

**EXPERIENCES OF CHILDREN EXPOSED TO DOMESTIC VIOLENCE IN
LUSAKA DISTRICT**

BY

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**A DISSERTATION SUBMITTED IN PARTIAL FULFILMENT OF THE
REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS IN GENDER
STUDIES**

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DECLARATION

I, **Mwandu Mwenso**, declare that this dissertation represents my own work and that it has not previously been submitted for a degree at this or any other university. All publications and materials referred to have been specifically acknowledged and adequate reference thereby given.

Signature of Researcher: 

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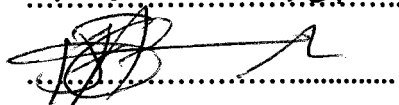
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APPROVAL

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ABSTRACT

Domestic violence is a pervasive and frequently lethal problem that challenges countries and societies at every level and Zambia is no exception. Violence of this nature is often hidden from view and devastates its victims physically, socially and emotionally. Directly or indirectly it affects the quality of life of the whole society. This study aimed to explore the experiences of children exposed to domestic violence in Lusaka District. The study specifically examined the forms of domestic violence witnessed by the children, investigated the reasons behind domestic violence from the children's perspective and analysed the effects of domestic violence on the children. A qualitative exploratory approach was adopted for the study. The study population included children of domestic violence survivors and their parents through the Young Women's Christian Association (YWCA), National Legal Aid Clinic for Women and the Police Victim Support Unit. The study sample consisted of 52 participants divided into 30 children (boys and girls) between the ages of 08-16 years, 16 parents/guardians and 6 key informants. The study sites were the Young Women's Christian Association, National Legal Aid Clinic for Women and the Police Victim Support Unit in Lusaka. Data was collected using in-depth interviews for the children and key informants, while focus group discussions were conducted with the parents/guardians. Data was analysed thematically. The findings from the study reveal that children were exposed to different forms of domestic violence such as physical abuse, emotional abuse and economic abuse. In this study it also became apparent that children were aware of the reasons behind domestic violence. The reasons identified by the children were alcohol abuse, jealousy, infidelity and arguments over children's needs. The study also revealed that exposure to violence had negative effects on the children such as physical injury, fear and anxiety, loss of confidence and self-esteem, educational failure and poor relationships with peers and parents. The recommendations are that more research is needed that advances the current understanding of the prevalence and effects of childhood exposure to domestic violence, so that policy makers and practitioners can design interventions necessary to address the size, nature and complexity of the problem. Curricula that teach non-violence, conflict resolution, human rights and gender issues should be included in elementary and secondary schools, universities, professional colleges, and other training settings. Adults who work with children, including teachers, social workers, relatives, and parents themselves should receive ongoing training on domestic violence to enable them recognise the impact of domestic violence on children and refer children to appropriate services.

DEDICATION

This Dissertation is dedicated to my late father Mr. Webster Mwenso whose guidance I still cherish, I wish he was here to see me reach this far. To my mother Mrs Stella Mwenso for her undying support. To Uncle Peter for seeing the potential within me and always encouraging me to aim higher. To My husband Stephen Kasoka for his encouragement and moral support rendered during my studies. To my sons Zangi and Wana for sacrificing our quality time, in them I derive my happiness, inspiration and energy to go on in life no matter what obstacles I face. They are the source of my joy.

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ACRONYMS

UNICEF	-	United Nations Children’s Fund
UN	-	United Nations
WHO	-	World Health Organisation
CSO	-	Central Statistical Office
GIDD	-	Gender in Development Division
NGO	-	Non-Governmental Organisation
VSU	-	Victim Support Unit
NLACW	-	National Legal Aid Clinic for Women
YWCA	-	Young Women’s Christian Association
ZDHS	-	Zambia Demographic Health Survey

CHAPTER ONE

INTRODUCTION

1.0 Introduction

Domestic violence is one of the most pervasive human right's challenges of our time. It remains a largely hidden problem that few countries, communities or families openly confront. Violence in the home is not limited by geography, ethnicity or status it is a global phenomenon (United Nations Children's Fund, 2006). The Zambia Demographic and Health Survey (2013-14) states that domestic violence includes physical, sexual, emotional, psychological and economic abuse committed by a person against a spouse, child, and any other person who is a member of the household, dependant, or parent of a child of that household. Domestic violence has negative health consequences on the victims and especially on the reproductive health of women. According to the World Development Report (2004), domestic violence is a more serious cause of death and incapacity among women of reproductive age than cancer, and a greater cause of ill-health than traffic accidents and malaria combined. The World Health Organisation (WHO, 2005) estimates that 20 per cent to 50 per cent of women worldwide have suffered from some form of domestic violence at some point in their lives. WHO (2013), further states that domestic violence is the most common type of violence against women affecting 30 per cent of women worldwide.

Sadly, the consequences of domestic violence do not only affect the survivor but also other members of the family such as children. Schewe (2008) estimates that 3.3 million children witness domestic violence in their homes each year. Children of all ages are exposed to domestic violence and this seriously threatens their health and emotional well-being. Perpertrators of domestic violence give children no choice in making them participants in the situation of domestic abuse, in most cases the children are in the same room or next room when the violence occurs. These children not only watch one parent violently assaulting the other, they too are often directly abused. The despair of living in a violent home cannot be underrated. Children in the context of domestic violence are at a

substantial risk as they make complex decisions in order survive, protect themselves and others, intervene, and where possible get on with their lives (Irwin, 2006). They are the 'silent', 'forgotten', 'unintended' and 'secondary' victims of domestic violence. (Kovacs and Tomison, 2003)

1.1 Background

In Zambia gender based violence is rampant and the most common is domestic violence. The common forms of violence are physical, economic and psychological. Although men are also victims, the majority of the victims tend to be women and children (GIDD, 2011). The Zambia Demographic Health Survey (ZDHS, 2013-14) indicates that 54 per cent of Zambian women have suffered from spouse or partner abuse at some point in time (Physical, emotional, sexual). Further, the femicide register held by the YWCA (1960-2009) indicate that 80 per cent of murdered women since 1960 were killed by husbands, former husbands or male intimate partners. The Police Victim Support Unit (1998-2012) recorded an increase in the total number of reported gender based violence cases from 473 in 1998 to 9,738 in 2012.

In Zambia various non-governmental organisations have seen the need to fight the problem. The Young Women's Christian Association (YWCA) offers counseling and legal advice which is done at the drop in centre, it also has a shelter established in 1993 which offers refuge to battered women and their children. The National Legal Aid Clinic for Women (NLACW) was established in 1990 by the Law Association of Zambia (LAZ). The organisation was established to provide legal aid to women and children from marginalised social sectors. These would usually not afford the normal legal costs to hire a lawyer to represent them in their pursuit of justice. The clinic works to help women, youth and children who have been victims of social injustice and prevent the decrease in their quality of life. This it does through legal redress, arbitration, mediation and advocacy for law reform. The YWCA refers all litigation cases to the National Legal Aid Clinic for Women. To consolidate the operations of the YWCA and other organisations that deal with gender violence, the Zambian government created the Police Victim

Support Unit (VSU) in 1994 to prosecute cases of violence that are of criminal nature. Further, the will to fight gender based violence has been recognised in national instruments such as legislative and policy frameworks which include the National Gender Policy, amendment to Act No.15 of 2005 Laws of Zambia and the recently enacted Gender Based Violence Act 1 of 2011.

Many children in Zambia are suffering silently and with little support. Children exposed to violence in the home need trusted adults to turn to for help and comfort and services that will help them cope with their experiences. Far more must be done to protect these children and to prevent domestic violence from happening in the first place. The challenge for the future is to bring ourselves to a point where families in Zambia are characterised by love and nurturing thoughtfulness as opposed to the horrific psychological abuse, battering, and killing that are a tragic part of domestic violence. A multifaceted and integrated approach that embraces human rights is required to effectively eliminate domestic violence (Hester et al., 2000). This study is an attempt to investigate the experiences of children exposed to domestic violence in Lusaka, with the hope of it being an eye opener to the reality of the situation.

1.2 Statement of the Problem

Domestic violence is a growing problem in Zambia with grave consequences. Despite the introduction of punitive measures through the police and courts, domestic violence is on the increase. Hardly a day passes without media reports of defilement, spousal battery or femicide. Domestic violence victimises children, and this has a powerful and profound impact on their lives and hopes for the future. Often when we think of domestic violence we empathise with the primary victim, usually the woman. We think of what she must have been going through and think about how we can really never know what is going on behind closed doors. Children are the afterthought so to speak or the secondary victims. The devastating effects of domestic violence on women are well documented, far less is known about the experiences of children who witness a parent or caregiver being

subjected to violence in the home. The effects of exposure to domestic violence on children is the focus of this research.

1.3 Research Objectives

1.3.1 Main Objective

The main objective for the research was:

To investigate the experiences of children who are exposed to domestic violence

1.3.2 Specific Objectives

The specific objectives for the research were:

1. To examine the forms of domestic violence witnessed by children.
2. To investigate the reasons behind domestic violence from the children's perspective.
3. To analyse the effects of domestic violence on the children.

1.4 Research Questions

1.4.1 Main Question

The main research question was to explore the experiences of children who were exposed to domestic violence and the question was formulated as:

What are the experiences of children who are exposed to domestic violence?

1.4.2 Specific Questions

The specific questions formulated for the research were:

1. What are the forms of domestic violence witnessed by children?
2. What are the reasons behind the domestic violence from the children's perspective?
3. What are the effects of domestic violence on the children?

1.5 Significance of Study

There is limited published work on children's experiences of exposure to domestic violence, yet many children witness and experience domestic violence in their daily lives. This study sought to provide a better understanding of the experiences of children who were exposed to domestic violence. The research attempts to bridge the gap left out by other researchers on the subject of domestic violence and can be used for future studies. In addition, it is hoped that the findings in this study will enable the government of Zambia and the relevant stakeholders to formulate policies and programmes that will address the plight of children affected by domestic violence.

1.6 Definition of Terms

Child:	a young human being below the age of 16 years.
Defilement:	Sexual Intercourse with a girl who is under the age of sixteen years old with or without her consent.
Domestic Violence:	violence perpetrated by intimate partners and other family members manifested through physical abuse such as slapping, beating, arm twisting, stabbing, strangling burning, kicking.
Economic Violence:	Acts that result in financial and material deprivation.
Exposure to Domestic Violence:	Witnessing, being affected by, or being aware of domestic violence and/or experiencing violence through child abuse and neglect or in a violent incident in the home.
Femicide:	Killing of a woman through violent acts.

Gender Violence:	Any act which results in physical, sexual or psychological harm or suffering of women and men including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life. It is manifested in physical, sexual, emotional and psychological acts. This includes rape, defilement, battery and traditional practices harmful to women.
Intervention:	Purposeful response to address a Child's exposure to violence.
Norms:	Standard of behaviour that is typical of or accepted within a particular group or society.
Psychological Violence:	instilling of fear, dehumanising someone and dread of all other forms of violence.
Perpetrator:	A person who does something that is evil, harmful, illegal or dishonest.
Rape:	Unlawful sexual intercourse with a woman or girl without her consent, obtained by force or by means of threats or intimidation of any kind.
Resilience:	The capacity to adapt to and recover from a disruption in functioning quickly and effectively
Sexual Violence:	violent behaviour and or conduct of a sexual nature directed against women and children.
Stress:	Life events or situation that causes imbalance to an individual's life. Often stress results from something that is beyond the individual's control.

Trauma:	An exceptional, sudden and unexpected experience that is perceived as dangerous. It may involve a threat of physical harm leading to intense fear. It overwhelms the individual's ability to cope.
Victim:	a person harmed or killed.
Vulnerability:	Susceptibility to distress and disturbances during development.

1.7 Structure of Dissertation

This dissertation is presented in five chapters. The current chapter is Chapter One which focuses on the introduction, background, statement of the problem, research objectives and questions, significance of study and finally defines the concepts and terms used in the study. Chapter Two discusses literature available on domestic violence with emphasis on children. Chapter Three presents the research methodology utilised for the study. Chapter Four presents and analyses the findings of the study. Chapter Five presents the conclusions and recommendations.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This Chapter presents a review of literature on domestic violence. It looks at literature that conceptualises domestic violence, discusses children's exposure to domestic violence and prevalence of domestic violence worldwide. The Chapter also discusses the forms of domestic violence witnessed by children, the reasons behind domestic violence, the effects of domestic violence on children and finally will present a theoretical explanation of domestic violence

2.1 Defining Domestic Violence and Children's Exposure to Domestic Violence

There are numerous definitions of domestic violence, each founded on a different perspective. According to the World Health Organisation (WHO,2002) domestic violence encompasses "physical, sexual and psychological violence that occurs within the family setting including battering, sexual abuse of female children, dowry related violence, marital rape, female genital mutilation and other traditional practices harmful to women, non-spousal violence and violence related to exploitation .Wilson (2009) further states that domestic violence includes all acts of violence from the use of physical force to bullying, harassment or intimidation, which occur within a home and perpetrated at least one family member against another or others. Usually this type of violence does not occur in isolation, but follows a consistent pattern over time. Its main victims are women, children and dependants. Domestic violence often occurs because the perpetrator believes that the abuse is justified and acceptable, and may produce intergenerational cycles of abuse that condone violence.

"Several different terms have been used by researchers and others to refer to children in households with domestic violence. Children who live in homes characterised by violence between parents, or are directed at one parent by another have been called the

silent, forgotten, unintended, invisible and/or secondary victims of domestic violence” (Kovacs and Tomison, 2003).

The concept of witnessing domestic violence has until recently, been only narrowly defined and there has increasingly been controversy about the use of this term. Although the stereotypical view of a child witnessing domestic violence is “a child watching a fight between the mother and a male adult where there is both verbal and physical abuse and the child is emotionally traumatised by the event” (Kaufman Kantor and Little, 2003).

Humphreys (2007) further demonstrates that witnessing can involve a much broader range of incidents, including the child:

- (i) Hearing the voice;
- (ii) Being used as physical weapon;
- (iii) Being forced to watch or participate in assaults;
- (iv) Being forced to spy on a parent;
- (v) Being informed that they are to blame for the violence because of their behaviour;
- (vi) Being used as a hostage;
- (vii) Defending a parent against the violence; and/or
- (viii) Intervening to stop the violence.

Research literature by Kaufman Kantor and Little (2003); Bedi and Goddard (2007); Gerwartz and Medhanie (2008) shows that in the aftermath of a violent incident, children’s exposure to domestic violence can involve:

- (i) Having to telephone for emergency assistance;
- (ii) Seeing a parents injuries after the violence and having to assist in patching up a parent;
- (iii) Having their own injuries and/or trauma to cope with;
- (iv) Dealing with a parent who alternates between violence and a caring role;
- (v) Seeing parents being arrested; and
- (vi) Having to leave home with a parent and/or dislocation from family friends or school.

Humphreys (2007) argues that, 'describing this range of violent experiences as "witnessing" fails to capture the extent to which children may become embroiled in domestic violence'. In recent years a range of terms including being exposed to violence, living with violence and being affected by violence have emerged to describe the experiences of children from violent homes (Powell and Murray, 2008).

2.2 Prevalence of Domestic Violence World Wide

The World Health Organization estimates that globally 30 per cent of women suffer physical violence at least once from a male partner and in a multi country study nearly 20 per cent of women said that their first sexual encounter was forced (WHO, 2005).

2.2.1 Prevalence of Domestic violence in Central and South America

In Central and South America, research suggests that wife abuse is a significant problem. In Mexico, spouse abuse rates varied from 27 to 40 per cent (WHO, 2002). A national study of wife abuse in Puerto Rico between 1993 and 1996 noted lifetime prevalence rates of 19.3 per cent (WHO, 2002). Thirty per cent of a Peruvian sample of middle- and low-income women in 1997 reported physical abuse within the past year (WHO, 2002) and 22.5 per cent of the participants in a study of domestic violence in Santiago, Chile, reported being assaulted in the year preceding the study (WHO, 2002). In Leon, the second largest city in Nicaragua, 52 per cent of women reported physical abuse from their partner at some point in their lives, with 27 per cent being the victim of it during the year before the study (Ellsberg, 1999).

