domestic violence, its consequences, and avenues for support is crucial in changing societal attitudes, and strengthening and enforcing laws against domestic violence to ensure swift and effective consequences for perpetrators. Establishing and maintaining accessible support services, such as shelters, hotlines, and counseling, to assist survivors in their journey to safety and recovery. Implementing programs that empower women economically and socially, reducing dependency and vulnerability fostering community involvement to challenge cultural norms that perpetuate violence, and encouraging bystanders to intervene.

As worrisome as the issue of domestic violence against married women, it seems, to the best of the researcher's knowledge that a significant study has not been carried out in Ovia North East Local Government of Edo states, have the researcher in trusted in investigating the causes, effects, and

remediation strategies for curbing domestic violence against married women in Ovia North East Local Government of Edo state.

Statement of the Problems

Domestic violence against married women is a pervasive and deeply rooted issue that poses significant challenges to individuals, families, and societies. The reasons for its persistence are essential. Domestic violence inflicts severe physical injuries and long-lasting psychological trauma on married women. It is miserable that some husband batter and stigmatize their wives. As a result of this domestic violence, married women, those who experience or witness domestic violence may develop a variety of problems, including anxiety, depression, insecurity, anger, poor anger management, poor social skills, pathological lying, manipulative behavior, impulsiveness, and lack of empathy.

Violence against women and girls is often known as gender-based violence as it evolves in part from women's subordinate status in society. It is the most pervasive yet least recognized human rights abuse in the world. Violence against women brings about profound health problems in women sapping their energy, compromising their physical health, and eroding their self-esteem (Crephpa, 2013 & UN, 1985). It is also observed that violation of women at home has made women it difficult to participate fully in issues concerning them in the home and society. As such, women have no freedom to speak for themselves because of fear of punishment from their husbands. Men think women are meant to give birth, take care of the children, and do only domestic work. Violence against women could lead to separation and divorce and they will adversely affect the children from such marital union.

Research Question

The following research questions were raised to guide the study;

1. What are the leading causes of domestic violence against married women in Ovia North East Local Government in Edo State?
2. What are the leading effects of domestic violence against married women in Ovia North East Local Government in Edo State?
3. What are the remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State?

Research Hypotheses

The following null hypotheses were used to guide this study;

1. There is no significant difference in the respondent's response in the causes of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.
2. There is no significant difference in the respondent's response to the effects of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.
3. There is no significant difference in the respondent's response regarding the remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State based on the duration of marriage.

Purpose of the study

The purpose of the study is to find out the leading causes, effects, and remediation strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State. Specifically, this study seeks to find out the;

1. The leading causes of domestic violence against married women in Ovia North East Local Government in Edo State.
2. The leading effects of domestic violence against married women in Ovia North East Local Government in Edo State.
3. The remediation strategies in curbing domestic violence against married women in Ovia North East Government in Edo State.

Significance of the study

This study will be beneficial to married women experiencing domestic violence, husbands, children, researchers, and professionals in the field and society at large.

The primary beneficiaries of this study are married women in Ovia North East Local Government in Edo State. Understanding the causes of domestic violence can help them develop remediation strategies and interventions to mitigate the negative effects of domestic violence.

Secondly, the study can help raise awareness among husbands about the prevalence and impact of domestic violence on their wives, helping them recognize and acknowledge the problem. The findings can direct husbands to be available and support services and resources for both survivors and perpetrators of domestic violence.

Thirdly, this study can help identify children who are exposed to domestic violence and intervene early to provide appropriate support and resources to mitigate the negative impacts on their well-being. Insights from the research can inform the development of trauma-informed interventions and support services tailored to meet the specific needs of children who have witnessed or experienced domestic violence, providing healing and resilience.

Fourthly, the findings of this study can guide researchers and professionals in the field in their future studies by identifying gaps in knowledge, highlighting emerging trends, and suggesting new avenues for investigation within the field of domestic violence. It can also serve as a valuable resource for advancing research, practice, and policy efforts aimed at preventing and responding to domestic violence effectively and promoting the safety and well-being of individuals and families affected by abuse.

Lastly, by shedding light on the causes of domestic violence against married women, the study can raise awareness among the general public about the effects of domestic violence, challenging societal norms and attitudes that condone or perpetuate abuse. It can foster a more inclusive and empathic society that can promote the physical, mental, and emotional well-being of individuals and families fostering healthier and more resilient communities.

Scope of the study

This study is concerned with the causes, effects, and remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State.

The study is delimited to married women experiencing domestic violence in Ovia North East Local Government in Edo State.

Definition of Terms

1. Domestic Violence: Domestic violence can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner through physical, emotional, psychological, or economic abuse.
2. Married Women: Married woman denotes adult females who are in a formal marriage contract, which is recognized as such by the law of marriage act of the place where it is contracted and often characterized by shared living arrangements and mutual responsibilities.
3. Marital Relationship: Marital Relationship means a civil union, domestic partnership, marriage, or any other similar relationship that is legally recognized in any jurisdiction and the relationship between wife and husband.
4. Family: A family is a group of persons united by the ties of marriage, blood, or adoption, constituting a single household and interacting with each other in their respective social positions, usually those of spouses, parents, children, and siblings.
5. Battering: Battering means violent physical abuse that usually involves the act of striking someone repeatedly or heavily to cause injury.

CHAPTER TWO

LITERATURE REVIEW

This chapter is concerned with the review of literature related to the study. This review of literature was carried out under the following sub-headings;

- Theoretical framework
- Concept of Domestic Violence in Marriage
- Causes of Domestic Violence against Married Women
- Effects of Domestic Violence against Married Women
- Remediation Strategies for Curbing Domestic Violence against Married Women
- Religion Beliefs and Causes of Domestic Violence against Women
- Religion Beliefs and Effects of Domestic Violence against Married Women
- Summary of Literature Review

Theoretical Framework

The theoretical framework of the study is based on the psychological theories of self-appraisal, learned helplessness, and identified behavioral patterns, which form the pillars supporting this research work as they explain the existence of the problem under study: domestic violence and the intervention using CBT. Self-appraisal refers to the way a people view themselves. This is also the continuous process of determining individual growth and progress, which can be raised or lowered by the treatments of a close significant other such as an abusive spouse or other family members. Individuals are more threatened by friends than strangers. Abraham Tesser, a social psychologist professor emeritus in the University of Georgia, developed the self-appraisal maintenance theory in 1988. The self-appraisal maintenance model has two assumptions: one, a person should try to maintain or increase their own self-appraisal, and two, self-appraisal is more often than not influenced by relationships with others (Tesser, 1988). This tells a lot about the women clients requiring CBT for them to start operating differently for better living.

Learned helplessness is a situation that occurs when a person is repeatedly subjected to an aversive impetus that he/she cannot escape. Ultimately, the person will stop trying to avoid the impetus and behave as if this is utterly difficult to change. Even when opportunities to escape are presented, learned helplessness prevents any thought for action to change the particular condition. When a person feels they have no control over their condition, they begin to behave in a stranded manner. This self procrastination leads someone to overlooking opportunities for self relief or change. Generally, women who have suffered exposure to domestic violence have inclinations of helplessness, a manifestation that requires therapy, such as CBT, in order to change themselves. This concept of learned helplessness was discovered by two psychologists, Martin Seligman and Steven F. Maier, in 1967. Learned helplessness has also been linked with several different psychological disorders such as depression and anxiety, among others, which can be exacerbated by the same learned helplessness. On the other hand, CBT helps to overcome the thinking and behavioral patterns which cause learned helplessness leading to the indicators of psychological disorders, anxiety and depression in some cases.

For the purposes of this study, it is crucial to note that identifying behavioural patterns that cause the problems, is vital for psychological and emotional healing. For example, if a client decides to separate from their partner, she will miss the opportunity of learning what the particular experience was meant to imply from the other person. This kind of scenario exposes her to the danger of continuing to meet more of the same picture patterns in the next relationships that she tries to develop. This pattern of things keeps around until she resolves the emotional source of the previous experiences. A woman would therefore need to understand that change can happen if she focused honestly on what is going on in her live and her reactions as well as behavioural patterns, instead of projecting the blame onto her partner. Taking personal responsibility would help the woman alter the direction of her life and erect it firmly at a better position, which means self-empowerment. Self-empowerment simply means she is confidently taking charge of all aspects of her life. Hence, self-empowered characters do not allow their power to others to abuse, rather they use it suitably. Something of great importance to note is that individuals have the inborn ability to empower themselves but others have to relearn it. The dissimilarity between those who possess and know their power and those who do not, is simply an inside belief system, a self-defeatist talk, meaning one is incapable of self-empowerment, something that may have been instilled or conditioned since childhood. Cognitive behavioral therapy is known to be the best approach to these theoretical frameworks of the human mind.

