

# Spousal Violence: An Overview on the Causes and Consequences

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## 要 旨

配偶者間暴力は、婚姻中あるいはその解消後の様々な段階で生じているが、広く知られているわけではない。また、配偶者間暴力は身体的暴力だけではなく、現在では、精神的・性的・経済的暴力も配偶者間暴力と理解されている。配偶者間暴力の要因は、ストレス、怒り、性的嫉妬心、薬物乱用、アルコール依存、経済的困窮などとされている。さらに、家父長制など社会的あるいは文化的要因も考えられる。配偶者間暴力の原因・結果は多様であり、被害は配偶者だけでなく、子どもや他の親族にも及び、さらに影響は社会にも広がる。また、配偶者暴力は反復することや次世代への連鎖などの特色がある。そこで、被害者、その親族そして社会の法的保護と社会による政策的対応が求められる。

**Keywords: Spousal Violence, Causes and Consequences, Economy, Society and Culture**

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### **I. Introduction**

As a global concept, family or the spousal relationship is very fundamental for every society. When there would be no violence within the basic unit called family, society could enjoy conditions of love and peace. Regrettably, spousal violence also known as domestic violence still exists in every society, although increased attention is been paid on the prevention of such spousal violence.

Spousal violence or domestic violence is a phenomenon that has remained largely invisible over centuries. Traditional roles of women as inferior and subordinate to men, and as property of their husbands,

have served as the dominant a model for generations. In consequence, any acts that took place in the privacy of the domestic environment were not the concern of the public domain. There has been an increasing public awareness and recognition of acts of violence and abuse within families, particularly over the last few decades. Domestic violence is controlling behavior mainly perpetrated by men towards against women. However, this does not preclude the existence of violence toward against men, or the fact that women sometimes abuse.<sup>1</sup> Men can also be the victims of gender- based violence and women can perpetrate violence against men, although women are disproportionately affected by gender- based violence, and in a majority of circumstances, the effects of this violence are much more severe. The nature of women's violence against men can be defined as connection with the power struggles that occurs. When a woman defies or confronts a cultural norm by challenging male authority. It can be found in all communities regardless of social class, age, race, disability, sexuality, and lifestyle. There is no doubt that domestic violence remains in our community, especially in our families, and most of the people are neglecting this problem as they are regarding as not a serious one. It affects all spheres of life despite efforts to eliminate.

A variety of terms have been used to describe domestic violence, such as 'family violence', 'domestic abuse', 'spousal abuse', 'wife beating', 'battering'. All refer to abuse by one person of another in an intimate relationship. The term 'domestic violence' has a broader meaning than spousal violence. But, in general, domestic violence covers spousal violence or abuse because it mostly refers to the abuse or violence among the spouses.<sup>2</sup>

"Spousal violence" refers to a pattern of behavior in a relationship by which one person victimizes the other. It can also imply an intense and continuous degradation or intimidation for the purpose of controlling the actions or behavior of a person, or placing that other person in fear of serious bodily injury to self or another.<sup>3</sup>

Therefore, spousal violence can be seen as violence possibly having physical, psychological, sexual and economical aspects, which is committed by one partner against the other during or after marital life. Many people tend to believe that spousal violence only relates to the physical violence or to action committed intentionally by the abuser. But, as already noted includes all the forms of violence or abuse which are regarded as the violence if it hampers the rights of an intimate partner.

For instance, the British Crime Survey (2006-2007) showed that women were more likely to have experienced intimate violence across all types of abuse. Over half of victims of partner abuse (54%) had suffered some injuries or emotional harms. The most common problems were mental or emotional problems

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(25%), minor bruising or a black eye (19%), scratches (14%) and stopping trusting people or having difficulty in other relationships (12%). Overall 3% of people aged 16 to 59 had experienced serious sexual assault since the age of 16. Four out of five (78%) female victims were aged between 16 to 29 years when the most recent incident of serious sexual assault occurred. The most common type used was physical force (for example being held down, punched or kicked) which was experienced by 53% of victims and 81% of victims were subjected to non- sexual additional threat, force or intimidation by the offender during the assault. Overall 77% of these victims of serious sexual assault reported that they had suffered some injuries or emotional effects. Psychological problems were much more likely than physical injuries as a result of an assault. On average, in England and Wales, two women per week are killed by a male partner or former partner and nearly half of all female murder victims are killed by a partner or ex-partner. One in four women will be a victim of domestic violence in their lifetime.<sup>4</sup> Therefore, it seen that women used violence as a means of defense rather than in an offensive way and they make resort to such violence when they had suffered repeated attacks frequently. Moreover, it is very likely that child abuse is also occurring.<sup>5</sup>