2.2.2 Prevalence of Domestic violence in Europe

A study of Norwegian women residing in Trondheim, Norway, found that 18 per cent had experienced domestic violence at some point in a relationship (Schei and Bakketeig, 1989). Similarly, within a Dutch sample, 20.8 per cent of the women had, at some point in their lives, experienced physical (and/or sexual) violence by their partner (Romkens, 1997). In Switzerland, according to a two-year study

from 1994 to 1996, overall prevalence rates for wife abuse are 12.6 per cent, whereas twelve-month prevalence rates are 6.3 per cent (WHO, 2002).

Slightly more than 4 per cent of Spanish women over the age of eighteen are reported by the Women's Institute a women's rights organisation to suffer from daily physical assaults from their husbands (Bosch, 2001).

2.2.3 Prevalence of Domestic Violence in Asia

The investigations of domestic violence in Asian countries can be compared only indirectly to those of African nations. Both continents have serious problems with spouse abuse that may covertly be maintaining, as well as definitely emphasising, the lesser status of women in these developing countries. An estimate of the prevalence of domestic violence in Chinese families living in Hong Kong, through the unique data collection technique of children's recall of their parents' behaviour, is 14 per cent (Tang, 1994). This rate is similar to North American estimates of the prevalence of wife abuse; however, a nationwide survey in Japan found that 58.7 per cent of the women respondents experienced physical abuse (Yoshihama and Sorenson, 1994).

In the year preceding a National Study in the Republic of Korea in 1989, 37.5 per cent of the respondents had been physically assaulted by their husband or boyfriend (WHO, 2002). Twenty per cent of a sample of husbands in Bangkok, Thailand, revealed that they had slapped, hit, or kicked their wife one or more times during their marriage (Hoffman et al, 1994).

An examination of domestic violence in the Jullender district of Punjab found that 75 per cent of lower-caste men reported physically abusing their wives, and 22 per cent of the higher-caste men also reported physically assaulting their wives (Mahajan, 1990). A later survey found that the prevalence of wife abuse reported by men across five districts of Northern India between 1995 and 1996 was between 18 per cent and 45 per cent (Martin et al., 1999).

Researchers assessing spouse abuse among women attending health centers in Karachi, Pakistan, found that 34 per cent reported being physically assaulted at least once by their partner (Fikree and Bhatti, 1999). An overall lifetime prevalence rate of 47 per cent and a twelve-month prevalence rate of 19 per cent were obtained from ethno-graphic and survey data in rural Bangladesh (Schuler et al, 1996).

2.2.4 Prevalence of Domestic Violence in Australia

A study to determine the prevalence of wife abuse in women attending general practitioners in Melbourne, Australia, found that among subjects who were currently involved in a relationship, 6 per cent had been kicked, bitten, or punched, 4 per cent had either been hit, or their spouse had tried to hit them with an object, 4 per cent had been severely beaten, 4 per cent had been choked, and one per cent had been injured by their partner's use of a gun or knife (Mazza, et al.,1996). Another investigation found that, in a small city (population: 80,000) in tropical Australia, spouse abuse was the norm, rather than the exception in relationships (Kahn et al., 1980)

2.2.5 Prevalence of Domestic Violence in Africa

Prevalence rates of wife abuse are high in Africa, even though the many government organisations have promised to promote the full and equal role of women in society. Domestic violence in Egypt remains a significant social problem (Refaat et al., 2001). In the Meskanena Woreda region of Ethiopia, 45 per cent of women were estimated to have been victimised by an intimate partner, and 10 per cent had been victimised in the twelve months preceding the study (WHO, 2002).

Odujinrin (1993) reports that wife beating has a prevalent rate of 31.4 per cent in Nigeria. In the Kisii District of Kenya, the prevalence of physical abuse within current relationships appears to be 42 per cent (WHO, 2002). A twelve-month prevalence rate of wife abuse for Kigali, Rwanda, in 1990 was 21 per cent (WHO,

2002). 40.4 per cent of Uganda's women residing in the Lira and Masaka Districts report being abused by a current husband or boyfriend (WHO, 2002).

In addition, research has documented that domestic violence is pervasive in South Africa despite government efforts to reduce its prevalence (Kim and Mmatshilo, 2002). Seedat (2009) reports that in 1999 South Africa's female homicide rate was six times the global average, with half of these deaths caused by intimate male partners, a phenomenon that has come to be termed as "intimate femicide". In more terms, this translated into four women killed every day by men in their lives.

2.2.6 Prevalence of Domestic Violence in Zambia

Domestic violence is pervasive in Zambia like in many parts of the world. It is an ugly ever present issue in the lives of many and continues to scar individuals, marriages and families. Some of Zambia's contributions to literature on domestic violence are researches conducted by Musukuma Linah (2005) and Mtonga Wazlinda (2007).

Musukuma (2005) conducted a study on battered women seeking shelter at YWCA since its inception in 1993 to 2003. The overall objective of the study was to get an insight into wife battering in Lusaka and the role the YWCA has played. The study revealed that 377 women had sought shelter in the period between 1993 to 2003. The study further revealed that the shelter was under utilised because the majority of women did not know of its existence and because women were not keen in reporting cases of wife battery for fear of losing their marriages. Furthermore, the study revealed that over half of the battered women remained in abusive marriages for the sake of the children and also because they were economically dependent on their husbands for survival.

Mtonga (2007) conducted a study to analyse, describe and explain the forms and patterns of gender violence, its causes and effects on married women in Lusaka. The study identified common forms of violence as wife battery, abandonment and

infidelity. Other specific forms emerged during the interviews such as forced sex, forced child bearing mental torture and rape.

The study further revealed that the reasons for this violence was due to a number of factors such as jealousy, lack of communication between couples, cultural aspects and traditional practices like paying bride price also led to abuse. Other reasons were the husbands need to control their wives and difficult economic and social conditions.

The study also revealed that the impact of this violence caused emotional, Psychological and mental damage to the victims. The women experienced low self-esteem, depression, abuse of children and risk of HIV, AIDS (Mtonga, 2007).

Incidents of domestic violence continue to dominate media headlines, hardly a day passes by without media reports of domestic violence. The *Sunday Times of Zambia* of 18 May 2014 narrated how a local court in Lusaka heard of a 25-year old man of Helen Kaunda Township who had allegedly been sleeping with his girlfriend in the presence of his children with the aim of teaching them how to go about it when they grow up

In another incident, *The New Vision* newspaper of 25 June 2014 reported how a father of Kalikiliki compound in Lusaka repeatedly stabbed his one year old son in the head and chest with a screw driver whilst in a drunken stupor. As if that was not enough, he violently inserted the tip of an umbrella into his wife's private parts following a heated argument.

The above scenarios are worrying because Zambia like elsewhere has been making efforts to fight gender based violence. The government of Zambia has appended its signature to a number of international instruments such as The Beijing Declaration for Action (1995) and The Convention on the Rights of the Child in a bid to address issues on gender equality and gender based violence.

Despite many efforts being made by the Zambian government a study on gender-based violence by the World Health Organisation (2010) found that more than half of married women in Zambia are abused by their husbands. More than half think it's justified in certain cases, like infidelity, disrespecting the husband or "as a form of chastisement." This violence most often takes the form of rape, beating and stabbing, burning, death threats and at the very extreme murder. The idea that men hold the power in the African family continues to contribute to high levels of domestic violence. For women, marriage is often referred to as "*shipikisha club*," which means "the enduring club" and emphasises that partners should suffer in silence any violence or ill treatment. But if abuse is widespread, the reporting of it is not. Women who come forward to report such cases to the authorities are frequently met with shame, reprisals from family and friends and additional abuse (Zambian Watchdog, 2010).

2.3 Forms of Domestic Violence

Children are exposed to different forms of domestic violence. This violence takes many forms some of which are common globally, others specific to countries and societies. The abuse may take the form of physical violence, sexual abuse, emotional abuse (verbal abuse), economic abuse and untimely death.

2.3.1 Physical Abuse

US Department of Justice (2007) defines physical abuse is abuse involving contact intended to cause pain, injury, or other physical suffering or bodily harm. It includes hitting, slapping, punching, choking, pushing, burning and other types of contact that result in physical injury to the victim. Denying the victim needed medical care, depriving them of sleep or other necessary functions, forcing the victim to engage in drug or alcohol use against their will, or creating any physical harm are forms of physical abuse.

A study by Campbell (2002) in the United States revealed that up to 70 per cent of male abusers also physically abuse their children, 90 per cent when there are more than four children in the household. Campbell further suggests that the rate of intergenerational transmission of violence toward children is 30 per cent. A study in the United Kingdom by Hester et al (2000) revealed that witnessing or experiencing of violence by children in the household is the greatest risk factor for predicting involvement in domestic violence. For some women, the physical effects of the domestic violence can have a detrimental effect on their parenting and relationships with their children. Not only is their parenting capacity likely to be affected, but also there is a heightened probability that their children may be abused.

Both women and men have been killed as the result of domestic violence. Intimate Partner Violence (IPV) homicide, however, makes up a greater proportion of all female homicides than does male homicides. For instance, Van Wormer and Roberts (2009) state that 37 per cent of murdered women were killed by an intimate partner and for men, 6 per cent were killed by an intimate partner. From 40 to 70 per cent of the women murdered in Canada, Australia, South Africa, Israel and the United States were killed by an intimate partner.

2.3.2 Sexual Abuse

Sexual violence, or sexual abuse, is defined by World Health Organisation (2002) as any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person regardless of their relationship to the victim. It also includes obligatory inspections for virginity and female genital mutilation. Kappler (2011) further adds that aside from initiation of the sexual act through physical force, sexual abuse occurs if a person is unable to understand the nature or condition of the act, unable to decline participation, or unable to communicate unwillingness to engage in the sexual act. This could be because of underage

immaturity, illness, disability, or the influence of alcohol or other drugs, or due to intimidation or pressure.

Children not only suffer exposure to sexual violence but often become victims themselves. Sexual abuse in the family can take the form of incest between an adult and a child, which is a form of child sexual abuse. A study by Ellsberg (1999) in Nicaragua revealed that up to a third of men who batter their female partner also sexually abuse their children. In some cultures, there are ritualised forms of child sexual abuse that often take place with the knowledge and consent of the family of the child, where the child is induced to engage in sexual acts with adults, whether or not in exchange for money or goods. For instance, a study by Masina (2014) in Malawi revealed that some parents arrange for an older man, often called "hyena", to have sex with their daughters.

2.3.3 Emotional Abuse

According to Follingstad and Dehart (2000), Emotional abuse also called psychological abuse or mental abuse is defined as any behaviour that threatens, intimidates, undermines the victim's self-worth or self-esteem, or controls the victim's freedom. This can include threatening the victim with injury or harm, telling the victim that they will be killed if they ever leave the relationship, isolating them from others, and public humiliation. Controlling behaviour includes monitoring the victim's movements, or restricting their access to financial resources, employment, education or medical care. Constant criticism, devaluing statements, and name-calling are emotionally abuse behaviours.

National Coalition Against Domestic Violence (2010) state that emotional abuse may include conflicting actions or statements which are designed to confuse and create insecurity in the victim. These behaviours also lead the victims to question themselves, causing them to believe that they are making up the abuse or that the abuse is their fault. Perpetrators may alienate a child from a parent or extended family member by teaching or forcing them to harshly criticise another person

In addition, Kappler (2011) states that people who are being emotionally abused may feel that their significant other has nearly total control over them. Isolation damages the victim's sense of internal strength, 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

According to Urbana-Champaign (2007) verbal abuse is a form of emotionally abusive behaviour involving the use of language, which can involve threats, name-calling, blaming, ridicule, disrespect, and criticism. Less obviously aggressive forms of verbal abuse include statements that may seem caring on the surface that are thinly veiled attempts to humiliate, falsely accuse, or manipulate others to submit to undesirable behaviour, make others feel unwanted and unloved, threaten others economically, or isolate victims from support systems.

A study in Australia by Schaefer (1997) revealed that children were exposed to verbal abuse especially in homes where only one partner was working and depended on the other for survival. The research revealed that when one was not working it put pressure on the other to make ends meet leading to high stress levels, this in turn led to name calling, arguments, ridicule and even threats over issues such as accommodation, money and food.

2.3.4 Economic Abuse

Adams et al (2008) defines Economic abuse as a form of abuse when one intimate partner has control over the other partner's access to economic resources. Economic abuse may involve preventing a spouse from resource acquisition, limiting the amount of resources to use by the victim, or by exploiting economic resources of the victim.

Brewster (2003) states that the motive behind preventing a spouse from acquiring resources is to diminish victim's capacity to support his/herself, thus forcing

him/her to depend on the perpetrator financially, which includes preventing the victim from obtaining education, finding employment, maintaining or advancing their careers, and acquiring assets. In addition, the abuser may also put the victim on an allowance, closely monitor how the victim spends money, spend victim's money without his/her consent and creating debt, or completely spend victim's savings to limit available resources.

In parts of the world where women depend on husbands in order to survive economic abuse can have very stark consequences. Abusive relations have been linked to malnutrition among both mothers and children. In India, for example, Ackerson and Subramanian (2008) stated that the withholding of food is a documented form of family abuse.

2.4 Reasons behind Domestic Violence

There is no one single factor to account for violence committed against women. Increasingly, research has focused on the inter-relatedness of various factors that should improve our understanding of the problem within diverse cultural settings.

2.4.1 Childhood Experiences

Experiences during childhood, such as witnessing domestic violence and experiencing physical and sexual abuse, have been identified as factors that put children at risk. Violence may be learnt as a means of resolving conflict and asserting manhood by children who have witnessed such patterns of conflict resolution. People who observe their parents abusing each other, or who were themselves abused may incorporate abuse into their behaviour within relationships that they establish as adults. A review of literature by Goldsmith (2013) states that Boys who learn that women are not to be valued or respected and who see violence directed against women are more likely to abuse women when they grow up. Girls who witness domestic violence in their families of origin are more likely to be victimised by their own husbands.

2.4.2 Lack of Economic Resources

Newman (2010) states that lack of economic resources underpins women's vulnerability to violence and their difficulty in extricating themselves from a violent relationship. The link between violence and lack of economic resources and dependence is circular. On the one hand, the threat and fear of violence keeps women from seeking employment, or, at best, compels them to accept low-paid, home-based exploitative labour. And on the other, without economic independence, women have no power to escape from an abusive relationship. The reverse of this argument also holds true in some countries that is, women's increasing economic activity and independence is viewed as a threat which leads to increased male violence. This is particularly true when the male partner is unemployed, and feels his power undermined in the household (Ibid).

2.4.3 Jealousy

Many cases of domestic violence arise from the jealousy felt by one partner that they suspect their partner of being unfaithful or is planning to leave the relationship. Besides jealousy, the other partner may feel insulted by the rejection, which impacts on their self-esteem. An evolutionary psychological explanation of such cases of domestic violence against a woman is that they represent male attempts to control female reproduction and ensure sexual exclusivity through violence or the threat of violence. (Shorey et al., 2008).

Though often jealousy is used as an excuse for the abusers behaviour, most often it is just an excuse in order to exert more control over their partner and a blaming technique in order to isolate the victim further from friends and family (Bonem et al., 2008). Violence related to extramarital relations is seen as justified in certain parts of the world. For instance, a survey in Diyarbakir, Turkey, found that, when asked the appropriate punishment for a woman who has committed adultery, 37 per cent of respondents said she should be killed, while 21 per cent said her nose or ears should be cut off (Haugan et al., 2009). Similar feelings may at times be

generated in a situation where one partner is doing better than the other, for example, when the woman is more successful than the husband. (Shorey et al., 2008).

