

**LEARNING FOR PUBLIC SAFETY: A CASE OF HOUSEHOLD VIOLENCE
IN SELECTED HOUSEHOLDS OF LUSAKA DISTRICT, ZAMBIA**

BY

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**A Dissertation Submitted to The University of Zambia in partial fulfilment of
The Requirement for the Award of the Degree of Master of Education in
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DECLARATION

I, **Kabesha Thomas C**, do hereby declare that the dissertation submitted is purely my work and has not been previously submitted for a degree, diploma or other qualification at the University of Zambia or any other University. All the works that are not my work have been acknowledged.

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APPROVAL

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ABSTRACT

Household violence between couples has become very rampant the world over. It is an internationally-recognised problem that has remained vicious and a threat to human life. The purpose of this study was to establish learning for public safety so as to ascertain possible strategies that could be integrated in public safety education at community level in order to curb household violence. To archive the purpose of this study, the study sought to establish existing forms of household violence so as to explore its causes. The study also had to establish how household violence impacts on learning for public safety. Lastly, possible strategies that needed to be integrated in public safety education at community level on learning for public safety were suggested. The study in the context of a mixed design approach had a population which included members some from the public, police, health, judiciary, Non-Governmental Organisations and churches. Data was collected using semi-structured interview guides and focus group discussion. Data was analysed thematically. The findings from the study revealed that physical, psychological and economic violence were the common forms of household violence that existed while lack of communication, jealousy, and infidelity and alcohol abuse triggered household violence. However, being emotionally/psychologically disturbed, habits and the upbringing of children in an environment where violence is inevitable were found to have been the reasons as to how household violence would impact on learning for public safety. The study, lastly, established strategies which includes; to talk about the consequences of violence, handle unpleasant habits by engaging churches and rehabilitation centres, promote Christian values, talk about the importance of communication and teach how to be faithful to one another in a relationships and respect of other opinions. The study recommends that the Zambian government should give resources and support to the police, church leaders, traditional or community leaders and some NGOs that deal with violence cases. The resources should be used for campaigns of attitude change in the larger society so that household violence as a deterrent to public safety can be addressed objectively.

Keywords: Household violence, Public safety, Harmonious living, public Safety Education

DEDICATION

Dedication goes to my son, Chimwenwe Kabesha, my wife, Miriam Nyau, my father and mother, Isaac M. Kabesha and Dorothy K. Mphande, respectively.

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ACRONYMS/ABBREVIATIONS

ACHPR	African Charter of Human and People's Rights
CDCP	Centres for Disease Control and Prevention
CSO	Central Statistics Office
ED	Emergency Department
EE	Environmental Education
EUAFA	European Union Agency for Fundamental Rights
FGD	Focus Group Discussion
GBV	Gender Based Violence
GCDD	Gender Child Development
GIDD	Gender In Development Division
GRZ	Government of the Republic of Zambia
HRC	Human Rights Commission
IPV	Intimate Partner Violence
NGO	Non-Governmental Organisation
NGP	National Gender Policy
SADC	Southern African Development Community
SD	Sustainable Development
SGBV	Sexual Gender Based Violence
UK	United Kingdom
UNESCO	United Nations Scientific Cultural Organisation
UNICEF	United Nations Children Emergency Fund
US-DJ	United States-Development of Justice
VSU	Victim Support Unit
WHO	World Health Organisation
WLSA	Women and Law in Southern Africa
ZARD	Zambia Association for Research Development
ZDMN	Zambia Daily Mail Newspaper
ZMW	Zambian Kwacha

OPERATIONAL DEFINITION OF TERMS

- Abuse:** treat with cruelty or violence
- Assault:** violence attack or act that threatens physical harm to a person whether or not actual harm is done
- Children:** young human beings below the age of full physical development
- Couple:** two people who are married or otherwise closely associated romantically or sexually
- General Public:** the people in the society; people in general
- Harmonious:** having similar or conforming feelings, ideas, interest.
- Household:** collectively, all the persons who live in a given house
- Implications:** something implied or suggested as naturally to be inferred or understood; the act of implying.
- Perpetrator:** a person who commits violence
- Public:** concerning the people as a whole
- Spouse:** a husband or wife considered in relation to their partner
- Victim:** a person harmed, injured, killed as a result of violence
- Violence:** behaviour that is intended to hurt other people
- Public Safety:** this is the welfare and protection of the general public.

CHAPTER ONE: INTRODUCTION

1.1 Background

Household violence (also named domestic abuse or family violence) is violence or other abuse by one person against another in a domestic setting, such as in marriages or cohabitation (Shipway, 2004). It may be termed as Intimate Partner Violence (IPV) when committed by a spouse or partner in an intimate relationship against the other partner, and can take place in heterosexual or between former spouses or partners. Household violence can involve violence against children, parents or the elderly. It takes a number of forms, such as physical, verbal, emotional, economic, religious, reproductive and sexual abuse which can range from subtle, coercive forms to marital rape and to violent physical abuse such as choking, beating that result in disfigurement or death (Follingstand, 2005). Family murders include stoning, bride burning, honour killing and dowry deaths (Shipway, 2004).

Violence between spouses has become very rampant the world over (Gelles and Cavanaugh, 2005). Household violence is widespread and occurs among all social groups. It is a significant problem for those whose life is affected by this issue, the social, health and criminal justice agencies that respond to it, and wider society that must bear the costs. Whilst household violence is not a new phenomenon, the past thirty years has seen increasing public awareness and a growing political consensus that something needs to be done, even if what should be done is less clear (Devaney, 2015). Over time, our understanding about the presentation, dynamics and impact of household violence has developed, suggesting the need to define what society needs to tackle. This has not been easy, considering the varying definitions and understanding of violence across research studies, regions and cultural settings (European Union Agency for Fundamental Rights (EUAFR), 2014). According to United National International Children Emergence Fund (UNICEF), (2000), household violence is leading to household killings and is now a crime committed in the very home environments where one should feel safest. The issue of household violence is a major challenge in society given that, women, men and children alike suffer either directly or indirectly from this social vice (UNICEF, 2000). According to Heise and Lori (1994), household violence in many cases is directed to women

and children. To objectively address eminent challenges, effects and societal problems relating to this problem, several measures have been put in place.

In Zambia, many commitments such as laws and punishments enshrined in the Zambian constitution to deal with household violence at various levels have been demonstrated but still the vice has been escalating (Women and Law in Southern Africa- Zambia (WLSA), 2012). An example is a case in which the Lusaka High Court on the 13th of April 2017 sentenced Precious Longwe to death by hanging until pronounced dead for intentionally murdering her husband Akakanda Litebele (Zambia Daily Mail News Paper (ZDM-NP), 2017). Zambia is a signatory to major international instruments and the African Charter of Human and People's Rights (ACHPR) try to curb the vice. At national level, the republican constitution in chapter three of the Bill of Rights has condemned the violation of human rights under which household violence falls.

In addition, Victim Support Unit (VSU) was established through the Zambia Police Amendment Act No. 14 of 1999 to deal with all cases of Gender Based Violence (HRC, 2002). VSU is a section that is found in all police stations and police posts around the country. The officers under the unit are trained officers who have been equipped with counselling skills to help victims and perpetrators of GBV. According to Human Rights Commission (HRC) (2002), this unit was established in order to address violation of human rights. It was discovered that when human rights are violated, either on a part of a husband or wife, they tend to result into household violence which sometimes leads to household killings, physical harm, and some psychological disorders.

However, the Zambian Government adopted the National Gender Policy (NGP) in 2000, which, among other things, outlines various measures to prevent violence against women (Gender In Development Division (GIDD Report, 2000). In 2011, The Government of the Republic of Zambia (GRZ) under the leadership of Rupiah Banda introduced the Anti-Domestic Violence Bill to parliament just to make sure that violence can be reduced or possibly eradicated. In 2012, the late Republican President, Mr Michael Sata, named the Gender and Child Development Division

(GCDD) as a stand-alone ministry so as to concentrate its operation in line with the protection of gender and child development.

Besides, Marital disputes have become so life-threatening among many Zambians as the number of husbands being killed by their wives has continued rising. This is in reference to the case in which the Lusaka High Court on the 13th of April 2017 sentenced Precious Longwe to death by hanging until pronounced dead for intentionally murdering her husband, Akakanda Litebele (ZDM-NP), 2017).

Despite all the above efforts put in place by the Zambian government, various Non-Governmental Organisations (NGOs) like Sexual Gender Based Violence (SGBV) and some individuals to fight against household violence, the problem has continued to occur. Household violence is an internationally recognized problem that has remained vicious and a threat to human life and also a serious and growing threat to public safety. In this context, Public Safety refers to the welfare and protection of the general public against household violence. The public safety is usually expressed as a governmental responsibility but it should be for every well meaningful citizenry to eradicate household violence. This can be achieved by learning for public safety in the case of household violence. Learning for public safety can not only protect the victims of such violence from injuries/illness costs, but can also lower injury/illness costs, increase productivity and quality. The primary goal of public safety education is for the general public to learn some preventive and protective measures against the dangers of this vice that affects the safety and health of the public. It is from this public safety education that it is expected for every citizen to develop a positive health and safety culture where safe and healthy environment, family and relationships may become second nature to everyone. Hence, there is need to learn for public safety as this escalating household violence remains one of the issues that cause a threat to the general public and deters public safety. Besides, this study provides policymakers and various stakeholders with evidence for a new approach to reduce criminal activity among those whose violent behaviour leads them to repeatedly threaten public health and safety.

1.2 Statement of the problem

Household violence is an internationally recognised problem that has remained vicious and a threat to human life. In addition, it is widespread and occurs among all

social groups. Despite measures that were put in place by the Zambian government, household violence was still occurring; resulting in issues such as killings and some physical and psychological disorders. As Wettwestern *et al* (2004) alluded to, household violence lowers quality of life and also leads to physical, emotional and psychological torture on the part of children, dependants as well as individuals who are directly or indirectly affected by this vice. This makes it to become a threat to the public.

According to The United National International Children Emergency Fund (UNICEF) (2000), many people know that household violence is a criminal act involving victims and offenders who are related to one another. Household violence knows no racial, gender, age, religious, socioeconomic, or sexual orientation boundaries. Statistics show that these crimes impact virtually every one of us in some way (Richards, 2011). What most people may not be aware of is that household violence has become a national dilemma, with a crime of this type occurring every time (Terrance, 2004). Family members try to ignore what is happening and neighbours do not want to get involved. The victim is usually left alone to determine the solution to it. Instead of the vice (household violence) being addressed through public safety education before it is further developed, law enforcement agencies are usually left to handle each case only after a criminal act has taken place and someone's right has been violated already. Much as we appreciate the widespread awareness about existing household violence, learning for public safety in the case of household violence is crucial. This study which aimed at ascertaining learning for public safety in the case of household violence was conceived in order to remedy the situation.

1.3 Purpose of the Study

The purpose of this study was to establish learning for public safety in the case of household violence so that possible strategies to curb violence could be proposed.

1.4 Specific Objectives

To address the above purpose, the following were specifically done:

- i. to establish forms of household violence that existed.
- ii. to explore causes of such household violence.

- iii. to establish how household violence could implicate learning for public safety.
- iv. to propose possible strategies that needed to be integrated in public safety education at community level.

1.5 General Research Questions

What lessons for public safety can be established in the case of household violence?

1.6 Specific research questions

- i. In what forms does household violence exist?
- ii. What are the possible causes of household violence?
- iii. How would household violence implicate learning for public safety?
- iv. Which possible strategies can be integrated in public safety education at community level in order to address the implication of household violence?

1.7 Significance of the study

The study findings may provide possible strategies for public safety that could be integrated in public safety education at community level for the people to learn ways of protecting themselves against household violence with the hope of living harmoniously. It is also hoped that this would help policy makers to come up with policies that could be implemented to help the general populace to understand and detect violence. The study findings may also add value to the existing body of knowledge and be useful for reviews and future studies.

1.8 Thesis statement

The quest to curb household violence would prove futile without the incorporation of learning for public safety in public safety education for harmonious living within families.

1.9 Theoretical framework

Theoretical Framework is the structure that can hold or support a theory of a research study (Radhakrishna, Yoder and Ewing, 2007). Therefore, this section will provide an explanation of theories in relation to this study so as to understand phenomena,

challenge and extend existing knowledge within the limits of critical boundary assumptions. A number of different psychological theories address the causes of Family Violence (FV). The most popular theories all acknowledge the abuse of power and control by the abusers, although the role of power and control varies by theoretical orientation (Farmer, 2005). There are a number of theoretical categories such as: psychoanalytical, social, and cognitive behavioural, and family and systems theories of FV. However, the study was guided by the social theories of FV particularly, social learning theory and reactive aggression theory. These theories focus on how aggression, abuse, and violence are learned and transferred by individual members within the family. Social Theories of Family Violence focus on processes that are created through interactions with others in one-to-one relationships or in large groups (Bandura, 1979).

1.9.1 Social Learning Theory

Social learning theory maintains that individuals learn social behaviours by observing and imitating other people (Bandura, 1989). In addition, Bandura (2009) alluded that imitation of role models is the most important element in how children learn. According to Papalia, Olds and Fieldman (2010), the process of imitation can be seen in the development of language aggression and moral decision-making. Social learning theory posits that individuals become aggressive towards family members because their aggressive behaviours are learned through operant conditioning and observing behaviour in role models (Malley-Morrison, 2004). He further explained operant conditioning as the strengthening of behaviour through positive and negative reinforcement as well as the suppression of behaviours through punishment. In fact, corporal punishment maybe chosen as a disciplinary action simply because it typically brings about children's compliance with parental demands (Gershoff, 2002). However, research points to both short and long term negative effects associated with physical aggressiveness, antisocial behaviour, and poor parent-child-relationships during childhood, aggression, criminal behaviour, mental health problems and partner or spouse abuse in adulthood (Straussberg, 1994).

