

## Health Challenges of Intimate Partner Violence Victims Among Women in Selected Areas of Ibadan Metropolis

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### Abstract

While evidence provides that the rate of marriage celebrated between men and women is on the increase every Saturdays of the week, statistics shows that violence and breakdown of unions which impact greatly on women and children are on the high side. Health challenges, an aftermath of intimate partner violence victims range from insanity, loss of cognitive reasoning to loss of maximum productivity. While modern statistics provide immense insight on the rate of intimate partner violence, little attention has been geared on uncovering the health challenges of victims. Socialization and behavioral theory of intimate partner violence which focuses on the learned pattern and acceptance of violence were used in the explanation of the phenomenon of violence and its acceptance syndrome among partners. Data was generated with the use of qualitative instruments such as In-depth and key informant interview. Data were also generated from secondary documents which bears rich insights on the issue and statistics on intimate partner violence. Robust discussion of the data generated with qualitative instrument was facilitated with information elicited by quantitative instrument. Data shows that cultural/societal factor such as patriarchy 21.5% is one of the leading factors contributing to the occurrence of intimate partner violence. A total of 5% respondents revealed that gender insensitive laws and policies gave women less priority both at the state or national levels. Most law courts are dominated by men and as such they exhibit prejudiced when presented with domestic violent cases. They operate from the prejudiced and stereotypes angle of the male dominated customs and traditions in society.

**Keywords**, Intimate partner violence, health challenges and Socialization.

In recent time violence against women and the girl child is one of the most widespread violations of human rights that is trivialized and termed as family matter, (Bunch 1997). The degree to which women are violated is alarming that some are incapacitated or left with visible marks. Violence against women ranges from physical, sexual, psychological to economic abuse. Women are verbally abused; this is often accompanied by physical abuse, rape, simple sexual or aggravated assault, acid baths and outright killing, (Adebayo *et al* 2013). Evidence shows that 95.7% of women are victims of intimate partner violence (IPV) while 82.4% of male are offenders, (Bureau of Justice Statistics, 2014). Health officials show that females within the ages of 35 to 49 were at greater risk of IPV. The risk for those within this age range is greater for separated and single women. According to Okemini and Adekola (2010,) violence against women in Ikwerre ethnic communities include battery, rape, sexual assault, forced treatment, exploitation and commercialization of women's bodies.

Evidence provides that in every nine seconds, a woman is assaulted. This assault cuts across boundaries of age, race, culture, wealth and geography. Different kinds of violence occur in the home, streets, offices, schools, farm, refugee camps, church, during conflict and crisis. These social ills call for attention because almost every woman who enters into one form of relationship at one point in time has been coerced into having sex, violated or otherwise abused during her lifetime. Statistics show that domestic violence is the leading cause of injury to women.

Global prevention center figure indicates that 35% of women worldwide have experienced either intimate partner violence or non-partner sexual violence in their lifetime. About 30% of women in relationships reported that they have experienced some form of physical violence by their partner. Globally, 35% of women murders are committed by an intimate partner. Despite the socioeconomic and health depreciating effect of intimate partner violence, it has been reported that 95% of women who had been abused by their partners refused to contact the police for action.

Intimate partner violence against women is a major public health problem and violation of women's human rights. The United Nations defines violence against women as "any act of gender-based violence that results in or is likely to result in physical, sexual or mental harm or suffering to women including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life". Intimate relationship violation often graduates into domestic violence after marriage. Intimate partner violence refers to behavior by an intimate partner or ex-partner that causes physical, sexual or psychological harm including physical aggression, sexual coercion, and psychological abuse and controlling behavior. Domestic violence on the other hand is a pattern of behavior in which one intimate partner uses physical violence, coercion, threats, intimidation, isolation and emotional (sexual) or economic abuse to control the other partner in a relationship. The violator harasses or stalks their victim on a daily basis. This violation of women in varying dimensions causes mental imbalance in

women, disability followed by death as a last stage.