The origin of cognitive behavior therapy is known from the stoic philosophy of Epictetus, who was in the first century known to report that people are more troubled by the interpretations they take of happenings than the events themselves. In principle, people are capable of choosing their orientation, and

a person's psychological standing is influenced by his or her views about the self in relation to the world (Woolfe, & Dryden, 1996) as observed above. Cognitions, verbalizations and feelings are recognized as inner events which function as stimuli in controlling the behavior of an individual (Weiss, 1978; Jacobson, 1981), and cognitive events play major roles in the theory of personality and behavior.

Cognitive Behavioral Therapy is one of the various applicable approaches for creating new beliefs and behavioral variations (Craighead, 1994). This approach, being a psychological treatment, is intended alter maladaptive behaviors of thinking, leading to improvement on reduction of psychological disorders among people (Collidge, 2002). It is therefore highly diverse and concerned with the development, maintenance and alterations of behavior. Craighead (1994) posits that CBT's main purpose is to help people bring out the intended behaviors, without influencing intentions. In addition, CBT is more useful in face-to-face interactions than in group or community-level interventions. The CBT intervention is a amalgamation of many methods, strategies and techniques that can work in helping people overcome their particular emotional problems successfully without negative side effects (Briere & Scott, 2006 & 1996).

The cognitive part of the therapy refers to a thinking style or learning which is part of the therapy which can be imparted to the person (Kendal & Kriss, 1983). The individual then needs to put what has been taught into practice at home and on daily basis. Through repetition, the client feeds the new knowledge into her brain such that it becomes an automatic behavior or a habit. This is basically the same procedure as that of school teaching or learning. The client is taught new information and skills, absorbs them and uses them in her daily life. Of importance is that, when the client learns them well enough through repetition, it affects the retention processes and allows her brain to think, act, and feel differently. This exercise needs insistence, repetition, and endurance. When a client sticks with this therapy, without giving up, visible progress begins to happen (Beck, 1967). The cognitive approach claims that abnormality stems from defective cognitions about others, the world and oneself. This damaged thinking may come about due to cognitive shortages or cognitive distortions, resulting to processing things inaccurately. These thoughts cause distortions in the way the person sees things and the behavioural patterns that follow.

Concept of Domestic Violence in Marriage

Domestic violence is "the intentional and persistent abuse of anyone in the home in a way that causes pain, distress or injury. It refers to any abusive treatment of one family member by another, thus violating the law of basic human rights" (Ahie, 2009). This definition includes in its operational terms "intension and persistence" and widens domestic violence to include any violence that is meted out to any member of the family irrespective of their status in the family relationship.

Another definition which tends to toe the same line says "domestic violence is a mix of physical and coercive behaviours designed to manipulate and dominate another competent adult or adolescent, to achieve compliance and dependence" (Kerr, Levine & Woolard, 2007). This definition, like the former, recognises that children too can experience domestic violence. It also introduces the element of power in the mix by highlighting that the violent partner aims to make the victim compliant and dependent.

The United Nations tends to agree with the power dynamics at play in domestic violence. In their definition, domestic violence is "a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner which could be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person" (United Nations, 2000). The definition by the United Nations also uses 'intimate partner' to convey the point that the parties involved in a case of domestic violence do not need to be in a marriage relationship nor do the parties have to live in the same home for the act of violence to be tagged domestic. Also, the act of domestic violence does not have to be physical as domestic violence could also be sexual, emotional, economic or psychological.

In agreement, Umwemi, Uwadiae and Agbontaen-Eghafona (2009) define domestic violence as “a pattern of violent behaviour including physical, sexual and psychological attacks as well as economic coercion used against an intimate partner”.

Similarly, the UNICEF IRC cited in Dienne and Gbeneol (2009) defines domestic violence as violence that is perpetrated by intimate partners and other family members, and that is manifested through physical abuse, sexual abuse, psychological abuse, economic abuse, and acts of omission.

Another definition which uses several other synonyms of domestic violence, and expands the scope of domestic violence is given by Adedayo (2014). In the author’s view, domestic violence, also known as domestic abuse, spousal abuse, battering, family violence, dating abuse, and intimate partner violence (IPV), is a pattern of behaviour which involves the abuse by one partner against another in an intimate relationship such as marriage, cohabitation, dating or within the family. Reachout Australia (2022) defines domestic violence, or family violence simply as violent, abusive or intimidating behaviour in a relationship. In an attempt to describe the term domestic violence and to ensure that it is all-encompassing, section 18(g) of Lagos State Domestic Violence Law defines domestic violence to mean physical abuse, sexual abuse exploitation including but not limited to rape, incest and sexual assault; starvation; emotional, verbal and psychological abuse; economic abuse and exploitation; denial of basic education; intimidation; harassment; stalking; hazardous attack including acid both with offensive or poisonous substance; damage to property; entry into the complainant’s residence without consent where the parties do not share the same residence; or any controlling or abusive behaviour towards a complainant, where such conduct harms or may cause imminent harm to the safety, health or well-being of the complainant; deprivation against any person (cited in Morohunfolo, 2021).

A similar rendering is by the South African Domestic Act 116, 1998. It is important to note also that South Africa is viewed globally as one of the countries with the highest incidents of domestic violence against women. Domestic violence is “physical abuse; sexual abuse; emotional, verbal and psychological abuse; intimidation; economic abuse; harassment; stalking; damage to property; entry into the complainant’s residence without consent, where the parties do not share the same residence; or any other controlling or abusive behaviour toward a complainant where such conduct harms or may cause imminent harm to the safety, health or well-being of the complainant” (The South African Domestic Act 116, 1998 cited in Centreadmin, 2018). It can be seen that although the Laws quoted above are encompassing the acts that are considered domestic violence, they nonetheless put the responsibility/burden of reporting an incident of domestic violence on the complainant who is assumedly also the victim. In essence, if a case of domestic violence is not made against the perpetrator by the victim, action may not be taken. While this may seem plausible, it does not seem to appreciate that often the victim is so physically incapacitated by the act of domestic violence that they would not be able to make the initial complaint themselves or that the perpetrator or aggressor holds such power over the victim that they live in mortal fear of them and the consequences of reporting the incident to the authorities. Thus, the victim continues to live at the mercy of the perpetrator. This point is succinctly captured by Umwemi, Uwadiae and Agbontae cited in Adedayo (2013) who observe that “victims of domestic violence often are reluctant to report their abuse either because of cultural influence which bothers on fear of not being well behaved, threats from the partner or condemnation from families or community, concern about the break-up of the family, the hope that the partner will change and sometimes due to attitude displayed by medical workers.”

Causes of Domestic Violence against Married Women

The foregoing has attempted to not only define domestic violence but also present the types of domestic violence that are prevalent in Nigeria and elsewhere. The next logical question is what causes domestic violence? The causes of domestic violence are varied and individual. To that extent, there is no one cause of domestic violence (PsychCentral, 2022). PsychCentral however notes that while “domestic

violence is a choice on the part of the abuser, certain underlying factors might sometimes contribute to a person's propensity for abuse, including experiencing childhood trauma, holding certain belief systems about hierarchy and domination and witnessing domestic violence as a child.” Ogunkorode (2013) has identified seven causes of domestic violence in Nigeria. While not exhaustive, they provide some insight into the causes of domestic problems in Nigeria. They include:

