

# Hidden Trauma: Domestic Violence Experiences of Married Men across Marriage Duration and Education

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## Abstract

Domestic violence, traditionally perceived as a female-centred issue, significantly impacts male victims as well, yet remains underreported and under-researched. Domestic violence against men is a widely neglected problem with few studies examining its prevalence and effects on married men of different populations. This investigation seeks to examine the nature and extent to which domestic violence occurs among married men, taking into consideration the role of length of marriage and education on their experience. Using a mixed-methods approach, data were collected from 60 respondents through the Domestic Violence Questionnaire (DVQ), which assessed various dimensions, including physical and emotional well-being, social isolation, perceptions of masculinity, coping strategies, relationship dynamics and general understanding/experiences of domestic violence. The results indicated domestic violence among men with marriage duration did not affect DVQ scores, but men in shorter marriages (3–10 years) reported greater stress, especially in physical and emotional well-being and relationship dynamics. Educational background had no material influence on experiences of domestic violence, indicating abuse in all levels of education. Further research in the future is required to understand the psychological damage and coping strategies used by male survivors in greater depth, making sure that services and interventions are specially designed for understanding and helping them.

**Keywords:** Domestic Violence; Married Men; Psychological Trauma; Social Isolation; Education; Marriage duration

## Introduction

### US Government definition of domestic violence and abuse is:

'Any incident or pattern of incidents of controlling, coercive or threatening behavior, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse: psychological, physical, sexual, financial, emotional" [1]. It is a pervasive issue that affects individuals from all walks of life. While the focus has often been on female victims, it is crucial to acknowledge that men can also experience domestic violence.

### Understanding Domestic Violence

Domestic violence is a persistent pattern of control that erodes victims' autonomy and self-worth, distinct from child abuse as it occurs between adults in intimate relationships. Recognizing all forms of domestic violence and promoting inclusive support systems is essential to eliminate gender-based stereotypes and encourage all victims to seek help [2].

### Forms of Abuse Experienced by Men

- 1. Physical Abuse:** Though often associated with female victims, men also experience physical abuse, including hitting, kicking, or weapon use. Many remain silent due to stigma and societal beliefs that men should be physically strong.
- 2. Psychological and Emotional Abuse:** Psychological abuse, involving manipulation, gaslighting, and verbal degradation, can be as damaging as physical violence, often leading to depression, low self-esteem, and helplessness among male victims.
- 3. Financial Abuse:** Financial abuse involves restricting a victim's economic independence, where men may be coerced to surrender income, denied access to finances, or burdened with financial obligations to enforce control.
- 4. Sexual Abuse:** Men can also be subjected to sexual abuse in intimate relationships, including coercion, forced sexual acts, or pressure to engage in unwanted sexual activity. (Women's law, (n.d.))

### Scenario on Domestic Violence Faced by Men Globally

Domestic violence against men remains a largely hidden issue that transcends cultural and socioeconomic boundaries. While discourse on domestic abuse often centres on female victims, many men globally endure physical, emotional, financial, and psychological abuse within intimate relationships. Societal norms and gender stereotypes frequently prevent male victims from acknowledging or reporting their experiences.

Systemic and legal barriers further compound this silence, as domestic violence laws in many regions primarily protect women, leaving men with limited recourse or institutional support. The lack of male-focused shelters, counselling services, and helplines exacerbates their vulnerability, often forcing men to remain in abusive environments due to fear of ridicule, disbelief, or child custody loss.

Addressing this neglected issue demands a gender-inclusive approach that challenges traditional notions of masculinity and promotes equitable legal frameworks. By recognizing that domestic violence affects all genders, societies can foster justice, protection, and comprehensive support for every survivor [3, 4].

## **Scenario on Domestic Violence Faced by Men in India**

Domestic violence has long been perceived as an issue affecting women, yet the silent suffering of male victims remains largely ignored. Many men endure physical, emotional, psychological, and financial abuse but refrain from seeking help due to societal expectations of masculinity and fear of ridicule or disbelief.

In India, this problem is intensified by a gender-biased legal framework—such as the Protection of Women from Domestic Violence Act (2005)—that excludes men from legal protection. As a result, male victims often remain isolated, facing verbal humiliation, manipulation, false accusations, and financial control without access to adequate support systems or legal recourse.

Addressing domestic violence against men requires dismantling entrenched stereotypes, reforming gender-exclusive laws, and establishing inclusive support mechanisms that ensure justice and psychological well-being for all survivors, regardless of gender [3].

## **Psychological Impact of Domestic Violence on Men**

In spite of societal views that depict men as strong and resilient, numerous male victims endure silently, grappling with the severe mental health repercussions of abuse.

### **1. Substance Abuse as a Coping Mechanism**

When support networks fail, some male victims resort to alcohol or drugs to alleviate their discomfort. The stigma surrounding male victimization dissuades them from seeking help, steering them toward self-destructive coping methods. Substance abuse provides momentary relief but often exacerbates their mental and physical health, ensnaring them in a detrimental cycle of dependency and despair.

### **2. Suicidal Thoughts and Social Isolation**

The sensation of isolation ranks among the most perilous outcomes of domestic violence for men. Many fear ridicule or dismissal if they voice their experiences, leaving them without anyone to confide in. The burden of loneliness, paired with extended emotional anguish, can drive them to the edge of suicidal ideation. Some may perceive that there is no escape from their abusive circumstance, concluding that ending their life is the sole solution.

Addressing the psychological effects of domestic violence on men necessitates dismantling stereotypes and establishing safe environments for them to seek assistance [5].