A community study of jealousy conducted by Mullen et al (1994) reviewed the role played by jealousy in initiating domestic violence, the study revealed that 15 per cent of both men and women reported that they had sometime been subjected to physical violence at the hands of a jealous partner. Similarly a study carried out in Scotland revealed that nearly half of the 109 battered women interviewed identified their partner's excessive possessiveness and sexual jealousy as a typical precipitant of violence. (Dobash and Dobash, 1979)

2.4.4 Addictions

Excessive consumption of alcohol and other drugs has also been noted as a factor in provoking domestic violence. This extends from a spouse acting violently towards the other spouse to a parent emotionally, sexually or physically abusing a child. A survey of domestic violence in Moscow revealed that half the cases of physical abuse are associated with the husband's excessive alcohol consumption. Alcoholism and drug problems aren't the only addictions to increase the likelihood of family violence. In a 2013 study on gambling addicts and family violence in the Asian journal of *Gambling Issues and Public Health*, 52.5 per cent of the 120 people surveyed reported abuse at the hand of their addicted family member. Those addicts who had greater mistrust and anger issues were more likely to commit violent acts than those without.

Similarly a study by Ross (1996) in Scotland revealed that individuals who were suffering from alcohol abuse were more likely to subject their partner to domestic violence and abuse. The study he further reviewed that intoxication due to alcohol use caused the individual to become violent and as a result an individual did not consider the consequences of their actions.

In addition, research reviewed by Ullman (2003) in Australia identified the potent presence of alcohol in the lives of parents who were abused. Alcohol was understood and viewed as a causal factor in domestic violence and an additional adversity or stressor the family had to contend with. Exploring this further Lipsky et al (2004) in the United states reviewed that partner alcohol abuse was established as a major contributor to domestic violence and was more closely linked to murder, rape and assault than any other substance, is implicated in most homicides and found to be a contributing factor to incest, child molestation, spousal abuse and other family violence with the Percentage of batterers who assault their partners under the influence ranging from 48-87 per cent.

2.4.5 Social Views

Not every factor that causes domestic violence comes from within the family itself. Society or community values and attitudes may result in some people believing that aggressive behaviours or even assault is permissible, if not acceptable. The social views on domestic violence vary from person to person, and from region to region, but in many places outside the West, the concept is very poorly understood. This is because in most of these countries, the relation between the husband and wife is not considered one of equals, but instead one in which the wife must submit herself to the husband. This is codified in the laws of some countries for example, in Yemen, marriage regulations state that a wife must obey her husband and must not leave home without his permission (Amnesty international, 2009).

"Disobeying" a husband can often result in violence. These violent acts are not considered a form of abuse by society (both men and women) but are considered as being provoked by the behaviour of the wife who is seen as being at fault herself. While beatings of wives are often a response to "inappropriate" behaviours, in many places extreme acts such as honor killings are approved by a high section of the society. In a survey, conducted by Maher (2013) 33.4 per cent

of teenagers in Jordan's capital city, Amman, approved of honour killings. This survey was carried out in the capital of Jordan, which is much more liberal than other parts of the country. The researchers said that "We would expect that in the more rural and traditional parts of Jordan, support for honour killings would be even higher.

In a 2012 news story, *The Washington Post* reported that, "The Reuters Trust Law group named India one of the worst countries in the world for women this year, in part because domestic violence there is often seen as deserved. A 2012 report by UNICEF found that 57 per cent of Indian boys and 53 per cent of girls between the ages of 15 and 19 years old think wife-beating is justified.

2.5 Effects of Domestic Violence on Children

In recent years, increased attention has been focused on children who may be affected by violence in the home, either as victims or as witnesses to domestic violence. A study done by Brown and Bzostek (2003), reports that even when children are not direct targets of violence in the home, they can be harmed by witnessing its occurrence. The witnessing of domestic violence can be auditory, visual, or inferred, including cases in which the child perceives the aftermath of violence, such as physical injuries to family members or damage to property. Children who are exposed to domestic violence can suffer severe emotional and developmental difficulties that are similar to those of children who are direct victims of abuse (Humphreys, 2008).

Exposure to domestic violence, particularly multiple exposures can interfere with the child's ability to think and learn and can disrupt the course of healthy physical emotional and intellectual development. A study in León, Nicaragua reports that children of women who were physically and sexually abused by their partners were six times more likely than other children to die before the age of five (Asling-Monemi et al., 1999).

Similarly, children of beaten women were more likely than other children to be malnourished and to have had a recent episode of diarrhea, and less likely to have received oral rehydration therapy or be immunised. A study in the Indian states of Tamil Nadu and Uttar Pradesh also found that women who had been beaten were significantly more likely than non-abused women to have had a pregnancy loss from abortion, miscarriage, stillbirth, or to have lost an infant. The study controlled for other influences on infant mortality such as mother's education, age, and parity (Jeejeebhoy, 1998).

In rural Karnataka, India, a study found out that children of mothers who were beaten received less food than other children did, suggesting that these women could not bargain with their husbands on their children's behalf (Ganatra et al., 1998). While the exact manner in which violence against women affects child survival is not known, one possible explanation is that children of mothers who are abused are more likely to be born underweight, and thus carry a higher risk factor of dying in infancy or childhood. Another explanation is that women in abusive relationships suffer from lower self-esteem, weaker bargaining position, less access to food and resources, and are therefore less able to care for their children. (Heise et al., 1999).

A study by four universities in the United Kingdom examined how children and young people perceive domestic violence, and how those who have lived with such violence cope with it and make sense of their experiences. The research, which covered 1,395 children aged 8-16 years old, found out that the vast majority of children at secondary school, and just over half at primary age, want to learn more about domestic violence, what it is and how to stop it, as well as to understand why it happens.

The research found that children who live with domestic violence cope in a variety of ways, ranging from keeping themselves safe and trying to protect their mothers and siblings, to getting help and intervening directly, by calling the police, for example most children who had lived with domestic violence said that professionals, with the exception of refuge workers, either ignored or disbelieved them. Children want to be listened to, to be taken seriously and to be involved in decisions about their lives. They want support,

understanding and reassurance, to be in safety with their mothers and have their own belongings, and even their pets, around them. This is a rare example of research focusing on the views of children and young people, and found that children were not silent or passive victims of violence.

Children of all ages were quite active in their responses to, and methods of coping with, violence, sometimes with understanding and initiative well beyond their age. The study concluded that the perspectives and understanding of children and young people should inform the development of appropriate policy and practice in health, welfare, education and the criminal justice system as well as in specialist services for women and children. Children's tenacity and resilience are key resources with which agencies can work. (Economic and Social Research Council, 2009).

In addition, there is a growing body of literature that has examined both the short and long term problems associated with children's exposure to domestic violence. Studies in the United Kingdom reveal that children who have lived in the context of domestic violence may have more adjustment difficulties than children who come from non-violent homes. It has also been recognized that there is no uniform response to living with domestic violence. Children's responses vary enormously depending on sex, nature of violence, age of the child, elapsed time since exposure and presence of child physical or sexual abuse in addition some children are far more affected than others, and children within the same family can be affected differently. Each child and each child's experiences and reactions are unique (Mullender et al, 2002)

Flood and Fergus (2009) state that the effects of living in a violent home are categorized under four main divisions these are emotional, behavioural, social and Physical. Each of these categories are reviewed in more detail below.

2.5.1 Emotional Effects

According to Baker et al (2002) children who are exposed to violence in the home often have conflicting feelings towards their parents .The child becomes over protective of the victim and feel sorry for them. Miller (2010) further states that the children develop anxiety fearing that they may be injured or abandoned, that the child's parent being abused will be injured ,or that they are to blame for the violence occurring in their homes. Withdrawal, low self-esteem, sleep disorders, aggression against peer, family members and property are common emotions that children exposed to violence experience (ibid).

In addition, Stannard (2009) states that some children act out through anger and are more aggressive than other children. Even in situations that do not call for it, children will respond with anger. Girls tend to internalise their emotions and show signs of depression than boys. Boys are more apt to act out with aggression and hostility.

2.5.2 Behavioural Effects

Richards (2009) states that a child's behaviour is nothing but a representation of one's emotional state, and if a child is emotionally disturbed, it is bound to reflect in their behaviour. A child learns how to behave by seeing the people he or she is surrounded with. If people at home behave rudely, violently and insensitively towards a child's needs, he or she grows believing that this is the right thing to do. If ones parents always shout at a child for crying or seeking a hug in turbulent times the child will naturally learn how to be indifferent.

In addition, Miller (2010) further state that children coming from violent households reveal behavioural disturbances such as refusal to go to school or do homework, withdrawal from difficult situations, intolerance towards threats, nightmares, excessive crying, bedwetting problems, habitual lying to escape trouble, attention seeking, extremely caring like a parent figure and dependency

on others. While some children may learn to take responsibility like that of a parent figure, some might display excessive clinging behaviour. Children respond differently to domestic instability depending on the intensity of what they experience at home.

2.5.3 Social Effects

Walby and Allen (2004) theorise that children exposed to domestic violence at a very young age are likely to have social competency problems due to the damage done emotionally and maybe physically. These children always find it difficult to fit in social circles, possibly due to emotional disturbances such as low self-esteem, lack of self-confidence, insecurities and the like. Children exposed to domestic violence prefer to stay isolated rather than mixing with others, exhibit violent tendencies in relationships, excessively involved in social activities to avoid going back home, have difficulty in solving problems in a social group and exhibit inability to trust others especially adults.

2.5.4 Physical Effects

Spilsbury et al (2008) state that it is not necessary that the child needs to be a direct victim of physical abuse in order to be physically disturbed by the act. It has been proven that emotional disturbances also cause various physical problems even in adults. Therefore, children that are more vulnerable to the triggering factors that arise around them especially in an emotionally or physically unhealthy and unsafe environment are likely to experience headaches and abdominal aches, inability to focus, anxiety attacks, unexplained lethargy, lack of personal hygiene, self –abuse tendencies, nervousness, falling ill constantly and exhibit sleeping problems.

In addition, Martin (2002) states that the potential negative effects vary across the age span. From a developmental perspective empirical evidence suggests that growing up in an abusive home environment can critically jeopardise the

developmental progress and personal ability of children the cumulative effect of which may be carried into adulthood and can contribute significantly to the cycle of adversity and violence. Cunningham and Baker (2004) further state that exposure to domestic violence may have a varied impact at different stages with early and prolonged exposure potentially creating more severe problems because it affects the subsequent chain of development.

2.5.5 Infants and Toddlers

Infants and toddlers are totally dependent upon others for care and their lives are organised around the primary attachment relationship to a care-giver, usually their mother. Distress may manifest itself behaviourally in excessive irritability, regressed behaviour around sleep disturbances, emotional distress and a fear of being alone (Lundy and Grossman, 2005).

Lundy and Grossman (2005) analysed data collected between 1990 and 1995 from approximately 50 domestic violence agencies in Illinois regarding the characteristics, difficulties and needs of 40,636 children aged 1–12 years, who used one of these services with an adult client during this time period. Lundy and Grossman (2005) found out that toddlers actually seemed to exhibit emotionally distressed behaviour less often than older children. A finding resonating in Bogat, DeJonghe, Levendosky, Davidson, and Von Eye (2006) later, in a considerably smaller study involving 48 mothers of infants. The women were recruited during pregnancy from a wide range of sources including public settings, prenatal clinics and social services programmes. These women had experienced domestic violence during pregnancy and indicated that their infants had seen or heard one or more abusive incidents.

While Bogat et al (2006) found out that only 44 per cent of infants exposed to domestic violence had at least one trauma symptom, compared with the majority of pre-school and school-age children, Lundy and Grossman (2005) found out that

more than any other age group, these youngest children appeared to have difficulty separating from parents, perhaps reflecting problematic attachments.

2.5.6 Pre-school Aged Children

Citing evidence from research, Huth-Bocks et al (2001) suggest that pre-schoolers who witness violence have more behavioural problems, social problems, post-traumatic stress symptoms, greater difficulty developing empathy and poorer self-esteem than non-witnesses. The effects of domestic violence are amplified for these young children, who are completely dependent on parents for all aspects of their care and may therefore witness greater amounts of violence than older children (Huth-Bocks et al., 2001). Not surprisingly, research with their mothers found this age group to exhibit more problems, with care-giving more difficult than any other age group (Levendosky et al., 2003).

Their developmentally limited ability to verbalise the powerful emotions they are experiencing may manifest itself in temper tantrums and aggression, crying and resisting comfort, or despondency and anxiety (Cunningham and Baker, 2004).

Lundy and Grossman's study (2005) found out that aggressive behaviour and possessiveness were particular problems for this age group. The children expressed emotions in ways considered inappropriate for their age, incorrectly took responsibility for causing the violence and were behind or regressed in development towards independence.

2.5.7 School-age Children (6–12 years)

Daniel et al. (1999) state that children at this age are involved in developing a more sophisticated emotional awareness of themselves and others, in particular of how the abuse is affecting their mothers. They are also able to think in more complex ways about the reasons for the violence, and may try to predict and prevent the abuse based on this reasoning. Younger children in this developmental

stage are still thinking egocentrically and may blame themselves for their mother's abuse, absorbing guilt and self-blame. In working things out, they will try to rationalise their father's behavior, justifying it on the basis of alcohol, stress, or bad behaviour on theirs or their mother's behalf, helping them cope with the idea that their father is bad or imperfect in any way. If inappropriate or inaccurate attitudes and beliefs are not addressed, the child is potentially at risk of adopting anti-social rationales for their own abusive behaviour, where this occurs (Cunningham and Baker, 2004).

For school-age children, academic and social success at school has a primary impact on their self-concept. As children rely increasingly more on influences outside the family as role models and as indicators of their own worth. Most children will hide their "secret" from everyone, because if others found out, the shame would be devastating, further compounding the imbuing sense of sadness and vulnerability (Alexander et al.,2005).

With the development and preservation of friendships a fundamental part of this developmental stage, Lundy and Grossman (2005) believe that social problems including poor social skills, may make this developmental task unachievable. They may either pick up on and react to aggressive cues in their interactions with other children and consequently be at risk of bullying or tune out from such cues and be at increased risk of being bullied (Bauer et al., 2006).

One-third of Lundy and Grossman's (2005) sample of 4,636 children who were exposed to domestic violence were described as frequently aggressive, and one-fifth had difficulties adhering to the rules of the school, with the acting out, peer difficulties, sadness and depression of this peer group frequently bringing them to the attention of the teachers. The first US study to examine the relationship between domestic violence exposure and bullying corroborated this finding that

children exposed to violence engaged in higher level of generalised aggression (Bauer et al., 2006).

2.5.8 Adolescents

Adolescence may mark the point when the impact of domestic violence extends beyond the boundary of the family, with difficulty forming healthy intimate relationships with peers due to the models they experienced in their family (Levendosky et al., 2002). Research by Levendosky et al (2002) suggests exposed adolescents are less likely to have a secure attachment style and more likely to have an avoidant attachment style, indicating perhaps that they no longer feel trust in intimate relationships. Reflecting on the findings of their research, Levendosky and her colleagues (2002) speculated that abusive patterns in intimate relationships initiated in adolescence, may well lead to violence on the part of men and victimisation on the part of women in their adult relationships.

Levendosky et al.'s study (2002) with 111 exposed adolescents found out that they were more likely to be victimised, lending some support to the intergenerational transmission of violence hypothesis. On a similar theme, the young people in Goldblatt's (2003) study doubted their competency to become non-violent partners and were ambivalent about their ability to control themselves.

2.5.9 Long-term Effects

Bauer et al (2006) theorise that the long term implications of childhood exposure to domestic violence are substantial and can take a lasting toll on children. Children learn from witnessing violence in their homes, and what they learn may become precursors of later violent adolescent and adult behaviours. It's not just that the child sees aggression, it is that he or she is learning about situations in which aggression may be applied in intimate relationships. Children may come to

view violence as an acceptable way of life and perhaps the only way to resolve conflicts and they may learn to rationalise the use of violence.