In the context of this study, social learning theory attempts to explain the presence of intergenerational behaviours as a result of the way children are brought up within

their home environments. For example, in a home where Christian values are upheld, children who are being brought up within that home environment are expected to behave in a Christianity way even as they go out leaving their parents. Bandura (1989) proposed that as children grow up, they receive feedback regarding their own behaviour. This serves as a basis for them to develop standards of judging their behaviours and seeking out models who match those standards. Children who grow up in violent/abusive families learn, imitate and repeat those abusive/violent behaviours in future relationships (Bandura, 1989). Individuals who were abused in childhood are at greater risks of abusing their own families in adulthood (Jackson, 1999). In addition, Jackson (1999) observed that an individual who observed violence in their families when they were children are at high risk of abusing their spouses. Corvo (2000) alluded that young adults who observed and experienced abuse when they were children are more likely to be in an abusive intimate relationship as either abuser or victim. Thus, social learning theory, as a family-based theory, examines the level of family conflict and the indirect lessons children learn.

1.9.2 Reactive Aggression Theory

The theory of Reactive Aggression focuses on emotional and cognitive processes leading to behavioural responses (Berkowitz, 1993). It was chosen for this study because of the behavioural responses that come as a result of emotional and cognitive processes exhibited in a violent act. According to Straus (1983), when an individual experiences an unpleasant situation, an unpleasant stimulus occurs. This results in negative emotional responses that lead to an urge to hurt others or thoughts of hurting others. Straus (1983) further explained that the urge to hurt results in aggressive behaviour unless inhibiting factors are present. Douglas (2001) classified a group of individuals who abuse their spouses as “borderline/cyclical batterers”. These individuals have been observed to react with rage when they perceive or are faced with actual rejection or abandonment by their spouses. Once these individuals experience emotional pain, they are overwhelmed with the desire and thoughts to hurt their spouses (Douglas, 2001). The desire and thoughts may be immediately followed by rage and violent behaviours towards their spouses unless something happens to derail them (e.g., arrival of the police in response to a call from a neighbour or a knock on the door from an unexpected visitor). The reaction to

aggression when faced with situation of pain and anger aids in our understanding of why household violence occurs and may increase our ability to combat the cognitive distortions that underlie some of the aggressive and abusive behaviours in which individuals engage as explained by this theory.

The two theories greatly influenced the direction of this study whereby causes of violence were explored and brought out direct and indirect experiences of violence by the public. Understanding of the named theories was hoped to bring out improvements on existing interventions. Lastly, each theory presented its own limitations but the important thing was that the theories attempted to find a way in which the learning for public safety could be established.

1.10 Conceptual framework

The escalating household violence has become very rampant world over and has a lot of impacts on public safety. It has been observed that household violence lowers quality of life and also leads to household deaths, physical harm, emotional and psychological disorders on the part of children, dependants as well as the individuals who are directly or indirectly affected by this vice. All these pose a threat to the public safety. Therefore, in order to learn for public safety, there is need to raise public awareness and sensitise the general public about the dangers that this crime poses to the general public such as household deaths and how it lowers or reduces quality of human life. As it has been observed, household violence leads to physical harm, where the affected suffer the immediate pain, medical problems and humiliation. Some people are psychologically-affected and this leads to withdrawal, depression, low self-esteem and debased self-worth within oneself. Therefore, sensitization about the impacts household violence has to the general public could make the general populace learn for public safety. As a consequence of this, public safety could prevail in the Zambian societies. Figure 1 shows the conceptual framework of the study.

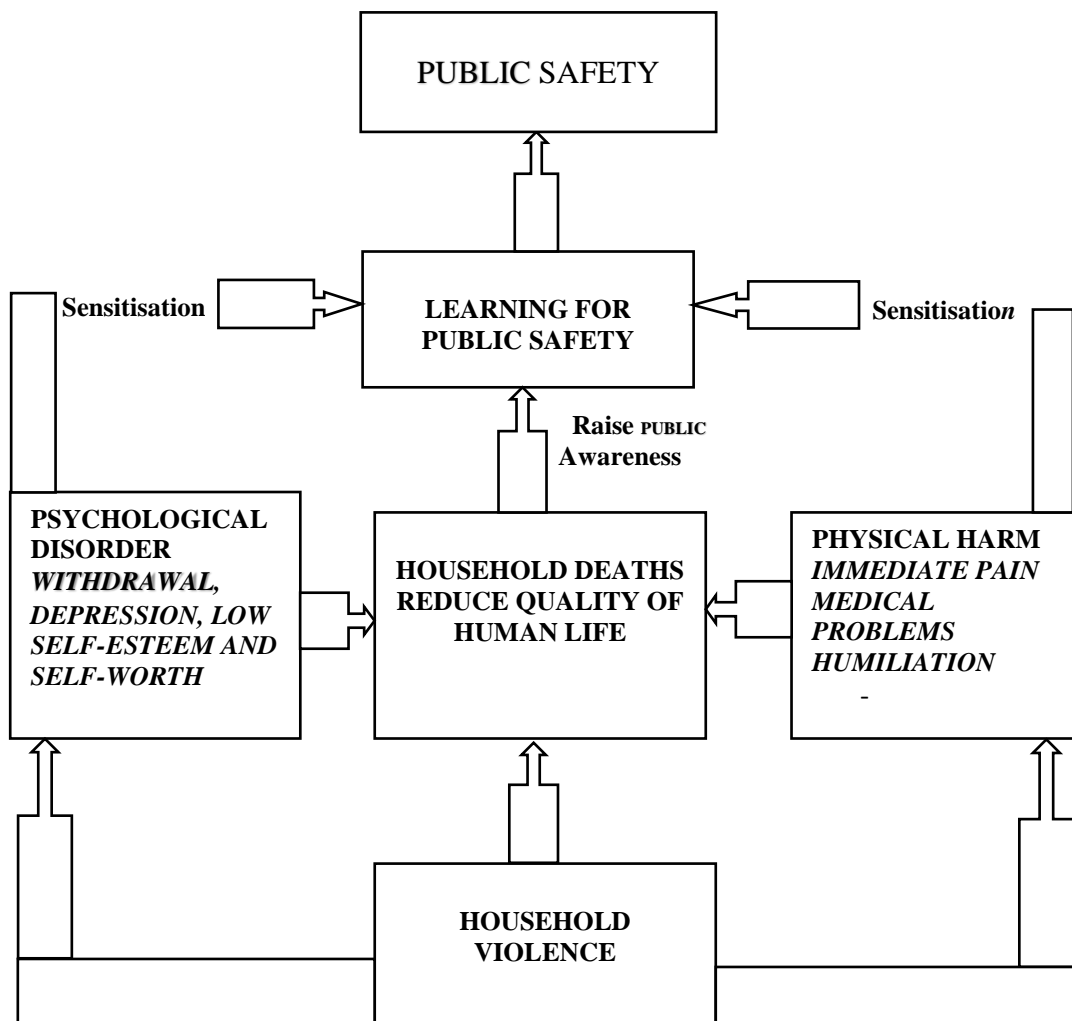


Figure 1: Conceptual framework of the study. Source: (Field data, 2020)

1.11 Environmental Education Context of the Study

Environmental Education (EE) is concerned with human relationships with the environment. In this study, it focuses on learning for public safety in a case of household violence that happens in the local community. The study was located within the Global Education 2030 Agenda based on EE as UNESCO’s top priority because education is a basic human right and the foundation on which to build peace and drive sustainable development (UNESCO, 2007). In particular, it refers to the Education for Sustainable Development Goal (ESDG) 16, which emphasises on promoting peaceful and inclusive societies for sustainable development, providing access to justice for all and building effective, accountable and inclusive institutions

at all levels. According to UNESCO (2008), EE is a key pillar of learning how to live together in peace and harmony. This involves, firstly, strengthening one's own identity, self-worth and self-confidence. Secondly, learning to appreciate the individuality and cultures of others and, lastly, to apply the same ethical principles to decisions about other people that one would apply within one's own life.

Violent behaviour has always been a part of human existence, but the frequency of violence varies within different segments of the population and has increased over time. Violence takes a major toll on society, as both violent crime (murder, rape, robbery, and assault) and property crime (burglary and theft) are a particular problem in the community even at household level. A variety of types of interventions have been tried as a means of reducing violence. According to the Earth Charter in Environmental Education policy framework and strategies, (www.earthcharter.org) EE can be a tool to stop violence. This is through sensitisation of the general public about implications of household violence and the consequence violence may have on future behaviour, especially if initiated early in life. This might be a success in preventing future violent behaviour at later ages.

1.12 Organisation of the Dissertation

The study consists of six chapters. The first chapter introduces the study and presents the background to the problem under investigation, the statement of the problem, the purpose of the study. The chapter also outlines the objectives, research questions significance of the study, thesis statement, theoretical framework as well as the environmental context of the study. The second chapter presents a review of literature related to the topic. The methodology of the study is described and outlined in Chapter three. Chapter four presents the findings while Chapter five discusses the findings. Finally, chapter six draws the conclusion and makes some recommendations.

CHAPTER TWO: LITERATURE REVIEW

2.1 Introduction

This chapter presents a review of literature which is related to the study. It, firstly, shows the forms of household violence, causes and, thereafter, the implications of household violence on public safety. Lastly, it shows the summary of reviewed literature.

2.2 Forms of household violence

Not all household violence is equivalent. There are differences in the way and rate at which they occur over a particular period or in a given area. Their severity, purpose and outcome are all significant. Shipway (2004) identifies forms of household violence as physical aggression or assault (hitting, kicking, biting, shoving, and restraining, slapping, throwing objects), or threats, sexual abuse, controlling or domineering, intimidation, stalking, passive/covert abuse (e.g. neglect); and economic deprivations. According to Shipway (2004), household violence can also mean endangerment, criminal coercions, kidnapping, unlawful imprisonment, trespassing and harassment. However, this segment is going to explain the common forms of household violence in line with this study.

2.2.1 Physical violence

Physical violence is the use of physical force against another person in a way that ends up injuring the person, or puts the person at risk of being injured. According to US Department of Justice (2007), physical abuse is abuse involving contact intended to cause pain, injury, or other physical suffering or bodily harm. Physical violence includes pushing, throwing, kicking, slapping, grabbing, hitting, punching, beating, tripping, battering, and bruising, choking, shaking, pinching, biting, holding, restraining, confinement, breaking bones, assault with a weapon such as a knife or gun, burning and murder. In Zambia, physical violence is a crime, whether it occurs inside a family or outside the family. According to Lumba (2014), in her publication in the Times of Zambia dated October 20th, household violence was very common in Zambia with the country being one of the countries which recorded highest levels of household violence in the SADC sub region. The Zambia Demographic Health Survey (ZDHS) found that about 47 percent of Zambian women aged 15 to 49 have

experienced physical household violence. However, the reviewed literature did not focus on the learning aspect. This study focused on learning for public safety as the case of household violence that pose a threat to public safety.

2.2.2 Emotional/Psychological violence

Emotional abuse, mental, psychological can be verbal or non-verbal. According to Follingstand *et al* (2005) it is any behaviour that threatens, intimidates, undermines the victim's self-worth or self-esteem, or controls the victim's freedom. Emotional violence targets the emotion and psychological well-being of the victim, and it is often a precursor to physical abuse. In addition, Kappler (2011) states that people who are being emotionally abused may look down upon themselves as though their significance is being totally controlled by others. This makes them feel isolated and have their sense of internal strength being damaged, leaving them feeling helpless and unable to escape from the situation. Victims often suffer from depression, which puts them at increased risk for suicide, eating disorders, and drug and alcohol abuse. Much evidence has accumulated on the effects of emotional violence to the health of the person and the public at large. Van Houdernhove *et al* (2001) postulate that emotional violence contributes to factors that trigger the development and/or severity of illness such as chronic fatigue syndrome and fibromyalgia. Garcia-Mareno, *et al*, (2006) conducted a study whose focus was on behavioural checklist to measure emotional abuse and prevalence of the vice. Their finding confirmed that physical, emotional and sexual partner violence against women were widespread but did not report on learning for public safety in a case of such household violence.

2.2.3 Economic violence

Adams, *et al* (2008) defines economic violence as an act when one partner has control over the victim's economic resources in order to prevent them from accessing such resources, working or maintaining control of earnings, achieving self-sufficiency and gaining financial independence. The abuser can interfere with or prevent education, job training and the ability to find and keep a job. This also includes forbidding a victim from maintaining a personal bank account, also interfering with the victims work performance through harassing activities such as frequent phone calls or unannounced visits.

Economic violence exists in many cultures. In the late 20th century, Economic violence was socially accepted in male-dominant cultures, justified in customs, traditions and condoned by law (Heise, 1995). Women have also been expected to suffer in silence because of economic violence. Hostility and criticism have been directed at feminists and women's liberation movements worldwide for challenging the condoning of this economic violence by governments at different points in history (Hester and Westmarland, 2005). Mostly, for those without personal experience, appreciating its nature requires the recognition that Economic violence is a real and serious violence that can result in deepening poverty and compromising educational attainment and developmental opportunities for women (Fawole, 2008). He further points out that economic abuse may continue even after a woman has left the abusive relationships. It leads to physical violence, promotes sexual exploitation and the risk of contracting HIV infection, maternal morbidity and mortality, and trafficking of women and girls (Fawole, 2008).

The Human Rights Commission of Pakistan noted an increase in deaths and reported that at least four women a day are beaten to death by husbands and family members because of economic domestic disputes (UNICEF, 2000). In India, although the institution of dowry has been abolished, dowry-related violence is increasing and over 5,000 women a year are killed, burned in kitchen fires by husbands and in-laws (UNIFEM, 2003). In the UK, in 2002, Southall Black Sisters sought a judicial review of a coroner's decision not to hold an inquest after the collapse of a criminal trial against the husband of a woman who was burned to death with her child over economic disputes (Gupta, 2003). Generally, researchers from various parts of the world have researched much on the part of the woman being the victim of economic violence without seriously delving into learning for public safety and considering a situation where both men and women become victims.