Directed initiatives, including counseling programs, marital communication workshops, and peer support networks, offer marriedmen valuable support in managing emotional distress, fostering healthy coping strategies, and addressing the stigma linked to seeking assistance.

## **Stigma of Reporting Domestic Violence**

Women often report cases of domestic violence because the society is construed to be driven by patriarchy. However, it does not mean that men are not or cannot be victims of domestic violence. Unfortunately, men are sadly less likely to report abuse because the stigma attached prevents them from speaking out. Additionally, men who report their experiences of domestic violence to the officials are sometimes at a greater risk of experiencing secondary victimization [6].

Domestic violence directed at men is a significant, albeit underreported, matter. The stigma associated with male victimization,

along with legal and societal obstacles, fosters a setting where their experiences are negated or disregarded. Identifying and confronting this issue necessitates a cultural transformation, legal changes, and heightened awareness.

Male victims are entitled to the same degree of protection, assistance, and resources as their female counterparts. By shattering the silence, society can cultivate a more inclusive and empathetic method for addressing domestic violence in all its aspects. Male victims lack the resources of work place wellness programmes, Community Support centers for men, School-based Education programmes, Military Support services, Online Support Platforms, Online support platforms, Crisis Helplines and Text Services. This is where the stigma of reporting starts [3].

### **Statistical Data on Domestic Violence against Men**

In spite of these concerning statistics, male victimization is considerably underreported due to societal stigma and insufficient support systems. Information from the Centers for Disease Control and Prevention (CDC) and the National Intimate Partner and Sexual Violence Survey (NISVS) underscores the seriousness of the situation. In 2020, data from the Bureau of Justice Statistics (BJS) indicated that intimate partner violence against men happened at a frequency of 2.1 per 1,000 males aged 12 or older. These figures highlight the pressing necessity for awareness, assistance, and legal acknowledgment of male victims [7].

### **Cases**

In India, The Case of "Manish" (2018) – Bengaluru-Manish, a Bengaluru-based software engineer, was embroiled in a court case after his wife subjected him to domestic violence. Manish's wife allegedly physically attacked him, and he was constantly insulted by her in public in front of their friends and relatives. The abuse became more frequent over time, with Manish's wife reportedly hurling household items at him and insulting him in public. Manish said the psychological trauma from the ongoing abuse had impacted his mental well-being, but he did not want to report it because of cultural attitudes towards masculinity and domestic violence. He consulted a men's rights organization for assistance and lodged a case under the Domestic Violence Act, seeking legal protection and relief. His case was noteworthy because it shed light on the struggle that most men go through when they try to get justice as victims of domestic violence [8].

### **Research Gap**

Despite growing awareness of domestic violence against men, limited research has examined how factors such as education level and duration of marriage influence their experiences of abuse. This gap underscores the need for empirical studies that explore these dimensions to better understand the patterns, severity, and psychosocial impact of domestic violence on married men.

### **Objectives of the study**

The aim of the study is to assess the extent of domestic violence against married men across years of marriage and Education and suggest preventive measures. The objective of the study is to determine the extent of domestic violence experienced by married men based on their years of marriage and Education. The data has been collected from 60 people respective to Married Men in the age range of 28- to 55-year-old with the knowledge to communicate in English. The purposive sampling technique was used for this research. Mixed approach (i.e, both qualitative and quantitative analysis) has been conducted. Potential participants were sent a google form link through email and WhatsApp to participate in the self-administered questionnaire. If the participant opted to complete the survey, they were prompted to agree to a disclaimer before the survey started.

## Review of Literature

- Ghosh, A., & Kumar, A [3], In their article “Cruelty Against Men: Neglected Narrative from a Male’s Perspective” explore the frequently disregarded issue of violence against men within the larger conversation of gender-based violence. Although violence against women has been thoroughly researched and addressed, the experiences of male victims continue to be marginalized and underreported. This oversight arises from societal stereotypes that portray men as dominant and invulnerable, which makes it difficult for male victims to speak out. The article underscores the necessity to acknowledge that men, similarly to women, can experience various types of abuse, including physical, emotional, and sexual, and that recognizing this reality is vital for establishing comprehensive support systems. The authors promote a more inclusive method of tackling domestic violence, one that takes into account the distinct challenges encountered by male victims. They emphasize the need for further research to comprehend the prevalence and effect of abuse against men, as well as the formulation of policies that offer sufficient support and protection. By illuminating this overlooked narrative, the article urges a transformation in societal views and legal structures to ensure that all victims of domestic violence, regardless of gender, receive the recognition and assistance they merit.
- Sabelinah, M [6], In their article “The Inadequacies of the South African Criminal Justice System Against Male Victims of Domestic Abuse” a critical analysis of how male victims of domestic violence are handled within the criminal justice system in South Africa. Through a qualitative research method, the research carried out face-to-face interviews with fifteen participants, consisting of five South African Police Service (SAPS) officials and ten members of men's organizations in Gauteng province. The results indicate that, although men are victims of domestic violence too, the criminal justice system tends to respond more when men become perpetrators in retaliation, as opposed to when they report being victimized. Male victims are often doubted and denied the same level of seriousness as victims who are female. Consequently, services like information about restraining orders and shelter access are more easily extended to female victims, exposing a disparity in assistance. Moreover, male victims face severe difficulties in the judicial system when pursuing protective orders. The research highlights the necessity for the criminal justice system to become more comprehensive and treat all victims with equal protection and support, irrespective of gender. It also stresses the necessity of overcoming societal stigmas that discourage men from reporting abuse, thus having easier access to available resources and support networks.
- De Sousa, Avinash [7], In his article “Domestic Violence Against Men: A Lesser Explored Phenomenon” discuss domestic violence against men, a relatively unexplored topic that sometimes takes second place to female victims. Men as well undergo abuse—physical, emotional, psychological—but cultural standards make it hard for them to ask for assistance. Many men worry about mockery or not being taken seriously if they report abuse, so silence and extended suffering result. Furthermore aggravating the problem is the legal system in India since many domestic violence statutes are meant to protect women; therefore male victims are left lacking in adequate assistance. Though men might suffer financial control, verbal abuse, coercive conduct, and even physical violence from their partners, these instances frequently go unreported. Breaking the stigma around male victimization is essential. De Sousa stresses the need for better support systems and gender-neutral domestic violence rules so that all victims obtain the assistance and justice they merit regardless of their sex.
- Awsthi, (2023) [10], In her article “An Indian Perspective on Domestic Violence Against Men”, talks about Domestic violence against men is an issue that is often ignored or dismissed in India. It sheds light on how societal perceptions, deeply rooted in a historically male-dominated culture, make it difficult for people to accept that men, too, can be victims of abuse. The idea that men are always strong and capable of defending themselves leads to widespread neglect of their struggles. Many suffer in silence, fearing ridicule or disbelief if they speak up. This bias is further reinforced by