Despite international and regional legal laws preventing, eradicating and punishing violators, this ugly incidence has continued in society at a higher rate on daily basis. Globally, up to six out of every ten women experience physical and/or sexual violence in their lifetime, (UN, 2013). This statistics is lower than the true figure of those that is violated. Large percentages of women who have been violated shield their partner to protect their marriage. Also the shame of been identified as someone who is violated by the husband on a frequent basis contribute to the low rate of intimate partner violence report cases. This singular act contributes to the reason why the incidence of violence continues unabated in recent time.

Several laws such as edicts against women violation, the violence against women act and family violence prevention and service act have been enacted to control female violation but little have they achieve the goal for which they have been created. Example of such laws ranges from violence against women act (VAWA), family violence prevention and services act (FVPSA), Delta violence prevention enhancement and leadership through alliances, (DDVPELA). The inception of these laws experience great achievement after wards they are diluted and become dysfunctional. Weak prosecutions and sanctions for violence against women in Nigeria encourage a re-occurrence on daily basis in society.

There are different types of violence against women. It ranges from dating violence, domestic and intimate partner violence, emotional abuse. Dating violence is that type of violence that occurs between two people who decide to go into relationship either for fun or for serious business. Domestic violence occurs between married couples. According to European Council of Ministers, domestic violence is any act or omission committed within the framework of the family by one of its members that undermines the life, the bodily or psychological integrity or the liberty of another member of same family or that seriously harms the development of his or her personality (Esere et al 2009). Domestic violence often happens in a circle with the destruction of life and property. Intimate partner violence occurs between people who are close acquaintance. In all, both partners who are either dating or domesticated as husband and wife often have intimacy. It is this close acquaintance that give rise to violation of the partner. In dating, domestic and intimate type of violence, there are common signs of abuse.

Notable signs of abuse include the use of cruel words and forcing the partner into having sex. A partner, especially the abuser monitors what their partner does all the times. The abuser unfairly accuses his partner of being unfaithful all the time. They are prevented or disturbed from seeing friends or family. Partner prevents the victim from going to work or school. They get angry during and after taking alcohol or drug. The abuser controls how the abused spend their money. The abuser also controls the use of their phone. They also decide things for the abused which they should have been allowed to decide for themselves. They are humiliated in front of others in public. The abuser destroys valuable properties during disagreement. They threaten to hurt themselves, the children or pets.

They hit, beat, push, shove, punch, slap, kick or beat their partner during disagreement. They often uses dangerous weapon on the women. The male violator uses force to have sex against the woman's will. They control or compel the woman to get pregnant even when adequate preparation or due rites were abandoned. The violator blames the woman for their entire violent outburst. They threaten to harm self when upset with the woman. They use such words as if I cannot have you, then nobody else will. Esere et al (2009), research revealed that people within the age of 22 to 28 were more violated. Women from polygamous homes constituted the largest portion of women violated, (Esere et al 2009). To these researchers, unequal power relation, alcohol, drug dependence, jealousy, lack of patience and tolerance and stress were the cause of intimate partner violence.

Evidences revealed that in an unhealthy relationship or abusive relationships, the partner (the abused) focuses all their attention and energy on their partner to avoid crisis. They drop friends and family or activities they enjoy to satisfy their partner. This makes life boring and uneasy for the receiving partner. They feel pressured or controlled. They experience more bad times than good. Women who suffer intimate partner violence feel sad or scared when with their partner.

### **African context of woman**

In Africa, women are seen as important subordinates. Among the Urhobos woman is seen as helper man. The system greatly discriminates against women. A man is allowed to marry more than one wife. But a woman is entitled to only one man. This is also applicable in Ebonyi state, Benue and other African countries where patriarchy is the order of the day. The woman is restricted in many aspects. The disparity in freedom of expression and association as human begin from teenage years. For instance a young girl is not supposed to lose her virginity before marriages. If she does she is tag as *Igbelaje* (prostitute) for the Urhobos and *onishino* (ashawo) for the Yorubas. They are ridiculed; this reduces their chances of getting married to persons within their community.