The above figures concerning spousal violence in the UK showed that spousal violence is a serious problem for society. It can happen at any time. It can cause a victim different kinds of harm arranging from minor injury to death or from temporary harm to permanent handicap or disability. The issue of spousal violence has become front line issue because it causes not only harm to the family concern but also to society harm to the States in the forms of the financial lost. For the victims, the State has to seek remedies to treat their injuries. At the same time, the abusers must be treated accordingly. These are the very direct results which can be clearly seen. As results, the victims of such abuse make experience social isolation and the abuser's stigmatization may prevent their reintegration to society. Moreover, an effect of spousal violence is the degradation of human dignity and the humiliating of human beings.

In this article, I will explain the principle types of spousal violence. When we talk about spousal violence, some people think that it occurs because the victim provokes the abuser to violent action, while others consider that the abuser simply has a problem of anger. In fact, the roots of spousal violence can be attributed to a variety of cultural, social, economic, and psychological factors. In a typical scenario, abuse may start with the husband taking control of family's finances, forbidding his wife to work outside the home, telling her that she lacks personal skills and abilities, and isolating her from relatives and friends.<sup>6</sup> Moreover, cultural values and beliefs such as the patriarchal privilege of legitimate chastisement of wives and the idea of male-dominated society precipitate violence against women. These circumstances lead to the threat of

violence and actual violence between the spouses.

This article will analyze those factors relating to spousal violence. Logically, everything has causes and consequences. In the case of spousal violence also, there are some factors which cause the spousal violence and its consequences. Whatever a nation's any social or economic system, its citizens may encounter domestic violence or spousal violence or disputes over family matters. These, article will focus on a number of general issues, relating to the causes and effects of spousal violence. It is not intended to consider the relevant problems from point of view of a particular country or culture. Moreover, all incidents are triggered by causes and ended in effects or results. But in domestic violence, it is rarely a one time event, as abuse tends to increase in frequency and severity over time. Once the violence has occurred, it makes continue over time and the abused person may become the perpetrator or abuser in the future. That is why the concept of cycle of violence is an important part of this article.

## **II. Types of Spousal Violence**

Spousal violence or abuse may include physical violence, psychological violence, sexual abuse and economic abuse which are used by one person to control and dominate another.<sup>7</sup>

### **2.1. Physical Violence**

Physical violence includes acts that are perceived as having the intention of producing bodily harm or injury.<sup>8</sup> It can refer to behaviors that threaten, attempt, or actually inflict physical harm. Forms of physical violence include:<sup>9</sup>

- throwing an object at someone,
- pushing, grabbing, or shoving,
- slapping,
- kicking, biting, or hitting,
- trying to hit with something,
- beating
- choking
- threatening with a knife or gun, or some other dangerous objects.

## **2.2. Psychological Violence**

Psychological violence refers to acts that cause psychological harm. It can occur when one partner said or does something to humiliate or threaten the other. The following categories of behavior can be described as psychological violence:<sup>10</sup>

- verbal attacks such as ridicule, verbal harassment, and name calling, designed to make the women believe she is not worthwhile in order to keep her under the control of the abuser,
- isolation that separates a woman from her social support networks or denies her access to finances and other resources,
- extreme jealousy or possessiveness, such as excessive monitoring of her behavior, repeated accusations of infidelity, and having control over whom she had contact,
- verbal threats of abuse, harm, or torture directed at the woman herself or at her family, children, or friends,
- repeated threats of abandonment, divorce, or of initiating an affair if the woman does not comply with the abuser's wishes, and
- damage or destruction of the woman's personal property.