the legal system. Laws like Section 498A of the Indian Penal Code and the Protection of Women from Domestic Violence Act (2005) are designed to safeguard women, leaving men with little to no legal protection. Awsthi cites a survey in rural Haryana that found one in ten married men aged 18 and above has experienced domestic violence. This statistic highlights the urgent need to acknowledge and address this problem. She argues that domestic violence laws should be gender-neutral to ensure equal protection for all victims, regardless of gender. By recognizing and supporting male survivors, society can take a step toward true gender equality, fostering a system that upholds justice for everyone.

- Chattopadhyay, A [5], In their article “Prevalence and Risk Factors of Physical Violence Against Husbands Evidence from India this paper uses data from the 4th edition of the National Family Health Survey (NFHS – 4)” to analyze the phenomena of physical violence towards married men. The results discovered that violence carries out against men is a major problem yet it is largely neglected in many regions across the country. Specific types of violence include control practices of marriage, drinking, and violence in a family setting as a child. The research also states that elder men are more prone to be abused compared to younger men. In some cases, women who have some level of socioeconomic status including employment, education, and use of phones as a means of violence do in fact increase the chances of women committing violent acts against men. In contrast, the opposite is true with women who have undergone high education. These findings show that there is a critical gap in the legal policies that seeks to protect men from domestic violence which is usually directed towards women and children. This emphasizes the need for laws on domestic violence to protect men and women equally. Addressing this problem calls for a need to use multi dimensional strategies taking into account behavioral, demographic and socio-economic factors of domestic violence.
- Malik, JS [11] In their article “A Cross-sectional Study of Gender-Based Violence against Men in the Rural Area of Haryana, India” talks about Gender-based violence (GBV) by has historically focused on female victims, but research now acknowledges that men also experience intimate partner violence (IPV). However, societal stigma and legal gaps prevent many male victims from reporting abuse. In India, domestic violence against men is largely unrecognized. Studies by Babu and Kar (2010) reveal that men hesitate to report abuse due to fear of ridicule and masculinity expectations. The National Family Health Survey (NFHS, 2021) provides data on violence against women but lacks insights into male victimization, highlighting a research gap. In rural Haryana, where patriarchal traditions dominate, male victimization is often ignored. Sinha and Bhattacharjee (2017) found that men in the region experience emotional and psychological abuse but rarely report it. Singh et al. (2018) conducted a study in Haryana, finding that nearly 20% of married men faced IPV, including verbal abuse, false accusations, and financial control. The Protection of Women from Domestic Violence Act (PWDVA) 2005 supports female victims but excludes men, leaving them with little legal recourse. This gap reinforces the perception that only women can be victims of domestic violence. Overall, literature indicates that gender-based violence against men in rural Haryana is a significant yet overlooked issue. Addressing this requires greater awareness, legal reforms, and social support systems to recognize and assist male victims effectively.
- Dutton, DG [12], In their article “The gender paradigm in domestic violence research and theory: Part 1—The conflict of theory and data” talk about the gender paradigm in domestic violence research and theory, which largely sees it as a male-perpetrated crime with female victims, is criticized in the work by Dutton and Nicholls. They contend that this approach ignores the complexity of domestic violence, especially the experiences of male victims and female abusers, and is unduly simplified. Citing multiple studies that demonstrate women can also commit acts of violence in close relationships, the authors draw attention to discrepancies between the theory and empirical data. They also point out that statistics on domestic abuse have frequently been viewed through a skewed prism, with male victimization being minimized or disregarded while female victimization is frequently highlighted. Additionally, the authors point out that the gender paradigm has impacted the creation of support systems and interventions for domestic abuse, resulting in "gender symmetry" issue, in which men's experiences are overlooked in both practice and research. They suggest a more

gender-neutral perspective to deal with this problem, emphasizing relationship dynamics and personal pathology over gender power dynamics. They also go over the shortcomings of the way that data is currently collected, including the over-representation of female victims and male offenders in shelter samples and criminal justice data. the demand for a reassessment of domestic violence policies and interventions, as well as a more balanced approach to domestic violence research that takes into account the experiences of both men and women. They think that domestic violence can be better understood and addressed in a way that is inclusive of all victims, regardless of gender, by eschewing the gender paradigm.