Young boys who engage in such act are seen as smart boys. The situation is worse for married woman. They are not allowed to engage in any form of extra marital affairs. If caught they are subjected to torture. Among the Urhobos, they are made to confess before the *Ekpakos* (elders). The ancestral gods of the family are appeased with white chalk and some portion of Ukodo-yam or plantain porridge dropped on the floor in libation to the gods.

The woman is subjected to ritual cleansing before she can commune with her husband and children again. Such items as goat, fowl, fish and other items are provide for the ritual cleansing and celebration of restoration.

While much attention is geared towards upgrading the status of the male child, women are relegated to the background. Modern revolt against patriarchy and female violence neutralizes the social categories of manliness and psychological groupings. The national liberation struggle all over the world defined women in reference to patriarchal ideology as sisters, wives, helper and subordinates. These definitions disempowered women and reduces their statuses. They encounter everyday difficulty. They are made to suffer the upbringing of a child. In the midst of these suffering, they are molested and nothing is done about it. They are made more helpless with the legal system which some worth excuses report cases of violent acts. They are treated as trivial cases. Where the victim succeeds in opening a suit, they are advice to go home and settle their matter. This is reiterated in simple word such as 'go and put your home in order'. They return home and the violence continues after a while. The build up phase seem to be the honey before the final explosion of violence. This circle continues until one party decides to live or one's life is taken. The pervasiveness and the emanating health challenges of intimate violence cases call for rethinking to enhance the welfare of women. This will better their life and the society in general.

### **Theoretical Framework**

#### **Socialization and Behavioral Theory of Intimate Partner Violence**

Socialization is the inculcation of societal norms on newly born in order for them to fit in properly into the larger society. In African cultural context, children are socialized into believing that the male child is superior to female child. They are made to believe that males have the right to chastise an errant wife. This is exhibited when a married man with only female children is advice to take another wife who will produce a male child. Right from childhood, the girl child is subjected under the control of the male child even if she is the senior in the family. The culture that subject woman to inhumane treatment as a result of patriarchal system and the unequal positioning of women relative to men and the normative use of violence to resolve conflict is strongly associated with intimate partner violence. Social norms such as cultural ideology promote the primacy of men over the women. The violence persists because discriminatory laws condones and even legalize certain forms of violence against women, (Esere et al 2009).

According to these authors, the criminal justice system and the police provide little protection for the victims. They often dismiss domestic violence as a family matter and fail to investigate or press harder for redemption of charges. Women are made to understand that their nature permit being violated and abused (Bunch 1997). Attention has been geared towards faulting the issue of violence against women from gender inequality angle. This is based on the internalized norms which are the major pillars upon which men lean on to violate women. Therefore, observation has shown that the root cause of intimate partner violation is beyond gender inequality. This is because it is at the basic form of nurturing that men are socialized into accepting that beating of women is tolerated or rather, it is a means of controlling women.

On the other hand, men perceive women as a rival group, to this end they make use of economic, legal and ideological weapons to eliminate or reduce their competition. The situation is made worst in Nigeria where many law enforcement agents tend to share the view that women invite physical violations by what they do or fail to do as daughters, wives, mothers whose behavior must at all times mirror societal norms. Some women are more vulnerable to the above condition if they are unfortunate to live in extremely precarious condition, or are discriminated against on the basis of race, religion, language, ethnic group, culture, age, opinion, socioeconomic status or membership of a minority group, displaced, migrant, refugees or women living under foreign occupation.

Behavioral theories suggest that personality is a result of interaction between individual and the environment. They internalize and learn social norms from the environment. Hence, the acceptance and tolerance of violence is based on the perception that it is and acceptable habit. The issue of accepting violence by women is on the high side especially when they grew up in a family or environment where violence is permitted. On the other hand, it is a learned behavior for men who indulge in wife battery which is also known as 'wife beater'. Statistics has shown that men who grew from violence ridden family or environment are more likely to engage in intimate partner violence. Consequently, girls and boys who witnessed domestic or rather intimate partner violence are more likely to experience the phenomenon.