## **2.3. Sexual Abuse**

Sexual abuse can be defined as forcing someone to have sex when she does not want to, forcing someone to engage in sexual acts she does not like or finds unpleasant, frightening, or violent, forcing someone to have sex others or watch others; criticism of sexual performance; sadism; anything that makes her feel demeaned or violated. This form of abuse may also include forcing a woman into reproductive decisions that are contrary to her wishes; or forcing her to have sex without protection against disease or pregnancy.<sup>11</sup> Sometimes, it also involves physical abuse and cruelty.<sup>12</sup> The majority of sexual abuse is directed towards women.<sup>13</sup> Therefore, the sexual acts may be committed against a partner by physical force or threat and it may be displayed as a relationship based on power rather than love.

## **2.4 Economic Abuse**

Economic abuse is improper or illegal use of the partner's money and property without their permission. It may include taking money, property or possession by coercion, influencing the making of a will, cashing cheques and using bank accounts without authorization, or misusing of attorney or

representation agreement,<sup>14</sup> or also the denial of food and basic needs, and controlling access to employment.<sup>15</sup> Moreover, men are mostly regarded as the bearing that burden of family as they have to pay for the family's daily expenses. Although there are families in which women have a leading role, this is not generally the case, especially in developing countries. A man may refuse to pay for daily expenses when he dislikes his partner or when he feels uncomfortable in his daily life. Whatever the reason is, he may use his dominant position as a weapon against his partner. One can speak of economic abuse if a partner's property is damaged or threatened to be damaged.<sup>16</sup> Therefore, the spousal violence may happen when the one's financial resources misuse his or her.

### **III. Causes of Spousal Violence**

What are the causes of spousal violence? And when does it begin? Spousal violence can start at any stage of the relationship, even after several years into the relationship. It can also occur at any time during or after the spousal relationship. In order to understand the spousal violence, we must identify the causes of such spousal violence. It can be caused by the social structure which the spouses belong to or by the partner emotion status or by their economic circumstances.

#### **3.1. Individual Causes**

##### **3.1.1. Emotional Causes of the Spousal Violence**

An emotional state of a partner is an important factor that can explain many instance of spousal violence. Sometimes, a spouse abuses his or her partner violently because he or she as individual can't control his or her impulses or emotions. There are some situations which cause the spousal violence such as stress, anger, depression and low self-esteem, sexual jealousy, disputes over children, drug abuse and alcohol dependency and so on. Emotional cause is also relating to both economic and social or cultural causes. Without a pleasant emotion between spouses or intimate partners, they cannot build a pleasant life and they will blame each other for these. And this can result severe violence.

##### **3.1.1.1. Outlet to Stress**

Stress may be defined as a psychological state which is the internal representation of a particular and problematic transaction between the person and their environment.<sup>17</sup> Stress is common to everyone. It can be caused by trouble at work pressure, loss of beloved person or pet, money problems, retirement from

job, serious health problems, legal troubles, marital problems, etc. If someone experiences stress, he or she tends to respond improperly to others. His or her relationship with others changes and this can lead to violence if the person who is under stress fails to control it. The stress can affect anyone at any time. Many individuals when stressed will become depressed and socially isolated; others are angry and physically aggressive.<sup>18</sup> Therefore, stress can be viewed as a significant cause of violence among the spouses.

Today, most people are under stress for one reason or another because they are struggling to meet their everyday needs. But, when someone is under stress which cannot be controlled by him, he or she is likely to cause violence as he or she is trying to find an outlet or loophole to reduce their stress. It can also be said that the stress is caused by economic or social circumstances to a certain extent.

Generally, economic circumstances play a vital role in family affairs. For instance, when a person cannot have enough earnings for his or her standing or family, when he or she cannot avoid some situations, such as he or she has to pay for room fees, social service costs, increasing costs of raising children as they grow older, illness, old age<sup>19</sup>, he or she will certainly feel some stress. In the same way, social situations such as poverty, racial and sexual discrimination or harassment, unemployment, isolation, and a lack of social support all take a toll on daily quality of life.<sup>20</sup> When they come across these social conditions, they will experience stress. Not all the stress is the great or serious. But, the small amount of daily social stress may lead to violence when it produces an intolerable situation. Therefore, the social stress as well as economic stress is the problem among the individuals or family members. Whether it is healthy, psychological, financial, or social, relations may be linked to the spousal violence.