- Jovanoski A [1], In their article “Male as a Victims: Domestic Violence from a Different Perspective” say the modern way of life has brought about rapid changes in the home and intimate environments, with domestic violence becoming a rising concern. Reports from the World Health Organization (WHO) and other organizations indicate that domestic violence has increased, especially during the COVID-19 pandemic, due to quarantines and family tensions. Domestic violence cases are complex, involving difficult-to-measure factors like love, commitment, and care. The WHO defines Intimate Partner Violence (IPV) as any behavior within a relationship that causes physical, psychological, or sexual harm. Although historically, domestic violence was considered a private issue, societal awareness has grown, with women being identified as the primary victims. In 1994, the U.S. passed the Violence against Women Act, providing protection and support services for female victims. Many organizations, such as the National Coalition Against Domestic Violence (NCADV), emphasize women's victimization. However, male victims of domestic violence, while documented as early as the 1970s, have not received the same level of attention or support. Research by Straus and Gelles highlighted the lack of public concern and funding to address male victimization, which was not widely recognized as a problem.
- Huntley AL [13], In their article “Help-seeking by male victims of domestic violence and abuse (DVA) by a systematic review and qualitative evidence synthesis” aims to understand how men seek help after experiencing domestic violence and abuse (DVA). Researchers conducted a systematic review, analysing existing research on the topic. They also included qualitative evidence, which explores people's experiences in their own words. It's found that men face several barriers to seeking help, including fear of shame, belief that domestic violence is private, concerns about masculinity, feelings of worthlessness or hopelessness, and lack of awareness about available services to help male victims. However, support from friends, family, or professionals, recognition by society that men can be victims of DVA, and services specifically designed for male victims can encourage men to seek help. The research underscores the need for increased awareness about DVA against men and the importance of creating supportive environments where men feel comfortable seeking help.

## Methodology

The study aimed to examine the extent of domestic violence experienced by married men across different durations of marriage and educational levels, and to suggest preventive measures. A purposive sampling technique was used to select 60 married men aged 28 to 55 years.

## Research Design

A mixed-methods approach was adopted, combining quantitative and qualitative analysis. Quantitative data were obtained through structured Likert-scale items, while qualitative insights were derived from open-ended responses exploring personal experiences and perceptions. The qualitative responses were thematically analysed to identify recurring patterns related to emotional distress, coping strategies, and social isolation.

## Tools of Data Collection

Data were collected using a self-administered questionnaire developed with expert guidance and disseminated via Google Forms. The instrument, the *Domestic Violence Questionnaire (DVQ)*, consisted of 29 items categorized under six dimensions:

- Physical and Emotional Well-being
- Social Isolation
- Perceptions of Society and Masculinity
- Coping Mechanisms and Support
- Relationship Dynamics
- General Understanding/Experiences of Domestic Violence

Responses for five dimensions were recorded using a five-point Likert scale (Strongly Disagree to Strongly Agree), while the sixth dimension included open-ended qualitative questions.

## Data Analysis

Reliability of the instrument was assessed using Cronbach's Alpha, and data normality was tested with the Shapiro–Wilk test. Since the data were non-parametric, the Kruskal–Wallis test was employed for inferential analysis. Descriptive statistics were used to summarize demographic variables and DVQ scores.

## Ethical Considerations

Ethical approval was obtained from the *Review Board of Jain (Deemed-to-be) University*. Participants provided informed consent before participation through the Google Form. Confidentiality and anonymity were maintained throughout the data collection and reporting process.

## Scope of the Study

- The societal stigma associated with male victims of domestic violence is considered not possible as it encourages the views of women as victims which makes Indian society less likely to believe that a man could be victimized by domestic violence.
- Without male-centric support mechanisms, such as shelters, legal representation, and counselling services, they remain more vulnerable.

## Data Interpretation and Analysis

The sample consisted of 60 people between the age group of 28 to 55, respective of their sex (male), age and years of marriage who were selected using purposive sampling technique. The Domestic Violence Questionnaire was developed with the help of an expert, which consisted of basic demographic details and 29 questions based on different dimensions. The questionnaire was based on Likert scale majorly but overall, the questionnaire was a mixed approach (i.e, both qualitative and quantitative). The



six major dimensions which were identified that is Physical and Emotional Well-being, Social Isolation, Perceptions of Society and Masculinity, Coping Mechanisms and support, Relationship Dynamics and General Understanding/experiences of domestic violence. Each dimension consisted of various questions which would bring out the major extents and factors of domestic violence against men leading to various aspects of domestic violence, and also help in formulating various men's opinion towards domestic violence. The Domestic Violence Questionnaire was formed and administered using Google Forms, and data from various age groups and years of marriage were collected.

Each of the question's results were formulated into – “Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree” – Likert scale for about 24 questions in the questionnaire and this consist of 5 dimensions that is Physical and Emotional Well-being, Social Isolation, Perceptions of Society and Masculinity, Coping Mechanisms and support and Relationship Dynamics. The 6th dimension General Understanding/Experiences of Domestic Violence consist of qualitative data in the form of long answer questions and Limited option answers.

The data was first checked for reliability and a test for normality was done to check the type of data and what test as be used to analyse the data collected. The data was analysed using Kruskal-Wallis Non-parametric analysis.

## **Dimensions**

### **A. Physical and Emotional Well-being**

Domestic violence profoundly affects men's physical and psychological well-being, leading to depression, anxiety, sleep disturbances, and suicidal ideation. Emotional abuse—through manipulation, verbal aggression, and gaslighting—intensifies their distress. Societal stigma and masculine norms discourage reporting and help-seeking, resulting in prolonged trauma and deteriorating mental health.

### **B. Social Isolation**

Male victims of domestic violence often experience social isolation, either through controlling behavior by abusive partners or due to societal stigma. Abusers frequently manipulate situations to sever social ties, depriving men of emotional support. The lack of recognition by legal and social institutions further deepens their isolation, hindering access to assistance and escape from abuse.