Summarily, violators are found in almost all causes to have personality disorder. This personality disorders are rooted on faulty socialization and internalization of social norms. Men who as children witnessed violence are twice as likely to abuse their own wives as sons of non violent parents.

### **Method**

**Design** the research design is descriptive and a cross sectional survey. Qualitative instrument such as in-depth interview were used to gain in-depth, comprehensive data from these selected group of persons that have ever been married.

**Setting** the setting for the research is Ibadan metropolis. In Ibadan, research was carried out in Agbowo and within university of Ibadan community.

**Participants** the participants for the research include purposive choosing of married people who are within the age of 24 to 60 who are either married or are into any form of intimate relationship. Method of inclusive is all those who were ever been into any form of intimate relationship within the research area were sampled. Thus those who have not been into any relationship were excluded from the study

**Instrument used**, There was a triangulation of research instruments in the collection of primary and secondary data which entailed both quantitative and qualitative methods. The primary data were collected using open ended questionnaire and in-depth interview. The secondary data entailed statistical documentation of violent cases against women.

The instrument used in gathering data includes the use of open ended questionnaire, in-depth interview, observations, key informant and use of secondary sources such as news papers. A total of 200 questionnaires were randomly distributed to participants within the study area. A total of 20 IDIs were conducted. The IDIs elicited the perception participants on the issue of intimate partner violence and the behavioral learning effect (socialization). The belief systems which pattern marriage were explored.

### Data Presentation Analyses and Discussions

A total of 54% of the participants are females while males are 46%. The calculated mean age of participants is  $43 \pm 1$ . This age shows that majority of the participants must as a matter of fact kept a relation hence have experienced one form of violent behaviors from their partners. A total of 63% participants have regular source of income while 37% have off and on means of survival. 69% of the victims revealed that they have been violated at home, streets, offices, schools, farm, refugee camps, church, during conflict and crisis periods.

Responses showed that Women are verbally abused 76%. These abuses occur in form of physical abuse, rape, simple sexual or aggravated assault, acid baths and outright killing, (Adebayo *et al* 2013). A total of 95.7% of the woman interviewed are victims of intimate partner violence (IPV) while 82.4% of male are offenders. Those who are not abused quickly dismissed the researcher saying that are not a victim. Coming to interview them seem as if one is wishing them bad luck of being a victim. A total of 11% of the participants who are men revealed that they have been assaulted by their women. Further interrogations show that these men are not gainfully employed

Findings show that violence against women results to physical, mental, sexual reproductive defects and other health problems. These put undue burden on health services. Various forms of violence increase the vulnerability to HIV. Result revealed that 81% of women in relationship are physically assaulted. They are verbally abused, kicked, hit, slapped, or been punched. They are depressed and thought of suicide. Between 193 and 2007, the overall rate of murders of women fell to 43% homicide per 100,000 female US residents. 1/3 of female murder is due to intimate partner violence. Victims are always within the age range of 18-34 age groups. In the world, 2 out of 5 murder victims are killed by an intimate partner.

Responses showed that the risk factors for being a perpetrator of intimate violence include low education, illiteracy and gender inequality, these predisposes abuser to violating their partner. Also exposure to child maltreatment or witnessing violence in the family predisposes violators to violation of women. Also persons with antisocial personality disorder are 87% more likely of violating intimate partner. Harmful use of alcohol pushes a violator beyond normal control. With violator having multiple partners, they suspect their partner of infidelity and as such unleash attack on their partner. Learning attitudes that accept violence and socialization of gender inequality are some of the major factors that expose a violator to the act.