### **3.1.1.2. Anger**

As we all know, anger is a very common human emotion. No one is free from anger. Being a figure of humankind, anger is not extinguishable. It is a strong emotion of displeasure. Individually, anger is a component of a personality disorder<sup>21</sup> or an expression of being out of control. It is also said as the negative emotion. It includes negative reactions to stress, how a person experiences emotions, and a person's expectations of other people's attitudes toward the use of aggression to achieve certain ends.<sup>22</sup>

All human beings respond to other people verbally or in action to express their feelings of anger when they dislike a person or behavior and when they cannot control their feelings. When a spouse feels anger, he or she expresses that anger verbally and then he or she may release his or her anger physically by beating the other. Moreover, sometimes such a reaction can result in the victim's death. Hence, anger places a major



raw as a factor for the domestic violence.

#### **3.1.1.3. Low Self – Esteem**

Self-esteem is a core identity issue, essential to personal validation and our ability to experience joy. Low self-esteem often results in depression and anxiety. Physical health suffers as well.<sup>23</sup> Nobody could feel well and behave in the proper manner towards other if he or she experiences low self-esteem. Especially, a spouse with low levels of self-esteem may resort to physical retaliation against to maintain the appearance of control especially if the abuser is unable to express his feeling verbally. The easiest targets of opportunity are typically family members.<sup>24</sup> Thus, low self-esteem is one of the principle causes of spousal violence.

#### **3.1.1.4. Sexual Jealousy**

Sexual jealousy is an emotional state which frequently triggers spousal violence. Sometimes, the women express feelings of alienation from their husbands such as a feeling of worthlessness. Many women related that their husbands constantly accused them of infidelity and adultery. On the other hand, husbands sometime doubt their own virility and question their wife's fidelity. They may discourage the wife from participating in activities outside the house.<sup>25</sup> Then the spouses are more jealous and less trusting of their marriages. As a result, sexual jealousy is connected with the marital problems and violence.

Why does sexual jealousy play such an important role in spousal violence? Abusers, mostly men, are often very sexually possessive. These are basic factors in the possible confrontation between partners. The men usually question and find fault in the partners because of sexual jealousy. Problem concerning sexual fidelity are very familiar to many couples.

At the same time, men's annoyance regarding sex may be said to be an important problem possibly leading to confrontation and arguments. Three percent of the men in the Violent Men Study said they had physically forced their partner to have sex, while about one quarter of the women said they had been physically forced to have sex.<sup>26</sup> In reality, sexual jealousy is an indication of mistrust although an abuser says jealousy is a sign of love. It is obvious that sexual jealousy can leads to quarrels between the spouses and can results in the serious violence.

#### **3.1.1.5. Conflicts and Disputes over Children**

Some conflicts and dispute over children are among the main factors causing spousal violence.

Some may argue that the violence between partners is not relevant to children and all that the violence even affect children. However, there are some evidences that conflicts and disputes over children can be a source of spousal violence.

Conflicts over children take several forms. Some involve the amount of time and energy women spend in child care rather than husband care. Some involve conflicts about what to do about children trouble or about the usual troubles of adolescents. Some involve the “invasions” of the woman’s children from another relationship who “spoil” the man’s desire for an exclusive relationship with his partner and “their” new family.<sup>27</sup>

Regarding disputes over children, there are indications that many husbands resented parental responsibilities, both emotional and financial. They usually have arguments over disciplining the children often when the husband would beat one of the children. The wives felt that their husbands regarded children as a threat to the relationship because the children would “rob” them of their wives affections.<sup>28</sup> Frequently, the spouses have different views and treatments on their children disputes. Thus, men as of father and women as of mother have some confrontations about the conflicts and dispute over their children. These confrontations sometimes lead to the violence among the spouses.