### **C. Perceptions of Society and Masculinity**

Societal norms of masculinity contribute significantly to the underreporting of domestic violence against men. Traditional gender expectations depict men as strong and unemotional, discouraging them from acknowledging victimization for fear of appearing weak. Legal systems and advocacy efforts that primarily focus on female victims further marginalize men, leading to disbelief, ridicule, and limited access to justice or support services.

### **D. Coping Mechanisms and Support**

Married men experiencing domestic violence often adopt maladaptive coping mechanisms such as substance use, emotional suppression, or social withdrawal due to inadequate gender-neutral support systems. Unlike women, men have limited access to shelters or helplines, forcing some to seek informal support through advocacy groups or online forums. The absence of formal institutional aid underscores the urgent need for gender-inclusive domestic violence policies to ensure equitable protection and assistance.

E. Relationship Dynamics

Married men in abusive relationships often face psychological manipulation, economic control, and coercion through threats, false accusations, or legal exploitation. Fear of losing children, financial stability, or social standing compels many to remain in such situations. Recognizing these dynamics is essential for understanding domestic violence as a gender-inclusive issue that affects both men and women.

F. General Understanding/Experiences of Domestic Violence

Domestic violence is often perceived as a female-only issue, reinforcing the misconception that men cannot be victims. The absence of gender-neutral laws and support systems leaves men without adequate legal protection or assistance. Male victims frequently encounter disbelief, systemic bias, and limited access to shelters or counselling services. Increasing awareness and implementing inclusive legal reforms are essential to acknowledging men’s experiences and redefining the discourse on domestic violence.

Reliability Analysis

Table 1: Scale Reliability Statistics for Domestic Violence Questionnaire (DVQ).

| Scale Reliability Statistics |       |
|------------------------------|-------|
| Cronbach's α                 | 0.944 |

The Cronbach's alpha (α) for the DVQ is 0.944, which reflects Excellent internal consistency. A score of more than 0.9 indicates that the items in the questionnaire are strongly correlated and measure the intended construct reliably. This high reliability indicates that the DVQ is a reliable instrument for measuring domestic violence-related experiences or perceptions. This shows that the reliability analysis of all the data is Good.

Test for Normality

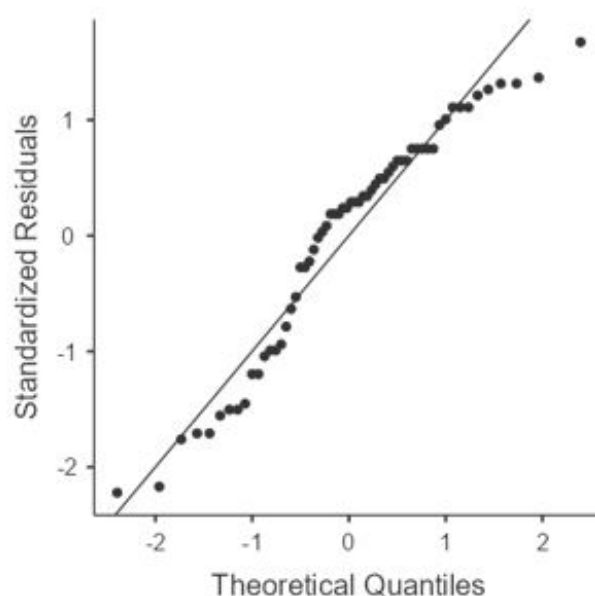
Table 2: Descriptive Statistics for DVQ (Domestic Violence Questionnaire) Total Score.

| Descriptives       | DVQ Total |
|--------------------|-----------|
| N                  | 60        |
| Missing            | 0         |
| Mean               | 70.3      |
| Standard deviation | 19.5      |
| Shapiro-Wilk W     | 0.938     |
| Shapiro-Wilk p     | 0.005     |

This table displays the descriptive statistics for the total scores on the Domestic Violence Questionnaire (DVQ). It contains the sample size (N), the missing values, mean score, standard deviation, and the Shapiro-Wilk test for normality results.

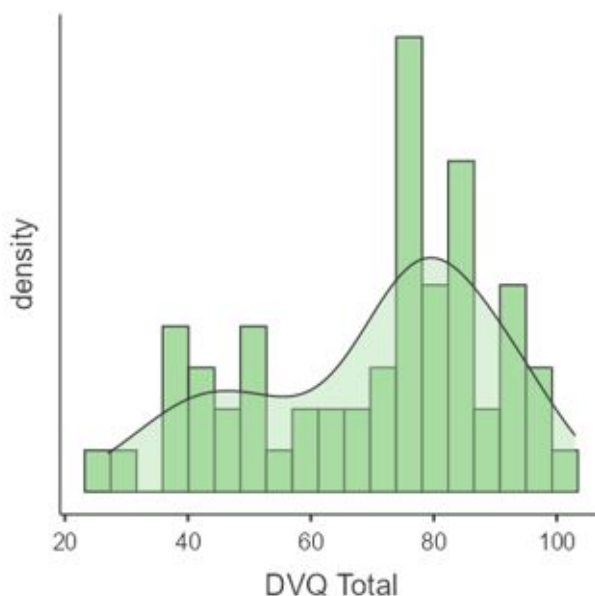
The average DVQ total score is 70.3, with a range of 19.5, and it indicates a moderate degree of response variation. As the data is collected from population less than 300 the Shapiro-Wilk test is taken for normality analysis. The Shapiro-Wilk test for normality produced a W of 0.938 and a p-value of 0.005. Because the p-value is smaller than 0.05, it indicates that the DVQ total scores significantly differ from the normal distribution. This non-normality is taken into consideration when choosing statisti-

cal tests to use for further analysis, as non-parametric methods might be more appropriate for the data.