1. Cultural factors: In Nigerian families, the man is seen as the head of the family and this confers on him a feeling of superiority and authority over his family including his wife. Some cultural norms make it taboo for a woman to challenge her husband or act without his permission. Moreover, wife-beating is perceived by some relatives as a normal part of married life, and sanctions are meted out to any wife who goes against these established norms. The implication is that women in abusive relationships in most Nigerian cultures are often reluctant to report their husbands to the authorities or even seek medical help when they are physically abused. This empowers the husbands to continue the vicious cycle of abuse.
2. Political factors: Women are relegated to the background politically in Nigeria. As a result, their voices are rarely heard in the quarters that matter. Coupled with this is the fact that there are no strong policies against domestic violence. Nwakaegho, (2022) observes that “there are no laws in Nigeria specifically enacted against domestic violence to be applicable throughout the Federation and although the Violence Against Persons (Prohibition) Act (VAPP) passed in 2015 protects a wide range of types of violence against women, the scope of its application is limited to the Federal Capital Territory. It is not binding on any state that wishes not to adopt it. Without enabling laws, it is difficult to get justice as promptly as possible. This is one of the reasons that domestic violence has persisted.
3. Financial factors: Traditionally, the man is considered the family breadwinner. In cases where there is a loss of employment and consequent loss of economic power, some men, in frustration turn to violence as a means of suppressing their wives and maintaining their dominance over them. Others turn to vices such as excessive drinking and drunkenness. In frustration also, women have been known to nag their husbands endlessly when they are no longer able to provide for the family. In most cases, these habits cause tension in the home and where it is not managed erupts into domestic violence. This agrees with the findings of the study by Project Alert & NOIPolls (2016) as “an evaluation of the causes of domestic violence in Nigeria revealed that Nigerians perceive ‘economic hardship’ (42 percent), ‘misunderstanding between couples’ (21 percent) and ‘impatience’ (9 percent) as the main causes of domestic violence in Nigerian homes.”
4. Low-level education: Low education in this case is on the part of the woman. There is no general agreement that a woman’s educational status especially if she has little or no education can expose her to domestic violence. However, Ogunkorede is of the view that without much education, a woman is handicapped in terms of exposure and is more likely to be manipulated and abused by her husband. The WHO (2010) also identifies this as among the personal factors that expose women to domestic violence.
5. Religious factors: Most religions: traditional, Islamic, and Christian, teach that the husband is the head of the family, and to that extent, obedience and submission to the husband are expected. Oftentimes, this religious teaching is weaponized by some husbands against their wives who dare to act otherwise. Also, differences in religious affiliation and/or refusal of the man to allow his wife to practice her chosen faith or worship differently can be a reason for conflict and domestic abuse.
6. Childlessness and male child syndrome: The primary reason for the marriage relationship in Nigeria and many other African societies is the continuity of the family name through procreation. Where this expectation is not met, the woman is usually perceived as the cause. Also, even in cases where there are children in the marriage but only females, the fear of ending the family bloodline as a result of the absence of a male child from the union is a cause for domestic violence against the woman. The sad reality is that most cases of infertility and/or the absence of a male child in a marriage are attributed to the

woman. Oftentimes, the man resorts to domestic violence to vent his anger and displeasure with the situation.

7. Psychological factors: In the case of psychological factors, a man's negative childhood experiences can predispose him to violence later in his life. Some of the personal traits that often lead to domestic violence are low self-esteem, inability to control stress, poor impulse control, frustration, anger, etc. On the part of the woman, personal traits such as a lack of resistance and conditioning to accepting and normalizing violence can also predispose her to domestic violence.

Effects of Domestic Violence against Married Women

A lot of effects accompany domestic violence against married women. These effects affect women's social and economic development. Wallace (2005) affirms that violence against women has received international recognition for its cumulative effects on societal development. Violence against women has negative impacts on agricultural activities in rural areas in terms of food stability and overall national development (Shahama, 2002). Alubo (2006) maintains that several women suffered a series of injuries, disabilities, wounds, and casualties from clashes and many died because of domestic violence against women. Ellsberg and Heise (2005) maintain that domestic violence against women is associated with serious health problems that affect both women and their children, including serious injuries sustained from violence at home, gynecological disorders, adverse pregnancy outcomes, mental health disorders, and sexually transmitted infections (STIs). Ellsberg and Heise (2005) further affirm that violence can have direct consequences on women's health and it can also increase women's risk of future health problems that will have profound effects on agricultural activities and other economic sectors of life. According to (USAID, 2006), the consequences of violence against women can impact negatively the productivity, health, and well-being of women as well as intergenerational transmission, resulting in increased poverty thereby undermining development (USAID, 2006).

It was reported, that the recent death of popular gospel musician, Osinachi has increased the spotlight on the consequences of domestic violence. The singer is believed to have died of cancer. Following her death, the family of the Ekwueme singer denied the reason behind her death, and it was reported that she passed away after suffering from domestic violence from her husband, who has since been arrested. Osinachi's colleagues alleged that the Dunamis International Headquarters' lead singer would often get abused by her husband Peter Nwachukwu. Fellow singer Frank Edwards said in an Instagram Live session that the 42-year-old's husband had physically assaulted her numerous times. Similarly, another lady Chidinma Ezego, who claimed to be her friend, mentioned that "she's been dying in silence." The singer was reportedly kicked in her chest and had been on life support for five days before she died. Peter Nwachukwu was arrested by the FCT Lugbe police on April 10, 2022. This comes after Osinachi's brother was suspected of homicide in his sister's death (Umeh, 2022). Violence can result in severe physical, psychological, or social consequences or even death. This is also true for sexualized violence. Effects of sexualized violence can include infertility and sexually transmitted diseases, depression, anxiety, and panic attacks. Women are frequently blamed for provoking the violence, or they are not believed or they are stigmatized in their social environment. Some of the effects include:

1. Financial Effect: In many cases of domestic violence against women, the victim is financially dependent on her husband. To that extent, in addition to other challenges, they lack financial independence. With economic abuse, the victim has very little money of her own and no source of income to rely on. The loss of economic independence is reported to be among the reasons that women stay in abusive marriages as the thought of how to take care of the children (where there are children in the marriage), the lack of specialized skills, education, and training to support themselves and their children appear quite daunting (Stop Violence Against Women, cited in Alokun, 2013). This is corroborated by the Project Alert & NOIPolls 2016 study that reported that 75 of the participants in the study were of the view

that female victims of domestic violence would be willing to leave their husbands if they had a means of catering for themselves and their children. Once victims leave their perpetrators, they can be stunned by the reality of the extent to which the abuse has taken away their autonomy. Due to economic abuse and isolation, the victims usually have very little money of their own and few people on whom they can rely when seeking help. This is one of the greatest obstacles facing victims of domestic violence, and the strongest fact that can discourage them from leaving their perpetrators (Stop Violence Against Women, 2010). In addition to lacking financial resources, victims of domestic violence often lack specialized skills, education, and training that are necessary to find gainful employment, and also may have several children to support.

2. Effect on Children: Domestic violence against women also affects the children in the family causing long-lasting and unpleasant impressions on a child's vulnerable memory (Shalini, 2019). There is also a high tendency for children to exhibit anti-social behaviors such as increased aggressiveness, impatience, and anxiety disorders among others (Dodd cited Alok, 2013). There has been an increase in acknowledgment that a child who is exposed to domestic abuse during his upbringing will suffer in his development and psychological welfare (Dodd, 2009). Some emotional and behavioral problems that can result from domestic violence include increased aggressiveness, anxiety, and changes in how a child socializes with friends, family, and authorities. Problems with attitude and cognition in schools can start developing, along with a lack of skills such as problem-solving. Correlation has been found between the experience of abuse and neglect in childhood and the perpetrating of domestic violence and sexual abuse in adulthood (Sadeler, 1994). Additionally, in some cases, the abuser will purposely abuse the mother in front of the child to cause a ripple effect, hurting two victims simultaneously. It has been found that children who witness mother assault are more likely to exhibit symptoms of posttraumatic stress disorder (PTSD) (Lehmann, 1995).

3. Physical Effect: Bruises, broken bones, head injuries, lacerations, and internal bleeding are some of the acute effects of a domestic violence incident that require medical attention and hospitalization (Jones, 1997). Some chronic health conditions that have been linked to victims of domestic violence are arthritis, and irritable bowel syndrome (Berrios, 1991). Victims who are pregnant in a domestic violence relationship experience a greater risk of miscarriage, pre-term labor, and injury to or death of the fetus (Jones, 1997).

4. Psychological Effect: Domestic violence against married women also affects them psychologically it affects their inability to trust others, fear of intimacy, emotional detachment, sleep disturbance, flashbacks, anxiety, depression, low self-esteem, suicidal thoughts, replaying usually in mind, antisocial behavior, symptoms of post-traumatic stress disorder, etc. Among victims who are still living with their perpetrators, high amounts of stress, fear, and anxiety are commonly reported. Depression is also common, as victims are made to feel guilty for 'provoking' the abuse and are frequently subjected to intense criticism. It is reported that 60% of victims meet the diagnostic criteria for depression, either during or after termination of the relationship, and have a greatly increased risk of suicidality (Barnett, 2001). The most commonly referenced psychological effect of domestic violence is Post-Traumatic Stress Disorder (PTSD). According to Vitanza, Vogel, and Marshall (1995), PTSD (as experienced by victims) is characterized by flashbacks, intrusive images, exaggerated startle responses, nightmares, and avoidance of triggers that are associated with the abuse. These symptoms are generally experienced long after the victim has left the dangerous situation. Many researchers state that PTSD is possibly the best diagnosis for those suffering from the psychological effects of domestic violence, as it accounts for the variety of symptoms commonly experienced by victims of trauma.