2.3 Causes of Household Violence

Many studies on household violence such as Afifi, Al-Muhaideb, Hadish, Ismail and Al-Qeamy (2011) found that household violence can happen to anyone regardless of gender, in which both women and men have the potential to become victims. According to Khan (2015), ineffective communication can lead to confusion, disagreements and provocation. This is in line with researches conducted by scholars

Pavlou & Knowles (2001) who found that provocation by a wife (victim) towards a husband (perpetrator) would lead to less sympathy for the wife whereby verbal abuse begins and increases the risk of physical violence.

According to Rosado (2011), household violence has been part of the fabric of many societies and cultures worldwide. It is so common place that it has often gone unnoticed and failed to receive the level of concern it deserves despite the devastating effects it can have on family members. In his research, Rosado (2011) concluded that when there have been societal responses to household violence, they have been largely centred on crisis intervention, on providing services to individuals and families already impacted by household violence in order to prevent further harm. While crisis intervention is a necessary response to household violence and can be highly effective at particular points in time, it, alone, cannot address the complex dynamics of household violence. There is also a strong need to ascertain how household violence would implicate learning for public safety for proactive strategies of prevention.

2.3.1 Substance Abuse as the cause of Household Violence

In the research by Phyllis (2004) in the USA, it was found that 18.4% of victims of violence assaults believed that their offenders had been using alcohol, 5% believed offenders had been using both alcohol and drugs, 5% believed offenders had been using drugs only, and 1.1% believed offenders have been using either alcohol or drugs. Only 26.9% of victims believed that the offenders had not been using any drugs or alcohol, whereas 43.1% reported they did not know. While evidence suggests that alcohol and drugs appear to be linked to violence and abuse, in controlled studies, the connection is not clear. Some research found that heavy beer drinking is more predictive of abuse than consumption of alcohol. Other research reveals little evidence that drug use directly causes people to become aggressive or violent, and some investigators believe that the substance-abuse-violence link varies across individuals, over time within an individual's life, and even in response to environmental influences, such as epidemics of drug use and changing law enforcement policies. National Institute on Alcohol Abuse and Alcoholism (2005) states that alcohol is not a clearly identified direct cause of IPV [intimate partner violence], though it clearly is a correlate and may be a contributing factor. This

indicates that there are also some other contributing factors to household violence other than alcohol consumption. Therefore, there is need to explore further the other contributing factors to violence in households.

2.4 Implications of Household Violence on learning for public safety

The frequent occurrence of violent behaviour displayed by some people in some home environments has had a devastating effect in Zambian communities and has become a cause for great concern among the stakeholders involved. Anderson (2007) and Naran (2006) conducted a research on violence. Their findings revealed that violent acts perpetrated by aggressive individuals impact negatively on the ethos of a community; compromise the safety of the public, which in turn affects relationships adversely between individuals.

Bandura's social cognitive theory (1962) maintains that depressed people not only judge themselves ruthlessly, but also tend to treat themselves roughly for their inadequacies, resulting in feelings of worthlessness, chronic misery, pervasive depression and a lack of determination (Feist and Feist 2009). Retaliations to physical provocation are further contributory factors leading to violence (Bester and Du Plessis, 2010). Physical violence include acts such as hitting, kicking, stabbing, shooting, pushing and shoving others, throwing objects, breaking windows, defacing property and setting objects alight (Moeller 2001). In addition, factors such as alcohol use, gambling and prejudiced behaviour play a significant role in promoting physical aggression among individuals. Harsh language and bullying are types of behaviour viewed as precursors to physical violence (Marsh et al. 2009). Physical violence and bullying may affect the learning environment in the school, harmony in homes and have a direct impact on the quality of education and wellbeing of the community (Marsh et al. 2009).

Some research findings indicate that for every violent act perpetrated by an aggressive individual, there is a consequence that not only affects the victim adversely, but also the entire community (Huston and Ripke, 2006). Accordingly, individuals who are concerned about their safety are less likely to focus much on their relationships and some tend to even shun such violent home environments, and opt to engage in extra-marital affairs so as to find peace. This, in turn, becomes a precursor to some forms of violence such as physical violence. Likewise, if violence

happens in a school environment, learners who worry about being safe are less able to concentrate, are less confident and suffer low self-esteem. Low Self-esteem Victims of violent behaviour suffer feelings of anxiety, insecurity and fear (Dellasega and Nixon 2003). Feelings of inferiority and guilt may cause loss of self-esteem and predispose victims to depression and suicidal tendencies (Moeller 2001). These individuals' inability to cope with the injustice, helplessness and hopelessness of their situations results in them repressing their feelings and expressing antisocial behaviour in the form of reclusiveness and substance abuse.

The effect of household violence on victims is devastating. It not only harms the marriages but also destroys their families and limits the community's workforce. There is an all-round atmosphere of fear, impunity and insecurity in violence-prone areas. Household violence is connected to other human rights abuses of suppression of the rights to speech, association and liberty. It also has negative impact on the health of its survivors. However, the reviewed literature on the implications of household violence on public safety focused much on the consequences of violence on an individual, schools, workplaces and the community at large. This study sought to ascertain how such violence would implicate learning for public safety and, in addition, to establish some strategies and measures to curb household violence with the hope of integrating them in public safety education at community level for public safety to prevail.

2.5 Summary of Reviewed Literature

The reviewed literature shows that household violence is a problem in which mostly the woman is the victim without realizing how men are being abused and killed by their spouses as a result of household violence. Most reviewed studies reveal that violence operates at the individual, relationship, community, and societal level. Household violence can impact all socio-economic, cultural, and gender groups. The exposure to or use of violence as a way of responding to conflict, coupled with past traumatic experiences, can be transferred to the home and may increase the prevalence of household violence within all cultures including Zambian culture. Household violence, when it occurs in families, presents unique difficulties and challenges. Many victims never seek help and, therefore, are not identified. This is not only dangerous for the victim and the family but also makes assessing the true

scale of household violence virtually impossible. What can be viewed as inaction on the part of the victim may also be a deliberate decision to ensure the victim's and their family's safety. Perpetrators have often been taught to resort to violence while victims, on the other hand, have often been taught to accept violence as a normal way to deal with problems. The studies under review did not address how household violence would implicate learning for public safety and how it can be addressed through public safety education. They focused much on legal aspects. This is normally happens when the act has been done already that's when relevant authorities follow the case up and trying to deal with the perpetrator. In this case, the reviewed studies concentrate much on the issue after an abuse has occurred. This study tried to look into a matter of finding ways and means to prevent and address household violence before it occurs. It was found that household violence could be addressed through learning for public safety. Hence, it was worth to ascertain the implication household violence has on learning for public safety and suggest strategies and measures which could be integrated in community education for public safety to prevail.

CHAPTER THREE: METHODOLOGY

3.1 Introduction

This chapter presents the methodology and clearly defines the research methods that were used to conduct the study. It explains how the necessary data and information to address the research objectives and questions were collected, analysed, presented and also discussed. Reasons and justifications for the research design, instruments, and data collection techniques that were used in the research study are also given. It also gives the description of the study.

3.2 Geographical Location of the Study Area

Lusaka District is the capital city of Zambia. It is located within the longitudes 28⁰ 10' East to 28⁰ 30' East and the latitudes 15⁰ 10' South to 15⁰ 35' South with an average altitude of 1,279 metres above sea level (Central Statistical Office (CSO), 2014). The approximate area of Lusaka District is 360Km² (CSO, 2014). Lusaka is the centre of both commerce and government in Zambia and connects to the country's four main highways heading north, south, east and west. English is the official language of the city, but Nyanja and Bemba are also common (CSO, 2014)

3.2.1 Reasons for choosing Lusaka District

Lusaka District has a mixed population of educated, uneducated, mixed sexes and different age groups. It is a mixed-cultured district, where people come from different backgrounds though the site comprises of people in both public and private sectors. The justification for this selection is that Lusaka being the capital and metropolitan city was expected to have high representation of household violence cases. In addition to that, Lusaka District has a representation of shanty and suburb residential areas. Having described the study area, the next segment of this chapter, looks at the methodology that was used to collect data from the field of the aforementioned study area.

3.3 Philosophical Orientation

'Learning for public safety; a case of household violence' is the research topic that was underpinned by the critical realism paradigm in the context of mixed method approach. According to Guba and Lincon (1994), critical realism views that reality is

shaped by social, political, cultural, economic, ethnic, and gender values. They further explained that realities are socially constructed entities that are under constant internal influence. Values of a society do not passively label objects but actively shape and mould reality (Frowel, 2001). Reality is constructed through the interaction between values and aspects of an independent world. However, the paradigm takes the view that societal values contain power relations so it is used to empower or weaken any kind of behaviour of an individual.

Critical realism epistemology is based on real world phenomena and linked with societal ideology. Knowledge is both socially-constructed and influenced by power relations from within society. Cohen, Manion and Morrison (2009) explains that what counts as knowledge is determined by the social and positional power of the advocates of that knowledge. Regarding knowledge on violence, different organizations and cultures have differing beliefs.

Epistemologically, the knowledge that was obtained from this study was subjective in the sense that it was socially-constructed from what the selected participants had experienced and witnessed before and how the society perceive household violence. The standpoint for critical realism on the ordinary knowledge is that it is shaped by human actions. What people know about the world is shaped by what they do, can do, and want to do in the world. And this includes to a large degree what they know about other people's doings (Cohen, 2009). Qualitative approach enabled the researcher to contact the household violence victims, perpetrators and other members of the public who may have experienced it either directly or indirectly in order to get the reality as to the existing forms of household violence, and occurrences and the reason behind the existing forms of household violence as well as learning from them what happens after the bad experience.

3.4 Research Design

Bryman (2012) defines a research design as the structure that guides the execution of research method and analysis of the subsequent data. The study employed a mixed method research approach. Creswell and Plano Clark (2007: 5) defined mixed methods as "a research design with philosophical assumptions as well as methods of inquiry. As a methodology, it involves philosophical assumptions that guide the direction of the collection and analysis of data and the mixture of qualitative and

quantitative data in a single study or series of studies. Its central premise is that the use of quantitative and qualitative approaches in combination provides a better understanding of research problems that either approach alone cannot.” For the purpose of this study a mixed method approach in particular, the embedded design was used. This is because of the quantitative data set which provided a supportive and secondary role as the study based primarily on the qualitative data type.

3.5 Target Population

By definition, Gay and Diehl (1992) defined population as the group to which the researcher would like the results of the study to be generalized. It could be set of all cases of interest and might be virtually any size or might cover any geographical area (Gay and Diehl, 1992). The target population for this study comprised members of public from Lusaka District in different age groups as they have been believed to have experienced violence either directly or indirectly. It also consisted of key informants from government ministries within Lusaka District, specifically from police service department as well as correctional services, the judiciary, churches and Non- Governmental Organizations.

3.6 Sample size

The initial sample size was 40 of which 35 were supposed to be members of the public and 5 key informants but the total sample size reached up to 80 of which 70 were members of the public and 10 were key informants. The researcher wanted to gather wide range of views according to the direct or indirect experiences of the participants. According to Bowen (2008), the concept *data saturation* (developed originally for grounded theory studies but applicable to all qualitative research that employs interviews as the primary data source) entails bringing new participants continually into the study until the data set is complete, as indicated by data replication or redundancy. Therefore, saturation in this study was reached when the researcher gathered data to the point of diminishing returns; when nothing new was being added. Thus, sample size was directly related to the concept of saturation. Morse (1995) states that saturation is a key excellent qualitative work but there is no published guidelines or tests of adequacy for estimating the sample size required to reach saturation.

3.7 Sampling technique

The researcher used purposive sampling technique which focused on particular characteristics of a population that were of interest, and enabled the researcher to answer the research questions. The participants from institutions such as government ministries and NGOs that deal with issues in relation to the topic under study were purposively sampled using expert purposive sampling on the basis of their knowledge and experience regarding household violence. The general public were sampled using homogeneous purposive sampling technique in order to increase participant compatibility and, in turn, make them more comfortable for the study. Homogenous sampling made it easy for participants to speak more openly which made conversations more free-flowing. Liamputtong (2011) suggested that sharing social, cultural background and age is particularly important when considering sensitive issues. Hence, the researcher chose to employ this type of purposive sampling technique to select the general public as they exhibit a wide range of attributes and behaviours pertaining to household violence, and have experienced violence either directly or indirectly.

3.8 Method of Data Collection

Data collection refers to the gathering of information or data and it is the starting point of research methods. Basically, there are two types of data which are primary data and secondary data (Creswell, 2009). Both primary and secondary data were collected. Primary data is received from first hand sources through direct observation, interview, and questionnaire (Creswell, 2009). For the purpose of this study, semi-structured interview guide, focus group discussion and observation guide were used while secondary data were collected from secondary sources such as documents, journals, registers and so on. Therefore, primary and secondary sources of data, together with methods and tools which were used for data collection, were discussed on page 22.

3.8.1 Primary Data

As discussed below, primary data was collected using semi-structured interview guides, focus group discussion guide and observation guide.

- a) Semi-structured interview guide was used because interviews can be recording-based such that the interviewer can transcript the tapes later that is in case the interview happened to have diverged from the interview guide (Cohen and Crabtree, 2006). The semi-structured interview guide was prepared in advance such that the interviewer was able to internalise all that the interview entailed and, thus, he conducted the interview with much competence. During data collection, the participants were offered the freedom to give their insights and views in the most convenient ways. This type of tool was used to collect data from the key informants working in the government ministries and NGOs and some few members of the public.
- b) A Focus Group Discussion (FGD) guide was also used as it is a good way to gather together people from similar backgrounds or experiences to discuss a specific topic of interest. The researcher conducted six FGDs with each group having 12 participants. Each group of participants was guided by a researcher who introduced topics for discussion and helped the group to participate in a lively and natural discussion amongst themselves. The strength of FGD relied on allowing the participants to agree or disagree with each other so that it provides an insight into how a group thinks about an issue, about the range of opinion and ideas, and the inconsistencies and variation that exists in a particular community in terms of beliefs and their experiences and practices (Krueger & Casey, 2000). Focus group participants described their experiences with others who they saw as peers and shared a common frame of reference. That encouraged the participants to comment on or even challenge each other's view point. Not only did the interaction allow participants to question each other but also made them to build on others' responses thereby providing understanding of consensus and diversity within the group.
- c) Observation guide is a tool used in social science as a method for collecting data about people, processes and cultures (Kawulich, 2005). In this study, it enabled the researcher to learn about the activities of people under study in the natural setting through observing actions of the participants. The researcher used observation guide as it provides the researcher with ways to check for non-verbal expression of feelings, determines who interacts with

whom during the focus group discussion, grasps how participants communicate with each other and check how much time is spent on various activities (Dewalt and Dewalt, 2002). Following the sensitivity of the topic under discussion, some participants failed to come out openly and bring out real issues. Therefore, the researcher used observation guide as it allowed to observe events that informants were unable or unwilling to share.