**Figure 1:** Q-Q Plot for Domestic Violence Questionnaire Total Score Residuals

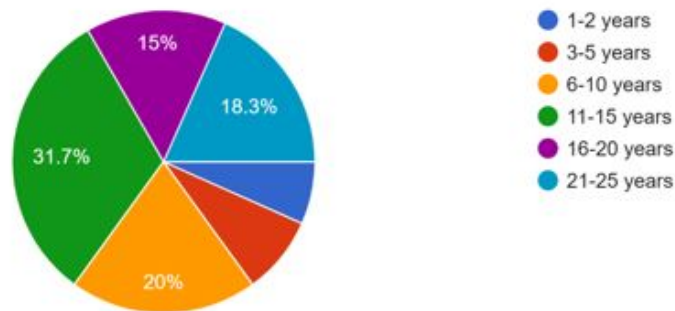
This Q-Q plot helps assess whether the residuals follow a normal distribution. If the points align closely with the diagonal reference line, it suggests normality. However, deviations indicate departures from normality which also indicates skewness in the data.



**Figure 2:** Histogram and Density Plot of Domestic Violence Questionnaire Total Scores

This plot indicates the frequency distribution of the DVQ scores with a superimposed density curve, which describes the spread and potential skewness of the data. The multiple peaks indicate potential multimodality of the data set.

Number of years of marriage?  
60 responses



**Figure 3:** Illustrates the distribution of respondents across marriage duration categories.

The pie chart shows the distribution of 60 respondents according to how many years they have been married. The majority is 11-15 years (31.7%), followed by 6-10 years (20%) and 21-25 years (18.3%). The remaining respondents are in smaller proportions who have been married for 1-2 years (15%), 16-20 years (15%), and 3-5 years (smallest segment).

## Discussion

The study shows that men in shorter marriages (3–10 years) have more emotional and physical distress, with the highest DVQ total scores (79.2) compared to their counterparts. These results support studies by (Tilbrook, E., Allan, A., & Dear, G., 2010) revealing that early years in marriage are characterized by increased conflicts, adjustment stress, and emotional distress, placing men at risk of domestic violence. In addition, (Coker et al., 2002) also discovered that stress caused by role negotiations and economic security during initial marriage can heighten risk for abuse, complementing the trends seen in this study. Nonetheless, 10 years into marriage, emotional and physical effects of domestic violence do seem to be stabilized, perhaps because coping mechanisms have been developed or relationship dynamics have shifted.

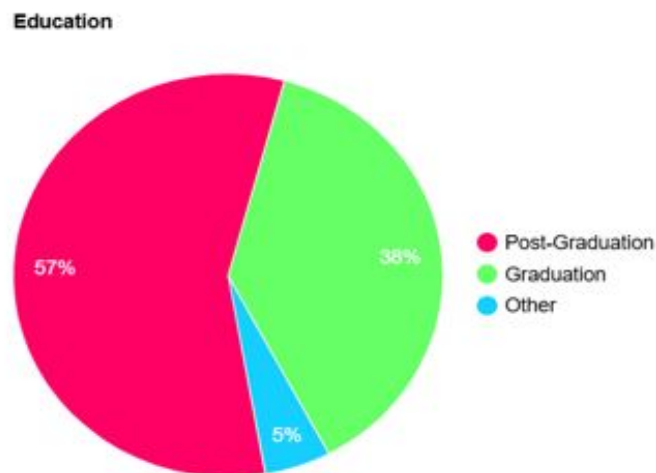
**Table 3:** Presents the *Kruskal–Wallis Non-Parametric Analysis* of DVQ dimensions across marriage duration groups.

| Variables                        | Number of years of marriage | N  | Mean  | SD   | SE    | $\chi^2$ | p    |
|----------------------------------|-----------------------------|----|-------|------|-------|----------|------|
| Physical and Emotional Wellbeing | 1-2 years                   | 4  | 12    | 6.32 | 3.162 | 7.3      | 0.20 |
|                                  | 11-15 years                 | 19 | 13.63 | 5.07 | 1.163 |          |      |
|                                  | 16-20 years                 | 9  | 11.56 | 5.55 | 1.849 |          |      |
|                                  | 21-25 years                 | 11 | 12    | 3.32 | 1     |          |      |
|                                  | 3-5 years                   | 5  | 16.4  | 5.46 | 2.441 |          |      |
|                                  | 6-10 years                  | 12 | 15.67 | 4.56 | 1.316 |          |      |
| Social Isolation                 | 1-2 years                   | 4  | 15    | 8.12 | 4.062 | 9.24     | 0.10 |
|                                  | 11-15 years                 | 19 | 14.21 | 5.68 | 1.304 |          |      |
|                                  | 16-20 years                 | 9  | 11.78 | 5.02 | 1.673 |          |      |
|                                  | 21-25 years                 | 11 | 14.18 | 4.56 | 1.374 |          |      |
|                                  | 3-5 years                   | 5  | 18.6  | 3.44 | 1.536 |          |      |
|                                  | 6-10 years                  | 12 | 17.83 | 4.34 | 1.254 |          |      |