2.6 Theoretical Framework

2.6.1 The Social Learning Theory-Albert Bandura

The theory that best explains domestic violence is the social learning theory. The social learning theory suggests that people learn from observing and modeling after others' behaviour. With positive reinforcement, the behaviour continues. If one observes violent behaviour, one is more likely to imitate it. If there are no negative consequences (e.g. victim accepts the violence, with submission), then the behaviour will likely continue. Often times, violence is transmitted from generation to generation in a cyclical manner (Harvey, 2002).

We learn behaviour starting at an early age in life from our parents. In fact our parents and guardians have the greatest impact on our behaviour, attitude, and relationships. The learned behaviour carries with us into our adulthood. “One hypothesized mode of intergenerational transmission is modeling. There is evidence that witnessing and/or experiencing violence are related to different patterns of abusive behaviour” (Murrell, Christoff & Henning, 2007)

“Sociologists state that men batter because they learned violence in their families as children and that women seek out abusive men because they see their mothers being abused.” (McCue, 2008) Children are very observant and even when you think they are not paying attention they are absorbing everything in. Little eyes and little ears don't miss much, soaking in sights and sounds. Children that witness violence and abuse are overwhelmed by intense feelings and replay consciously the turn of events (Cunningham and Baker, 2007). Children that see repeated behaviour become numb to the violence and abuse and see it is as normal

and accepted behaviour. When a man is abusive to a child's mother it's more than bad role modeling its bad parenting.

Children can be confused and not be sure of what is right and what is wrong and will start to repeat the behaviour they see. Children that live in homes with repeat violence will act out by hitting, biting, and pushing friends, siblings, and classmates. "Social learning theory suggests that a child learns not only how to commit violence but also learns positive attitudes about violence when he or she sees it rewarded (Wareham, Boots and Chavez, 2009). This suggests that children who have witnessed violence, or have been abused, learn destructive conflict resolution and communication patterns.

Sternberg et al (1997) suggest that Bandura's social learning theory would predict that both observers and victims can be affected, with children from more violent environments being more likely to acquire aggressive modes of behaviour." (Murrell, Christoff, and Henning, 2007). The violent behaviour will then escalate into personal relationships as they get older. According to the concept of the social learning theory; humans learn from observation from the people and environment around them. When children witness violent behaviour in the home they are learning more that it's acceptable. Violent relationships in the home teach children the following ideas:

- (i) violence and threats get you what you want; a person has two choices – to be the aggressor or be the victim;
- (ii) victims are to blame for violence;
- (iii) when people hurt others, they do not get in trouble;
- (iv) women are weak, helpless, incompetent, stupid, or violent; anger causes violence or drinking causes violence;
- (v) people who love you can also hurt you;
- (vi) unhealthy, unequal relationships are normal or to be expected; and

- (vii) men are in charge and get to control women's lives, women don't have the right to be treated with respect (Cunningham and Baker, 2007).

By the time children reach adolescences they have this distorted idea of how a relationship should be. They have trouble with problem solving and are not able to reach a healthy solution to normal, everyday challenges.

Through extensive research it has been discovered that men that have witness's accounts of abuse and battering as a child are nine times more likely to play the role of the abuser in intimate relationships. In cases of verbal violence, men who report observing domestic violence were also more likely to verbally abuse and threaten their partners. Further, the more physical the abuse, the more likely these men were to report committing verbal and physical violence to their intimate partners. (Wareham, Boots and Chavez, 2009)

It is evident that we learn by observing. When we witness attacks of domestic violence becoming an everyday event, we become numb to the real issue. The violence becomes a normal event and a way of dealing with personal issues. The social learning theory is undoubtedly the best way to explain the transfer of violent behaviour generation to generation. "A child who lives with violence is forever changed, but not forever "damaged." (Cunningham and Baker, 2007).

2.7 Conclusion

This Chapter has reviewed literature on domestic violence. It has reviewed various literature that conceptualises domestic violence, children's exposure to domestic violence and prevalence of domestic violence worldwide. The Chapter also explored the forms of domestic violence witnessed by children, the reasons behind domestic violence, and the effects of domestic violence on children and finally presented a theoretical explanation of domestic violence. The next chapter will focus on the methodology used in this study.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This Chapter discusses how the research was conducted. The following areas will be highlighted: research design, study site, study population, study sample, sampling procedure and instruments for data collection, data collection procedures and finally data analysis techniques.

3.1 Research Design

The research was an exploratory study conducted using qualitative research methods. Qualitative methods were applied in order to capture and provide insight on the children's experiences of domestic violence. Babbie (2007) states that qualitative methods are recommended for studying people's wider perception of everyday behaviour and are also used in explaining how people conceptualise the world and construct meaning from it.

A qualitative exploratory approach was adopted to keep the data as original as possible. Gupta and Gupta (2013) further state that qualitative researchers aim to obtain a complete detailed description and are concerned with enhancing the data such that the phenomenon under study is clearly understood. Qualitative style is known for its focus on authenticity, meaning attribution based on the participants social reality and cultural meaning and thematic content analysis.

3.2 Study Site

The study sites were the Young Women's Christian Association (YWCA), Police Victim Support Unit (VSU) headquarters and The National Legal Aid Clinic for Women (NLACW) in Lusaka district. These centres are organisations that address forms of discrimination against women and children. Women and children who feel or are

victimised seek assistance from these centers. Lusaka was selected because it has a high number of reported domestic violence cases. According to VSU reports 2009 to 2012, Lusaka in Zambia had the highest recorded cases of domestic violence. Secondly, Lusaka was selected because it was convenient for the researcher because the area was accessible.

3.3 Study Population

According to White (2005), a study population refers to a collection of objects, events or individuals having some common characteristics that the researcher is interested in studying. In this study, the study population comprised children of domestic violence survivors and their parents and/or guardians who had been through YWCA, Zambia Police-VSU and NLACW. Key informants included social workers in the named organisations and school teachers who taught the identified children as they were always with the children and knew how the children behaved.

3.4 Justification for Selecting Children as Participants

Mullender et al (2002) in their ground breaking book on children's perspectives on domestic violence postulate that children's participation is crucial to their ability to cope with the experience of domestic violence. This is defined as "being listened to and taken seriously as participants in the domestic violence situation and being actively involved in finding solutions and help make decisions" (Ibid). In the same vein, the researcher believed that the subjective accounts of children could provide an essential part of an overall understanding on the effects of domestic violence on children.

3.5 Study sample

A sample size of 52 participants was involved in this study. The sample consisted of 15 boys and 15 girls between the age of 8-16 years, 16 parents (8 mothers and 8 fathers) and 6 Key Informants (Social Workers, Counsellors and Teachers)

3.6 Sampling Procedure

Ghosh (2002) defines sampling procedure as the process of selecting representative units of the population in order to obtain information regarding a phenomenon in a way that represents the entire population. Non-probability purposeful sampling method was applied in this study. Using this sample method, the researcher purposively targeted a group of people believed to have been reliable for the study. Kombo and Tromp (2006) state that the power of purposive sampling lies in selecting information rich cases for in-depth analysis related to the central issues being studied. Thus the first phase of recruitment was to purposefully target children through their mothers via key professionals at YWCA, Zambia Police-VSU and NLACW in Lusaka.

Access to these children was negotiated in a twofold process, the researcher met with key informants in the institutions to discuss the research, interview them and seek access to mothers who had used their service. The second phase was to negotiate access to the children by interviewing the mothers and getting permission to interview their children. The key informants were identified by the institutions (social workers and counsellors).

3.7 Instruments for Data Collection

According to Kombo and Tromp (2006) data collection refers to gathering specific information. In data collection the researcher must have a clear understanding of what they hoped to obtain and how to obtain it. In addition, the researcher must have a clear vision of the instruments to be used, the respondents and the selected area. In this study in-depth interviews and focus group discussions were employed to collect primary data and secondary data came from the literature reviewed.

Focus group discussions were adopted to collect data from the parents/guardians. Focus group discussions provided in-depth information on the topic under study and gave insight into the participant's experiences, feelings, knowledge and perceptions on domestic violence. According to Bless (1995) focus group discussions are useful in qualitative studies and are one of the best methods to use in data collection when the

researcher intends to bring out the respondents immediate reactions and ideas. Focus group discussions enable members of a group to share their experiences and ideas with the researcher in order to reach some kind of agreement about the research topic. The setting in which the focus group discussions were held provided encouragement for the participants to discuss the sensitive nature of the study openly and honestly without any disturbance, fear or intimidation.

In depth interviews were employed to collect data from the children and key informants at YWCA, Zambia Police-VSU and NLACW. Using in depth interviews the researcher was able to obtain more information and of greater depth about the experiences of domestic violence from the children and key informants. In addition the language employed was appropriately chosen for the ease of the respondent as well as the interviewer and supplementary information was collected.

3.8 Data Collection Procedures

In depth interviews were employed to provide rich contextualised data on the experiences of children who are exposed to domestic violence. Greene and Hill (2005) state that individual contacts with children are generally preferable for the exploration of personal issues because children may be reluctant to discuss issues in a group setting. Interviews adopted a conversational style where children were invited to tell their story. In-depth interviews were also conducted with identified key informants at YWCA, Zambia Police-VSU and NLACW (Social Workers, Counsellors and Teachers). Two focus group discussions were conducted with parents/guardians. Each focus group consisted of eight participants. (8 mothers and 8 fathers respectively).

3.8.1 Interview Process

The researcher began by thanking the participant for taking the time to meet with the researcher. The researcher introduced herself, the purpose of the interview and the expected duration of the interview. Thereafter and depending on the age of a prospective participant, the researcher either gave the consent form to read and

sign or read the consent form to the participant for verbal consent. Thereafter the researcher requested the participant to introduce themselves including age, education and occupation. Once consent was given and the demographic data was collected, the interview began.

The researcher then led the participant through a series of research questions whilst assuring the participant that all the information discussed will be kept confidential and that they were free not to answer any question they were not comfortable with. At the end of every interview the researcher asked the participant if they had any questions and thanked them for taking part in the study.

3.8.2 Focus Group Process

At the start of every focus group discussion, the researcher began by thanking the participants for taking the time to meet with the researcher and for considering being a part of the study. The researcher then introduced herself and the research assistant and shed light on the purpose of the focus group (study), the duration of the discussion, the information required and the planned use.

Thereafter, and depending on the literacy level of the group the researcher either gave them the consent form to read or read the consent form to them for verbal consent. The participants were then asked to introduce themselves including their age, number of children, education and occupation. Once the demographic information was collected and consent was given, the focus group discussion began.

The researcher encouraged participants to feel free and interact amongst themselves and assured them of confidentiality. Throughout the process the researcher employed discussion points of importance and relevance to the study and ensured all the prepared questions were covered. In addition the researcher did not attempt to support or criticise any response, decide on any issue, address any individual problem or concern or reach any conclusions, the researcher

remained neutral as much as she could. This was done to enhance the credibility of the participant's responses.

At the end of each focus group discussion the researcher allowed for a 10 minute debriefing session in which the researcher thanked the participants for their time, summarised what had been said and gave the participants an opportunity to ask questions and provide feedback.

3.9 Data Analysis

According to Kombo and Tromp (2006) data analysis refers to examining what has been collected in a survey or experiment and making deductions and inferences. It involves uncovering underlying structures, extracting important variables, detecting any anomalies and testing any underlying assumptions. It also involves scrutinising the acquired information and making inferences. The analysis of qualitative data varies from simple descriptive analysis to more elaborate reduction and multivariate associate techniques.

Data for this study was analysed using thematic analysis. The first step in analyzing the data was to get familiar with the data collected by thoroughly reading the text of the collected data paying specific attention to the patterns that emerged. Key themes and patterns that addressed the research questions were then identified and organised into coherent categories to help in summarising and bringing meaning to the collected data. The outcome was presented in form of key themes that described the essence of the study for example: forms of domestic violence, reasons behind domestic violence from the children's perspective and effects of domestic violence on the children.

3.10 Ethical Considerations

Given the nature of the study ethical considerations were paramount and were considered at all stages of the research. The main ethical issues considered in this study included voluntary nature of participation, minimising of risk for participant, obtaining informed consent, ensuring confidentiality and anonymity of participants and institutional ethical issues.

3.10.1 Voluntary Participation

All participants participated voluntarily after receiving information on the study. The participants were reminded as the interview progressed of their choices around what they were comfortable discussing and were informed that they could terminate the interview at any stage and should only talk about issues they were comfortable with.

3.10.2 Minimising Risk to Participants

The research was carried out with minimum risk to participants.

3.10.3 Informed Consent

The researcher was extremely careful to practice informed consent. Participants were provided with adequate information such as the aims of the research, who was conducting it and why it was being conducted before the interview and informed consent was obtained from all the participants. *See appendix for a copy of consent letter*

3.10.4 Confidentiality and Anonymity

The participants were informed that their names and all other identifying information would be changed to ensure anonymity. The right of participants to anonymity and confidentiality was ensured by reporting research findings in a way that could not relate to participants. Participants were referred to as participant number one (P1) to participant number fifty two (P52)

3.10.5 Permission to Conduct Research

The research proposal was submitted to and approved by the Research Ethics Committee of the University of Zambia in September 2014. Authority to conduct research in the three centres was obtained from management before commencement of data collection.

3.11 Limitations

Firstly, the findings are not widely representative as they are based on a small sample population of 52 participants. Secondly, as an exploratory study the conclusions drawn from this study are necessarily preliminary. Thirdly, the use of individual interviews might have compromised the responses of the participants, encouraging them to tell the researcher what they thought she wanted to hear.

3.12 Conclusion

This Chapter discussed how the research was conducted. The following were highlighted: research design, study site, study population, study sample, sampling procedure and instruments for data collection, data collection procedures and data analysis techniques. Ethical considerations and study limitations were also discussed. The next Chapter presents and analyses data using thematic content analysis.

CHAPTER FOUR

RESEARCH FINDINGS AND DISCUSSION

4.0 Introduction

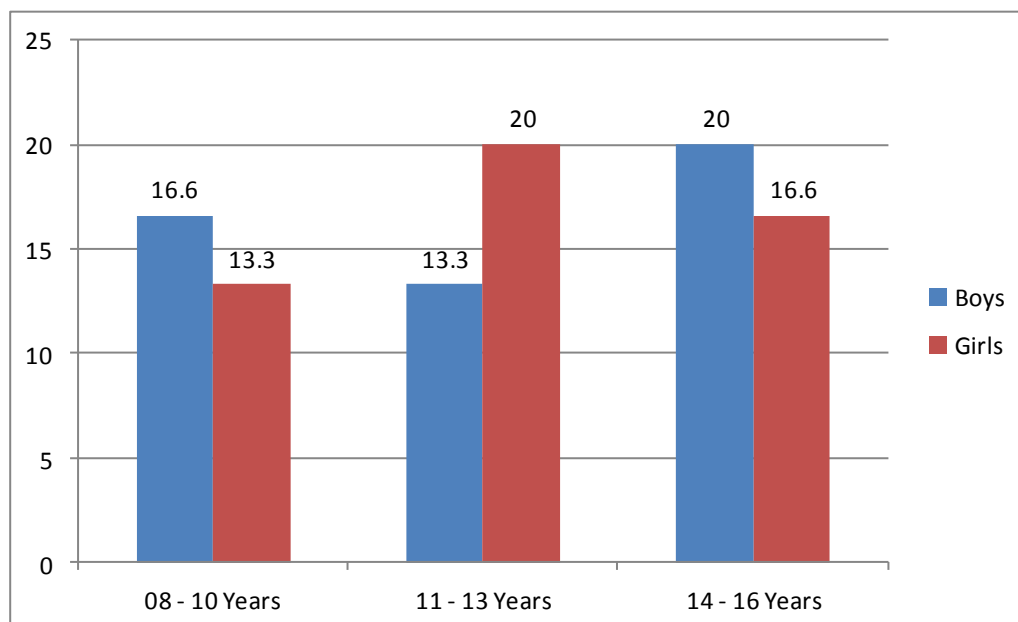
This Chapter presents and discusses the research findings. Findings from relevant studies will be integrated with findings from the present study. The voice of the child was privileged at all stages in the research process and the views of the parents and/or guardians and key informants were also taken into account. The study provides a detailed analysis of what children, parents/guardian and key informants all reported in relation to their experiences of domestic violence. Parents and key informants report of what their children witnessed included harrowing and often disturbing accounts of the adversities children lived with and added further depth to what the children had to say. In this study numbers are used instead of participant's names, the participants are referred to as participant P1 to participant number P52 (participants 1-30 are children, 31-52 are parents and/or guardians and key informants). Their names will be withheld to maintain confidentiality. The presentation will be as follows: The demographic characteristics of the participants (sex, age, educational background and occupation), the forms of domestic violence witnessed by the children, the reasons behind the domestic violence and the effects of exposure to domestic violence on the children.