3.8.2 Secondary Data

Secondary data is data that has been collected by other investigators in connection with other research problems or as part of the usual collection of social data as in the case of population census (Moore, 2006). This is second hand data or at least once removed from the original event such as a summary of important statistics, newspaper column based on an eyewitness account (Njenga, 2017). Thus, secondary data, in this study, included newspaper articles, statistical data from official records and reports from the police; major records where offences of wife battery, husband killing as well as couple abuse are recorded at least from 2010 to date. This included the Occurrence Book, Crime Register, Records Book and the Court Register; and Non-Governmental Organizations and many others that deal with crimes such as violence.

3.8.3 Data analysis

“Data analysis is the process of systematically applying statistical and/or logical techniques to describe and illustrate, condense and recap and evaluate data or answer the research questions while understanding the processes underlying the data, discovering the important patterns in data and communicating the results to have the biggest possible impact” (Resnik, 2000:70). The researcher mainly used thematic analysis to analyse data. However, some descriptive statistic was used to enrich qualitative data.

According to Braun and Clarke (2006:79), “thematic analysis is a method for identifying, analysing and reporting patterns within data.” Thematic analysis has six clearly-defined steps which were used. First the researcher familiarised with data by reading the entire data before coding and searching for meaning and patterns. Secondly, initial codes were produced for each data for the data to be identified by the same code. The next stage focused on the broader level of themes. Therefore, the

different codes were sorted into potential themes and sub-themes. According to Howitt and Cramer (2007), sometimes some themes collapse into other themes whereas some themes may need to be broken down into smaller components. Therefore, the researcher had to re-read all the data extracts that fitted into each theme and ensured that all the data formed a coherent pattern. At stage five, the researcher captured the essence of what each theme was about and what aspect of the data each theme captured this is according to (Howitt and Cramer, 2007). The researcher created an overall narrative with all the data where each theme and its individual narrative was analysed if it fitted into the researcher's overall narrative. Stage six involved final analysis and write up of the report.

3.9 Ethical consideration

Due to the fact that the researcher was dealing with participants from different backgrounds, with different literacy levels, and also very sensitive issues from the police, courts as well as correctional services not forgetting the church representatives and other non-governmental organization, it was of good morals to ensure that subjects are protected from any kind of unethical activity. Participants had freedom to participate in the study. They were not coerced, deceived and induced when informed consent was sought. There was adherence to principles of research with regards to privacy and confidentiality in the study. All participants aged 18 years and above signed consent forms. In addition, parental consent forms and individual consent forms were signed for participants under the age of 18 years. The researcher was also politely asking the participant to use the language they seemed to understand better.

3.10 Data Validation and Trustworthiness

Triangulation is a method that refers to the use of multiple methods or data sources in qualitative research to develop a comprehensive understanding of phenomena (Patto, 1999). According to Denzin (1970), triangulation also has been viewed as a qualitative research strategy to test validity through the convergence of information from different sources. It is a method of highest priority in determining internal validity in qualitative research (Gliner, 1994).

For the purpose of this study, methodological type of triangulation was used as it employed more than one tool of data collection about the same phenomena i.e. semi-

structured, focus group discussion and observation. Triangulation is sometimes used to refer to all instances in which two or more research methods are employed (Denzin, 1970). However, it can be argued that there are good reasons for reserving the term for those specific occasions in which researchers seek to check the validity of their findings by cross-checking them with another method. Semi-structured interviews, observation guide and documentary analysis were used in order to establish learning for public safety in a case of household violence among selected households of Lusaka District. The researcher was confident and the findings which were drawn from the data collection instruments that were employed arrived at similar conclusion and validity.

3.11 Limitations of the Study

Due to the sensitivity nature of the study, the researcher faced some challenges of no responses from the participants. This did not hinder the researcher from collecting the required data. Therefore, the researcher used observation guide and also probed further such that the participants in an interview were being driven back to the real issue under discussion. Both the individual interview and FDG were not easy to organise as the participants kept on postponing the meeting times and dates for various reasons. As a result, the research period was prolonged. Hence, making the research more costly in terms of movements and some other logistics. To make it a success, the researcher also used to provide some snacks to each group met in a FGD when hunger was found to be one of the factors for postponement of the meeting and dates for the meeting.

CHAPTER FOUR: RESEARCH FINDINGS/RESULTS

4.1 Introduction

This chapter presents the findings of the study. The study provides a detailed analysis of what the participants reported in relation to their experiences of violence either directly or indirectly. The key informants reported what they had experienced about violence in relation to their work having had received cases of household violence from different categories of people while the general public reported household violence experiences either directly by being victims/perpetrators or indirectly by just witnessing those who are directly involved in the vice.

4.2 Background Characteristics of Participants

The background characteristics of participants constituted of age of respondents, sex, marital status, level of education and occupational status.

4.2.1 Age Distribution of Participants

The participants of this research were asked to state their age as at their last birthday. It was found that the minimum age was in the age group of 10-15 and they were 5 participants in total representing 6.25% of the total number. Participants between the ages of 16-20 years constituted 5% of the total participants, 7.5% represented three age groups 21-25, 46-50 and 50+ while 15% represented 26-30 and 41-45. The age groups 21-35 and 36-40 constituted 18.75% and 17.5% of the total number of participants respectively. It was found that all the age groups in this research were being represented by both female and male participants. The information on age was important in having a wider range of experiences of household violence. Table 4.1 shows the age distribution of the participants by sex.

Table 4.1 Age distribution of participants

Age range	Number of participant	Participants in Percentage (%)
10-15	5	6.25
16-20	4	5
21-25	6	7.5
26-30	12	15
31-35	15	18.75
36-40	14	17.5
41-45	12	15
46-50	6	7.5
50+	6	7.5
Total	80	100

Source: Field Data (2020)

4.2.2 Sex of the Participants

The results show that 80 participants participated in this research of which 34 were males representing 42.5% and 56 females representing 57.5% of the total number of participants.

4.2.3 Marital Status

All the participants were asked to state their marital status. The research results revealed that those who were married were the majority making up to 31 (38.75%) followed 20 (25%) who were single, while the divorced ones were 14 (17.5%) those separated were 10 (12.5%) and the remaining 5 (6.25%) were found to be widows/widowers. The information on marital status was crucial in this study to establish the common forms of violence that existed in different kind of relationships.

4.2.4 Education level

The participants in this study were at different levels of education. The results show that 10 (12.5%) did not attend any form of education of which 7 (8.75%) of them were females and 3 (3.75%) were males. The remaining 70 participants representing 87.5% of the total number attained some form of formal education. According to the findings, out of 70 (87.5%) of the participants who attended formal education, males were the majority representing 44 (62.9%) compared to females who were just 26 representing 37.1%. From the findings, it is indicated that the participants who only attained primary education were the majority and were 37 in total representing 46.25%, those with secondary education were 15 (18.75%) and 18 (22.5%) had attained tertiary education. The information collected on education was important in order to determine if the level of education could trigger violence in a relationship.

4.2.5 Occupation Background

The majority of participants in this research 42 (52.5%) were not in any form of employment. They fully depended on parents, spouses, guardians, and sometimes relying on piecework for their upkeep. However, 22 (27.5%) were working in bars, others as housemaids, gardeners, shopkeepers taxi drivers, mini-bus drivers and watch men. In addition, 16 (20%) were found to have been employed in a formal sector and this includes civil servants like; police officers, nurses and those from recognised Non-Governmental Organisations (NGOs) such as; administrative officers, coordinators and secretaries. The information on occupation was important in order to determine if one's occupation status was crucial in triggering household violence in any relationship. Figure 2 shows the occupation background of the participants

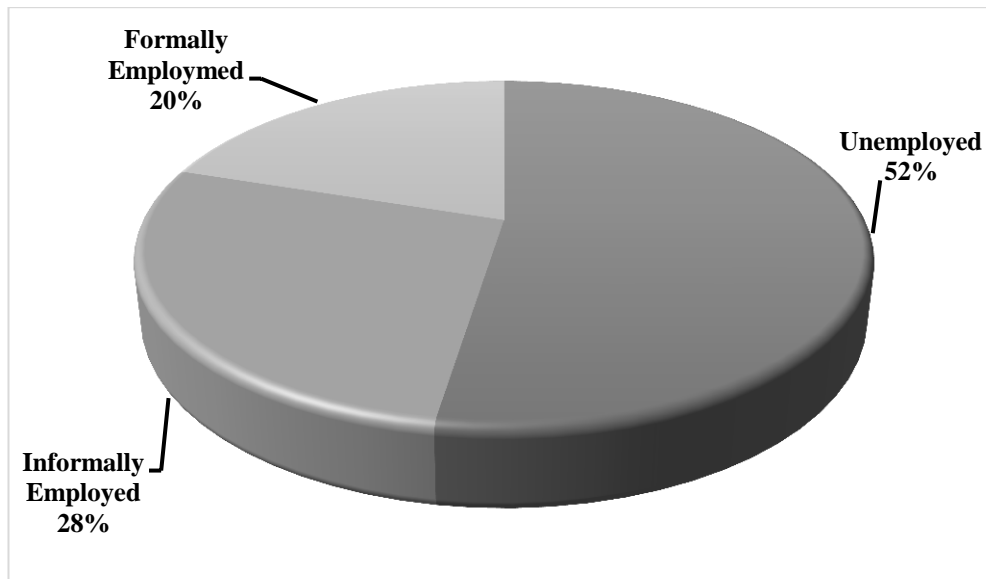


Figure 2: Occupation Background. *Source (Field Data, 2020)*

4.3 Forms of household violence

This section presents the results showing the prevalence of household violence in various forms. This was in response to this research question: In what form does household violence exist? Responses were grouped in the following themes; physical, emotion/psychological and economic violence and how they were experienced.

4.3.1 Physical Violence

Physical violence, according to the findings of this study, was found to have been in existence. It refers to the use of physical force against another person in a way that ends up injuring the person, or puts the other person at risk of being injured or killed. This included pushing, kicking, slapping, punching, and assault with a weapon such as knife. The participants in this study gave accounts of the physical violence they had been experiencing in their homes.

In an FGD, a participant narrated how she experienced physical violence in their home. The participant explained that they have been having physical fights as a couple severally and that scares her as it may end up in household killing or injuries.

“My husband mostly comes home drunk sometimes after midnight when everyone home is sleeping in their bedrooms and he expects to

find at least one member of the family waiting for him. If he finds no one is awake, he could pick a quarrel with me in the bedroom and starts beating me. At times, children become victims. This has been happening severally and I am scared that one day one will be badly injured or killed.” (FGD)

In an interview, a participant described how he witnessed violence in a neighbourhood as he found the couple fighting and threatened to kill. The other partner as she was overpowered used a weapon to attack the other.

“I was playing music and watching some movies at home. I just heard a woman shouting for help in her house. So, I ran to the house and found them fighting and the husband pulling her by the hair and holding her by the neck while shouting, ‘I will kill you!’ Upon seeing me, the wife was thrown against the wall and in the process the wife came across a bottle and hit the husband who sustained an injury with a broken arm. We sat them down and they reconciled, afterwards the husband was taken to the hospital.” (Interview)

Another participant in a focus group discussion narrated how her boyfriend used to fight her whenever she chats with a male friend:

“My boyfriend always fights me whenever I am talking to a male friend whom he doesn’t know even when the conversation has nothing to do with intimacy relationship accusing me of going out with them. One evening, he came home, when I was preparing some food to eat he answered the incoming call made by my customer on my phone who wanted to ask for some crates from the bar where I sale some beers. The customer asked where the owner of the phone was. My boyfriend replied in an unfriendly manner by saying, ‘Who’s this fool calling my wife at this time of the night.’ Upon hearing that, I grabbed the phone and he had to slap me very hard and called me a bitch. He is so jealous.” (FGD)

In a FGD, a participant described household violence which made them separate with the husband and she narrated that:

“He came home very late and sober asked him in an active voice where he went for him to come home very late as it started to be a habit, he just looked at me and wanted to walk out of me but I grabbed his hand and say you are not going anywhere until you explain why you are treating me this way. He slapped me, throw me around and got a knife threatening to stab me. He asked me to leave the house or else he intimidated to kill me and that’s how I left home and spend a night at my neighbour’s house. My parents said I should leave him for a while because such thing was happening everytime we had a fight threatening to kill me.” (FGD, 2)

4.3.2 Emotional/Psychological Violence

Emotional/Psychological violence was also revealed to have been another common form of violence happening in the area of study. In this research, the participants explained how they had experienced this type of violence and it was found that this type of violence was any behaviour that threatens, intimidates, undermines the victim’s self-worth or self-esteem, or controls the victim’s freedom. A participant in an interview narrated how he was emotionally abused by his wife as follows:

“My wife has been involved in extra-marital affairs ever since I got sick. All the efforts aimed at resolving my marriage had since failed.”
(Interview)

Another participant described how he was emotionally/psychologically abused by his wife.