|                                        |             |    |       |       |        |      |      |
|----------------------------------------|-------------|----|-------|-------|--------|------|------|
| Perceptions of Society and Masculinity | 1-2 years   | 4  | 15.25 | 2.99  | 1.493  | 2.23 | 0.82 |
|                                        | 11-15 years | 19 | 14.84 | 4.19  | 0.962  |      |      |
|                                        | 16-20 years | 9  | 15.33 | 3.5   | 1.167  |      |      |
|                                        | 21-25 years | 11 | 17.27 | 3.41  | 1.028  |      |      |
|                                        | 3-5 years   | 5  | 16    | 3.24  | 1.449  |      |      |
|                                        | 6-10 years  | 12 | 16.75 | 2.83  | 0.818  |      |      |
| Coping Mechanisms and support          | 1-2 years   | 4  | 11    | 4.69  | 2.345  | 4.69 | 0.46 |
|                                        | 11-15 years | 19 | 12.47 | 3.79  | 0.87   |      |      |
|                                        | 16-20 years | 9  | 9.78  | 3.53  | 1.176  |      |      |
|                                        | 21-25 years | 11 | 12.82 | 3.31  | 0.998  |      |      |
|                                        | 3-5 years   | 5  | 12    | 4.58  | 2.049  |      |      |
|                                        | 6-10 years  | 12 | 12.75 | 2.7   | 0.78   |      |      |
| Relationship Dynamics                  | 1-2 years   | 4  | 11.25 | 7.32  | 3.66   | 3.96 | 0.56 |
|                                        | 11-15 years | 19 | 14.42 | 5.49  | 1.26   |      |      |
|                                        | 16-20 years | 9  | 12.11 | 4.76  | 1.585  |      |      |
|                                        | 21-25 years | 11 | 13    | 6.29  | 1.897  |      |      |
|                                        | 3-5 years   | 5  | 16.2  | 4.87  | 2.177  |      |      |
|                                        | 6-10 years  | 12 | 15.17 | 4.37  | 1.26   |      |      |
| DVQ Total                              | 1-2 years   | 4  | 64.5  | 27.45 | 13.726 | 5.65 | 0.34 |
|                                        | 11-15 years | 19 | 69.58 | 21.2  | 4.863  |      |      |
|                                        | 16-20 years | 9  | 60.56 | 18.81 | 6.27   |      |      |
|                                        | 21-25 years | 11 | 69.27 | 17.3  | 5.217  |      |      |
|                                        | 3-5 years   | 5  | 79.2  | 18.77 | 8.393  |      |      |
|                                        | 6-10 years  | 12 | 78.17 | 15.82 | 4.567  |      |      |

### Interpretation

No statistically significant differences ( $p > 0.05$ ) were found across marriage duration groups for any DVQ dimensions. However, men married for 3–10 years exhibited higher mean scores in *Physical and Emotional Well-being*, *Social Isolation*, and *Relationship Dynamics*, suggesting that early marriage years may be more stressful and emotionally demanding. Longer marriages showed more stability, potentially due to developed coping mechanisms and adapted relationship dynamics.



**Figure 4:** Illustrates the distribution of respondents according to their Educational categories.

The pie chart depicts the educational qualification of the 60 respondents of DVQ. The majority of them (57%) have completed their post-graduation, followed by (38%) who have completed their Graduation. Only a few percent (5%) lie in the other category comprising of PUC and Ph.D.'s, reflecting levels of educational qualifications.

## Discussion

Most of the participants in this research were postgraduates (57%), with no considerable DVQ score variations by education level ( $p > 0.05$ ). This is different from research by [14], which indicated that increased levels of education are usually associated with decreased victimization of domestic violence as a result of increased awareness and resource access. Still, the failure to observe significant differences in this study could be a sign that education itself does not offer protection against domestic violence for men since societal stigma and fear to report abuse could come into play stronger than that.

**Table 4:** Presents the Kruskal–Wallis Analysis of DVQ dimensions across education levels.

| Variables                              | Education        | N  | Mean | SD   | SE    | $\chi^2$ | p    |
|----------------------------------------|------------------|----|------|------|-------|----------|------|
| Physical and Emotional Wellbeing       | Graduation       | 23 | 13.6 | 4.86 | 1.013 | 0.1556   | 0.93 |
|                                        | Post- Graduation | 34 | 13.4 | 5.18 | 0.888 |          |      |
|                                        | Others           | 3  | 15   | 4.58 | 2.646 |          |      |
| Social Isolation                       | Graduation       | 23 | 14.7 | 5.1  | 1.064 | 1.3004   | 0.52 |
|                                        | Post- Graduation | 34 | 15.4 | 5.64 | 0.967 |          |      |
|                                        | Others           | 3  | 12   | 5.57 | 3.215 |          |      |
| Perceptions of Society and Masculinity | Graduation       | 23 | 15.6 | 2.76 | 0.575 | 0.5993   | 0.74 |
|                                        | Post- Graduation | 34 | 16.1 | 4    | 0.686 |          |      |
|                                        | Others           | 3  | 15   | 4.58 | 2.646 |          |      |
| Coping Mechanisms and support          | Graduation       | 23 | 12   | 3.99 | 0.833 | 0.2727   | 0.87 |
|                                        | Post- Graduation | 34 | 12.1 | 3.09 | 0.531 |          |      |

|                       |                  |    |      |       |        |        |      |
|-----------------------|------------------|----|------|-------|--------|--------|------|
|                       | Others           | 3  | 12   | 7     | 4.041  |        |      |
| Relationship Dynamics | Graduation       | 23 | 14.2 | 4.98  | 1.038  | 0.0569 | 0.97 |
|                       | Post- Graduation | 34 | 13.8 | 5.65  | 0.969  |        |      |
|                       | Others           | 3  | 13   | 7     | 4.041  |        |      |
| DVQ Total             | Graduation       | 23 | 70.1 | 17.99 | 3.752  | 0.1273 | 0.94 |
|                       | Post- Graduation | 34 | 70.8 | 20.73 | 3.556  |        |      |
|                       | Others           | 3  | 67   | 23.81 | 13.748 |        |      |

### Interpretation

No significant differences ( $p > 0.05$ ) were observed in DVQ dimensions across education levels. Although minor variations were noted—such as slightly higher *Social Isolation* scores among postgraduates—education did not appear to protect men from domestic violence. This contrasts with findings by Karakurt and Silver [14], who suggested that higher education often correlates with lower victimization rates due to increased awareness and access to resources. The results of this study suggest that societal stigma and fear of disclosure may outweigh educational advantages in mitigating abuse.