Risk factor for being a victim of intimate partner violence includes low education. Women with low education are 3 to 4 times more likely of suffering intimate partner violence. Those who have no formal education were more violated. Among all the factors that predispose women to violation, (Esere *et al* 2009), revealed that unequal power relation is the leading cause of intimate partner violation. Witnessing violence between parents, majority of the respondents revealed that having witnessed a violent scene in their home predisposed them to the act. Exposure to abuse during childhood and attitudes accepting violence and gender inequality

Responses revealed that those with past history of violence violate their partners. Marital discord, dissatisfaction and difficulties in communication between partners expose the female counterpart to intimate partner violence. Girls abused by dating partners had higher risk of substance use, unhealthy weight control, sexual risk behavior and suicidal thoughts. They are 4 to 6 times more likely than their peers to have been pregnant. Girls in an abusive relation are more likely to have unwanted pregnancies.

Women violence violates human rights and at the same times, it hampers productivity, reduces human capital and undermines economic growth. But the people do not see anything wrong with it. According to a participant

Our people do not see anything wrong with violence. They see it as part of the relationship. They also believe that every woman undergoes one form of violence or the other. IDI 02/11/2015



This assertion is justified by a victim who revealed that her mother in-law reprimand her for complaining about battery. According to her, the mother in-law said after a beating session, 'which woman them no they beat for husband house'. You better stay or leave by the end of the year. To this, she is normalizing the abnormal. To her it is a norm to beat a woman in marriage.  
 IDI 02/11/2015

IPV has cost effects implications and it undermines development. It limits the women's personal growth, her productivity, her socioeconomic roles and her physical and psychological health, ( Esero 2009). IPV causes absenteeism, bad mood, and poor production. Women facing domestic violence often suffer physical and psychological consequences which usually affect their behavior and productivity, (Eze, et al in Okemini 2010). Disease control and prevention estimates in the western world shows that the cost of intimate partner violence control alone exceeds US\$ 5.8 billion per year.

**Table 1. Showing Causes of Domestic Violence in Nigeria**

	Causes	Frequency	Percentage
1	Cultural/societal factors-patriarchy	43	21.5%
2	Dependence on the husband for sustainability	29	14.5%
3	Political factor	22	11%
4	Religion-submissive	26	13%
5	Addition to drug and alcohol	41	20.5%?
6	Gender insensitive criminal justice system	10	5%
7	Ethnic factor	36	18%
8	Low level education	39	19.5%
	Total	210	100

The table above shows that cultural/societal factors such as patriarchy 21.5% is one of the leading factor that determine the occurrence of intimate partner violence. Response from 11% respondents shows that political factors enhance the existence of violence against women. Also, a total of 14.5% responses showed that women who depend on their husband for daily living (sustainability) were predisposed to intimate partner violence. A total of 5% respondents revealed that gender insensitive laws and policies do not give women priority both at the state or national levels. Most law court is dominated by men and as such they pass prejudiced judgment when presented with domestic violent cases. They operate from the prejudiced and stereotypes of the male dominated customs and traditions in the society.

The ethnic factor 18% responses also show that IPV is a major problem in modern time. The perception of the danger of domestic violence by an ethnic group determines its termination, occurrence or re-occurrence. Research espoused that about 80% of Hausa/Fulani respondents affirm that a husband is justified for flagellation of his wife compared to Igbo and Yoruba (Adebayo 2013).

Closely related to cultural factor 19.5% respondents who revealed that women with low education are more likely to experience battering than those with higher levels of education. On the other hand, educated men are less likely to beat their spouse than illiterates. A significant responses of 20.5% from respondents shows that alcohol and drug addicted personalities are more prone to battering their partner.

### Health consequences

The commonest health related effects of intimate partner violence are physical in nature-physical injury. They have constant headaches. A total of 98% responses show that women who were assaulted have symptoms of post traumatic stress disorder. Most women who are violated have unplanned pregnancies resulting from forced sex. Some end up with sexually transmitted disease. They use alcohol and illicit drugs which make threaten to or attempt suicide.

Psychologically, violated women experience sleep disturbances, have excessive fear and anxiety. They have suicidal ideation with an intense hatred for men. A total of 43% women who were violated on the long run become mentally challenged while some end up as psychiatric patients. Abused women seek on a higher degree emergency and mental health services. They are 3 times more depressed because they are battered, brutalized or maimed. Intimate partner violence has high social and economic cost. Abused women experience trauma-related anxiety, depression and low self esteem. They are more likely to have poor relationship with people than others who are not abused.