“My wife divorced me after I lost my job where I was working as a cashier. The loss of my job came as a result of other selfish friends who trapped me and found myself with a lot of shortages.....okay a long story bro. Life became so hard for me that I couldn’t even manage my home as a man. I started seeing changing colours from my wife as she could even lose respect she had for me. Sometimes she could command me start to help in some home chores. She completely

stopped her role as a wife to a husband. She even started having an affair with other men of which she even became pregnant for other men. I had to seek for court intervention and that's where she said she wanted a divorce as she cannot manage to live with a man who is not productive. I was hurt and heartbroken because I spent much on her education for her to start working where she is working now as a teacher in a private school.” (Interview)

4.3.3 Economic Violence

The study revealed that economic violence is a common place in selected households of Lusaka. The participants, when asked, explained such acts when one partner has control over victim's economic resources in order to prevent them from accessing such resources, working or maintaining control of earnings, achieving self-sufficiency and gaining financial independence. In this study, participants explained how some parents were not providing for the family; some were found to have been in the act of misappropriating funds on alcohol and inappropriate allocation of money in the home, where a spouse would be given an inadequate sum of money to buy numerous items. Participants in the FGD and Interview guide gave an account of how they experienced economic violence.

One of the participants gave an account of how she had been experiencing economic violence:

“The father of my child doesn't care for his biological child and it looks she is a burden to him. This has made me to start using a little I get from my small business which is even hindering for my progression in my business. Sometimes I just seek help from my siblings meaning I have shifted his burden to other people where I seek help from. Every time I call him the answer he could give is he doesn't have money. To my surprise, the man is a government worker.”(Interview)

Participants in a focus group talked about the issue of husbands misusing money in the home: One of the participants narrated as follows:

“My husband does not reveal his salary and he has a tendency of not bringing his salary home. Every time he gets paid he would create some excuses so that even as he brings his salary home, it is something you cannot think of an employee like him gets. Sometimes he will lie that he had shortages at work therefore he never got paid, this causes arguments and fighting in our home.” (FGD, 2)

4.4 Causes of Household Violence

This study sought to explore causes of household violence. This segment presents common causes of household violence experienced in the area as; alcohol, jealousy, infidelity, denial of conjugal rights, traditional aspect, neglecting children, lack of communication and not looking after in-laws. It was also discovered that some of the causes of household violence were as a result of other factors like infertility. This factor contributed to some partners becoming unfaithful on the other. This in turn becomes a precursor to some form of household violence when the other partner discovers. It was found that most partners who are violent were brought up in an environment where they had been experiencing violence, hence, violence became a habit to them.

4.4.1 Alcohol Abuse

This research revealed that alcohol abuse was one of the common causes of household violence in selected households of Lusaka District. Participants in the FGD gave different accounts on how alcohol had caused any form of violence in their home environment:

“My husband becomes stupid whenever he comes back home from beer drinking and this upsets me a lot because he is fond of disturbing each and every member of the family. He likes to wake up everyone and start telling uninterested stories. Sometimes he becomes violent of which he likes insulting me in presence of dependants whenever I try to control him. This makes me to lose my temper and fight him. When he is normal, he is the person you can share stories with.” (FGD, 1).

Another participant narrated as follows:

“My husband comes home drunk late at night. When he comes home he wants to find nshima with good relish even when he just left home without money to buy good relish. This sometimes leads to fights because when you answer back, he could insult me or beat me in the presence of whoever is home. This time I have also started to fight back.” (FGD, 3).

The other participant said that:

“When my husband comes home from beer drinking he likes disturbing me and this usually annoys me and makes me to fight him.” (FGD, 3).

Another participant in an interview gave a narration that:

“My parents drink a lot of beer and when they come home they usually fight for no apparent reason. Sometimes, they could start fighting over petty issues. I have a fear that one may be killed because one evening my dad was hit with a cooking stick and he sustained a deep cut on the head. We just called our neighbour who came and help to end the fight.” (Interview).

A participant from a FGD 5 explained that:

“My ex-boyfriend father of my only child likes coming home whenever he is drunk despite forbidding him. One day he came home drunk and found me with my boyfriend who wants to marry me. Instead of respecting my man he started beating me and asked who the man was, I didn't hide him but to tell him the truth that he was my boyfriend who is marrying me. He wanted to fight my boyfriend and I ended up hitting him with an empty bottle of mosi [beer] and he sustained a deep cut.” (FGD, 5).

Another participant narrated that:

“I don’t drink beer, I stopped sometimes back but my wife drinks and when she is drunk she becomes short tempered and sometimes she doesn’t care what to tell this brings fights in our home. I have forbidden her not to go clubbing whenever I am out of place but she takes advantage of my work such that whenever I am out and she has money, she would go drinking with male friends and unmarried women friends. This upsets me and make me to beat her.” (FGD, 6)

4.4.2 Jealousy

The study findings revealed that jealousy triggered violence between couples whether married or not. Participants explained that partners who were found to be jealous made accusations and in the end the accused may venture into violence having believed him/herself to be innocent and honest. Participants described how jealousy triggers violence.

A participant described how his wife’s jealousy sometimes made them to fight:

“Every time I come back home late, my wife becomes too suspicious such that she could even check on my private parts just to see if I had sex with some other woman and sometime she could just demand for sex so that she can compare my performance but when I tell her to give me time, she concludes and starts accusing me of coming from having an affair with prostitute. That sometimes makes me to act violently on her.” (FGD, 6)

Another participant explained how her man friend is being jealous of her which sometimes triggers quarrels:

“My boyfriend doesn’t appreciate my hardworking towards my business. I am one kind of a woman who doesn’t entirely rely on men’s pockets, I run my own business. Every profit realised from my small business I make sure I use it wisely. The problem comes in whenever I buy anything expensive. He starts asking me so many

questions and accusing me of having a sugar dad who he thinks buys me expensive things and make my business grow. It pains me such that I sometimes think of breaking up.” (Interview)

Another participant explained that:

“My husband likes checking on my phone. He makes sure I explain what the conversation was all about especially when it lasts for more than 2 minutes. He doesn’t even like those greetings like good morning, goodnight.....from other men. He says, that whenever a man is doing that then he is developing some interests. That makes me delete every message I receive from other men and to clear the call log history which I may have with other men because that makes us to quarrel.” (FGD, 3).

4.4.3 Infidelity

Infidelity was also found as to why couples venture into violence. Both in interviews and FGD, participants had to narrate and describe their experience of violence which according to the researcher was as a result of infidelity.

“I found a photo of a woman in my husband’s phone and after confrontation he just told me she was his girlfriend and adding that nothing can stop him from having one because the girl is even pregnant for him. I was very upset and out of impulse I had to hit him with a cooking stick and we started fighting. After days I decided to leave him that’s why we are separated with a view of not getting back to him.” (Interview)

Another participant explained in an interview how he divorced his wife:

“I divorced my wife the mother of my two children. Being a driver, I went out on duty for two weeks of which my wife knew the different day the programme was going to end such that, I went back home unannounced and only to find my wife was not at home. I asked my sister and she told me, the wife had gone to attend a funeral according

to what she was told. I decided to go and have a drink at a bar, my colleague without knowing that I was just alone, when greeting he mentioned of having just seen my wife seated at a hideout place thinking we were together. I decided to reach the place he mentioned and only to find my wife kissing with another man. Upon seen me they all ran away. I followed my wife, caught her and beat her. When we went home I asked her to tell me who the man was and she refused to tell me. I decided to divorce her because I travel so much leaving home and I fear she may infect me with some diseases.” (Interview)

“I started hearing stories from people that my husband was having an affair with my first cousin. That normally used to happen whenever I go out. One day I heard the conversation which was between my husband and my cousin. My cousin didn’t know I had come back home as I was not feeling well. I had to play it skilfully for me to confirm that it was my husband they were speaking with on phone. I went direct to her room as she went bathing went direct to the call log, only to find that the conversation was between her and my husband. I went also to check on the messages and to my surprise I found the message which they planned to go out with her to a hideout place. When my husband came back home, I called my cousin and asked her to say what goes on between them and she couldn’t say anything as I showed them what I found on phone because I had to forward it to my line. We started fighting with my husband and I chased my cousin back to her parent’s home.” (Interview)

4.4.4 Traditional Customs

The study revealed that some traditional beliefs that allow a husband to chastise his wife once in a while as a form of discipline were also causing violence in some homes. FGD as well as some interviews described how some women were being abused by their husbands as a way of instilling discipline in them.

“Is not wrong for a husband to beat a wife when they are wrong. Beating is just a way of maintaining order when the wife fails to

comply with some of the rule a husband wants to put across. This is because beating will deter a wife from doing immoral things”
(Interview)

In FGD participants explained that women should be taken care of by a man that. They just have to be considered as a property for a man which can be controlled by the owner if a mistake is detected. One of the participants in an FGD described that:

“When a woman is not submissive to the husband, the husband has to find ways of making her submissive. Other women are just stubborn who wants to take advantage of a man, who likes exchange of words so a man has to play his role as a husband to control the wife and beat her in order for the wife to give a man respect that he deserves.”
(FGD, 4)

4.4.5 Denial of conjugal rights

It was revealed that denial of conjugal rights, especially sex was also one of the common causes of violence experienced among the study community. Participants in the FGD and an interview of some key informants explained their experiences how denial of conjugal rights triggered violence in some homes.

One of the key informants from a named court narrated how denial of conjugal rights results in violence and divorce.

“The duo used to fight as the husband used to refuse to make love with his wife saying she was not a woman of his taste as he wanted a woman with big buttocks. One day the wife forced her husband to make love to her and he threw her off the bed. The woman felt bad and they fought because the woman felt insulted and disappointed.”
(Interview)

He further narrated how another couple told the local court. He said:

“The named couple’s marriage came to an end because of his wife’s continued sex ban, a situation that led a man to impregnating another

woman. The wife suddenly began to act strangely. She did not allow her husband to touch her therefore, whenever the man wants to meet as a couple, the man needs to plead and kneel down but she couldn't give in to her husband's plea. The husband said he had all avenues to have them reconcile and he had been left with no choice but to call it a quit because he feared his manhood as his wife always used to grab him whenever he tries to use power." (Interview)

A participant narrated in a FGD saying:

"I divorced my husband for beating me because of having been denying him sex. I fear for my life because my husband used to sleep out and only comes home to change clothes. Sometimes he could get naked pictures and put them on a laptop and whenever I interrogate him, he could tell me to also find myself a boyfriend." (FGD, 1)

FGD showing how some people get emotionally/psychologically disturbed when they are abused. One of the participants in FDG narrated that:

"I divorced with my wife because we used fight every time I had demanded for sex. She couldn't allow me to come back home after 19hrs. I come home late she could accuse me of sleeping with other women and she had been denying me conjugal right because of suspecting me of being promiscuity and scared of infecting her with the HIV. That sometimes made me to become violent on her." (FGD, 4)

4.5 Implications of household violence on learning for public safety

The study sought to ascertain how household violence would implicate learning for public safety. It was found that different aspects of violence make the public struggle in learning for public safety. The study revealed that through exposure to violence, violence becomes habitual behaviour in a victim or a member of the violent family. However, habits of violence, being emotionally/psychologically disturbed, and child upbringing in an environment where household violence is inevitable were found to have been the reasons why violence would implicate learning for public safety.

4.5.1 Habits

It was found that some people just develop a violent habitual kind of behaviour towards their spouses. The FGD and interviews of different categories of participants revealed that sometimes people enjoy to be violent for nothing. They feel good to be feared at whenever they are around people. Sometimes they can just make an argument that will lead to violence. Such people do not even fear to be jailed because of violence.

One of the participants interviewed narrated a story of a certain man who he tried to cancel but he could not take the advice given to him by a lot of people.

I was on a bus coming from town when a man had a quarrel with a friend. He told the friend publicly to say 'wilanjangalila nkakubikila poison mubwalwa ukafwe.' [Don't play with my mind, I will poison your beer and you will die]. This man was rebuked by everyone around to say he should not utter such words on public because even "when the person is poisoned by others, people will say it was you." The man kept on praising himself to say 'I don't fear being jailed as long as I've done what I wanted to do. He even added that even when the wife becomes stupid I can kill her. Such kinds of characters are just demonic possessed.' (Interview)

4.5.2 Upbringing

The research findings revealed that the upbringing of children affects learning for public safety. Participants were asked to explain why people fight or resort to violence even when there are penalties for that. It was found that the way a person was brought up could have an impact on his/her future. In a FGD, it was found that people who were brought up in a violent environment are at increased risks for a wide range of behavioural disorder trying to use violence as a way of resolving issues.

One participant described the behaviour of his young brother as follows:

"My young brother is a disgrace to the family because of his unpleasant behaviour towards his wife and the entire family. He is

very violent even to his wife and children. I think the way he was brought up by the uncle could be the effect because even the uncle used to be very violent and he used to maltreat the same brother of mine and used to beat his wife. So, that exposure to violent had caused my brother to behave the same.” (Interview)

4.5.3 Psychological/Emotional Disturbance

The study findings revealed that people struggle to learn for public safety when they become emotionally/psychologically disturbed as a result of household violence experienced. This was found to be the most critical thing having discovered that most of the acts of violence come unconsciously when people are in the state of psychological disturbance. It was revealed that out of any act of violence, violence prevails in return; not that the offender wants to revenge or plans to become violent towards the other but it comes in unconscious manner.

One of the participants from psychosocial department when interviewed explained that:

“When a person is wronged by someone, they become psychologically disturbed making them to have that immediate impulse to hurt that person in return. After that when a crime has already been committed that’s when they come to realise that they were not supposed to do that but to handle that issue amicably.” (Interview)

Another participant in an FDG- 3 explained how she was continuously abused by the husband, eventually she reacted violently against him.

One day I found my husband already home when I delayed from the meeting we had at church. He called me by name with anger, “I think I have tolerated you enough,” he said as I wanted to go to our room. “Meaning?” I responded. Just then he raised his hand with the aim of hitting me but I held it and pushed him really hard and he fell. I don’t know where I got the guts from but I got something and hit him while he was on floor, as he was trying to recover I pounced on top of him

and started hitting hard in the face. I was really mad and wanted to release my frustrations on him. I went on and on till I saw blood coming out but I didn't stop. I was shocked because not once did I think I would ever hit him but I had been keeping so much anger inside of me and hitting him helped release some of it. (FDG, 3)

A participant in FGD explained how he became violent on her wife just to control his behaviour.