### Major Findings of the Study

1.No Significant differences in extent of domestic violence experienced by married men based on their marriage duration: There is no significant difference in the relationship between extent of domestic violence experienced by married men based on the number of years of marriage which proves the null hypothesis ( $H_0$ ). Younger men, particularly in early marriage, experience greater social isolation and emotional distress due to lack of coping mechanisms. Older and long-married men also suffer from chronic emotional abuse but are less likely to seek help due to rooted social norms.

2.Educational variations: It indicates that increased levels of education are usually associated with decreased victimization of domestic violence as a result of increased awareness and resource access. Still, observation of no significant differences in this study could be a sign that education itself does not offer protection against domestic violence for men since societal stigma and fear to report abuse could come into play.

3.Domestic Violence Questionnaire (DVQ) Total Score: The DVQ Total Score is fairly consistent across duration of marriage and education, supporting the fact that domestic violence impacts men throughout their lifespan. These findings underscore the importance of specific interventions like counselling, support groups, and awareness campaigns to different demographic populations.

### Preventive Measures for Domestic Violence against Men

#### Public Education and Awareness Campaigns

- Younger men may need social media-based awareness to educate them about their rights.
- Older men may benefit from community-based interventions to reduce stigma and encourage reporting.
- Launch programs that inform society regarding the facts of domestic violence against men, emphasizing the negative impacts of violence and its prevention. This may lessen the stigma that men experience when they report violence.
- Action: Targeted launch of campaigns that resonate with different age demographics. Community programs can

sensitize the public to identifying the symptoms of domestic violence and support mechanisms.

### **Community Engagement to Support Men**

- Younger men may benefit from structured peer groups and mentorship programs.
- Older men may need access to community networks for emotional support.
- Get men involved in social activities that make them feel a sense of belonging and give them emotional support. Such activities as community service, spending time with friends, or taking up a hobby can offer good stress outlets. These might help in making the community with a cause for supporting domestic violence faced by men.
- Action: Facilitate social activities that encourage belonging and open discussions. Social events, group classes, and support groups can be offered at community centres to establish a network of support for men.

### **Relationship Education**

- Younger men should learn about mutual respect and emotional well-being early in their relationships.
- Older men should receive continued education on evolving relationship dynamics.
- Give relationship education to Men and Women on mutual respect, boundaries, and non-violent conflict resolution.
- Action: Schools, workplaces, and community centres/organizations should offer tailored relationship education sessions and should provide training in healthy relationship dynamics and emotional well-being.

### **Advocate for Mental Health Education Across Life Stages**

- Younger men may need anger and stress management tools to navigate early marital adjustments.
- Older men may require psychological support for long-term marital stress, loneliness, or unresolved trauma of domestic violence.
- Men should understand the need for good mental health does not mean suppressing their emotions but expressing them, which helps in every aspect of life.
- Expand mental health services specific to men, highlighting that it's acceptable to receive assistance with psychological distress. Men's mental health must become a priority in counselling services, focusing on managing anger, frustration, and loneliness.
- Action: Mental health services should offer therapy tailored to different age groups and marital duration in the case of domestic violence, ensuring that interventions address unique stressors and incorporate mental health care into workplace wellness initiatives and community programs in order to decrease stigma around both domestic violence and mental health.

### **Overall Discussion**

The findings reveal that domestic violence affects men across all educational backgrounds and marriage durations. Although no statistically significant differences were detected, the patterns suggest that men in early marriage stages experience height-



ened stress and isolation. This indicates a need for early intervention programs, awareness campaigns, and inclusive support systems targeting men during vulnerable marital phases.

Furthermore, the absence of variation across education levels highlights that awareness alone does not ensure protection, emphasizing the importance of gender-neutral laws and accessible mental health resources for male victims.

## Limitations

- This study is limited by its small sample size ( $n = 60$ ) and reliance on self-reported data, which may introduce response or recall bias. Additionally, the use of online forms restricted participation to individuals proficient in English and with internet access.
- Future research should include larger, more diverse samples, employ mixed recruitment methods, and explore qualitative interviews to gain deeper insights into the lived experiences of male survivors.

## Conclusion

This study provides one of the few empirical analyses examining how marriage duration and education influence men's experiences of domestic violence in India. The findings reveal that while domestic violence affects men across all demographic groups, societal stigma and entrenched gender norms continue to obscure their victimization and limit access to support. Recognizing domestic violence as a human rights issue rather than a gendered concern is crucial for achieving equitable protection. By challenging stereotypes, raising awareness, and enacting gender-neutral policies, society can ensure that all victims receive justice and support. Future research should focus on developing long-term psychological care models and policy reforms that foster inclusive frameworks for prevention, rehabilitation, and empowerment of male survivors of domestic violence. Implementing such inclusive frameworks will not only promote justice but also foster a more compassionate and equitable society for all survivors of domestic violence. This research adds to a more comprehensive and fair understanding of intimate partner abuse in India by expanding the scope of domestic violence studies to encompass male experiences.

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