### **3.1.1.6. Drug Abuse and Alcohol Dependency**

The use of alcohol and the drugs has also been noted as a factor in domestic violence. The overuse of alcohol has long been recognized as a major correlate of spouse abuse. Some researchers note that alcohol was involved in 55% of domestic assaults.<sup>29</sup> Alcohol may also have physiological effects that would lead to increased aggression. Alcohol causes a decline in conceptual abilities that can cause a misinterpretation of actions of other people.<sup>30</sup> In UK, Gayford’s (1975) sample of battered women described their husband’s drunkenness as a contributing factor to violence on a regular (52%) or occasional (22%) basis.<sup>31</sup>

Obviously, individuals who consume alcohol or drugs are at greater risks of violence perpetration of violence acts and victimization than individuals who do not consume such substances. Alcohol and drugs undermine a person inhibitions and self- control making people do things they would not normally do. Hence, the intoxication is a serious marital problem and the abuse is an unfortunate consequence of alcohol and drugs.

### 3.1.2. Economic Causes of Spousal Violence

Economic abuse may take place when individuals control access to other person's resources, such as food, clothing, shelter, insurance, and money.<sup>32</sup> Most of the people think that spousal violence or abuse refers to physical violence and they are not aware of the impacts of economic abuse. Women's economic status is a crucial component to the problem of domestic violence. In general, if women have less financial safety and less access to financial opportunities, battered women will generally have fewer options for escaping the control of a batterer. Normally, woman in society has been economically dependent on man throughout time. The man is the head in a family and they are regarding themselves as having to manage all the properties and wealth in the family.

In daily lives, man influences with the express decisions concerning money. This is based on the belief that the money is the man's possession or at least he has more right to it than the woman. Such situation involves the withholding information on common money, control of expenses, questioning on the details of spending, withholding money, keeping secret bank accounts and credit cards.<sup>33</sup> Husband often give no chance to women to manage their financial or economic affairs. Women experience the financial abuse since they are dependent on their husbands. As she is dependent on her spouse financially, even if she wants to escape from this abuse, she is not being able to do it. She can do two things either she responds to it or tolerate this abuse whether she likes it or not. So some cases of spousal violence are contacted with economic causes like inequality or imbalance and lack of the financial resources among the spouses.

#### 3.1.2.1 Direct Economic Causes of Spousal Violence

The control of financial resources is an important indicator of the distribution of power within families. Generally, economic resources of a family such as land and houses are owned and managed by male spouse. Male control of family based on the *Patriarchal system* inevitably places decision – making authority in male hands, leading to male dominance and proprietary rights over women.<sup>34</sup> The concept of male property rights over women is recognized by law in some countries. For instance, English feudal law reinforced that concept.<sup>35</sup>

In some countries, women still can not own property, and their husbands or male relatives have full control over all resources. Women are seriously disadvantaged economically in relation to men.<sup>36</sup> It is clear that the allocation of resources is a frequent and main source of conflict in spousal relationships. Men are usually defined as the primary income providers while their partners' main responsibility lies in domestic

servicing.<sup>37</sup> Sometimes, men want to control their wives through financial power. Precisely, the values based on the patriarchal system and societies are directly related to the spousal violence through the imbalance of economic resources between the spouses.

Moreover, the unemployment or low income or the situation where a spouse, usually a woman, is not allowed to work generates the economic difficulties of the spouses. Some husbands may prevent their wives from working. The economic dependency of women continues to be a fundamental feature of most societies. Economic deprivation has been identified as both an important contributing factor and as a consequence of violence. The lack of money may lead to a change of life-style. These financial commitments are foster the prospect of family stress<sup>38</sup> and then domestic violence. More pervasive forms of economic change are accentuating the prospect of violence at the home. Unemployment, with its consequent insecurity and loss of self-esteem, ranks high in this regard.<sup>39</sup> Thus, poverty in the family is a primary factor which contributes to spousal violence.

In addition, women have no power to escape from an abusive relationship if they have no economic independence. The reverse is that 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. Therefore, economic deprivation is one of the main causes of the spousal violence.