4.1 Demographic Characteristics

4.1.2 Sex and Age of Children

Figure 1 below shows the age and sex of the children who participated in the study. A total of 30 children participated in the study comprising of 15 boys and 15 girls between the ages of 8 -16 years. The figure reports that the largest group of the girls in the study were between the ages of 11 and 13 years (20%) whilst the least were in the age group 8 and 10 years (13.3%) on the other hand the largest group of boys were between the age group 14 and 16 (20%) whilst the least boys were between the ages of 11 and 13 years (13.3%).

Figure 1: Percentage Age Distribution by Sex

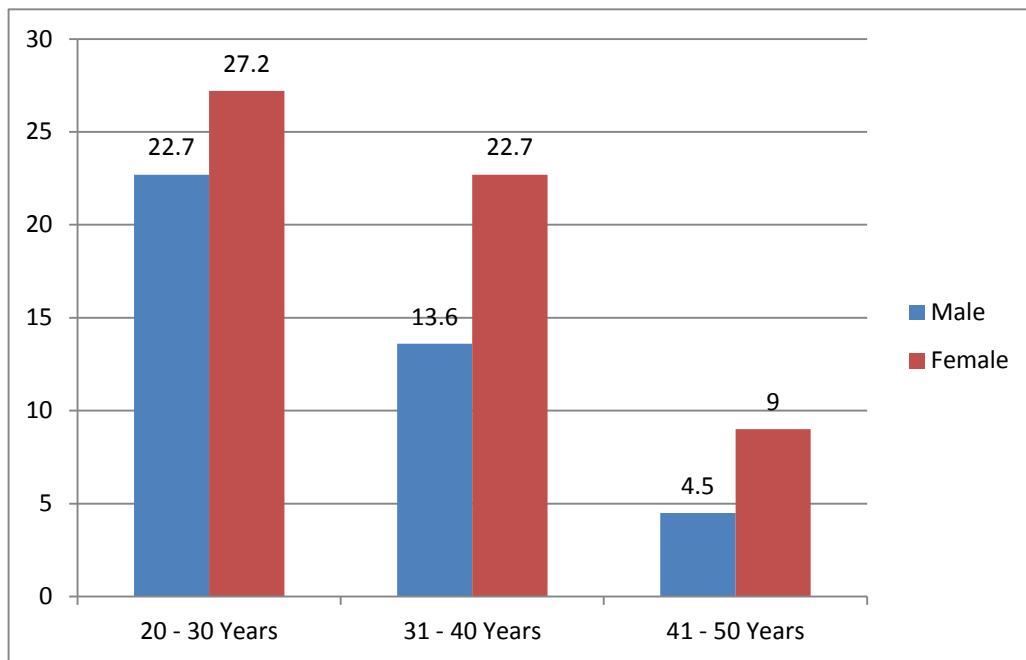


Source: Data from in-depth interviews, 2014

4.1.3 Sex and Age of Parents and/or Guardians

Figure 2 below shows the age and sex of the parents and guardians who participated in the study. A total of 16 parents and guardians took part in the study broken down into 8 men (fathers) and 8 women (mothers) between the ages of 20 and 50 years. Most of the mothers were between the ages 20 to 30 years and the least were in the age group 41 to 50 years. Most of the fathers were also in the age group 20 to 30 years and the least were in the 41 to 50 years age group.

Figure 2: Percentage Age Distribution by Sex

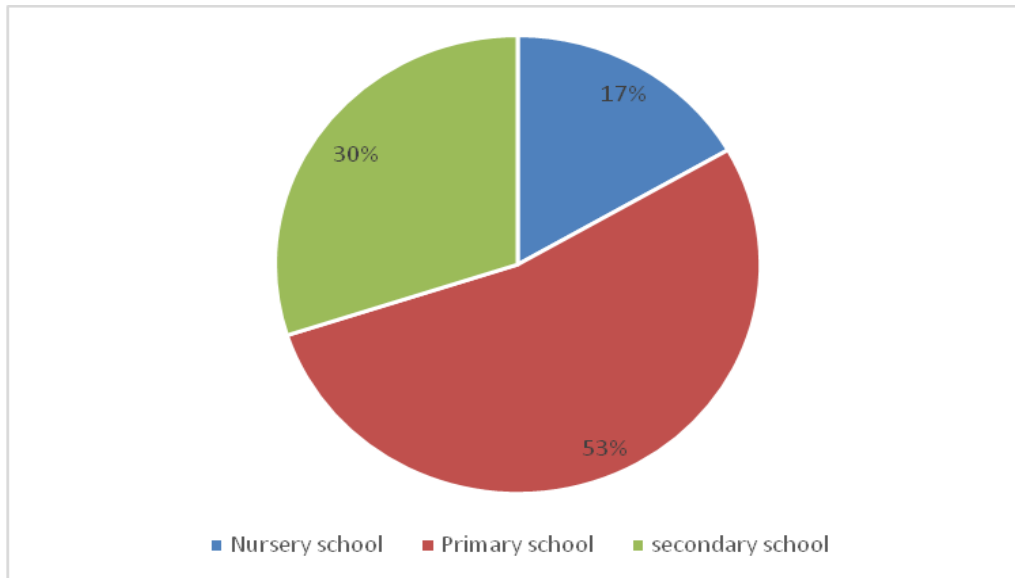


Source: Data from Focus Group Discussions, 2014.

4.1.4 Educational Background

The children in this study were at different education levels. Figure 3 below illustrates that out of the total number of 30 participants 5 (17%) were enrolled in nursery school, 16 (53%) were currently in primary school whilst 9 (30%) were in secondary school.

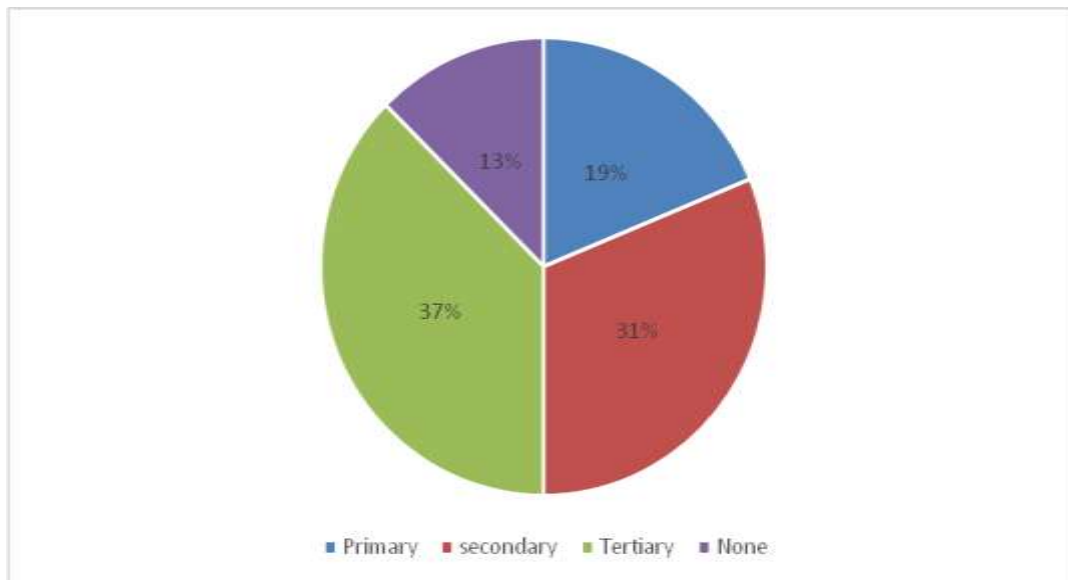
Figure 3: Percentage Distribution for Educational Background for Children



Source: Data from in-depth interviews, 2014

The parents and guardians had varying levels of education. Figure 4 below reports that 6 (37 %) had attained tertiary education, 5 (31 %) had completed secondary education, 3 (19 %) had only primary education and 2 (13%) had never had any form of education

Figure 4: Percentage Distribution for Educational Background for Parents and/or Guardians

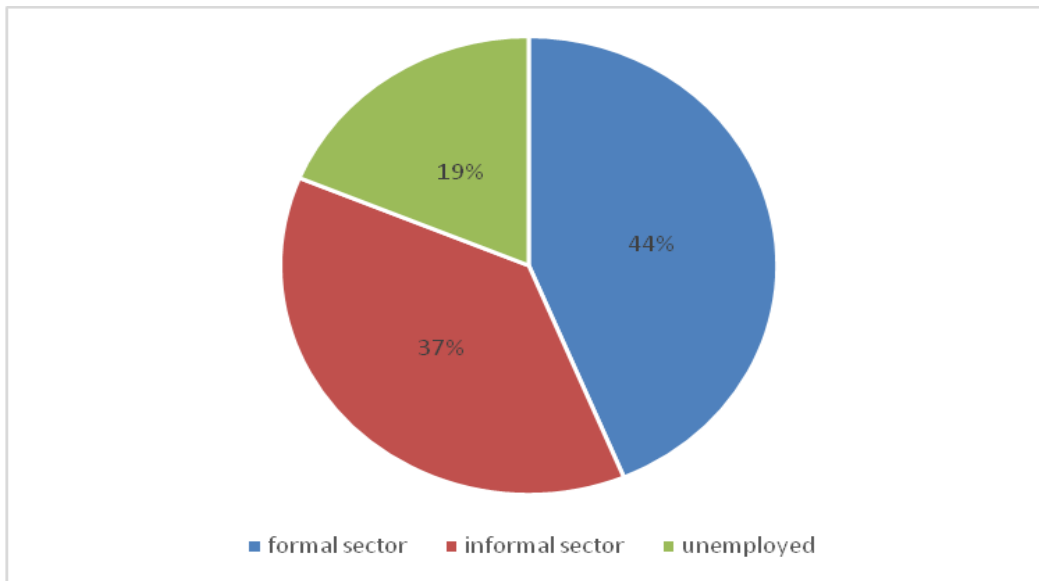


Source: Data from Focus Group Discussions, 2014

4.1.6 Occupational Background

Figure 5 below reports that most of the parents and guardians were from the formal sector 7 (44%) they included teachers, a banker, an accountant and a nurse, seconded by those in the informal sector 6 (37%) which included occupations such as bar man, gardener, house maids and truck driver. 3(19%) were unemployed.

Figure 5: Occupation Distribution for the Parents and/or Guardians



Source: Data from Focus Group Discussions 2014

4.2 Forms of Domestic Violence

Research findings from the study revealed that children were exposed to a wide range of domestic violence. The participants in the study often gave harrowing accounts of the nature of the domestic violence children were exposed to and offered insight into the volatile households many children live in. The common forms of violence were physical abuse, emotional abuse (verbal abuse) and economic abuse, with physical abuse being the most common form of violence followed by emotional abuse and economic abuse.

4.2.1 Physical Abuse

Physical abuse in this study is defined as physical force that may result in bodily injury and physical pain. This included acts of violence such as striking (with or without an object) hitting, beating, pushing shoving, shaking, kicking, pinching and burning.

The study revealed that physical violence in some homes is rampant and is an ever present issue in the lives of many children. The children in the study gave accounts of the violence they had been exposed to in their homes.

P1 a 12, year old boy, narrated:

My parents always fight at home, one day the fight was so bad that my father dislocated his arm. The fight started when my father refused my mother to go to a church conference for one week, because during this week we were expecting visitors in our home. After a bitter exchange of words my father slapped my mother who in turn pushed my father, who fell badly and broke his arm. I felt very bad because my father was in pain and was not able to work the way he used to before he broke his hand.

In another interview, P2 an 11 year old girl narrated:

Everyday day dad comes home drunk, in most cases he comes after midnight and expects to find warm nshima, if he doesn't find the nshima he picks a quarrel with my mum and starts to beat her. Sometimes he even beats me and my siblings. This has been happening for some time now and am scared one day they will kill each other.

P3 a 13 year old boy, spoke of the sadness of seeing the violence his father carried out on his mother:

I had music on but I could hear my mother shouting for help in the other bedroom. So I ran to the room and found my dad beating my mum with a broom. He hit her so bad that the broom broke. He then started pulling her by the hair and throwing her against the wall and holding her by the neck shouting 'I will kill you'. It was horrible and I was so scared, I ran to the next door neighbors calling for help

Some of the children remembered how they would at times leave their father and then go back to him after sometime P4 a 10 year old boy, recalled:

One minute they would be getting along and the other minute they would be fighting. We would even leave our house to live with my grandmother but after a few days my parents would reconcile and we would go back to our house, mum kept on taking him back. It was terrible living like this because I was not sure what was going to happen next.

P5 a 12 year old girl, also gave a similar response:

My father is always beating my mother. At one time, he beat her so badly she broke her leg whilst trying to run away from him, this made my mother leave home for about a month but she came back. Despite this, the fighting has continued am scared because one day they will kill each other because my mother at times resorts to picking up anything in her reach to beat my dad just to protect herself.

Some of the older boys and girls spoke of how they actively intervened to try and protect their mothers and younger siblings. They did so at great risk and cost to themselves but they simply could no longer put up with the terror.

P6 a 16 year old boy, described the day he couldn't keep it in any more:

One night whilst in my sleep I heard my father beating my mum, my mother was crying and screaming for help. I jumped out of my bed went to the kitchen and got a cooking stick so that I could hit my dad in an attempt to protect my mum, but in the process I was beaten. This made me very sad because I was unable to go to school the next day as my hand was swollen.

Mothers in the focus group discussions also reported a wide range of domestic violence, most of the women reported to have suffered severe physical assaults in the presence of their children.

P 31 a mother of three, aged 6-15 described the domestic violence her children had witnessed. She had been separated for several years when we interviewed her and like many mothers the violence continued despite the existence of barring orders meant to protect her family, she narrated:

He came in the living room and sat down and the two small ones came in when they heard me shouting for help as he started beating me, threw me around the room, saying that he couldn't control himself and he threw me straight into a chair and I hit my head of the back of the chair and started bleeding. This was not the first time such a thing was happening it happened frequently.

Similarly, P32 a mother of two children, aged 10-15 described an incident:

When her son then aged 9 was a victim of the fathers rage and was forced to leave his bed in the middle of the night and seek refuge with relatives. The father's physical violence and intimidating

behaviour produced frightening and dangerous outcomes. She also recalled an incident when her husband loaded his hunting gun while drunk terrifying herself and the children.

Several mothers also reported violent episodes while they were holding young children, raising obvious concerns for their physical safety and child protection concerns. P 33 a mother of three, aged 2, 4 and 6 outlined an incident when she came home from hospital with her new born baby:

My husband started screaming and shouting around the bed whilst I was holding the baby in my arms and I was feeding him, he (husband) jumped out of the bed and grabbed the baby and held him roughly such that his little head was hanging down and his legs were up that was traumatic for me as I felt I could not protect my own child.