5. Long-term Effect: Domestic violence can trigger many different responses in victims, all of which are very relevant for a professional working with a victim. Major consequences of domestic violence victimization include psychological/mental health issues and chronic physical health problems. A victim's overwhelming lack of resources can lead to homelessness and poverty. Many women victims of domestic

violence suffer many long-term health problems including post-traumatic stress disorder (PTSD), depression, or anxiety. This could trigger the problem of substance and drug dependency/addiction as a way of numbing the physical effects of domestic effects or as a coping mechanism. Sexual violence can result in irreparable injury to sexual organs and a loss of self-worth. In some cases, victims commit suicide if they can see no way out of their unfortunate conditions.

Remediation Strategies for Curbing Domestic Violence against Married Women

1. **Legislative Measures:** Effective legal frameworks are essential for combating domestic violence and ensuring accountability for perpetrators. Many countries have enacted legislation specifically targeting domestic violence, including criminalizing abusive behaviors and providing legal protections for victims (Johnson & Zorza, 2006). These laws often include provisions for restraining orders, emergency shelter, and access to support services. While having laws in place is critical, their enforcement is equally important for deterrence and justice. Law enforcement agencies play a key role in responding to domestic violence incidents, investigating complaints, and apprehending offenders. Training programs for police officers and judicial personnel can improve their sensitivity to domestic violence issues and enhance their effectiveness in handling cases (Hirschel, Buzawa, Pattavina, Faggiani, & Bentley, 2007). Research suggests that strong legal protections can empower victims to seek help and hold perpetrators accountable, thereby reducing the prevalence of domestic violence (Dugan, Nagin, & Rosenfeld, 1999). Studies have shown a correlation between the implementation of domestic violence laws and a decrease in intimate partner homicides and assaults (Cerulli et al., 2010). However, challenges remain in ensuring access to justice for marginalized groups and addressing systemic barriers within the legal system.

2. **Community Interventions:** Community-based organizations play a crucial role in providing support and resources to survivors of domestic violence. Shelters and safe houses offer temporary accommodation, counseling, legal advocacy, and other services to help women escape abusive situations and rebuild their lives (Goodman & Epstein, 2008). These facilities serve as a lifeline for many victims who lack alternative housing options or financial resources. Peer support groups provide a valuable source of solidarity, validation, and encouragement for survivors of domestic violence. By connecting with others who have shared similar experiences, women can gain insights, coping strategies, and emotional resilience (Sullivan et al., 2019). Support groups may be facilitated by trained professionals or operate informally within communities, offering a safe space for dialogue and healing. Telephone hotlines and helplines offer immediate assistance and crisis intervention for individuals in abusive relationships. Trained counselors provide information, safety planning, and referrals to local resources, including shelters, legal services, and counseling (Bhandari, 2018). Hotlines are accessible 24/7, ensuring that help is available whenever it is needed, regardless of time or location.

3. **Psychological Support:** Psychological support is essential for addressing the emotional trauma and mental health consequences of domestic violence. Counseling and therapy services offer survivors a confidential space to process their experiences, identify coping strategies, and develop resilience (Dutton, Goodman, & Bennett, 2001). Therapists may utilize various approaches, such as cognitive-behavioral therapy, trauma-focused therapy, and mindfulness-based interventions, tailored to the individual needs of survivors. A trauma-informed approach recognizes the impact of interpersonal violence on survivors' lives and promotes a culture of empathy, empowerment, and safety within service settings (Harris & Fallot, 2001). Trauma-informed care emphasizes principles of trustworthiness, choice, collaboration, and empowerment, ensuring that survivors are treated with dignity and respect (Hopper, Bassuk, & Olivet, 2010). By addressing the underlying trauma of domestic violence, service providers can facilitate healing and recovery. Access to mental health services is critical for survivors of domestic violence, many of whom experience symptoms of depression, anxiety, PTSD, and substance abuse disorders (Campbell,

2002). Integrated care models that combine medical, psychiatric, and counseling services can improve outcomes for survivors by addressing both their physical and psychological needs (Goldberg & Fortin, 2011). However, stigma, cost, and limited resources may pose barriers to accessing mental health care for some survivors.

4. **Education Initiatives:** Public awareness campaigns play a vital role in challenging societal norms that perpetuate domestic violence and promoting attitudes of respect, equality, and nonviolence (Fulu, 2013). Campaigns may utilize various media platforms, including television, radio, social media, and community events, to reach diverse audiences and disseminate messages of prevention, intervention, and support (Jewkes, 2015). By raising awareness about the prevalence and impact of domestic violence, these campaigns can encourage bystander intervention and social change. Education is a powerful tool for preventing domestic violence and fostering healthy relationships from a young age. School-based programs can provide students with knowledge and skills to recognize and prevent abusive behaviors, navigate conflicts nonviolently, and promote gender equality (Foshee et al., 2004). Comprehensive sexuality education, bystander intervention training, and youth leadership initiatives are example of effective strategies for promoting respectful relationships and preventing violence (DeGue, 2014). Workplaces can also play a role in addressing domestic violence by implementing policies, training programs, and support services for employees (Coker, 2002). Training sessions for managers, human resources staff, and coworkers can raise awareness about the signs of domestic violence, provide guidance on responding sensitively to disclosures, and offer resources for assistance (McLaughlin, 2015). By creating a supportive environment for survivors, workplaces can contribute to their safety, stability, and well-being.

5. **Cultural Sensitivity and Diversity:** Effective interventions must be culturally sensitive and responsive to the diverse needs and experiences of survivors from different cultural, ethnic, and religious backgrounds (Raj & Silverman, 2002). Cultural competence requires an understanding of cultural norms, values, beliefs, and practices related to gender, family, and interpersonal relationships (Chang, 2010). Service providers should engage with communities collaboratively and respectfully, seeking input and feedback to ensure that interventions are relevant and effective. One-size-fits-all approaches are unlikely to be effective in addressing the complex and intersecting factors that contribute to domestic violence (Bryant-Davis & Ocampo, 2006). Interventions should be tailored to the specific needs and preferences of survivors, taking into account their cultural identity, language proficiency, immigration status, and access to resources (Smith, 2008). Culturally relevant services may include bilingual staff, culturally specific programming, and partnerships with community organizations. Intersectionality acknowledges the intersecting dimensions of identity, such as race, class, sexuality, and disability, and their impact on experiences of oppression and marginalization (Crenshaw, 1991). Effective interventions must recognize and address the unique vulnerabilities and barriers faced by marginalized groups within the context of domestic violence (Hernandez, 2013). Intersectional approaches promote equity, inclusivity, and social justice by centering the experiences of those most marginalized in policy and practice.

6. **Economic Empowerment:** Economic dependence can trap women in abusive relationships, making it difficult for them to leave or seek help (Adams, 2016). Promoting financial literacy, job training, and employment opportunities can empower survivors to achieve economic independence and stability (Bair-Merritt, 2010). Microenterprise programs, asset-building initiatives, and access to financial resources can provide women with the means to support themselves and their families independently (Sullivan & Bybee, 1999). Skills development and vocational training programs can enhance survivors' employability and career prospects, enabling them to pursue meaningful and sustainable livelihoods (Dutton et al., 2006). Training opportunities in nontraditional fields, such as information technology, construction, and entrepreneurship, can expand women's economic options and challenge gender stereotypes (Chatterjee & Patel, 2017). By investing in education and training, policymakers can break the cycle of poverty and violence for survivors and their families. Microfinance initiatives offer small loans, savings accounts, and financial services to low-income individuals, including survivors of domestic violence (Kabeer, 2001). By

providing access to capital and resources, microfinance programs enable women to start or expand small businesses, generate income, and build assets (Mayoux, 2001). Moreover, microfinance institutions may offer financial literacy training, business development support, and social networks that empower women economically and socially (Otero & Rhyne, 1994).