### **3.1.2.2. Indirect Economic Causes of Spousal Violence**

Besides the above factors, there are some causes which indirectly contribute to spousal violence. Most men frequently exercise their financial power to control and dominate their partners. This practice comes out of a community based on the patriarchal system which has promoted economic and legal conditions that maintain wife abuse. Thus, women have difficulty gathering the financial resources to leave their abusive husbands or, if they left, often they are driven back by their economic vulnerability.<sup>40</sup> This patriarchal system makes it easier for men to dominate their wives and to control their financial resources. On the other hand, economic imbalance is based not only on patriarchal domination, but it is also caused by the labour market which is favoring to man employee rather than the women employee. For instance, in Japan, according to the figures in 2007, while male regular worker's salary level stands at 100, female regular worker's salary level is at 68.1. Likewise, the salary level for male part-time workers is 53.8 while that of female part-time workers remains almost flat at 42 to 47.<sup>41</sup> As a result, many husbands in Japan are

indifferent to housework as a woman's chore. This indifference illustrates unchanged systematic discrimination against women as a part of the workforce and in society.<sup>42</sup>

Moreover, spousal violence occurs when the spouses are jobless or have not enough income or imbalance of income and outcome. It relates to situations where the women are not allowed to work outside the house. Some societies think that the women should stay inside, maintain the household and family. If they go out and work, the harmony of the family would be destroyed. The husband may also prevent his wife from working. The creation and continuation of this economic dependency often constitutes a major obstacle facing an abused woman.<sup>43</sup> In addition, some employers prefer to recruit men rather than women. Some women do not have education or the job skill require for employment. Some have necessary qualifications for job but they cannot work because of their children duties and household responsibilities. So, they have less money and they have to rely on their husbands.

Women generally view money as belonging to the family as a whole to be spent on children, the household, men's personal needs and recreation, and lastly, on their own personal needs and desires.<sup>44</sup> The husband controls all of the earned income by keeping tight reins on the budget. The wife is given just enough money to buy groceries for the family.<sup>45</sup> So she lacks money to spend for her personal items or desires. Some husbands only prefer to pay for actual needs of the family and they think this is enough. On the other hand, women have to spend for some items rather than actual needs. Some husbands may think that their wives are spending money carelessly. Some women may also feel that husband are very stingy and pay no attention to family matters. These are indirect causes of spousal violence.

### **3.2. Social and Cultural Causes of Spousal Violence**

Spousal violence is also relating to social and cultural factors. Social factors contributing to spousal abuse often relates to the role of women in society because most victims of intimate violence are women. Violence rooted in unequal power between men and women may also include frequent infliction of harm that is justified or exonerated by custom, tradition, religion, or by the relationships surrounding the crime even if the inflicted harm is considered criminal by law.<sup>46</sup> Therefore, this is one of the main causes which relate to the issue of spousal violence.

#### **3.2.1. Patriarchal System**

Patriarchy is an ancient under ongoing social system in which the head of the family or household

is the supreme authority in the family. Sometimes, certain actions that violate patriarchal traditions are criminalized. Examples include penalization of abortion and/or voluntary sterilization and penalization of certain sexual preferences.<sup>47</sup> Some customs support men's absolute control and ownership of their wives. Some societies think that men are always the leaders and women are followers. Most societies gave the patriarch of a family the right to use force against women and children under his control. Roman civil law gave legal guardianship of a wife to her husband. This concept, "*patria potestas*", included the largely unfettered ability of the husband to physically beat his wife, who becomes, in legal effect, his "daughter". He also had the right to sell a wife into slavery or, under certain circumstances, to put her to death.

Traditions of subordination of women have a long history rooted in patriarchy – the institutional rule of men. Women were seen in virtually all societies to be naturally inferior both physically and intellectually. In ancient western societies, women, whether slaves, concubines or wives, were under the authority of men and they were treated as property. As men ruled in society so husbands ruled in the home.<sup>48</sup> Under the patriarchal system men assumed that they can control all in the family. The man is the head of the household; assertive and always right, unconditionally. The woman is expected to fulfill the man's needs and to support him in whatever he believes and does, unconditionally. Children are also to be submissive and obey elders without question – especially their father. The child's duty was that of "unquestioning obedience", the wife's to "submit" and "defer" to her husband's rule. His order is final and exclusive. He may think of as the lord or master in the family and of the wife and children as his followers or servants. Thus, he behaves as he likes and sometime he does not hesitate to act aggressively. Because of the evil effects or misunderstandings rooted in the patriarchy, men make sometime torture their wives and children because the law gives permission to them to chastise their wives.<sup>49</sup> Patriarchy is associated with the subordination and oppression of women. Patriarchy accounts for the historical pattern of violence directed against women in intimate relationships. The violence is often institutionalized, or formalized in societal structures, for instance in traditional laws and customs that permit husbands to physically punish their wives.<sup>50</sup> In the patriarchal system, it is obvious that men have a right to subordinate their spouses. Hence, this system is viewed as a root of the spousal violence.