An interview with P47 a child counsellor at National Legal Aid Clinic for Women (NLACW) revealed that physical violence was the most reported of all forms of violence claiming over 60 per cent of all cases reported. She attributed the scourge to men's attitudes over women, the men felt that they were in control and the woman was a weaker vessel who needed to submit to her husband. This was further compounded by the custom of paying bride price which made men feel they owned their wives

The above experiences reveal that physical violence is an ever present issue in the lives of many children. Children spoke about a range of abusive behaviours that they had witnessed or had been victims of. For some children witnessing domestic violence meant seeing their parents physically assaulted and witnessing their parent's physical injuries. In some instances the study uncovered evidence of children themselves being direct targets of the violence. These findings are similar to research conducted in the United States by Levendosky et al (2002) which revealed that children were often third party to the domestic violence and were caught between the fighting This observation was also

confirmed in a British study by Atkin (2001) that children were often third party to the domestic violence and were caught between all kinds of conflicts.

Similarly, a study in New York by Cohen et al (2006) identified that children were frequently assaulted when they tried to intervene to protect their mothers during domestic violence.

4.2.2 Emotional Abuse

Emotional abuse was the second common form of violence. In this study emotional abuse is defined as the infliction of anguish, pain or distress through verbal and nonverbal acts it includes acts such as verbal assaults, threats, intimidation humiliation and harassment.

Emotionally abusive behaviour directed at mothers and fathers in the presence of their children was reported.

P7 a 12 year old girl remembered such situations:

We'd only hear, we wouldn't see her and it would upset us. It was quite annoying hearing him as well, because mum was shouting back. We didn't mind hearing mum, but when we heard him shouting it made us angry, it made it hard for me to concentrate at school as all the fighting would be ringing in my head even when I'd go to bed, I'd even cry sometimes.

P8, who was 16 years old when we interviewed him and the eldest of three children spoke of the emotional trauma from the noise of the violence they overheard at night:

We'd wake up at night and daddy would be yelling and shouting at mummy after coming home drunk from the bar. Me and my sisters would wake up and sense that something was going on, that there was something wrong with mummy. My siblings would start crying and I would start to comfort them assuring them that everything would be alright.

For many children, overhearing the violence was the worst aspect, given that they simply did not know what was happening to their mothers:

Again P8 recalled:

I'd wake up in the middle of the night and my father would be screaming with anger. My mother would be crying screaming for help and I would have to stay up listening to it and after a while I would hear a bang knowing that was my mother, getting beaten up and that's what hurt me most.

Overhearing violence also left children with a deep sense of guilt and misplaced responsibility for not having done something to stop it. P9 a 15 year old girl remembered:

Sometimes I feel like it is my fault because I did not do anything to stop my father from insulting my mother.

P 10 a 14 year old also gave an account of her mother's violence to her father:

She'd hit him around the house and he would never hit back. She couldn't hurt him because he was huge and she was small, but there was a lot of mental stuff. All kinds of name calling, like verbal name calling such as you dog or whatever, womaniser and all those bad names.

Emotionally abusive behaviour directed at mothers in the presence of the children was reported by many mothers. P 33 a mother of three children, aged 4-12 spoke of years of emotional abuse she and her children had suffered:

It was all verbal, anything from name calling isolating me from my family telling me that I was crazy and needed counselling. Sometimes, he would walk in and he would call me all sorts of names such as you crazy cow, you stupid girl and all those horrible names in front of the children.

She further went on to narrate:

One evening whilst her children were sitting and having tea the husband walked in and started telling the children look at your mother, she is a prostitute, she is useless, and she looked at the three of them they were crying.

In another incident P34 a mother of four children aged 18 months -8 years described her ordeal:

He used to frighten the heart out of me especially when he was drunk. He said he was fed up of me and the little bastards (children) and that he was going to kill all of us beginning with me. Our eight year old son heard what my husband had said and he began to scream saying daddy please don't hurt mummy, please don't hurt mummy.... daddy we will do whatever you want us to do, just please don't hurt mummy.

Similarly, P35 a 32 year old, mother who had been married for the last 10 years at the time of the interview described how the last 3 years in marriage had been hell:

*I never do anything right in his opinion. The food is never good enough, the house is never clean enough, am not thin enough for his liking and he calls me fat and **hule** (prostitute) in front of my kids and now my kids have started calling me fat.*

Fathers in the focus groups also described the emotional abuse they suffered at the hands of their wives in the presence of the children. During the focus group discussion P36 a 30 year old father of two aged 10 and 8 narrated:

I have been married to my wife for the last five years and I have been verbally abused by my wife several times in the presence of my children. My wife has a short temper and is fond of lashing out at me over petty issues and sometimes for no apparent reason. One evening after a long day's work I got home tired just wanting to

*have a light meal, bath and sleep. Upon hearing that I was tired she began accusing and insulting me saying I know where you have been, you were having sex with another woman that is why you are tired. She called me all sorts of names saying “**Mulamona kwati mulibaume**” (you think you are man enough) just wait and see the type of man I will go after, someone rich and better than you.*

One of the other respondents P37 a 35 year old man, father of two aged 7 and 10 narrated:

I was involved in a car accident and got injured, I could not walk any more as I had lost sensitivity on my lower limbs this led to me to lose my job as a driver. It is at this point I saw my wife’s true colours she began to treat me like a nobody, I would go for days without bathing as she told me she was too busy looking for money because I could not provide for the family anymore. Seeing my distress and anguish my 10 year old son, is the one who used to comfort me saying don’t worry daddy you will be fine and you will soon start walking and will find another job. This made me feel very bad as I had married my wife in the village and brought her to Lusaka (town) only to find she is not what I expected her to be.

Emotional abuse (verbal abuse) in this study included the use of language, which involved threats, name-calling, blaming, ridicule, disrespect, and criticism. In addition, were less noticeable aggressive forms of verbal abuse which included statements that may have seemed caring on the surface but were thinly veiled attempts to humiliate, falsely accuse and manipulate others to submit to undesirable behaviour. In this study a thought-provoking outcome around emotional abuse was that it was common in households where one partner was not working and dependent on the other for survival and also that this kind of abuse was directed to either partner in the presence of the children.

The findings in this study are echoed in a study conducted in Australia by Schaefer (1997) which revealed that children were exposed to emotional (verbal) abuse especially in homes where only one partner was in employment and the other was dependent on the other for survival, the research revealed that when one was not working it put pressure on the other to make ends meet leading to high stress levels, this in turn led to name calling, arguments, ridicule and even threats over issues such as accommodation, money and food.

Similarly, a research by Spilsbury et al (2007) in Australia revealed that verbal abuse is more frequent where individuals experienced loss of wage earning power, the study also reviewed that the abuse peaks during the Christmas season as parents faced pressures of paying bill collectors and buying Christmas gifts. The frustration of the inability to make ends meet increased conflicts in the home, feelings of helplessness mounted, anger flared and in the face of inadequate coping mechanisms violence erupted in the home.

4.2.3 Economic Abuse

The study revealed that economic abuse is commonplace in many households. Some of the children interviewed verbalised that they got the feeling that their parents were unwilling to provide for the family P11 a 13 year old boy narrated:

I think my father doesn't care for us and it looks like we are a burden to him, to him we are just trouble. My father does not provide our family with food, most of the times we go to school without eating anything in the morning and our school fees are not paid on time so we are always chased from class.

Similarly P12 a 15 year old girl narrated:

My parents are always arguing over money and do not even buy food at home most of the times I eat from our neighbours, sometimes I go out to look for some piece work in order to buy food.

The women in the focus groups talked about the issue of husbands misusing money in the home

P38 a 39 year old mother of four aged 8-16 described her ordeal:

My husband has a habit of not bringing his salary home once he gets paid he always has an excuse for not bringing the money. Sometimes he will lie that he got mugged on his way home or that he had shortages at work therefore he never got paid, this causes arguments and fighting in our home because many times you can tell he is lying as he would be drunk.

P39 a 27 year old, mother of two children aged 7 and 5, described her situation:

*I married a man who calls me stupid, **hule** (prostitute) and threatens me all the time and he does this in front of my kids. He controls me gives me no money, he does the grocery and complains bitterly if I ask for something. He even gets upset when I tell him he needs to buy baby milk for our son*

P40 a 35 year old mother of four children aged 4-14 who has been married for twelve years also described her ordeal:

My husband calls me a fool and threatens to send me away, because of my marriage to him I didn't go to university, I do not work, this is because he does not allow me to do so, therefore I depend on him for everything, he doesn't care about my feelings

and he demoralises me and tells my kids that I'm worthless and that they should just forget about me because they have no future with me.

Similarly, P41 a 32 year old, mother of two who had been married for the last ten years at the time of the interview described how the last three years in marriage had hell, as she has not been able to adequately provide for her children :

My husband tells me that am useless and will not give me money when I need it, he tells me I do not pay the bills so why should he give me anything. He tells me that he cannot give me any money because I cannot just eat his money without working for it.

In addition, one mother in the focus group spoke about how her husband gave her money that was not sufficient to meet their needs. P42 a 30 year old mother of two ages 7 and 3 narrated:

My husband gives me K500 monthly in which I am expected to budget accordingly to last till the end of the month. In this money I am expected to pay rent, buy food, electricity, water and even clothes. The money is never enough but when I tell him he refuses and accuses me of stealing his money and that I should show him all proof of purchases

Economic abuse in the study involved parents not providing for the family, misappropriation of funds on alcohol and inappropriate allocation of money in the home where a wife would be given an inadequate sum of money to buy numerous items. The study also revealed that some parents failed to provide for their children's material needs such as Shelter, food, clothes and even paying school fees leading to the children being chased from school, this made the children feel embarrassed and feel like they were financial burdens. This finding confirms the findings by Siyothula in South Africa (2004) which revealed that parents failed to provide for their children's needs such as paying for

their school fees. The children in the study indicated that they preferred to go to boarding school until they finished school.

4.3 Reasons Behind Domestic Violence from the Children's Perspective

The participants in the study came up with a number of reasons as to why domestic violence existed. The reasons identified were alcohol abuse, arguments over children's needs, jealousy and infidelity.

4.3.1 Alcohol Abuse

Most of the children who participated in the study said that domestic violence in their families was as a result of alcohol abuse.

P12 a 15 year old girl narrated:

Whenever my parents have been drinking, there will be an argument about rent money and food, that the other is no longer paying rent or buying food the argument would eventually lead to physical fighting with my mother being beaten

P13 a 10 year old boy also narrated:

Most of the time violence starts when my father comes home drunk, but when he is sober he is quiet and doesn't fight with my Mum.

P14 an 11 year old boy also lamented:

"Most of the time my dad is not at home he always goes to drink at the bar. We know that when he comes back there will be trouble because he will be drunk. As long as my father is drunk fighting has become a way of life"

P15 a 9 year old girl reported:

My parents drink a lot of beer they are usually both drunk when they start fighting. This means that it's the beer that causes them to fight, I wish they could both stop drinking. I want someone to talk to my parents so that they should stop drinking. This will mean they will no longer fight and will live in peace.

From the above interviews, it emerged that children of all ages knew that fighting was likely to follow when alcohol came into play.

The men in the focus group spoke of alcohol as a leading reason behind domestic violence.

P42 a 40 year old man described his situation:

My wife drinks a lot of alcohol especially when she is invited to officiate at the so called kitchen parties. She is used to drinking to an extent that she even uses money for relish to buy alcohol and does not perform her role as wife and mother, this upsets me and makes me to beat her

The women in the focus group also attributed domestic violence to excessive intake of alcohol.

P43 a 25 year old mother narrated:

My husband comes home late at night drunk especially at month ends when he just gets paid and uses all the money on alcohol without buying any food. This leads to arguments and fighting in the home

P44 a 31 year old mother narrated:

When my husband comes home late, already drunk he tells me to get him more beer in the fridge and I don't, this usually makes him angry and he starts beating me

The above experiences reveal that the excessive intake of alcohol often led to domestic violence. Various studies have also revealed that excessive consumption of alcohol and other drugs were factors in provoking domestic violence. This extends from a spouse acting violently towards the other spouse to a parent emotionally, sexually or physically abusing a child. A survey of domestic violence in Moscow revealed that half the cases of physical abuse were associated with the husband's excessive alcohol consumption. In a 2013 study on gambling addicts and family violence in the Asian journal of *Gambling Issues and Public Health*, 52.5 per cent of the 120 people surveyed reported abuse at the hands of their alcoholic family member. Those addicts who had greater mistrust and anger issues were more likely to commit violent acts than those without.

Similarly, a study by Ross (1996) in Scotland revealed that individuals who were suffered from alcohol abuse were more likely to subject their partner to domestic violence and abuse. The study reviewed further revealed that intoxication due to alcohol caused an individual to become violent and resulting in an individual not considering the consequences of their actions.

In addition, research reviewed by Ullman (2003) in Australia identified the potent presence of alcohol in the lives of parents who were abused. Alcohol was understood and viewed as a causal factor in domestic violence and an additional adversity or stressor for the family to contend with.

Exploring this further Lipsky et al (2004) in the United States revealed that a partner's alcohol abuse was established as a major contributor to domestic violence and was more closely linked to murder, rape and assault than any other substance. It was implicated in most homicides and found to be a contributing factor to incest, child molestation, spousal

abuse and other family violence. The percentage of batterers who assaulted their partners under the influence of alcohol ranged from 48-87 per cent.

4.3.2 Arguments Over Children's Needs

Children who participated in the study reported that arguments over their needs was a precipitating factor of domestic violence

P 16, 12 year old girl stated:

I think the parents do not want to do anything for us because they usually fight over what needs to be done for us.

P17, 8 year old boy said:

Usually when my dad is beating me or my siblings over a simple mistake, my mother gets upset and they start fighting.

Similarly, mothers in the focus group discussions mentioned that arguments over children resulted in violence.

P45 a mother of 3 aged 10-15 years narrated:

When my husband talks to the children in a deep voice and they do not respond, he starts to beat them usually over petty issues. I try to defend them in the process my husband stops beating the children and starts beating me instead.

Some fathers in the focus group attributed violence in the home to arguments over children needs

P46 a 30 year old, father of two aged 7 and 5 narrated:

I have been married to my wife for the last five years, the first three years of our marriage were fine until my wife started work. Ever since she started work, she has become lazy and comes home

late failing to cook and fend for me and the children. This upsets me leading to arguments and fighting in our home

The above experiences show that arguments over children's needs in most cases led to violence in the home and the children were aware of such issues. These findings are supported by a study conducted by Siyothula (2005) in South Africa which revealed that arguments over children's needs were perceived by children in the study as precipitating violence in homes. The children were aware that their parents argued over their needs. The children in this study articulated that, at times they felt bad because they felt they were the reason for the aggravated situation between their parents. According to the children, failure to do as expected in most cases provoked the violence. As a result the children blamed themselves for the violence, these findings are echoed by research findings by Carlson (1991) who also identified that children were aware that parents at times fought because of their needs and the children blamed themselves for the violence.

4.3.3 Infidelity

Infidelity emerged as one of the reasons behind domestic violence. The older boys and girls were articulate in narrating their parent's extra-marital affairs and how these resulted into violence.

P18 a 16 year old girl narrated:

My farther is fond of shouting at and beating my mother for no apparent reason. On one occasion my mother discovered that my father had a girlfriend, upon confrontation, my father began to beat my mother saying she had no right to question him over such matters. I pleaded with my father not to beat my mother but he would not listen. He just kept slapping and kicking her. He beat her so badly that she fainted and had to be hospitalised.

P19 a 15 year old boy described a situation:

I just heard my mother and father arguing on top of their voices. This made me become curious, so I went to sit by the door to hear exactly what they were talking about. I heard my mother asking my dad 'who is that lady I saw you with?' She was accusing my dad of having a girlfriend. My dad agreed that the lady was his girlfriend and there was nothing my mum could do to stop him from seeing her. This made my mum to become upset and they started fighting. After some time my dad left the house and only came back three days later.