Every time I go out I used to receive complaints about my wife's behaviour towards other men. They could go out drinking. That made her to even start losing interest in me. Sometimes she could just make a move and go somewhere with other men. I became emotionally disturbed as it affected my work. (FDG, 6)

4.6 Strategies to address household violence

Household violence was found to be a serious problem affecting families and communities. Everyone in this study was found to have experienced violence sometime in their lives either directly or indirectly. The study sought to establish strategies that can be integrated in public safety education at community level in order to address the household violence. Below are some of the strategies which were suggested.

4.6.1 Sensitisation about causes and negative effects of household violence

The study findings show that sensitisation about the negative effects of household violence was found to be critical to be included in public safety education in the community so as to equip the general public with vast knowledge on how each and every individual is affected by this vice either directly or indirectly.

In a FGD as well as interview guide, it was suggested that when sensitising the community, the information should include things that will make that community understand the basic human rights related to health and violence against one another. Further, the community should be taught how to apply human rights perspective in the delivery of safety measures against violence.

A participant in an interview explained in their suggestion that:

“The community should be aware about the national laws related to household violence so that every member of the community can understand their obligations and the victims can be informed of their legal rights.” (Interview)

In an FGD, participants suggested that the community should be equipped knowledge on the basics of human rights and the negative effects of any infringement of such rights.

One of the participants in an FGD explained that

Some people don't understand the effects of human rights infringement. Some took it to be a normal thing to venture into violence whenever they are hurt. Therefore, sensitisation on how to uphold human rights would be very important. This would enable them to resist violence. (FGD 6)

4.6.2 Promotion of Christian Values

The study findings indicate that Christian values have much to contribute to search for constructive way to eradicate household violence, since Christian values appeal to the underlying moral worth of every person or group underpinning what a person prizes most. Participants attributed that Christianity teaches a set of beliefs that form the basis of a worldview that guides our actions.

A participant in an interview explained that:

“We are created in the image of a creative and compassionate God who has imprinted his image upon the hearts and souls of all of us.”
(Interview)

Another participant from a FGD attributed that:

“The New Testament gives explicitly prohibition against the mistreatment of people. In his letter to Timothy, the Apostle Paul write

“Treat younger men as brothers, older women as mothers and younger women as sisters with absolute purity” Paul makes it clear that we are all made one in Christ who breaks down all dividing walls. He says “There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.” (2018, FGD, 6)

4.6.3 Importance of communication in Marriage

The study findings revealed that effective communication in a relationship can help a couple stop arguing. The research indicates that the idea is to talk about your feelings and needs without making judgements so you can be heard.

In a FGD, a participant who happened to be a marriage councillor described how best to communicate when you are angry in a relationship.

“The first thing is that if you get really angry about something, stop, take a step back and breathe. Tell your partner you’d like to take a short break before continuing the conversation. Give yourself time to calm down by watching TV, talking to a friend, playing a video game, taking a walk, listening to some music or whatever helps you relax. Taking a break can keep the situation from getting worse. After you’re no longer upset, think about the situation and why you got so angry. Was it how your partner spoke or something they did? Figure out the real problem then think about how to explain your feelings. Finally, talk to your partner and when you do, follow the tips I have said earlier. After you tell your partner how you feel, remember to stop talking and listen to what they have to say. You both deserve the opportunity to express how you feel in a safe and healthy environment.” (FGD, 6)

Another participant in an interview explained his experience as follows.

I had a tendency of not telling my wife my where about whenever I decide to take a move from home. One thing happened when she organised the bitter story against me that every time I go out I just go and see girls. This was just a plotted move by other girls who wanted

to ruin my marriage. It's important to communicate with your spouse every time you want to go out because you might not know the silence of not communicating can be used against you. (Interview)

Another participant in an interview said that:

People who don't communicate are not sharing a part of themselves with each other in a relationship. They just hold onto their feelings and thoughts. Not telling your partner what you need keeps the relationship from changing and growing. Growth in a relationship is crucial if you want it to be long-lived and satisfying. (Interview)

A participant in a FGD explained how some couples end up in fights and resentments against each other. She explained in reaction to what the other participant said that she doesn't like her man to be chatting with other women online.

Each partner may perceive situations differently which can create resentment and other hurt feelings. Without communication couples may become upset with one another without even knowing why or how it started. Ladies, how could someone be supposed to know you don't like when they message other women online? Let's just try as much as possible to communicate positively with our men because it can help us and lead us to clear expectations and greater empathy for one another's feelings. (FGD 3)

CHAPTER FIVE: DISCUSSION OF FINDINGS

5.1 Introduction

The findings of this study have been reached at after employing the appropriate data analysis procedures discussed in chapter three. Findings are discussed in line with the objectives as well as research questions that were set in the first chapter of this dissertation and, at the same time, are acting as themes and subthemes of the discussion. These discussions will help to come up with an understanding of the current situation regarding household violence.

5.2 Demographic Characteristics of Participants

This segment of the chapter discusses the background characteristics of the participants. The demographic characteristics of participants constituted age of participants, sex, marital status, level of education and occupational status.

The research looked at age of participants which was crucial in this study. The difference in age groups of participants meant that they had different ways of understanding and interpreting violence. They gave diverse experiences on the subject matter. As stated in item 4.2.1 of chapter four, all the age groups in this study were being represented by both male and female participants. Age groups of 25-49 showed much experience in the way they articulated issues with regard to their experiences on household violence. Most of them were found to have experienced violence. It was discovered that the age group of 25-49 were more exposed to household violence. This could be that a big number of this age group were found to be in an intimate relationships or marriage.

Moreover, this study discovered that there were more females (58.5%) than males (42.5%). It was noted that both males and females become victims of household violence perpetrated by either sex. In contrast to the above finding, Rosewater (2003) argued that only males perpetrate domestic violence and are never victims. However, this researcher contend that Rosewater (2003)'s argument could be due to the fact that many men do not report such violence. As a result, violence perpetrated by women on men go unnoticed. This is in line with a journalist Martin (2016) who reported that men underreport their experiences (of violence by women against men) due to a culture of masculine expectations.

Furthermore, the findings indicated that the participants who attained primary education were the majority followed by secondary education. The least were from tertiary education. This entailed that all the participants had some educational background. However, the attainment of some form of education at all levels cannot prevent household violence. Household violence affects everyone negatively and remains a threat to public safety. Nevertheless, the quest to curb household violence would prove futile without incorporating public safety education at community level and in all works of life.

The study also discovered that some partners who work take advantage of the other. They start cheating on the other partner. Many are the times that infidelity becomes a precursor of physical violence. The researcher concluded that sometimes the partner who was found not to be in employment could just accuse the other partner who was found to be in employment of having some extra-marital affair when in the real sense that was not true.

5.3 Existing Forms of Household Violence

In line with the first objective namely, to establish forms of household violence, the participants were asked to explain any form of violence that they had experienced either directly or indirectly. The study discovered that household violence existed in form of physical assault, economical abuse and psychological/emotional violence just as indicated in chapter four.

5.3.1 Physical Violence

The findings from the study revealed that physical violence was common among the married and the unmarried couples. This included pushing, kicking, slapping, punching and assault by throwing against the wall. The findings were in line with Hanson and Broom (2005) who explained that physical abuse is abuse involving contact intended to cause pain, injury, or other physical suffering or bodily harm.

The research also revealed that men are also occasionally the subject of physical violence. Al'Uqdah *et al* (2016) indicated, there is a misconception that men are immune to violence, owing to gender stereotype of women as weak and, therefore, victims, while men are either the powerful protector or perpetrators of violence. Previous surveys by ZDHS have shown that up to one in three men (27 per cent)

have been the subject of physical violence by women. Household violence exists in Zambia and occurs across all socioeconomic and cultural backgrounds (ZDHS, 2007). However, fewer men in Zambia will admit to this due to societal perceptions. All in all, physical violence experienced, in form of pushing, kicking and assaults by women, were similar to physical violence experienced by men which was also being more commonly perpetrated by women.

5.1.1 Psychological Violence

Psychological violence was also revealed to have been another common form of violence. In this study, participants narrated some acts that meant to inflict grief, pain or distress through verbal and non-verbal acts. This included such acts as verbal assaults, embarrassment, intimidation, humiliation and harassment. It was indicated that such acts threatened, intimidated, and undermined the victim's self-worth or self-esteem, or found to have controlled the victim's freedom. This was found to be consistent with the study by Follingstad, Coyne and Gambone (2005) who discovered that emotional/psychological violence targets the emotion and psychological well-being of the victim and, thus, a precursor to physical abuse. Furthermore, this study revealed that men were found to have been the most highly victimised group of this type of violence. This could be that womenfolk are weaker than men in terms of physical being. Therefore, the only way in which they can inflict pain towards man who is believed to be physically strong is through verbal or non-verbal acts.

5.3.2 Economic Violence

The study revealed that economic violence was common in selected households of Lusaka District. The study showed how some partners stopped taking care of their own family. Additionally, it was discovered that some parents misappropriated the funds and inappropriately allocated money in the home where a spouse would be given an inadequate sum of money to buy numerous items. It could be that money or the income raised was not used in good faith. Instead, it was spent on other personal gains. This assertion is in agreement with the New York newspaper article dated 7th August 2018 in which Lia reported that Former Manafort business partner, Richard Gates, copped to embezzling money from Manafort to help fund expensive extramarital affairs.

Furthermore, some partners were found to have discontinued their spouses from having any kind of business or work. This might be an apprehension by a male partner that the spouse may abandon him for other people whom they assumed were doing well in terms of wealth. Similarly, it could be some mistrust by the other partner, henceforth not allowing the spouse to spend much time with other men away from home because they alleged that women are vulnerable such that any man can exploit their vulnerability in order to win love. The findings are in agreement with Adams (2008) who enunciated that perpetrators of economic violence have control over victim's economic resources in order to prevent them from accessing such resources, working or maintaining control of earnings, achieving self-sufficiency and gaining financial independence. In this regard, it was concluded that mistrust, jealousy and infidelity can make an abuser to interfere with or prevent education, job training and the ability to find and keep a job.

The discussion above is also supported by Postmus et al (2012) who found that in economic abuse, the abuser separates the victims from their own resources, rights and choices, isolating the victim financially and creating a forced dependency for the victims and other family members. It is evident in this research that some participants were being denied chance to find a job because of jealousy exhibited by the other partner. An example given is where a participant narrated in a FGD how she was given an option by the husband to choose between marriage and business. That made her to respect her husband's decision of stopping her from doing a business.

Having discussed the first objective, where the common forms of household violence were discussed, the next segment will discuss the causes of household violence.

5.4 Causes of Household Violence

The research explored a number of causes associated to household violence in Intimate Partner Relationship and households. The causes identified were alcohol abuse, jealousy, infidelity, tradition customs, low social economic status, and denial of conjugal rights.

5.4.1 Alcohol Abuse

Research has indicated that alcohol abuse was one of the causes of household violence in a relationship. When asked how alcohol causes household violence, some participants narrated occurrences that ended into violence when one comes back home drunk just as indicated in chapter four item 4.4.1. This could be that when a person is drunk, they cannot get along with a sober-minded person because they differ in the way they understand, judge, interpret some issues and communicate to others. Likewise, sometimes a person who is drunk may lose self-control, hence, they would do anything which may seem to be good but literally bad to a sober person. Participants were probed further if they had experienced the same even when their partner was in their sober mood. It was discovered that they could experience peaceful life when their partners were in their sober moods. In the same vein, Kasote (2017) in his study found that violence in homes often is accompanied by excessive drinking of moderate to heavy amounts of alcohol over a long period of time.

However, drinking may not be the only cause of violence. This researcher argues that it can make the situation more volatile, increasing the severity and frequency of the abusive episode. This is also supported by Raul (2018) who found that alcohol and alcoholism are never a sole trigger for, or cause of, domestic abuse. Rather, they are compounding factors that could eventually trigger intimate partner abuse in a violent individual. He, therefore, elucidated that there is just a misconception that when someone is an alcoholic who commits domestic violence becomes sober they will no longer be abusive or violent. While reclaiming their sobriety can put a stop to regular abuse, it does not absolutely solve the core issue. Rather, it buries it under that person's own shame and guilt but can still come out later in time. Only by fully confronting the underlying reasons for the abuse, can someone who abuses their partner be treated.

5.4.2 Jealousy

Participants stressed that jealousy caused violence in some home environments as indicated in item 4.4.2. According to the findings, jealousy triggers violence between couples whether married or they are just in an intimate relationship. This entails that, when one of the partners in a relationship is jealous of the other, violence becomes inevitable. This researcher posits that a jealous partner tries by any means to have

control over the other person's movements, prevent them from accessing work and gaining financial independence.

Additionally, jealousy was found to be a precursor to physical violence. This finding was in agreement with Mullen and Martin (1994) who alluded that both men and women have been subjected to physical violence at the hands of a jealous partner. Another confirmation to this study is that Buss (2000) found that among the commonly given reasons for violence against women is 'jealous' of the partner or ex-partner.

5.4.3 Infidelity

Both in interviews and FGD, participants narrated and described their experience of violence as indicated in item 4.4.3. The results showed that sometimes violence in marriages was as a result of infidelity. As some narrations indicated, infidelity cannot only lead to violence but separation and eventually divorce. This shows that men may take more permanent measures when a wife is suspected or found to have been in an extramarital affair with other men. Rather than using violence to reform behaviour, a husband who truly believes his wife has an extramarital sexual partner may simply tell her to pack her bags and leave the matrimonial home. In affirmation, Schatz (2002) noted that if a man catches his wife red-handed, there is no choice but to divorce, adding that 'there is no such a way man can negotiate with his wife in such a situation.

Moreover, the study revealed that couples engage in an extramarital sex for a variety of reasons. Among others, it could be lack of sex satisfaction, impotence on a part of a man, infertility, when the couples are living apart for a long period of time and sometimes suspected infidelity by other partners so as to revenge. The study by Cornwall (2002) highlighted that men who are unable to or unwilling to sustain the obligations of being the husbands, who have become reliant on their wives income to make up for their own social positions are in a poor position to enforce control over their wives. However, women engage in extramarital sex for a variety of different reasons other than economic necessities.