7. Technology and Innovation: Technology can be leveraged to support survivors of domestic violence through mobile applications that provide information, resources, and safety planning tools (Pew Research Center, 2018). Mobile apps may offer features such as emergency contacts, geolocation services, discreet communication options, and access to support services (Gil-Garcia et al., 2020). By harnessing the ubiquity of smartphones and digital connectivity, these apps can provide immediate assistance to survivors, even when traditional resources may be inaccessible. GPS tracking devices can enhance the safety and security of survivors by enabling real-time monitoring of their whereabouts and facilitating rapid response in case of emergencies (La Vigne, Davies, & Palmer, 2017). Wearable devices, smartphone applications, and vehicle tracking systems can alert designated contacts or authorities if a survivor's location changes unexpectedly or if they activate a distress signal (Klein, 2014). While GPS technology raises privacy and ethical concerns, when used ethically and with survivors' consent, it can be a valuable tool for enhancing safety and autonomy. The Internet offers a wealth of resources and support for survivors of domestic violence, including online forums, chat rooms, and social media groups (Edwards, 2015). Virtual support networks provide survivors with a sense of community, validation, and solidarity, particularly for those who may be isolated or unable to access traditional support services (Raj et al., 2006). Online platforms may also offer information about legal rights, safety planning, counseling services, and local resources, empowering survivors to take control of their lives and seek assistance on their terms.

8. Policy Recommendation: Governments should prioritize the enactment and enforcement of comprehensive legislation to address domestic violence, including criminalizing abusive behaviors, providing legal protections for victims, and allocating resources for support services (Garcia-Moreno et al., 2006). Legal reforms should be accompanied by training programs for law enforcement, judicial personnel, and other relevant stakeholders to ensure effective implementation and enforcement of domestic violence laws (Johnson, 2008). Community-based organizations play a critical role in providing support and services to survivors of domestic violence, yet they often face resource constraints and funding challenges (Sharps et al., 2011). Governments should invest in the capacity-building, infrastructure, and sustainability of these organizations through grants, contracts, and partnerships (Allen, 2010). Strengthening community resources can enhance access to support services, promote collaboration among service providers, and improve outcomes for survivors and their families. Access to mental health services is essential for survivors of domestic violence, yet many face barriers to accessing care, including stigma, cost, and lack of availability (Naslund et al., 2017). Governments should prioritize the integration of mental health services into primary care settings, community-based organizations, and domestic violence programs (Feder, Hutson, Ramsay, & Taket, 2006). Integrated care models that address physical and psychological needs can improve outcomes for survivors and promote holistic healing and recovery. Addressing the root causes of domestic violence requires addressing underlying inequalities and power imbalances between men and women (Heise, 1998). Governments should implement policies and programs to promote gender equality in all spheres of life, including education, employment, politics, and media representation (UN Women, 2015). By challenging stereotypes, promoting women's empowerment, and fostering respectful and equitable relationships, societies can create environments where domestic violence is less tolerated and more effectively addressed.

Religion Beliefs and Causes of Domestic Violence against Married Women

Religious ideas can undermine women's safety and be (mis) used by perpetrators and survivors/victims to legitimise abusive behaviours (Carlson, 2005), in particular by referring to patriarchal religious interpretations to justify abuse in the domestic sphere. Religious narrations have been historically interpreted in ambiguous ways favouring men and shaping power imbalances that disadvantaged women. Ghafournia (2017) in her study with Muslim survivors in Australia, however, highlights that "It was not the patriarchal precepts of religion but the patriarchal interpretation that facilitated the abuse" (p. 159). Patriarchal interpretations can lead survivors to isolation, self-blame, emotional abuse, coercion, intimidation and fear (Alkahteb; Safe Haven, 2014).

Religious beliefs can also restrain help-seeking of women subjected to abuse. In various religious traditions, guarding one's 'purity' before marriage or even keeping limited contact with the opposite sex is important, and for survivors who are religious, an experience domestic violence against women may lead to the belief that they are not abiding by these principles. Survivors may believe in the sanctity of marriage, the husband's leadership role and the woman's role as an obedient wife and mother (Chavis and Hill, 2008). Also, spiritual struggles, for example, perceiving violence as God's punishment or abandonment, may exacerbate mental health conditions. Abused religious women may endure their predicament with the idea that 'this life does not matter', awaiting a better life hereafter (Hassouneh-Phillips, 2003; Chavis and Hill, 2008). Also, intimate-partner violence is often seen as a private problem in faith communities which may be underpinned by religious beliefs that a woman cannot refuse intimacy with her husband, rejecting the possibility of rape in marriage. The religious belief in 'marital rights' can be used to argue that marital rape does not exist within the framework of reciprocal marital responsibilities, in which a husband is permitted to demand intimate relationships with his spouse (Heisel, 1996).

Religious practices influence survivors' meanings and experiences of domestic violence against women. Socially constructed understandings of religious practices have often been accused of condoning domestic violence against women. For example, FGM/C (female genital mutilation and/or cutting) occurs in religious communities of various religious affiliations which may misconstrue FGM/C as a religious practice, even though it may not be mentioned in the religious scripture. For example, the Qur'an has no reference to FGM/C, but some Muslim communities, that may erroneously connotate FGM/C with religion, refer to the several contested hadiths, that are mostly weak or inauthentic to justify this practice. In contrast, scholars can demystify these Islamic sources to help delink FGM/C from Islam (e.g. Lethome Asmani and Abdi, 2008). Likewise, the religious convictions and norms related to minimum age of marriage may have an impact on parents' decisions and religious leaders allowing the union with a minor without capacity to consent (Pertek and Abdulaziz, 2018). Again, religious actors have a potential to counter such narratives with contextualised religious literacy.

Religious organisation and communities can also indirectly and silently collaborate in perpetrating abuse. In many faith communities domestic violence against women and concepts linked to sexual and reproductive health and rights are particularly sensitive issues (Tomkins, 2015). Some victims may refrain from seeking help because of the taboo linked to discussing intimate relations. Extreme stigma around domestic violence against women survivors in faith communities intensifies psychological trauma of victims. Survivors/victims tend to avoid discussing sensitive issues as they perceive that culture or religion disallows to tackle difficult and private issues (Kulwicksi, 2010). Literature well recognises faith leaders' ability to affect social acceptance and tolerance of domestic violence against women or build resistance to it in communities. In the ecological framework of violence, religious institutions and ideologies are considered as part of structural factors that have the power to influence micro, meso and macro levels (Heise, 1998). Although women victims tend to rely on religious leaders more often than other professionals (Singletary, 2007), religious leaders can also act as barriers to victims' safety and compound their vulnerability by advising abused women to endure violence with patience (Kulwicksi, 2010; Le Roux, 2016; Ghafournia, 2017).

Religious/spiritual experience, the spiritual events, feelings and emotions shape the context and reality in which domestic violence against women occurs. Religious experience may distort judgement of survivors and become a source of vulnerability to further harm through interpretations of night-time dreams, feelings and realisation of their prayers. Religious experience, similarly as religious beliefs, may encourage victims to endure abuse and belittle harm as a sacrifice and promise of life hereafter (Chavis and Hill, 2008). Victims may wish to emulate the suffering of their Prophets and role models mentioned in religious scriptures, minimising their own suffering. For example, (Mahoney, 2015) looked at women's spiritual struggles and resources which have respectively hindered leaving abusive relationships but facilitated acceptance through spiritual and religion-based reappraisal.

Religion Beliefs and Effects of Domestic Violence against Married Women

The consequences of domestic violence on a victim's health and quality of life include physical injury, increased risk of suicide, generational trauma, increased incidence of mental health diagnoses such as post-traumatic stress disorder (PTSD), complex PTSD, depression, and anxiety disorders (Han 2018, 2020; Kavak 2018). Negative emotional experiences, such as heightened anxiety, can also feed into the perpetration of intimate partner violence. For example, men who perceive their partner as likely to commit an infidelity experience more anxiety, which in turn predicts more perpetration of physical, psychological, and sexual aggression toward their intimate partners (Arnocky, 2015). Violent acts and threats can be directly or indirectly isolating, which removes access to familial, community, and spiritual support systems for the victim. Religious organizations are often considered both community and spiritual support and may offer therapeutic options to families and individuals for a variety of issues including substance abuse and addictions, financial difficulty, grief, mental and emotional health, as well as traumatic experiences (Healy, 2005). However, the misinterpretation of religious texts by either the