The mothers in the focus discussion groups also pointed to infidelity as a factor behind domestic violence. The women narrated that they were usually beaten for asking their husbands about their extra-marital affairs.

P47 a 35 year old mother of three aged 7-13 narrated:

One evening on my way from the market I received a text from unknown persons asking if I was aware that my husband had a girlfriend, claiming that she was pregnant for him and that they had been seeing them together at a nearby antenatal clinic. According to the text that person was sending the message because they felt for me as she was a fellow lady who felt my pain and indicated the girlfriend's mobile number. I called the number and upon asking the girl agreed that she had an affair with my husband. She started boasting to me that I did not know how to take care of a man (my husband) and even cut the line. I waited for my husband to come home. I confronted him and even showed him the message. This made my husband to get upset and he started beating me in front of our children saying, 'how you can believe such a message, people are jealous they just want to

destroy our marriage'. He even went to an extent of insulting my parents saying they did not do a good job when preparing me for marriage saying an honourable woman should not believe in a mere text message or allegations.

P48 a 30 mother of two aged 7 and 3 narrated her ordeal:

I received a tip off from my neighbour that my husband was having an affair with our maid and that every time we left for work my husband would return home and that they would lock themselves in the house for long hours. One morning after leaving home, I returned an hour later pretending to have forgotten my phone. I found the main door closed and the house very quiet I called out for my maid but there was no answer. I opened the door to our bedroom only to catch them red handed having sex on our matrimonial bed. I was so upset I started beating the two of them with a belt. I chased the girl but fighting between my husband and I continued for some time as he used to follow her and became angry whenever I questioned him.

The men in the focus discussion groups also stated that infidelity was a notable reason behind domestic violence. They stated that women were on the loose and had become desperate for any man especially rich men who could spoil them with a lot of money.

The study revealed that when a spouse was having an affair it brought about despair and anguish not only to the partner but also other members of the family such as the children in the home. The older children in the study spoke of how violence began in the home due to their parents extra-marital affairs.

A study conducted by Boles (2003) analysing jail house phone calls between men charged with felony domestic violence and their victims showed that accusations of infidelity made by one or both of the partners was the most prevalent trigger for an episode of violent abuse.

Similarly, Musukuma (2005) in a study on battered women seeking shelter at YWCA in Lusaka, identified infidelity as the cause of physical violence. According to Musukuma's study, questioning of extra-marital affairs was a leading cause of wife battery.

4.3.4 Jealousy

The participants in the study especially the older boys and girls said that jealousy amongst their parents contributed to domestic violence.

P 20 a 16 year old boy narrated:

Usually when my mother buys something for me and my brother, my father starts asking my mother where she got the money to buy the stuff. I think my dad is jealous because my mother is hard working and an independent woman and does not rely on him for everything. This brings about tension in the home leading to arguments and even fighting.

P 21 a 15 year old girl also narrated:

My father is a teacher and conducts evening tuitions for Grade 12 pupils at a school near our house but every time he comes late my mum is jealous asking him so many questions like where were you, who were you with, what were you doing. This upsets my dad leading to quarrelling and fighting.

One of the fathers in the focus discussion groups stated that he was so jealous of his wife and this at times led to arguments he narrated:

My wife is so beautiful and am very protective over her, I don't like it when too many people are talking to her especially calling her mobile phone at night. This makes me mad as I start demanding to check her phone in the process we start fighting.

The men further said that some wives were obsessed with their husbands such that they followed them to work over rumours of infidelity.

Similarly, the women complained that their husbands closely monitored their movements and cell phones leading to suspicions and fighting.

P49 a 32 year old mother of 3 narrated

My husband is jealous of me especially when I look nice and attractive leading to accusations and suspicions, he is always accusing me of having a boyfriend. He has even gone to an extent of demanding I hand over my cell phone to him after 18:00 hrs. Only to be given back to me the next morning as I go for work.

She further narrated:

One day I came home from work he demanded to check my private parts to see if I had sex with another man because it was late. I refused and then he started beating me, the fight got so bad I fainted. Upon seeing that I had fainted he ran away and I was taken to the hospital by our next door neighbour.

The parents and children were also very articulate in describing the reasons behind domestic violence with jealousy being one of the reasons. The mothers and fathers in the focus discussion groups also revealed that their partners were obsessed with jealousy and had suspicions of their partner committing adultery and this often led to violence in the home.

The above findings are supported by a community study of jealousy conducted by Mullen and Martin (1994) which reviewed the role played by jealousy in both initiating domestic violence the study revealed that 15 per cent of both men and women reported that they had sometime been subjected to physical violence at the hands of a jealous partner.

Similarly a study carried out in Scotland revealed that nearly half of the 109 battered women interviewed identified their partner's excessive possessiveness and sexual jealousy as a typical precipitant of violence. (Dobash and Dobash, 1979).

4.4 Effects of Domestic Violence on Children

Domestic violence is a terrible thing to witness let alone live with on a daily basis especially for children. There are many aspects of domestic violence that affect the people involved and those that witness it. No matter what type of domestic violence occurs everyone involved suffers. When children are a witness to domestic violence in any form, the scars from the events are left with them for a lifetime. The effects identified in this study were, physical injury, loss of confidence and esteem, fear and anxiety, educational failure and poor relationships with peers and parents.

4.4.1 Physical Injury

P22 a 15 year old boy narrated:

My father was chased from work because of abusing alcohol. Ever since then he comes home drunk every day and is in the habit of beating my mum over simple issues. Sometimes he says he doesn't like what mum has cooked and in his drunken state starts spilling the food on the floor and beating my mother. I always try to defend my mother but my father ends up beating me as well. Last time he beat me up badly I started bleeding and had to be taken to the hospital to be stitched.

P 23 a 15 year old girl recalled violent scenes involving her older brother aged 16 at the time.

My brother and dad used to beat each other because my brother used to get really annoyed with my father when he beat up my mother. One day he beat my mother badly because she forgot to buy bread from the shops. My brother started shouting at my dad to

stop beating her and run towards my mother to shield her, in the process my brother was beaten on the eye and sustained a red eye.

The study revealed that children exposed to domestic violence were assaulted during or as part of the violence. The older boys and girls described how they involved themselves and intervened to protect their mother from their father's violence and were directly assaulted in the process.

4.4.2 Loss of Confidence and Esteem

The study revealed that children exposed to domestic violence suffered from loss of confidence, low self-esteem and had a very difficult time engaging in social settings in a positive manner.

P23 a 15 year old girl who had witnessed emotional abuse directed to her mother all her life indicated:

I do not have friends and I only leave home to go to school and church. Being a self-conscious person at school and church. I always kept quiet because of my life background

She further narrated:

When my teacher asks me to read or write on the board. I usually refuse I don't even think I can manage because am so ashamed that other people know about my background that my parents are always fighting.

In another interview P 24 a 12 year old boy narrated:

I was so ashamed I thought everyone could tell on my face what was going on at our home. This made me to shun from playing with my friends because I thought they would start laughing at me,

that my parents were not together anymore because of fighting, this made me feel all alone and neglected.

Similarly, P50 one of the teachers interviewed said:

Children exposed to domestic violence tend to isolate themselves from friends because they are ashamed that everyone knows what is going on at home ... such children lack initiative in class and hardly participate in class discussions. (Grade 7 Teacher)

The study revealed that exposure to domestic violence negatively affected children leading to loss of confidence, esteem and an overwhelming feeling of being different from other children. The study also revealed that some children were secretive about what was going on at home and were reluctant to share with others and generally found talking about the violence difficult and embarrassing.

Similarly, review of literature in the Scotland by Alexander et al (2005) indicates that secretiveness about family problems is a characteristic of school going children. Reluctance to trust or fear of someone blubbing it out prevented some of the younger children sharing their situation with friends. The children shared a perception that telling peers about what was happening at home would leave them open to being bullied.

4.4.3 Fear and Anxiety

The study revealed that children exposed to violence became fearful and anxious.

P28 a 14 year old boy narrated:

My dad drinks a lot of alcohol therefore anytime he goes out the fear would start then and it doesn't stop until I know he is in bed asleep. None of us sleep at night when he is out we would stay awake and try to intervene and protect our mum most of the time.

Another boy P29 aged 16 lamented:

Am so scared almost every day to think about coming home from school not knowing how the rest of the day would be. He described the feeling as disturbing and bad.

P30 a 15 year old girl described the constant feeling of anxiety:

You will try to get over what happened the day before and then they start fighting and this hits you again and you feel helpless. If they are not arguing or fighting that day you sit waiting for it to happen, it becomes part of your life.

The women in the focus discussion groups said that children lived in fear and were not free in their own homes. P42 a 30 year old mother of three ages 7-12 described a situation in her home.

My children would run away and lock themselves in the room every time they heard their father drive in from work. When asked why they always ran away the response was that they were scared of daddy maybe he would be upset if he found them watching TV.

In an interview one of the Social Workers at YWCA stated:

Children exposed to violence become arrogant, took time to open up and lived in fear. They are not free to talk to their parents about anything this is because they feel rejected and unloved (social worker, YWCA)

The above experiences reveal that children exposed to violence become fearful and anxious. The children never feel safe and they were always on guard watching and waiting for the next event to happen. The children were always worried for themselves, their siblings and even parents as well as the tension or uneasy atmosphere at home.

These findings above are confirmed by a research conducted in London by Cunningham and Baker (2004) which revealed that one of the impacts of domestic violence on children was on the children's own safety, security, the sense of fear and they dread that domestic violence instilled in them. Exposure to domestic violence left children frightened.

Similarly, Tiecher et al. (2006) conducted a study with the intent to outline the impact of verbal aggression, witnessing domestic violence, physical abuse and sexual abuse by themselves and in combination, on psychiatric symptoms. Robust effects were noted in the category of anxiety. Combined exposure to verbal abuse and witnessed domestic violence had a greater additive effect. Children who were exposed to verbal abuse and witnessing domestic violence had anxiety scores that were 2.2 times as high as those of non-abused children.

In another study by Vickerman and Margolin (2007), the most common impact identified by the children themselves was the fear and the intimidation they felt on an almost daily basis resulting in behavioural problems and aggressiveness.

4.4.4 Education Failure

Difficulty in concentration was a problem for some of the children who may have been distracted by worry or lack of sleep.

P 24 a 12 year old girl, narrated:

My parents fight almost every night over simple issues. This makes it hard for me to concentrate at school because due to lack of sleep. I used to get 100 per cent in all my tests, but ever since the fighting started, I only get 50 per cent - 60 per cent this is because I can't concentrate in class. The fighting would be all in my mind up until the time I go to bed I would even cry sometimes.

Similarly, P25 an 11 year old boy, narrated:

My young brother and I are so much affected with the fighting such that we are disturbed especially in class you find that we will start dozing due to lack of sleep. This affects our studies.

In another interview P26 an 8 year old girl narrated:

My parents fight a lot, this affects me a lot and I cannot concentrate at school. My academic performance is going down. I used to pass number one or two in class now I pass number last.

Similarly P26 a 13 year old girl narrated:

My father beats my mother all the time. This makes me feel very bad and I fail to concentrate at school. I talk to my teacher about it and she comforts me. I usually do not want to go back home because am scared it will happen again because my father is unpredictable. When I write my Grade 7 exam I want to go to a boarding school so I can live in peace.

Some children found it difficult to write homework when things were ugly at home leading them getting into trouble with their teachers.

P27 a 15 year old girl recalled:

One day my teacher gave us science homework, but when I got home my parents were fighting, the fighting went on for a long time I was so disturbed I didn't manage to write the homework. When I got to school the next day I tried to explain to my teacher she refused to listen and punished me instead.

The issue of school emerged several times during the focus discussion groups with the parents and guardians. One of the mothers stated that her children were retarded in learning because of the trauma suffered. The children hated being

singled out for any special interventions. She further went on to talk about the stigma and punishments her children had to go through as a result.

P51 a 30 year old mother of two aged 10 and 12 commented:

Some teachers do not have any clue what a child is really going through. They need to have some form of training that would give them an idea into what it's like for a child who comes from a broken home and exercise some lenience when dealing with them.

P52 one of the teachers interviewed in the study pointed out that exposure to domestic violence led to children exhibiting signs of anxiety and having a short attention span which resulted in poor school performance and attendance. She further stated that such children had difficulty with authority figures in school and also adhering to rules and regulations leading to punishments. (Grade 5 Teacher, Lusaka)

On the other hand, an interview with a Social Worker from YWCA revealed that some older children especially the boys had a tendency of putting themselves under pressure to achieve or get out of the violent family or prove their worth she stated:

Some children might be very serious with their education trying to change their situation and prove something to the abusive father. Children would make comments such as, I will show him that I can do it.

The above experiences reveal that where domestic violence and children within the home were a constant, schooling posed a great challenge for the children. The children gave vivid accounts of their school experiences which showed that living with domestic violence seriously impacted on their ability to deal with the demands of school leading to poor performance.

The findings are supported by a USA study by Montminy Daana (1997) which compared 37 children known to be living with domestic violence with other children not living with domestic violence. The study reported below average school performance in the children from violent homes and doubled rate of absence from school, behavioural problems observed in class and 38 per cent of the sample received some form of special education service.

In another study in Italy, Baldly (2003) revealed that exposure to domestic violence had an adverse effect on the child's learning potential that may be compromised by poorly developed verbal skills, competing demands for their energy, exhaustion or absenteeism from school. This study also revealed that exposure domestic violence led to some children having difficulty with authority figures in school and adhering to school rules.

The findings in this study are similar to findings in other studies, one-third of Lundy and Grossman's (2005) sample of 4,636 children who were exposed to domestic violence were revealed that one-fifth had difficulties adhering to the rules of the school, with the acting out, peer difficulties, sadness and depression of this peer group frequently bringing them to the attention of the teachers.

4.4.5 Relationships with Peers

The study revealed that domestic violence affected a child's relationship with peers.

P20 a 16 year old boy commented:

I never want to walk in the company of friends on my way home from school. I isolate myself from the rest of my class mates because if I walk with them, they might know that my parents like fighting, this can be embarrassing.

Similarly, P26 a 13 year old girl lamented:

Many times I do not want to play with my friends because it makes me feel out of place. This is because I am not able to contribute anything good to what they are saying about their families and all that.

In another interview P14 an 11 year old boy said:

I envy my friends who live in homes where there is no fighting and live together as one happy family. I just feel like it's not fair, all I want is a happy family. I don't want my friends to be laughing at me that my parents are not together anymore because they used to fight.

The mothers in the focus discussion groups also stated that exposure to domestic violence taught children how to fight with their friends. P50 a 30 year old mother of two boys aged 8 and 12:

My children have resorted to violence and bullying others, all they know is that they have to be strong and tough at all times and that fighting is the only way to resolve conflicts. They see fighting as a means of survival and a way of life.

An interview with a child Counsellor revealed that:

Exposure to domestic violence affected a child's perspective of relationships, the child became so bitter such that they had no idea on how to cooperate with others and they lost their ability to feel empathy for others and resorted to fighting and bullying others as a means resolving conflict (Counsellor, NLACW)

From the above experiences, the study revealed that children's exposure to domestic violence increased the risk of behavioural and social problems. Most of the children in the study did not want to get close with any of their peers because they wanted whatever they were going through at home to be kept as a secret. The study further revealed that children exposed to domestic violence developed a poor self-image leading to children opting to spend time alone and lacking in motivation to explore the surrounding environment. In addition, the study revealed that exposure to violence made the children aggressive, the children felt that fighting was a way of life and resorted to hostility in resolution of conflicts with peers.

The above discussion is supported by a study carried out by Kernic et al (2003) in Canada which found out that children who had been exposed to violence had significant behavioural and social problems such as externalising behaviour among other things aggression and acting out and poor social competence.