Interview revealed that most women think of killing themselves to exit violent relationships. Review showed that some die as homeless destitute in the street to avoid violent husband, (Adebayo et al 2012). Violence against women results in fatal cases of homicide or suicide. A total of 42% women reported injuries from partner violence. The 2013 analysis of women who had been physically or sexually abused were put as 1.5 times more likely to have a sexually transmitted infection and in some region HIV when compare to women who have not

experienced partner violence. They are also twice as likely to have abortion cases.

Intimate partner violence increases the likelihood of miscarriage stillbirth, pre-term delivery and low birth weight babies. These violence leads to depression, post-traumatic stress disorder, sleep difficulties, eating disorder, emotional disorder which in most times culminates in suicide attempt. Intimate partner violence causes gastrointestinal disorder and poor overall health status. Sexual violence at early childhood leads to increase smoking, drug and alcohol misuses and risky behaviors in later life.

Social and economic implication of intimate partner violation is that women suffer isolation and social seclusion. They experience inability to work, loss of wages, lack of participation in regular activities and this lead to limited ability to care for selves. Women are excluded by their violator from participating in certain festivals, ceremonies and some important functions. The girl child are usually the first to be withdrawn from school wherever the family suffer financial depression or economic set back (Adekola etal 2010). The 1994 World Bank study on selected risk factors facing girls and women among 16-44 years age group found rape and domestic violence more dangerous than cancer, accident, war and malaria. UN study revealed an increasing link between HIV/AIDS and violence against women. Research has shown that women who were beaten by their partners were 48 percent more likely to be infected with HIV than those who were not violated.

### Gender and HIV/AIDS

For gender issues, statistics has shown that men violate women on daily basis. It was revealed by most victims of violence that the man threatens violence or self harm if the woman presented the issue of breakup. Statistics showed that every day in the US, more than three women are murdered by their husbands or boyfriend.

### Predisposing factor to being violated as a woman

The risk of a woman being violated or murdered by an intimate partner significantly increases when the abuser;

1. Has access to a gun and has made previous threats or assault with gun.
2. Threatens murder
3. Forces sex
4. Attempts to strangle the victim.
5. Is extremely jealous
6. Abuses drugs or alcohol.
7. Is physically violent with increasing severity and frequency

The following table shows clearly the percentage response from participants on the factors that predispose a man to being an abuser.

**Table 2 Showing Factors that Predisposes a Man to Violence**

	Items	Percentage
1	Forces sex	23%
2	extremely jealous	21%
3	Abuses drugs or alcohol	13%
4	Has access to gun	17%
5	Threatens murder	9%
6	Womanizes	8%
7	Keep late nights	9%
	Total	100%

From the table above, it is obvious that higher percentage (23%) of those who violate women engage in forcing their way to have sex with their partner. This they do after taking excess alcohol 13%. Majority of the women reported that they experience hard sex sessions after the their man is drunk. Therefore victims reveal that their partner who violates them abuses drugs as well as alcohol. A total of 9% threatens murder and keep late nights respectively while 8% engage in women affair that is a 'womanizer'. While few men reported cases of violation by their women, majority of the women expressed that they have been violated one time or the other in their relationship. This continues unabated once it starts. It therefore becomes a means of correction or tool of exploiting the woman both financially and emotionally.

Also 21% participants reveal that partners who are extremely jealous abuse their more frequently than a non jealous partner. A total of 17% participant revealed that abusers violent women because they have access to gun. The situation continues once it starts because the man is encouraged with the lack of deterrent measures coupled with the culture of male dominance that exists in the research area. Like in many regions of the world, women are encouraged to endure abusive relationships. They are made to get rope or belt to fasten their cloth; they are warned not to report their marriage. They are also banned from returning back home because they have automatically lost their place having gone into any form of marriage. Hence, most parents admonish their children to look before they leap. But the sugar coated lip men succeed in luring innocent girls into relationships perhaps

marriage. This turn sour and the chances of terminating such relationship are slim when the partners have known themselves intimately, that is having contracted marriage either officially or unofficially.