offender, the victim, or religious affiliates, as well as a lack of trauma-informed education can lead to increased acts of violence, further isolation, an abuse of power, subjugation roles, and an enhanced commitment to a dysfunctional relationship rather than a supportive and safe exit where necessary (Fortune & Enger, 2005; Haaken, 2007). Research studies over the past few decades have focused on ethnicity, race, and socioeconomic status as well as the role of religion as factors of increased risk, barriers to accessing resources, and recidivism in domestic violence. The results of various studies consistently report that religious organizations either play a supportive role or facilitate greater harm, depending upon education, awareness, and priorities. Numerous religious organizations consider marriage a sacred institution, whereby the partners must reconcile and forgive their differences to uphold their vows (Nason-Clark, 2018). This belief can be held by the victim, the offender, or the church and community. Research investigating the numerous reasons why victims choose to stay in abusive relationships uncovered three overarching themes: investment, entrapment, and love (Heron, 2022). Investment included subthemes such as pregnancy, marriage, and keeping the family together, which mentally and emotionally tied the victim to their abusive partner. Entrapment included economic dependence, physical and social isolation, internalized blame, learned helplessness, and cultural and religious beliefs. Upon expansion, feeling shame and the fear of being misunderstood by family and community members were driving forces of religious and cultural entrapment. The use of religious scripture to isolate and prevent a victim from leaving an abusive relationship can also lead to spiritual abuse – the forcible withdrawal or doubling-down of faith-based practices that perpetuate the abusive cycle (BentGoodley & Fowler, 2006). Research focused on both victim and spiritual leader accounts of religious involvement in domestic violence cases states that offenders were likely to use their faith's focus on forgiveness to pressure their victim (Bent-Goodley & Fowler, 2006).

In an essay on religion and domestic violence, one author suggested that support staff in shelters require an understanding of religious systems, regardless of secularism or spiritual focus of the shelter, to be effective support against the victims' persistence on sustaining the relationship, which may stem from the concept of the sanctity of marriage and forgiveness (Ellison, 2007; Nason-Clark, 2004). The author emphasized that although there is no clear evidence of increased domestic violence in religious-founded domestic relationships, victims are at greater risk, once abused, with "commonly express[ed] guilt" in reference to their marriages (Nason-Clark, 2004). One article, examining the intersection of race, ethnicity, and religion in relation to domestic violence risk, provided a list of mechanisms that are used to encourage religious values such as self-sacrifice and marital commitment (Ellison, 2007). These mechanisms include ceremonial ritual, sermons and lectures, social congregation, and community. The messages from evangelical Christian churches that were not supportive of victims were quoted as "God hates divorce," "forgive, forgive, forgive," "marriage is forever," and "thou shalt not divorce" (Haaken, 2007). Another study highlighted positive and negative influences of Christian church involvement in domestic violence situations; respondents with negative interactions described feelings of guilt, failure, and loss (Wendt, 2008).

Another influence that religious institutions may exert on domestic violence is the propagation and continued support of justifications for the abuse. Whether the religious organization is directly involved is not a requirement for a violent partner to utilize scripture and religious teachings to rationalize their

actions. Some leaders acknowledge that religious scripture and teachings may be misinterpreted and used as rationalization for violent and abusive actions (Wendt, 2008). Research using semi-structured interviews with service workers confirmed domestic violence offenders used religion as a justification for their actions, which is categorized as spiritual abuse (Ellis, 2022; Wendt, 2008). Religious texts have been used to direct a victim into what behavior they “should” engage in to deserve better treatment, such as obeying their husbands or the right to punish wives. Such interpretations permit the abuser to pass the blame and externalize their actions onto the victim. These messages are used to control, manipulate, and remove power from the victim, which can lead to confusion, isolation, and despair in relation to the institution the victim had considered a source of spiritual and community support. Interview-based studies on the experiences of Muslim domestic violence victims displayed similar patterns to Christian religions, whereby the religion can be a source of healing, comfort, and protection, but can also be utilized to reinforce violent behavior and attitudes (BentGoodley & Fowler, 2006; Hassouneh-Phillips, 2003). Justification of abuse, either promoted directly by the institution, abuser, or victim, may lead to confusion, despair, and a lack of trust in religious and spiritual communities; the authority, focus on forgiveness, and submission are components of several religious institutions can be utilized to validate abusive behavior (Fallot & Blanch, 2013).

Summary of Literature Review

This section gives a summary of the reviewed literature. Theoretical framework, Concept of Domestic Violence in Marriage, Causes of Domestic Violence against Married Women, Effects of Domestic Violence against Married Women, Remediation Strategies for Curbing Domestic Violence against Married Women, Religion Beliefs and Causes of Domestic Violence against Women, Religion Beliefs and Effects of Domestic Violence against Married Women.

The first sub-heading revealed the theory adopted for this study, the study adopted the psychological theories of self-appraisal, learned helplessness, and identified behavioral patterns. It further revealed the concept of domestic violence in marriage, the study revealed the causes, effects and remediation strategies for curbing domestic violence against married women.

Furthermore, the religion beliefs and causes of domestic violence against women was revealed, and this enlightened us on the intersection of religion beliefs and domestic violence against women highlights the complex interplay between religious doctrines, cultural norms, and societal attitudes. Religious beliefs can both perpetuate and mitigate domestic violence, depending on interpretations and cultural contexts. Causes often include patriarchal interpretations of scripture, traditional gender roles, and misuse of religious authority. The study went ahead to reveal the religion beliefs and effects of domestic violence against women, which also enlightened us about how domestic violence can lead to spiritual and psychological harm, exacerbating feelings of guilt, shame, and isolation among victims. Moreover, religious institutions may inadvertently enable abuse through teachings that prioritize marital unity over safety. However, religion can also serve as a source of resilience and support for survivors, offering spiritual solace and community resources.

CHAPTER THREE

RESEARCH METHODOLOGY

This chapter explains the various methods and procedures that will be employed in the collection and analysis of data for this study. It will be organized under the following sub-heading;

- Research Design
- Population of the Study
- Sample and Sampling Technique
- Instrument for Data Collection
- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
- Method of Data Analysis

Design of the Study

The design adopted for this study is survey research design. The survey researcher is interested in the accurate assessment of the characteristics of the whole population through the study of a sample considered to be the representative of the population. A survey research is one in which a group of people or items is studied by collecting and analyzing data from a few people or items considered to be representative of the entire group (Nworgu, 1991).

Population of the Study

The population of the study comprises of all married women in Ovia North East Local Government in Edo State. The estimated population of these married women in Ovia North East Local Government in Edo State was 74,911 (Source: National Population Commission of Nigeria, National Bureau of Statistics, 2006).

Sample and Sampling Technique

A simple random sampling technique was utilized to select at least 200 respondents (married women experiencing domestic violence from one (1) randomly selected church and one (1) randomly selected mosque in the Local Government Area, which are 200 respondents (married women) in total.

Instrument for Data Collection

The instrument used for data collection is a researcher-developed questionnaire titled "Questionnaire on the Causes, Effects and Remediation Strategies for curbing Domestic Violence against Married Women" (QCERSDVMW). The questionnaire is developed by the researcher using four-point Likert Rating Scale of Strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD). The instrument was broadly divided into two sections. Section A is meant to elicit demographic information about the respondent, while Section B is designed to elicit response based on the causes, effects and needs for counselling for curbing domestic violence. In total the instrument was made up of 26 items in the questionnaire.

Validity of the Instrument

To ensure content validity of this instrument, the researcher's supervisor and two experts in the Department of Educational Evaluation and Counselling Psychology, Faculty of Education, University of Benin, Benin City, Edo State validated the instrument. The experts carefully examined the relevance of the instrument in order to ensure that the instrument measure what it is intended to measure and to

ascertain the appropriateness of the instrument. Some items were modified based on the experts advice before the final copy of the instrument was designed.

Reliability of the Instrument

In order to ensure the reliability of the instrument, the test re-test reliability method was adopted. The copies of the questionnaire were administrated to 20 women outside the target population, who did not participate in the final study. The scores obtained from both exercise were correlated using Cronbach's Alpha formula to determine the reliability of the instrument. After the correlation, the result 0.639 and 0.646 were obtained. These values indicated that the instrument possessed suitable level of reliability.

Method of Data Collection

The questionnaire was administrated directly to the respondents (married women) by the researcher. The instruments were administrated to the respondents after giving uniform instrument, in which the respondents are expected to respond to all items by ticking one of the options from the response columns. The instruments were collected on the spot immediately to ensure 100% retrieval.

Method of Data Analysis

Data collected from the instrument administrated were statistically analyzed using One Sample t-test Mean and standard deviation were used to answer the research questions. For testing the hypotheses, independent sample t-test was used where applicable. Testing the hypotheses was done at 0.05 level of significance.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapter presented the analysis of the data collected. The purpose of this research was to investigate perception causes, effects and strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State.