5.4.4 Tradition Customs

The study revealed that tradition custom was one of the causes of household violence, physical violence in particular. Some participants supported their belief that, if a woman is wrong in a home, the husband has to beat her as a way of instilling discipline into her. The FGD confirmed that men beat their wives when things get worse. In order to control the repeated displeasing behaviour, some men believed that they had to take action and control the displeasing behaviour in a wife. In this regard, the researcher found that some people fight in marriages because of the traditional viewpoints that wrong doing by a wife in a home must be corrected by the husband through beating as a way of instilling discipline.

In support of the findings, Fridgen (2009:1) argues that “young women are taught by their elders to accept punishment from their husbands when they are disobedient. Even cooking a bad meal warrants a smack.” Moreover, Kapuma and Togom (2015) added that wife battery comes from a traditional understanding which views a wife as a chattel along with other properties belonging to the husband. Similarly, Waruta and Kinoti (2000) alluded that husbands own their wives for they bought them just like shoes, cars, or other properties. Many women for their part seem to assume being battered as a part of the marriage package (Waruta & Kinoti, 2000).

5.4.5 Denial of Conjugal Rights

Participants from FGD and interviews revealed some of the experiences of household violence that they underwent as a result of denial of conjugal rights as indicated in item 4.4.5. It was discovered that some participants were denied sex. This attributed to aggressive behaviour against the partner who denied the other some conjugal rights after failing to justify why it has to happen that way. This could be that some partners used sex as a kind of punishment towards the other partner whom they suspect of having extramarital affairs, some fear to be infected with sexually-transmitted diseases, which may be contracted from an extramarital affair. Likewise, it could be that the other partner had worked tirelessly at work. Based on the findings, Manish (2014) in his article in the Times of India dated September 14, argued that if a spouse does not allow the partner to have sex for a long time, without sufficient reasons, it amounts to mental cruelty. He said this in relation to the Supreme Court in India which upheld a verdict of Madras High Court to grant

divorce to a man whose wife, despite persuasion, refused to consummate the marriage.

According to Syazliana (2018), the field of domestic violence is complicated as there are many contradicted information regarding the causes of violence in homes. However, there is no agreement amongst researchers concerning what exactly the primary significant factor that causes violence in a family. Therefore, the researcher concluded that household violence can be caused by so many factors subject to the circumstance.

5.5 Implication of Household Violence on learning for Public Safety

This study sought to ascertain how household violence would implicate learning for public safety. The study indicated that habits, psychological/emotional disorder and children upbringing in an environment where violence was inevitable were found to have an indirect impact on learning for public safety.

Anderson (2007) and Naran (2006) conducted a research on violence and their findings revealed that violent acts perpetrated by aggressive individuals impact negatively on the ethos community, compromise the safety of the public, which in turn adversely affects relationships between individuals.

5.5.1 Habits

The participants were asked why some people fail to avoid violence even when there are laws and punishments enshrined in the Zambian Constitution against violence and what implications violence has on learning for public safety. The study revealed that some perpetrators of violence develop the habitual kind of violent behaviour when they are exposed to violence throughout their life. That is what makes them to become violent towards their spouses. The results are in agreement with a study by Jolin and Welter (2011) who reported that aggressive habits learned early in life, are a foundation for later behaviour. The findings also agree with Social learning theory which indicates that individuals learn social behaviours by observing and imitating other people (Bandura, 1989). Furthermore, this theory posits that individuals become aggressive towards family members because their aggressive behaviours are learned through operant conditioning and observing behaviour in role models (Malley-Morrison, 2004).

However, this researcher found that some people just feel good to be feared whenever they are around their counterparts. These people may also have a tendency to start quarrels or argument that can lead them to violence. In addition, it was discovered that such people do not even fear to be jailed. Therefore, this could be that inadequate impulse or emotional control puts such an individual in a situation to act violently, especially if violent acts are that person's preferred response learned through past experience. Paul (2011) explained that people who intentionally use violence as a way to release anger tend to be more hostile. He further indicated that such people are likely to get into frequent arguments with people and be involved in physical fights as a way to release anger than people who are not violent. In this regard, such people struggle to avoid violence or to learn for public safety when such behaviour becomes a habit. This study concluded that such people may struggle to learn for public safety even when there are laws protecting the general public against violence.

5.5.2 Upbringing

As indicated in item 4.5.2, the findings show that the upbringing of a child in a violent environment has an adverse impact on public safety. This implies that there is violent behaviour transmission in children during their upbringing, as they observe and imitate what the elders do. Thus, these children are expected to behave violently towards others even when they grow up, as they see violence as a best way to resolve issues in relationships. This is in line with a recognition by World Health Organisation (WHO) (2007) that exposure to or observing violence between parents leads to intimate partner violence (IPV) because intimate partner violence tends to run in families. This also agrees to the social learning theory by Bandura (1989) which posits that children learn to be violent through watching their parents and through being reinforced for their own aggressive behaviours. Therefore, this becomes a deterrent to public safety.

Public safety education should encompass everyone in the community such that good morals would yield a friendly and harmonious environment without violence. WHO (2007), indicates that exposure to community violence (outside the family unit) leads to an increased likelihood of family violence. When a child is exposed to violence during their entire life of growth, they are expected to behave violently towards

others even in the relationship, and see violence as a best way of resolving issues. This is supported by Devries et al (2011) who clarified that exposure to violence has a powerful clinical, consolidating social adversity and psychopathology in future generations.

In this regard, such people can struggle to learn public safety in case of violence because violence becomes part of their way of life even when such people witness other perpetrators being imprisoned. This means that such sentence imposed to perpetrators as a deterrent to would-be offenders might serve no purpose. This entails that unless the upbringing of children is not in a violent environment, learning for public safety will be inevitable.

5.5.3 Psychological/Emotional Disturbance

The study revealed that people struggle to learn for public safety when they become emotionally/psychologically disturbed (anxiety disorder and depression) as a result of household violence experienced. It was also found that when a person is wronged by someone, they become psychologically disturbed making them to have that immediate impulse to hurt that person in return. A study conducted by Lisa and Robert (2011) indicated that there are certain “voices” (negative thought processes) that flood the minds of these violent individuals influencing them to engage in acts of violence. These voices that contribute to violence include those that support social mistrust, those paranoid, suspicious thoughts, feeling victimized and persecuted, which promote and support thoughts of being discounted, blamed, or humiliated by other people. In this regard, these voices make a person often to react violently in an effort to regain the aggrandized self-image. This is in line with reactive aggression theory by Douglas (2001) which posits that once individuals experience emotional pain, they are overwhelmed with the desire and thoughts to hurt their spouses. In addition, the desire and thoughts may be immediately followed by rage and violent behaviours towards their spouses. However, the researcher viewed that the offender may not even want to revenge or plans to become violent towards the other but it is just that violence maybe impulsively or in an unconscious manner. It can be concluded that violence triggered by psychological disturbance such as frustrations and perceived humiliation can mainly be to retaliate, intimidate or exert control.

5.6 Strategies to address household violence

In this segment, the research sought to discuss possible strategies that were established as measures that can help to address household violence through learning when they are integrated in public safety education at community level. It was found that household violence was prevalent in almost all households of Lusaka District which were selected during the study. Strategies established to be implemented in public safety education were to preach effective ways of communication in relationships, sensitisation about the causes, and negative effects of household violence and upheld Christian values among the general public

5.6.1 Sensitisation about causes and negative effects of household violence

Participants in item 4.6.1 gave some strategies to curb household violence that should be integrated in public safety education for learning for public safety to prevail. The study findings show that sensitisation about some causes and the negative effects of household violence to the general public is crucial to be conducted. It was anticipated that the public can be in a position to avoid the vice when they understand and appreciate the root cause of acts of violence. So, many issues were identified to be put in the sensitisation process at community level in order to make the general public get aware of the dangers posed by violence to both perpetrators and victims, and also provide them with ways in which these issues can lead to violence and how they can be avoided.

Based on the findings, the community should be aware about the national laws related to household violence that every member of the community can understand their obligation and the victims can be informed of their legal rights. In this regard, sensitising the public on the dangers, negative effects and causes of household violence is the cornerstone of any initiative to address violence among intimate partner relationships in an ethical and effective way. However, the general public does not receive adequate sensitisation on that matter. They (perpetrators) only face the law after an infringement of human rights. Hence, learning for public safety cannot prevail without sensitisation about the dangers household violence has on the public.

The findings of this study are consistent with the study by Lambie and Glenn. (2013). who found that educating the community members and service providers on matters

concerning household violence can enhance the ability of victims to pursue accountability by addressing their needs, developing organizational capacities, and linking individual actors and institutions to community networks. Therefore, this is a wake-up call on leaders at all levels to take the campaign of sensitizing masses against violence among couples to the grassroots. This implies that without sensitisation campaigns to the general public, the good regulation and the empowerment programs formulated in view of mitigating violence would remain on paper. Therefore, the researcher concluded that when conducting sensitisation, one needs to penetrate the society if people must be helped. One has to sensitize the people on the dangers and effects of violence against any person in a relationship.

This study highlighted a number of interventions to reduce the problems of violence and cited that learning for public safety may prevail by addressing issues such as infidelity, alcohol abuse, and poor communication in intimate partner relationship. All the identified issues must be addressed through sensitisation to the community as they pose dangers to the community at large. This is supported by the research conducted by Kotecha and Patel (2009) in reproductive and health awareness study. They pointed out that sensitisation is very important in preventing household violence. With this assertion, the researcher concluded that in order for learning for public safety to prevail, sensitisation about the effects of violence should be embraced in public safety education. The Ministry of Information, through public sensitisation, should create awareness among the general populace on the dangers and negative effects of violence, especially those issues that would deter the public from violence.

The following segments under this theme discuss the significant issue found to be included in the sensitisation campaign.

5.6.1.1 Promotion of Christian Values

The study revealed that Christian groups and authorities generally condemn household violence. This is supported by the U.S. Conference of Catholic Bishops (2002) who discovered that household violence whether physical, psychological or sexual is a sin. It victimizes family members dependent on a man and violates trust needed for healthy, equitable and cooperative relationships. They found that household violence is a social sin. Therefore, the researcher concluded that

promoting Christian values in the members of the community will make the public stay away from violence and promote harmonious living in the families. This simply means that Christians' readings of the story of Jesus Christ gives no warrant for such perpetration of violence because violence in Christianity is a sin.

This, basically, implies that promoting Christian values will enable each and every member of the community to follow what the Bible says. It is believed that violence is a sin. Also, alcohol abuse, infidelity, hating and other factors that trigger violence are a sin in the eyes of God. Therefore, promoting Christian values through public safety education among the general populace would help them refrain from those aforementioned factors that contribute to household violence in relationships or couples, whether married or not married. In this regard, it was discovered that anything that makes a person to feel so superior that he belittles the other and makes them live in fear of retribution is a sin because it triggers violence.

5.6.1.2 Communication in a Relationship

The study revealed that effective communication in a relationship can help the couple stop arguing. In the same line, the study discovered that in a relationship, it is ideal to talk about your feelings and need without making judgement so you can be heard. Based on the findings, people in relationships may resort into violence against each other not because someone has wronged the other but because of failure to understand one's feelings and not being given chance to be heard. This implies that tolerance builds relationships and deters violence in relationships. Thus, tolerance would make one to avoid or resist violence.

In agreement, Altkins (2018) considers communications as a common theme in her counselling practice with couples. She advocates that couples report that they have problems in communicating with each other about almost everything: the house, money, rearing children, and in-laws and so forth. These problems often escalate and can become arguments chipping away at affections and gradually depleting the love bank.

However, this implies that there can never be learning for public safety if the problem of this nature is left unchecked, because arguments have the potential to get more heated each occasion and can lead to physical altercations, separation and even divorce. Clearly, the existence of issues in marriage and intimate relationships with

the children, infidelity or money, alcohol abuse and failure to tell the spouse in advance about your program, might be the subject of the argument. However, the inability of effective communication can prevent the ability to resolve any issues and there can never be learning for public safety within that family.

Based on the discussion and the findings, the researcher concluded that for public safety to prevail, good communication should be embraced in public safety education as it is an important part of all relationships and is an essential part of any healthy partnership. All relationships have ups and downs. Therefore, sensitisation to the general public about how a healthy communication style is in a relationship would make it easier to deal with conflict in a relationship, and build a stronger and healthier partnership. In this regard, the public should be made aware that for safety in a relationship to prevail, talk to each other. No matter how well you know and love each other, one cannot read the other partner's mind. There is need to communicate clearly to avoid misunderstandings that may cause hurt, anger resentment and confusion.

In relation to this study, Better Health (2018) explains that it takes two people to have a relationship and each person has different communication needs and styles. Couples need to find a way of communicating that suits their relationship. Healthy communication styles require practice and hard work. However, communication will never be perfect all the time. Therefore, one should be clear when communicating with the partner so that his/her message can be received and understood. Double check your understanding of what your partner is saying.

CHAPTER SIX: CONCLUSION AND RECOMMENDATIONS

6.1 Introduction

This chapter summarises all the six chapters of this dissertation and recommendations based on the major findings are given after the conclusion.

6.2 Conclusion

The study achieved its objectives successfully by answering the research questions set in order to ascertain learning for public safety as in the case of household violence in some selected households of Lusaka District. Having examined the views of the respondents, the following were the major findings of the study: The findings revealed the existing form of violence commonly experienced in some selected household of Lusaka District and these were physical violence, psychological/emotional violence and economic violence.

The study also sought to explore the causes and effects of household violence, and it was revealed that alcohol abuse, jealousy, infidelity, low social economic status, denial of conjugal rights were significant as to why violence was triggered in some households. Other contributory factors to violence were traditional aspects, neglecting children to those with step children, lack of communication and not looking after in-laws. The study revealed that through exposure to violence, some habits of violence start developing in a victim or a member of the violent family. However, violent habitual behaviour, being emotionally/psychologically disturbed, learnt violent behaviour due to the upbringing of a child were found to have been vices that implicates learning for public safety.