Similarly, Baldly (2003) in an Italian study of elementary and middle school students, children exposed to domestic violence were found to be more likely to engage in bullying and/or be victims of bullying at school compared to those who did not witness violence, and more than twice likely to be involved in indirect aggression i.e. spreading rumours and setting up another child for punishment. However, this association was stronger for girls.

4.4.6 Relationships with Parents

The study revealed that domestic violence impacted on the relationship between children and their parents. The teenagers in the study were able to distance themselves emotionally from their biological fathers. As a result of the domestic violence they had grown up with as some of them put it, hate or give up on their fathers-men whom their children came to realise were not capable of changing.

P20 a 16 year old boy said:

I grew up to half hate him, half love him. Sometimes when I look back at him now, I say to myself how can someone marry a woman and then push her around and abuse her for no apparent reason.

P 17 a 12 year old boy narrated:

I hate my dad so much such that whenever I see my dad I feel bad. I hate him for what he did to my mum and I often tell myself that I do not want to be like him when I grow up because he was a bad father.

Similarly, P 21 a 15 year old girl narrated:

My dad is a bully and I hate him for that, he doesn't show us any love or care, he never speaks to us unless he is shouting at us.

An interview with a Social Worker revealed that sometimes children especially older boys worry about their mother's safety she said:

Some children had a lot of anger towards their fathers and had a lot of love for their mothers because they would have seen their father's behaviour as breaking up the whole family and would feel very worried about the mother's wellbeing. (Social Worker VSU, Lusaka).

The above experiences show that the relationship between children who experienced domestic violence and their parents could be sour and very complicated, most of the children spoke of how they hated their fathers because of the pain and anguish their fathers inflicted on their mothers and were worried for their mothers' wellbeing.

The discussion above is similar to the findings in a study by Stover et al (2003) in England which revealed that children who were separated from their fathers due

to domestic violence had complex and painful relationships with them. These relationships were a source of resentment, disappointment and confusion. The children were caught between feeling that violence was wrong, damaging, frightening and the contradictory feelings of love and attachment to their fathers.

4.5 Conclusion

This Chapter presented and discussed the research findings, the themes that emerged from the analysis were discussed resulting in a detailed account of the experiences of children exposed to domestic violence. The results of the study gave a clear picture of the forms of domestic violence witnessed by the children. The common forms of violence were physical abuse, emotional abuse (verbal abuse) and economic abuse. The reasons behind domestic violence from the children as well as parents and guardians perspective were infidelity, jealousy, alcohol and arguments over children's needs. Findings in this Chapter also show in common with other research findings, the effects of domestic violence on children such as fear and anxiety, loss of confidence and esteem, physical injuries, educational failures and negative impacts on children's relationships with peers and parents was another issue. The next Chapter presents the conclusions and recommendations

CHAPTER FIVE

CONCLUSIONS AND RECOMMENDATIONS

5.0 Conclusions

In conclusion this study sought to explore the experiences of children exposed to domestic violence in Lusaka district. The study specifically set out to examine the forms of domestic violence witnessed by children, to investigate the reasons behind domestic violence from the children's perspective and to analyse the effects of domestic violence on the children. The voice of the child was privileged at all stages in the research process. The views of parents/guardians and key informants were also taken into account and added depth to what the children had to say.

The children in the study spoke about a range of abusive behaviors they had witnessed. The common forms of violence were physical abuse, emotional abuse (verbal abuse) and economic abuse. The research revealed that the most common form of violence was physical abuse followed by emotional abuse and economic abuse. Physical abuse in this study included acts of violence such as striking with or without an object, hitting, pushing and kicking. For some children witnessing domestic violence meant seeing mothers physically assaulted and witnessing their mother's physical injuries. The study in some instances uncovered evidence of children themselves being direct targets of the violence. Some of the older boys and girls spoke of how they were physically assaulted as they tried to protect their mothers from their father's violence.

Emotional abuse was the second common form of violence. Emotionally abusive behavior directed at mothers and fathers in the presence of children was reported. In this study emotional abuse included acts such as verbal assaults, threats, intimidation, humiliation and harassment. The results from the study show that emotional abuse was common in homes where one partner was not working and depended on the other for survival.

The study also revealed that economic abuse was rampant in many households. In this study economic abuse involved parents not willing to provide for the family, misappropriation of money on alcohol and inappropriate allocation of money in the home. The study revealed that some parents failed to provide for their children's material needs such as accommodation, food, clothes and even school fees.

The participants in the study also came up with a number of reasons as to why domestic violence existed, the reasons identified were alcohol abuse, arguments over children's needs, jealousy and infidelity. From the interviews in the study it emerged that children of all ages knew that domestic violence was likely to follow when alcohol came into play. The study also revealed that children were aware that arguments over their needs often led to fighting. According to the children failure to do as expected in most cases provoked the violence. Jealousy and infidelity were also identified as reasons behind domestic violence, the older boys and girls in the study were articulate in narrating how jealousy amongst their parents and extra marital affairs resulted in violence.

From the results presented and discussed in the previous Chapter, it is clear that domestic violence harms children in a variety of ways. Exposure to domestic violence can have negative effects for children that they may carry into adulthood with the effect varying from one child to the next. While it is clearly understood that each child is unique and as sure their reaction be individual to them. The risk to children of direct physical abuse is obvious, as is the emotional effect that often manifests itself in behavioral, psychological and social problems. Findings from this study indicate in common with other research findings, that although the effects of domestic violence on children can be individualized, some definite themes emerged. The level of fear and anxiety coupled with loss of confidence and esteem was very visible. Very distressingly the older boys and girls in the study spoke of physical injuries they suffered as they tried to protect their mothers from their fathers rage and educational failures due to lack of concentration in class. The loss of confidence and esteem and the impact that this had on the children and children's relationships with peers and parents was another theme that seemed to transcend different age groups. The study revealed that the older boys often resorted to aggression as a

means of resolving conflicts with peers and tended to blame/hate their fathers for the violence.

Overall, the study has brought to light the experiences of children exposed to domestic violence in Lusaka district and has shown that domestic violence is an epidemic that tortures and maims-physically, psychologically, sexually and economically. It is one of the most pervasive human rights violations denying women and children equality security, self-worth and their right to enjoy fundamental freedoms, underlining the urgent necessity to provide specific programmes and services that will address the plight of the children exposed to domestic violence in Lusaka district.

5.1 Recommendations

The recommendations are that:

1. More research is needed that advances the current understanding of the incidence and effects of childhood exposure to domestic violence, so that policymakers and practitioners can design appropriate interventions to address the size, nature, and complexity of the problem.
2. In designing new laws to address the effects of childhood exposure to domestic violence, policymakers should assess the potential negative consequences of these laws and weigh them against the benefits.
3. Courts must be authorised to plan and implement protective orders that thoroughly address the safety needs of battered women and their children.
4. Government must specifically allocate resources to support children who are exposed to domestic violence within the home, within the overall context of prevention support for adult victims of domestic violence.
5. Government and NGO's should initiate public education and awareness-raising campaigns on domestic violence. These campaigns should focus more on the impact of domestic violence on children and specific ways to address this hidden problem.

6. Adults who work with children, including teachers, social workers, relatives, and parents themselves should receive ongoing training on domestic violence to enable them recognise the impact of domestic violence on children and refer children to appropriate services.
7. Curricula that teach non-violence, conflict resolution, human rights and gender issues should be included in elementary and secondary schools, universities, professional colleges, and other training settings

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APPENDIX I

CONSENT FORM -YOUNGER CHILD

My name is **Mwandu Mwenso**, a postgraduate student in the department of Gender Studies at the University of Zambia in the School of Humanities and Social Sciences. As partial fulfilment of the requirements of the degree of Master of Arts, I have to carry out a research on any issue relating to gender. I am carrying out a study on the experiences of children exposed to domestic violence in Lusaka district.

I agree to talk to **Mwandu Mwenso** about my experiences of living with domestic violence

Everything that I talk to the researcher about is private. She will not discuss the information with anybody else

If I want to tell people I took part in the study, that fine, but I will not tell about anybody else who was interviewed

I will only talk about what I want to talk about and I do not have to answer any questions that I do not want to

If I tell the researcher something that makes them worry about my safety, they will have to talk to someone who is responsible for me but they will not do this without letting me know first

I can decide to stop talking to the researcher at any time

Date: _____

Signed _____

APPENDIX II

CONSENT FORM - OLDER CHILD

EXPERIENCES OF CHILDREN EXPOSED TO DOMESTIC

VIOLENCE IN LUSAKA DISTRICT

I, _____, agree to talk to Mwandu Mwenso, a postgraduate student in the department of Gender Studies at the University of Zambia in the School of Humanities and Social Sciences as part of a research study looking at the experiences of children exposed to domestic violence in Lusaka district

I understand that:

Everything we talk about is confidential. The researcher will not discuss the information with anybody else

If I want to tell people about my participation in the study, that is my choice, but I will not talk about anybody else that participated

I will only talk about what I want to talk about and I do not have to answer any questions that I do not want to

If I tell the researcher something that makes them worry about my safety, they will have to talk to someone who is responsible for me but they will not do this without letting me know first

I can decide to stop talking to the researcher at any time

Date: _____

Signed: _____

APPENDIX III

CONSENT FORM - PARENT

EXPERIENCES OF CHILDREN EXPOSED TO DOMESTIC

VIOLENCE IN LUSAKA DISTRICT

I, _____, agree to talk to Mwandu Mwenso, a postgraduate student in the department of Gender Studies at the University of Zambia in the School of Humanities and Social Sciences as part of a research study looking at the experiences of children exposed to domestic violence in Lusaka district. I also agree to them talking to my child (ren).

I understand that:

The researchers will talk to me about my opinion regarding the experiences of children exposed to domestic violence in Lusaka district.

It is my decision as to whether the researcher can talk to my child

If I want to tell people about my participation in the study, that is my choice, but I will not talk about anybody else that participated in the study.

Everything that I, or my child (ren), talks to the researcher about is confidential

If the researchers are told something that indicates that a child might be in danger, they may need to talk to somebody else about this. If this happens such information will be discussed with me before it is discussed with anyone else

I can change my mind about mine and my child (ren)'s participation in the study at any time.

Date: _____

Signed: _____

APPENDIX IV

IN-DEPTH INTERVIEW GUIDE – CHILDREN

Good Morning/Afternoon,

My name is **Mwando Mwenso**, a postgraduate student in the department of Gender Studies at the University of Zambia in the School of Humanities and Social Sciences. As partial fulfillment of the requirements of the degree of Master of Arts, I have to carry out a research on any issue relating to gender.

I am carrying out a study on the experiences of children exposed to domestic violence in Lusaka District. I would be grateful if you could share your experiences of exposure to domestic violence. Your participation is purely voluntary and you reserve the right to withdraw any time without any explanations. Even when you agree to participate, you are free to refuse to answer certain questions you are not comfortable with.

This study is purely academic and is absolutely confidential. Do not give out your name

Date: _____

Time: _____

BACKGROUND INFORMATION

1. Age
2. Sex (a) male () (b) Female ()
4. Level of education (a) Nursery/Preschool () (b) Primary level () (c) Secondary level ()
5. Do you have siblings? If yes state how many
6. What do you understand about domestic violence?
7. What are some of the forms of domestic violence you have witnessed?

8. How did the violence start?
11. What do you think are the reasons behind the violence? Why do your parents fight?
12. How do you feel about this violence?
13. How are you affected by witnessing this violence?
14. What should be done to help you cope with the violence?

APPENDIX V

IN-DEPTH INTERVIEW GUIDE - KEY INFORMANTS

Good Morning/Afternoon,

My name is **Mwandu Mwenso**, a postgraduate student in the department of Gender Studies at the University of Zambia in the School of Humanities and Social Sciences. As partial fulfillment of the requirements of the degree of Master of Arts, I have to carry out a research on any issue relating to gender.

I am carrying out a study on the experiences of children exposed to domestic violence in Lusaka district. I would be grateful if you could share your experiences of what children who have been exposed to domestic violence go through. Your participation is purely voluntary and you reserve the right to withdraw any time without any explanations. Even when you agree to participate, you are free to refuse to answer certain questions you are not comfortable with.

This study is purely academic and is absolutely confidential. Do not give out your name

Date: _____

Time: _____

BACKGROUND INFORMATION

1. Age
2. Sex (a) male () (b) Female ()
3. Marital Status (a) Single () (b) Married () (c) Divorced () (d) Widowed ()
4. Level of education (a) Primary level () (b) Secondary level () (c) Tertiary () (d) other specify.....

5. Main occupation (a) Social worker () (b) administrator () (c) police officer () (d) Counselor (e) other specify.....
6. What forms of domestic violence do you encounter in your line of work?
8. What do you think are the reasons behind domestic violence?
9. What are the reactions of children to this violence? (Probe for immediate reactions such as crying, running away, screaming for help, etc.)
10. How does this violence affect children in the home?
11. What kind of assistance do you provide for the children?
12. What more could be done by Government and other stake holders to assist these children cope with domestic violence? (Probe for home strategies, community strategies, and Institution based strategies)

APPENDIX VI

FOCUS GROUP GUIDE – PARENTS/GUARDIANS

Good Morning/Afternoon,

My name is **Mwandu Mwenso** a postgraduate student in the department of Gender Studies at the University of Zambia in the School of Humanities and Social Sciences. As partial fulfillment of the requirements of the degree of Master of Arts, I have to carry out a research on any issue relating to gender.

I am carrying out a study on the experiences of children exposed to domestic violence in Lusaka District. I would therefore like to discuss the topic, please feel free to share your experiences and opinions. This study is purely academic and is confidential, you do not need to tell us your name or specific problem this is a general discussion.

Date: _____

Time: _____

1. Please describe yourself (yourselves) Probe for age, number of children, marital status, education, income and occupation when not mentioned.
2. What are some of the forms of domestic violence children are exposed to?
3. What do you think are the reasons behind domestic violence?
4. What are the reactions of children to this violence? (Probe for immediate reactions such as crying, running away, screaming for help, etc.)
5. What are the effects of exposure to domestic violence on children?
6. What more could be done by Government and other stake holders to assist these children cope with domestic violence? (Probe for home strategies, community strategies, and institution based strategies)



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Mwandu Mwenso (513805177),
Department of Gender Studies,
University of Zambia,
P.O. Box 32379,
LUSAKA.

RE: APPROVAL OF RESEARCH PROPOSAL

On behalf of the Graduate Studies Committee of the School of Humanities and Social Sciences I have approved your research titled **The experiences of children exposed to domestic violence: A study of Young Women's Christian Association, Victim Support Unit and National Legal Aid Clinic for Women in Zambia** and your supervisor is Dr Fay Gadsden.

You are required to contact your Head of Department or Supervisor to guide you as to the next course of action.

Congratulations.

S. Ngalande (PhD)
ASSISTANT DEAN (POSTGRADUATE), HSS

cc: Director, DRGS
Dean, HSS
Head, Department of Gender Studies
Dr Fay Gadsden, Academic Supervisor



UNIVERSITY OF ZAMBIA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF GENDER STUDIES

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P.O. Box 32379

LUSAKA

29 October, 2014

TO WHOM IT MAY CONCERN

I write to confirm that **Mwandu Mwenso**, Computer Number **513805177**, is a Master of Arts Student in the Department of Gender Studies at the University of Zambia for the academic year 2013. One of the requirements for this programme is to conduct research entitled "**The experiences of children exposed to domestic violence: A study of Young Women's Christian Association, Victim Support Unit and National Legal Aid Clinic for Women in Lusaka in Lusaka District.**" She is seeking to collect information, conduct interviews and focus group discussions from individuals in your institution.

The department would appreciate any assistance rendered to her in this regard.

Yours faithfully

A handwritten signature in black ink, appearing to read 'A.N. Phiri'.

DR. A.N. PHIRI

ACTING HEAD – GENDER STUDIES DEPARTMENT