Data Analysis of Demographic Information

The data analysis for the demographic information was carried out using simple percentage. The results are presented in Tables 4.

Table: 4

Items	Frequency	Percentage
Religion		
Muslim	70	35%
Christian	130	65%
Total	200	100%
Marriage		
1-5	57	28.5%
6-10	60	30.0%
11-20	41	20.5%
21 and above	42	21.0%
Total	200	100%

Presentation of Data

Religion: The results in Table 1 shows that 70% of the respondents were Muslims while 80% were Christians. This implied that majority of the respondents sampled for the study were Christians.

Age Distribution: The age distribution indicated that majority of the sampled respondent's age (30.0%) falls between 6-10 years of age. This was followed by respondents in the age group of 1-5. This was followed by respondents in the age group of 21 and above. This was followed by respondents in the age group of 11-20. Those respondents whose age falls within 6- 10 were the majority in the study.

SECTION B:

Research Question 1: What are the leading causes of domestic violence against married women in Ovia North East Local Government in Edo State?

Table 1: Causes of domestic violence against married women

	ITEMS	N	MEAN	SD	Decision
1.	Our culture does not frown against domestic violence against women	200	3.18	.94	Agree
2.	Domestic violence is seen as part of marriage by some men	200	3.23	.96	Agree
3.	There is lack of adequate legislation prohibiting domestic violence against women	200	2.97	1.07	Agree
4.	Alcohol use by men can cause violence against married women	200	2.82	1.23	Agree
5.	Some men rely on religious excerpts to Lord it over their wives	200	2.68	1.17	Agree
6.	Some husbands follow their fathers' footsteps who are abusers to melt violence against their wives	200	2.67	1.05	Agree
7.	Women that are absolutely depending on their husbands can be prone to abuse	200	3.05	1.01	Agree
8.	Couples that share responsibilities will not be prone to abuse	200	2.67	1.10	Agree
	Grand Mean	200	2.90	1.06	Agree

Significant Score > 2.5

In table 1 above, the researcher presents the responses by the respondents to questionnaire item 1 to 10 in relation to first research question which sought to find out the causes of domestic violence against married

women. In response to research question one, the table above shows that the respondents agree with item 1, 2, 3, 4, 5, 6, 7 and 8 which has the mean ratio of 3.18, 3.23, 2.97, 2.82, 2.68, 2.67, 3.05 and 2.67 which is above the criteria mean of 2.5. Also, the grand mean has a mean score of 2.90. It revealed that culture does not frown against domestic violence against women. It was shown that domestic violence is seen as part of marriage by some men. It was seen that there is lack of adequate legislation prohibiting domestic violence against women. It revealed that alcohol used by men can cause violence against married women. It was seen that some men rely on religious excerpts to Lord it over their wives. It was revealed that some husbands follow their fathers' footsteps who are abusers to melt violence against their wives. It was shown that women that are absolutely depending on their husbands can be prone to abuse. It was seen that couples that share responsibilities will not be prone to abuse.

Research Question 2: The leading effects of domestic violence against married women in Ovia North East Local Government in Edo State.

Table 2: Effects of Domestic violence against married women

	ITEMS	N	MEAN	SD	Decision
9	Domestic violence against married women can lead to broken home	200	2.83	1.06	Agree
10	Domestic violence against married women can make her healthy.	200	2.77	.95	Agree
11	It can lead to death of the victim	200	2.66	1.07	Agree
12	The victim could experience physical disability	200	2.73	1.13	Agree
13	It could cause emotional trauma	200	3.12	1.11	Agree
14	It can lead to psychological problem for the children	200	2.97	1.18	Agree
15	It could lead to high level of fear for women who are violated by their husbands	200	2.80	1.16	Agree
16	Domestic violence against married women can cause depression	200	2.57	1.30	Agree
17	Due to economic abuse, the victim may run out of fund	200	2.89	1.01	Agree
	Grand Mean	200	2.81	1.24	Agree

Significant Score > 1.5

In table 2 above, the researcher presents the responses by the respondents to questionnaire item 1 to 10 in relation to first research question which sought to find out the effects of domestic violence against married women. In response to research question two, the table above shows that the respondents agree with item 10, 11, 12, 13,14,15,16 and 17, which has the mean ratio of 2.83, 2.77, 2.66, 2.73, 3.12, 2.97, 2.80, 2.57 and 2.89 which is above the criteria mean of 2.5. Also, the grand mean has a mean score of 2.81. It was seen that domestic violence against married women can lead to broken home. It was shown that domestic violence against married women can make her healthy. It was revealed that it can lead to death of the victim. It was shown that the victim could experience physical disability. It was seen the it could cause emotional trauma. It revealed that it can lead to psychological problem for the children. It was shown that it could lead to high level of fear for women who are violated by their husbands. It was seen that domestic violence against married women can cause depression. It was seen that due to economic abuse, the victim may run out of fund.

Research Question 3 What are the remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State?

Table 3: The need for curbing domestic violence against married women

	ITEMS	N	MEAN	SD	Decision
18	Counselling could help spouses communicate their feelings	200	3.06	1.00	Agree
19	Mutual understanding and respect for individuals' opinion is needed in dyadic relationship	200	3.20	.85	Agree
20	Skills in satisfactory sexual relationship can help in reducing violence against married women	200	3.20	.85	Agree
21	Counselling can help spouses understand each other weaknesses and strengths in order to reduce tension in the home	200	4.00	.00	Agree
22	Marital counsellor can help spouses to clear issues that can result to marital violence	200	4.00	.00	Agree
23	Marital counsellor can make spouses feel safe to open up and get realistic tips and guides to resolve their differences	200	4.00	.00	Agree

24	The counsellor can act as a mediator who will have clear view of issues from the perspective of the spouse and present it in a way that the couple will be able to understand it from the partner's point of view	200	4.00	.00	Agree
25	Couples facing relationship problem could not be helped through marital counselling	200	4.00	.00	Agree
26	Marriage therapy is needed to help spouses gain insight into their relationship, resolve conflict and improve marital relationship	200	4.00	.00	Agree
	Grand Mean	200	4.28	0.33	Agree

Significant Score > 1.5

In table 3 above, the researcher presents the responses by the respondents to questionnaire item 1 to 10 in relation to third research question which sought to find out the need for curbing domestic violence against married women, the table above shows that the respondents agree with item 18, 19, 20, 21,22, 23, 24, 25 and 26 which has the mean ratio of 1.00, .85, .85, .00, .00, .00, .00 and .00, which is above the criteria mean of 2.5. Also, the grand mean has a mean score of 4.28. It was revealed that counselling could help spouses communicate their feelings. It is seen that mutual understanding and respect for individuals' opinion is needed in dyadic relationship. It was revealed that skills in satisfactory sexual relationship can help in reducing violence against married women. It was shown that counselling can help spouses understand each other weaknesses and strengths in order to reduce tension in the home. It was seen that a marital counsellor can help spouses to clear issues that can result to marital violence. It was revealed that a marital counsellor can make spouses feel safe to open up and get realistic tips and guides to resolve their differences. It was seen that the counsellor can act as a mediator who will have clear view of issues from the perspective of the spouse and present it in a way that the couple will be able to understand it from the partner's point of view. It was shown that couples facing relationship problem could not be helped through marital counselling. It was seen that marriage therapy is needed to help spouses gain insight into their relationship, resolve conflict and improve marital relationship.

Hypothesis one: *There is no significant difference in the respondent's response in the causes of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.*

Table 4: ANOVA of the causes of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.

Religion	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	1210.124	1	1210.124	40.058	.000
Within Groups	5981.471	198	30.209		
Total	7191.595	199			

$\alpha = .05$

Table 4 shows an F value of 40.058 and a p value of .000. Testing at alpha level of .05, the p value is less than the alpha level, so, the hypothesis which states that there is no significant difference in the respondent's response in the causes of domestic violence against married women in Ovia North East Local Government in Edo State based on religion is retained. Consequently, there is no significant difference in the respondent's response in the causes of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.

Hypothesis two: *There is no significant difference in the respondent's response to the effects of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.*

Table 5: ANOVA of the effects of domestic violence against married women in Ovia North East Local Government in Edo State based on Religion

Religion	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	1515.000	1	1515.000	41.039	.000
Within Groups	7309.355	198	36.916		
Total	8824.355	199			

$\alpha = .05$

Table 7 shows an F value of 0.332 and a p value of .951. Testing at alpha level of .05, the p value is less than the alpha level, so, the hypothesis which states that there is no significant difference in the respondent's response to the effects of domestic violence against married women in Ovia North East Local Government in Edo State based on religion is retained. Consequently, there is no significant difference in the respondent's response to the effects of domestic violence against married women in Ovia North East Local Government in Edo State based on religion.