### **3.2.2. Habit of Chastisement or Use of Force and Control**

Moreover, some societies and traditions have sanctioned the chastising and beating of wives.<sup>51</sup> The historical definition of marital contracts according to legal sanctions worldwide gave men enormous power

and essentially characterized women and children as chattels to do with as men pleased.<sup>52</sup> For instance, the Anglo-American common law originally provided that a husband, as master of his household, could subject his wife and children to corporal punishment or chastisement so long as he did not inflict permanent injury upon on them.<sup>53</sup>

Until the late 19<sup>th</sup> century, Anglo-American common law gave husbands superiority over their wives in most aspects of the marital relationship. By law, a husband acquired rights to his wife's person, the value of her paid and unpaid labour, and most property she brought into the marriage. A wife was obliged to obey and serve her husband. As master of the household, a husband could command his wife's obedience, and subject her to corporal punishment or chastisement if she defied his authority. In his treatise on English common law, Blackstone explained that a husband could give his wife moderate correction.<sup>54</sup> Some traditions allow the killing of 'errant' wives suspected of defiling the honour of the family by indulging in forbidden sex or divorcing without the consent of family. Accordingly, men are given power to use of force and control the family.<sup>55</sup> This is also a source of spousal violence.

### **3.2.3. Values Surrounding the Family**

The values surrounding the family sometimes have negative effects as well as positive outcomes. When the spouses live in the extended family, the intervention of other family members such as parents, or brothers, or sisters of a spouse can sometimes cause problems and violence between the spouses. Even when the spouses live outside the family, the influences of these members sometimes have improper effects on it. When a spouse hears about the direct interference upon the relationship between them, or when he or she notices unwanted interferences indirectly, these will diminish the values which surrounded the family. But on the other hand, in situations where they offer no help while a spouse is suffering violence makes him or her feel seriously injured. Thus, family support or intervention can have diverse results.

In addition, each individual personality is represented as a configuration of key concepts in the situational life space. The tendency of the men to see the women as possessions which is frequently an outcome of cultural values has its personality correlates of jealousy and insecurity. The personality factors which include low frustration – tolerance, jealousy, masochism, aggression have been cited in spousal violence situations.<sup>56</sup> Therefore, the value of family and the concerned spouses are much related with the spousal violence.

### 3.2.4. Cultural Impact

“Culture” is a collective design for living; it is nevertheless true that not all such designs are equally serviceable.<sup>57</sup> It includes knowledge, belief, art, law, custom and other capabilities and habits acquired by man as a member of society.<sup>58</sup> The cultural environment plays an important role in spousal relation and its matters relating to spousal violence. For example, the unequal power distribution between men and women subjects women to male dominance in all spheres of life (work, family, and community life). Male power extends to the sexual relationship as well as to work and social relationships. The various ways in which coercion is used depend on men’s use of their physical and social power to maintain that dominant position. In addition, growing up within the framework of a patriarchal society that emphasizes male dominance and aggression and female victimization, children are socialized into their respective sex roles.

These practices and values are being practiced in many countries and in many social customs. The Hispanic cultural value of “machismo” supports some Latino men’s belief that they are superior to women and the “head of their household” in determining familial decisions. “Machismo” may cause some Hispanic men to believe that they have the right to use violent or abusive behavior to control their partners or children.<sup>59</sup> In Roman society custom allowed women to be purchased as brides and treated as additions to the husband’s property. The husband had the right of life and death over his wife, children, and family slaves. During this period the wife’s status was closely akin to that of a slave. She was responsible for bearing and raising the husband’s children, and subjected to violent beatings or death if she acted contrary to his wishes or to the social code of the time. In Western history, the hierarchical structure of society in some cases gave permission to husbands to beat or even kill of their wives and English common Law permitted that physical “chastisement” of wives, according to the seriousness of her offence.<sup>60</sup> The cultural norms prevailing in some countries are not only unable to prohibit domestic violence but also encourage it. Thus, spousal violence may have been adaptive to these cultural environments.