The study established some strategies that would help to curb household violence following those effects identified which deter the public from learning for public safety. The main strategy established to be implemented was; sensitisation, promotion of Christian values, and promoting effective communication in any relationships by sensitising the general public about the importance of effective communication in a family.

6.3 Recommendations

In order for learning for public safety to prevail as in a case of household violence, the following approaches and recommendations may be taken into consideration:

The Zambian Government

- i. The findings of the study indicated that members of the household resorted into violence because of some factors like denial of conjugal rights, jealousy, perceived infidelity and some other traditional customs. Arising from this, it is recommended that the government could give resources to the police, church leaders, traditional or community leaders and some NGOs that deal with violence cases. These resources could be used for campaigns on attitude change and raising awareness about the STOP HOUSEHOLD VIOLENCE PROGRAMS in the larger society so that household violence as a deterrent to public safety can be addressed objectively.
- ii. Arising from the above findings, it is recommended that government could establish District Gender-Based Violence Task Forces across the county as part of the district development coordinating committees. This may help people to start responding positively when matters bordering on abuse of men, women and children take place.
- iii. In order for learning for public safety to prevail, sensitisation about the effects of violence should be embraced in public safety education. The Ministry of Information, through public sensitisation, should create awareness among the general populace on the dangers and negative effects of violence, especially those issues that would deter the public from violence.

Ministry of Health

- iv. The study revealed that household violence had some health risks such as physical and some psychological/emotional disorders. Arising from this, it is recommended that health promoters in the ministry must include the aspect of learning for public safety in the case of household violence in their health education programme such that the general public may be equipped with vast knowledge on preventive measures of household violence.

The Community leaders

- v. The findings revealed that promotion of Christian values among the community, was one of the strategies to curb household violence. Arising from the findings, it is recommended that through community leaders, clergymen should be supported so that they can raise campaign for attitude change among the community members and adopt Christian values through preaching. The general public must be empowered with information to take community action against household violence. That would help cases of household violence to be significantly minimised in society.

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APPENDICES

Appendix 1: Consent letter

Dear Participant/Respondent,

My name is Kabesha Thomas Chishimba, a University of Zambia student pursuing Master of Education in Environmental Education. As a partial fulfilment for the program, students are required to research on topics of their own choice. The topic that captured my interest is learning for public safety through household violence. This came to my mind because of the escalating household violence in our local communities that sometimes results into killings of spouse and bleeding of other problems. I feel the study will be of great benefit to the community and the country at large in the sense that it may help the general public to establish possible strategies that should be integrated in public safety education at community level for the people to come up with possible ways of learning for public safety. You have been purposively selected as a source of valuable information. Be assured that information collected through this interview is strictly for academic purposes and, therefore, shall be kept confidential. You are also free to choose to participate in this research and, thus, you can choose to pull out at any time you feel like. However, your participation will be very valued.

Participant's signature.....

Appendix 2: A semi-structured interview schedule for the general public

A. Introduction

Dear respondent/participant,

I am conducting a research on learning for public safety through household violence.

I would appreciate your participation in this study. You don't have to tell me your name and be assured that whatever information you will provide will be kept strictly confidential and will not be availed to anyone.

B. Respondent's Background

1. Respondent's sex
2. How old were you at your last birthday?
3. What is your marital status?
4. What is your highest level of education?
5. What is your occupation?

C. Existing forms of household violence

1. Is there history of violence in your family that of your spouse, or your partner, or parents?
.....
.....
2. How often does the violence happen?
.....
3. What forms of violence do you experience in your community and in which way have you ever experienced that?
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.....
.....

D. Causes household violence

1. How were the causes of household violence you ever experienced started?
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2. How the experienced household violence affected the victim of anybody around?

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.....

3. How do you respond to violence?

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.....

E. Implications of household violence on public safety

1. Why do you think people fight even when there are penalties for that?

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.....

2. Why do people fail to learn ways of protecting themselves from violence?

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3. How can you learn for public safety through the impacts of household violence?

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F. Strategies to be integrated in public safety education

1. Where can we start from when ending violence?

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2. What should be done in order to curb violence in homes?

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3. What do you suggest the government should do to help end such problems?.....

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4. Which possible strategies can be integrated in public safety education in order to address the implications of household violence at community level?

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.....

Thank you for your participation

Appendix 3: Interview guide for focus group discussion

Good morning/afternoon. I am Thomas Chishimba Kabesha, a student at the University of Zambia. I would like us to discuss issues of Household violence so feel free to share your opinions and even experiences. You do not have to tell me your name.

1. What are the factors associated with household violence?
2. From your experiences and your own opinion, what causes household violence?
3. How does violence affect married persons in terms of their health, happiness and general wellbeing?
4. Why do spouses choose to remain in abusive homes despite the violence?
5. What type of abuses are most frequently observed in your community?
6. What is being done in your community to prevent violence?
7. What do you think about reporting/non-reporting of violent partners to the police?
8. What is the reaction of the community towards violence and people who are abused as a result of household violence?
9. What are the reactions of violence perpetrators?
10. Explain the things you have learnt from the impacts of violence in homes?
11. How do you think people are still doing violence even when they know violence is a crime?
12. Why do you think people fail to learn from the punishment offenders receive from the courts of law?
13. In your opinion, what must be done to mitigate household violence?

NB-Spend no more than 6 minutes on one question.

I thank you for sparing your time

Appendix 4: Interview guide for Key Informants

1. With your work experience, what do you understand by household violence?

.....

2. What forms of household violence against a partner in a relationship do you encounter in your duties?

.....

3. What do you receive as the causes of these forms of violence?

.....

4. How often do you receive reports of household violence against?

.....

5. What effects do you think these forms of household violence have on the couple?

.....

6. What role do you think society plays in this issue of household violence in a relationship?

.....

.....

7. What do you think should be done to tackle this issue?

.....

8. What other things do you suggest should be done in order to learn for public safety?

.....

Appendix 5: Observation guide on: Learning for public safety: A case study of household violence

S/N	DESCRIPTIVE	COMMENT
1	EXISTING FORMS OF HOUSEHOLD VIOLENCE	
a)	Non-verbal cues	
b)	Facial expression	
c)	Body movement	
d)	Hesitation in answering	
2	EFFECTS AND CAUSES OF HOUSEHOLD VIOLENCE	
a)	Non-verbal cues	
b)	Facial expression	
c)	Body movement	

d)	Hesitation in answering	
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Appendix 6: Transcribed data

Question asked	Responses from some participants
<p>What type of abuses are mostly observed or you've experienced and how did it happen?</p>	<p>- <i>"I was playing music and watching some movies at home. I just heard a woman shouting for help in her house. So I ran to the house and found them fighting and the husband pulling her by the hair and holding her by the neck shouting 'I will kill you' upon seen me, the wife was thrown against the wall and in the process a wife came across a bottle and hit the husband who sustained an injury with a broken arm. We sat them down and they reconciled, afterwards the husband was taken to the hospital."</i> (Participant 31, 30th August, 2018, interview)</p> <p>- <i>"My husband mostly comes home drunk sometimes after midnight when everyone home is sleeping in their bedrooms and he expects to find at least one member of the family waiting for him. If he finds no one is awake, he could pick a quarrel with me in the bedroom and starts beating me at times children become victims. This has been happening severally and I am scared that one day one will be badly injured or killed."</i>(Participant 14, 25th August, 2018, FGD)</p> <p>- <i>"My wife has been involved in extra-marital affairs ever since I got sick. All</i></p>

	<p><i>the efforts aimed at resolving my marriage had since failed.” (Participant 46, 17th September, 2018, Interview)</i></p> <p><i>- “My husband does not reveal his salary and he has a tendency of not bringing his salary home. Everytime he gets paid he would create some excuses so that even as he brings his salary home, it is something you cannot think of an employer like him gets. Sometimes he will lie that he had shortages at work therefore he never got paid, this causes arguments and fighting in our home.” (Participant 22, 28th August, 20</i></p>
<p>From your experience and your opinion, what causes people to become violent towards the other in a relationship?</p>	<p><i>- Alcohol abuse because “My husband becomes stupid whenever he comes back home from beer drinking and this upsets me a lot because he is fond of disturbing each and every member of the family. He likes to wake up everyone and start telling uninterested stories. Sometimes he becomes violent of which he likes insulting me in presence of dependants whenever I try to control him. This makes me to lose my temper and fight him. When he is normal, he is the person you can share stories with.” (Participant 23, 28th August, 2018, FGD).</i></p> <p><i>- Jealous because “Everytime I come back home late, my wife becomes too suspicious such that she could even</i></p>

check on my private parts just to see if I had sex with some other woman and sometime she could just demand for sex so that she can compare my performance but when I tell her to give me time, she concludes and starts accusing me of coming from having an affair with prostitute. That sometimes makes me to act violently on her.” (Participant 9, 15th August, 2018, FGD)

- Infidelity. “I divorced my wife the mother of my two children. Being a driver, I went out on duty for two weeks of which my wife knew the different day the program was going to end such that, I went back home unannounced and only to find my wife was not at home. I asked my sister and she told me, the wife had gone to attend a funeral according to what she was told. I decided to go and have a drink at a bar, my colleague without knowing that I was just alone, when greeting he mentioned of having just seen my wife seated at a hideout place thinking we were together. I decided to reach the place he mentioned and only to find my wife kissing with another man. Upon seen me they all ran away. I followed my wife, caught her and beat her. When we went home I asked her to tell me who the man was and she refused to tell me. I decided to divorce

	<p><i>her because I travel so much leaving home and I fear she may infect me with some diseases.” (Participant 29, 28th August, 2018, interview)</i></p> <p><i>- Traditional customs were found to be the causes because of some of the responses which were given like; “It is not wrong for a husband to beat a wife when they are wrong. Beating is just a way of maintaining order when the wife fails to comply with some of the rule a husband wants to put across. This is because beating will deter a wife from doing immoral things” (Participant 13, 16th August, 2018, Interview)</i></p> <p><i>-One of the key informants narrated how another couple told the local court. He said, “the named couple’s marriage came to an end because of his wife’s continued sex ban, a situation that led a man to impregnating another woman. The wife suddenly began to act strangely. She did not allow her husband to touch her therefore, whenever the man wants to meet as a couple, the man needs to plead and kneel down but she couldn’t give in to her husband’s plea. The husband said he had all avenues to have them reconcile and he had been left with no choice but to call it a quit because he feared his manhood as his wife always used to grab him whenever he tries to use</i></p>
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	<p>power.” (Participant 37, 8th September, 2018, Interview)</p> <p>- Denial of conjugal rights. <i>“I divorced with my wife because we used fight every time I had demanded for sex. She couldn’t allow me to come back home after 19hrs. I come home late she could accuse me of sleeping with other women and she had been denying me conjugal right because of suspecting me of being promiscuity and scared of infecting her with the HIV. That sometimes made me to become violent on her.”</i> (Participant 7, 15th August, 2018, FGD)</p>
<p>What do you think as to why people act violently and fail to learn for public safety, even when there are penalties slapped to offenders of violence?</p>	<p>-Habits. <i>“I was on a bus coming from town when a man had a quarrel with a friend. He told the friend publicly to say ‘wilanjangalila nkakubikila poison mubwalwa ukafwe.’ (Don’t play with my mind, I will poison your bear and you will die). This man was rebuked by everyone around to say he should not utter such words on public because even “when the person is poisoned by others, people will say it was you. The man kept on praising himself to say ‘I don’t fear being jailed as long as I’ve done what I</i></p>

<p>How do you think people are still doing violence even when they know violence is a crime in Zambia?</p>	<p>wanted to do, he even added that even when the wife becomes stupid I can kill her. Such kinds of characters are just demonic possessed.” (Participant32, 5thSeptember, 2018, Interview)</p> <p>- Child upbringing. “My young brother is a disgrace to the family because of his unpleasant behaviour towards his wife and the entire family. He is very violent even to his wife and children. I think the way he was brought up by the uncle could be the effect because even the uncle used to be very violent and he used to maltreat the same brother of mine and used to beat his wife. So, that exposure to violent had caused my brother to behave the same.” (Participant 38, 13th September, 2018, Interview)</p> <p>- Psychologically/Emotionally disturbance: “When a person is wronged by someone, they become psychologically disturbed making them to have that immediate impulse to hurt that person in return. After that when a crime has already been committed that’s when they come to realise that they were not supposed to do that but to realise the reason the two of them in which they could handle that issue amicably.” (Participant 50, 20th September, 2018, Interview)</p>
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<p>In your opinion, what strategies can be put in place to mitigate household violence</p>	<p>- <i>“The community should be aware about the national laws related to household violence so that every member of the community can understand their obligations and the victims can be informed of their legal rights.”</i> (Participant 2, 13th August, 2018, Interview)</p> <p>- promoting Christian values. <i>“The New Testament gives explicitly prohibition against the mistreatment of people. In his letter to timothy, the Apostle Paul write “Treat younger men as brothers, older women as mothers and younger women as sisters with absolute purity” Paul makes it clear that we are all made one in Christ who breaks down all dividing walls. Ha says “There is neither Jew nor Greek, slave nor free, male nor female, for you are all one in Christ Jesus.”</i> (Participant 3, 15th August, 2018, FGD)</p> <p>- <i>“The community should sensitise about the national laws related to household violence so that every member of the community can understand their obligations and the victims can be</i></p>

	<p><i>informed of their legal rights.”</i> (Participant 2, 13th August, 2018, Interview)</p> <p><i>-“The first thing is that if you get really angry about something, stop, take a step back and breathe. Tell your partner you’d like to take a short break before continuing the conversation. Give yourself time to calm down by watching TV, talking to a friend, playing a video game, taking a walk, listening to some music or whatever helps you relax. Taking a break can keep the situation from getting worse. After you’re no longer upset, think about the situation and why you got so angry. Was it how your partner spoke or something they did? Figure out the real problem then think about how to explain your feelings. Finally, talk to your partner and when you do, follow the tips I have said earlier. After you tell your partner how you feel, remember to stop talking and listen to what they have to say. You both deserve the opportunity to express how you feel in a safe and healthy environment.”</i> (Participant 20, 25th August, 2018, FGD)</p>
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