Hypothesis three: *There is no significant difference in the respondent's response regarding the remedial strategies in curbing domestic violence against married women in*

Ovia North East Local Government in Edo State based on the duration of marriage.

Table 8: ANOVA of remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State based on the duration of marriage

Marriage	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	181.240	3	60.413	10.255	.000
Within Groups	1154.635	196	5.891		
Total	1335.875	199			

$\alpha = .05$

Table 8 shows an F value of 0.355 and a p value of .962. Testing at alpha level of .05 the p value is greater than the alpha level, so, the hypothesis which state that There is no significant difference in the respondent's response regarding the remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State based on the duration of marriage is retained. Consequently, there is no significant difference in the respondent's response regarding the remediating strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State based on the duration of marriage.

Discussion of Findings

From research question one, it was seen that there is lack of adequate legislation prohibiting domestic violence against women. It revealed that alcohol used by men can cause violence against married women. It was seen that some men rely on religious excerpts to Lord it over their wives. It was revealed that some husbands follow their fathers' footsteps who are abusers to melt violence against their wives. This is in line with the work of (Ogunkorode (2013) who identified seven causes of domestic violence in Nigeria. While not exhaustive, they provide some insight into the causes of domestic problems in Nigeria. They include: Cultural factors: In Nigerian families, the man is seen as the head of the family and this confers on him a feeling of superiority and authority over his family including his wife.

From research question two, it was seen that domestic violence against married women can lead to broken home. It was seen the it could cause emotional trauma. It revealed that it can lead to

psychological problem for the children. It was revealed that it can lead to death of the victim. It was shown that the victim could experience physical disability. It was seen the it could cause emotional trauma. This is in accordance with the work of (Shahama, 2002) Violence against women has negative impacts on agricultural activities in rural areas in terms of food stability and overall national development maintains that several women suffered a series of injuries, disabilities, wounds, and casualties from clashes and many died because of domestic violence against women. From research question three, it was revealed that a marital counsellor can make spouses feel safe to open up and get realistic tips and guides to resolve their differences. It was seen that the counsellor can act as a mediator who will have clear view of issues from the perspective of the spouse and present it in a way that the couple will be able to understand it from the partner's point of view. It was shown that couples facing relationship problem could not be helped through marital counselling.

CHAPTER FIVE

SUMMARY, FINDINGS, CONCLUSION AND RECOMMENDATION

Summary

The purpose of this study was to find out the leading causes, effects, and remediation strategies in curbing domestic violence against married women in Ovia North East Local Government in Edo State. The population of the study consists of comprises of all married women in Ovia North East Local Government in Edo State. The estimated population of these married women in Ovia North East Local Government in Edo State was 74,911. The sample for this study was utilized to select at least 200 respondents (married women experiencing domestic violence from one (1) randomly selected church and one (1) randomly selected mosque in the Local Government Area, which are 200 respondents (married women) in total. The sample size for this study was selected using the random sampling technique.

Findings

From the data collated and analysed, the following are the findings: it was seen that there is lack of adequate legislation prohibiting domestic violence against women. It revealed that alcohol used by men can cause violence against married women. It was seen that some men rely on religious excerpts to Lord it over their wives. It was revealed that some husbands follow their fathers' footsteps who are abusers to melt violence against their wives.

It was seen that domestic violence against married women can lead to broken home. It was seen the it could cause emotional trauma. It revealed that it can lead to psychological problem for the children. It was revealed that it can lead to death of the victim. It was shown that the victim could experience physical disability. It was seen the it could cause emotional trauma.

It was revealed that it was revealed that a marital counsellor can make spouses feel safe to open up and get realistic tips and guides to resolve their differences. It was seen that the counsellor can act as a

mediator who will have clear view of issues from the perspective of the spouse and present it in a way that the couple will be able to understand it from the partner's point of view. It was shown that couples facing relationship problem could not be helped through marital counselling.

Conclusion

It was seen that there is lack of adequate legislation prohibiting domestic violence against women. It revealed that alcohol used by men can cause violence against married women. It was seen that some men rely on religious excerpts to Lord it over their wives. It was revealed that some husbands follow their fathers' footsteps who are abusers to melt violence against their wives. It was seen that domestic violence against married women can lead to broken home. It was seen the it could cause emotional trauma. It revealed that it can lead to psychological problem for the children. It was revealed that it can lead to death of the victim. It was shown that the victim could experience physical disability. It was seen the it could cause emotional trauma. It was revealed that it was revealed that a marital counsellor can make spouses feel safe to open up and get realistic tips and guides to resolve their differences. It was seen that the counsellor can act as a mediator who will have clear view of issues from the perspective of the spouse and present it in a way that the couple will be able to understand it from the partner's point of view. It was shown that couples facing relationship problem could not be helped through marital counselling.

Recommendation

The following are recommended from the findings the study

1. Law enforcement officers should keep proper document of all reported cases of domestic violence against women especially cultural and traditional practices that infringes on the right of women.
2. The judiciary also needs to put more efforts to nullify or declare customary laws that are repugnant as unconstitutional and should be repealed.
3. The Civil Societies should intensify their efforts to enlightenment campaign against domestic violence domestic bearing in mind that domestic violence is not only against women but all members of the family.

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APPENDIX

DEPARTMENT OF EDUCATIONAL EVALUATION AND COUNSELLING PSYCHOLOGY

FACULTY OF EDUCATION

UNIVERSITY OF BENIN

BENIN CITY.

Dear Respondents,

Request to fill questionnaire

I am an undergraduate student of the Department of Educational Evaluation and Counselling Psychology, Faculty of Education, University of Benin, Benin City. I am recently carrying out a research study titled: causes, effects and remediation strategies for curbing domestic violence against married women in Ovia North East Local Government in Edo State. Kindly help to fill this questionnaire as your frank response will help this research. It is purely for academic purposes and the information provided will be treated confidentially and will be used only for the purpose of the research .

Thank you for your cooperation .

Yours faithfully,

Ugbodaga Favour

Researcher

Instruction

Kindly tick (✓) on that which agrees with your opinion

Section A: Bio- data

Religion: Muslim () Christian ()

Marriage Duration: 1-5 () 6-10 () 11-20 () 21 and above ()

Section B: Indicate the extent to which you agree or disagree with the following statements.

Key: Strongly Agree (SA), Agree (A), Disagree(D), Strongly Disagree (SD)

S/N	Causes of domestic violence against married women	SA	A	D	SD
1	Our culture do not frown against domestic violence against women				
2	Domestic violence is seen as part of marriage by some men				
3	There is lack of adequate legislation prohibiting domestic violence against women				
4	Alcohol use by men can cause violence against married women				
5	Some men rely on religious excerpts to Lord it over their wives				
6	Some husbands follow their fathers' footsteps who are abusers to melt violence against their wives				
7	Women that are absolutely depending on their husbands can be prone to abuse				
8	Couples that share responsibilities will not be prone to abuse				
	Effects of domestic violence against married women				
9	Domestic violence against married women can lead to broken home				
10	Domestic violence against married women can make her healthy				
11	It can lead to death of the victim				
12	The victim could experience physical disability				
13	It could cause emotional trauma				
14	It can lead to psychological problem for the children				
15	It could lead to high level of fear, anxiety and stress for women who are violated by their husbands				
16	Domestic violence against married women can cause depression				
17	Due to economic abuse, the victim may run out of fund				
	Need for counselling for curbing domestic violence against married women				
18	Counselling could help spouses communicate their feelings, love, appreciation, likes and dislikes				
19	Mutual understanding and respect for individuals opinion is needed in dyadic relationship				
20	Skills in satisfactory sexual relationship can help in reducing violence against married women				
21	Counselling can help spouses understand each other weaknesses and strengths in order to reduce tension in the home				

22	Marital counsellor can help spouses to clear issues that can result to marital violence				
23	Marital counsellor can make spouses feel safe to open up and get realistic tips and guides to resolve their differences				
24	The counsellor can act as a mediator who will have clear view of issues from the perspective of the spouse and present it in a way that the couple will be able to understand it from the partner's point of view				
25	Couples facing relationship problem could not be helped through marital counselling				
26	Marriage therapy is needed to help spouses gain insight into their relationship, resolve conflict and improve marital relationship				