Studies have also shown that 80% of men who kill or abuse a female partner were problem drinkers before the incident. The total of 2/3 of the murder cases happened after they are intoxicated at the time of the incident. The risk of murdering an intimate partner is higher when

1. The victim just got separated from the offender
2. There is a child in the home who is not biologically related to the offender
3. The offender stalks the victim
4. The victim is abused during pregnancy
5. The offender is unemployed.

From the above highlights, it is obvious that the risk of killing a partner by an abuser is higher when the victim just recently separate from the abuser. The vacuum and loneliness pressurize them into attacking their victim to the point of death. Also statistics revealed the incidence of death is greater when there is a child who does not belong to the partner. This is greater for those who children outside their marriage. Frequent stalking and abuse during pregnancy is a sign of death pruned violence. Above, the abuser is likely to abuse and murder their partner if they are unemployed. Evidently men who are not employed and who were predisposed to violent relationships turn out to be woman beater at the long run. Lack of basic necessities and further pressure from the woman for up keep reinforce the man to engaging in physically assaulting their wife. Therefore men who have regular source of income are most likely not going to assault their partner. It is therefore advised that those who want relationships should ensure that the man has something doing in order for him to lay hands on funds. This reduces the friction and incidence that can pressurize a man in to assaulting their partner. The economic situation do not encourage people to embark on life time commitment without reliable source of income for both parties.

### **The way out**

One of the best ways of avoiding intimate partner violence is by preventing it from happening in the first instance at the onset. Precaution may seem difficult but the basic remedy is by preventing it from happening in the first place. As a way of reducing the burden and pain of assault, the abused woman is often advised to see a counselor for a confidential chat concerning their situation. They can also talk to trusted friends or family members. By these consultations, they are offered ways of ameliorating the frequencies of its occurrence once it has started.

Gender equality training that enhances communication and relationship skills should be entrenched in educational schemes. During socialization, children are socialized along their gender. Male are made to understand that they are superior to their opposite sex (female). Worst of all is the training that teaches the male folk either through observation of female battering or verbal transfer of information that the major way of subjecting female folk is by violence of varying degree. Hence, it is salient that gender equality topics be entrenched in schools curriculum. Teaching infants from adolescent time works wonder. It disabuses the mind of the man when they are thought that all are equal with emphases focused on the odds of violating a woman in modern time.

Another way out of putting an end to intimate partner violence is by enacts policies that eradicate discrimination among women. These policies should encourage supporting women and as well promoting more peaceful cultural norms that are gender equality friendly.

International bodies like WHO should take actions by educating the world the implications of intimate partner violence. Records shows that WHO and other partners are collaborating to building evidence based on the size and nature of violence against women in different settings while supporting countries effort to document and measure this violence and their consequences. This is central to understanding the magnitude and nature of the problem at a global level and to initiating in countries. They engage in strengthening research and research capacity to assess interventions to address partner violence. By doing this, they would be able to know more prevalent forms of violence and by this map out strategies of educating the public on ways of putting an end to such acts. They also know through this acquired evidence on people or region that need help more.

They should be effort geared toward developing technical guidance for evidence based intimate partner and sexual violence prevention and for strengthening the health sector responses against such violence. Disseminating information and supporting national efforts to advance women's right and the prevention of and response to violence against women and collaborating with international agencies and organization to reduce/eliminate violence globally.

### **Conclusion**

It is obvious that about 65% women have been violated by their partner at one time 5or the other. Participants revealed that they undergo psychological trauma consequent of the treatment received from their spouse. They have been assaulted by words, that are the use of abusive words exist to larger extent in relationships where a man possess the characters listed against men that violet women in this above paper. They are beaten on a regular basis. They are denied access to friends and family. They suffer financial dryness especially for women who are not

engaged in any form of work that can generate little money on a regular basis.

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