Regarding patriarchal system, Dobashes<sup>61</sup> identified two central features for the foundation of patriarchy. The first is the manner in which social relationships routinely reinforce the dominating and controlling position of men. The second feature is the sanctification of a system of social relationship from which violence between men and women may result. The very underpinnings of such relations are sustained by an ideology embedded in our system of institutions, including our religious, political and economic systems.<sup>62</sup>

Moreover, the existence of a common value system in society to which most members subscribe



and that is eventually internalized into a belief system by the majority of societal members. This can be assumed to be true for most forms of crime and deviance, but the existence of a common belief system regarding violence against women is questionable. In society, there is a diversity of objectives available for forming attachments, involvement, and commitments are strengthened in a network that endorses male dominance values. Societal values have not consistently denounced assaults on wives but, in fact, throughout history, have upheld men's right to subjugate their wives by force.<sup>63</sup>

By the cultural patterning of aggression, violence is a learned behavior shared by members of groups whose value systems encourage the use of violence. It is also a reflection of basic values that shape the norms governing family life, conflict resolution, child-rearing practices, and so forth. In addition, violence is transferred from one generation to the next by individuals who witness or are victims of family violence in their childhood homes.<sup>64</sup> Since the cultural is the root of the values and beliefs of society, the members of society are visibly influenced by it. If one's culture allows men to have more power or to dominant women and there is a sharp imbalance in the family, it is obvious that there will frequently be violence.

#### **IV. Consequences of Spousal Violence**

Spousal violence has a series of consequences for individuals, family and society. Abused victims and related persons experience fear, lack of the self-confidence and are helpless, confused and may even exhibit suicidal tendencies.<sup>65</sup> Of course, it is not only dangerous to the parties concerned but also to persons who are not directly involved, such as, the children, elders, and other family members. Once the violence has been committed, for whatever reason, we should know that it may occur again.

##### **4.1. Effects against the Family**

Generally, the typical forms of family in our societies are the extended family, consisting of senior generation and the junior generation, and the nuclear family consisting of parents and children. Every member in a family will suffer harm when spousal violence occurs. When the spousal violence occur in the nuclear family, it will affect both spouses and children. But in case of extended family, it will affect not only the spouses and children but also other family members. Sometimes arguments in families get out of hand and people get hurt. When this happens between adults, it affects everyone, especially the children. Domestic violence or spousal violence happens in all sorts of families and plays a major part in the breakdown of families. When it happens, family members are not feeling safe and do not trust each other. As family

members have to support each other physically or emotionally within that family, they lose confidence or they experience low self esteem because of the violence. They become frustrated and angry and they find it hard to keep the feelings under control. They also feel very lonely in the family and the worse thing is that they are not appreciated by the family.

#### **4.1.1. Effects of Violence against Men**

Spousal violence may occur by one partner to another regardless of sex. Not only women but also men may be abused by the other partner. Though most spousal violence is perpetrated by men, there are some cases in which men are abused by women. Spousal violence often involves female aggression or mutual combat. In those cases, the men could be injured or killed and may need of medical attention. They are often mentally and physically exhausted. They feel angry, frightened, desperate and very lonely.<sup>66</sup> In addition, they feel helpless. Sometimes abused men tried to tell someone about it. They try to stay out of home to avoid facing their female partners. But most do not feel comfortable to tell other about their plight. Victims often feel trapped in the situation and see no way out.<sup>67</sup> Abused men are ashamed and embarrassed to admit that they are victims and to seek help, especially from friends or family members to whom they do not wish to appear weak or incapable of handling their own problems.<sup>68</sup>

Society seems to neglect women's violence against men to some extent, probably because of the assumption that men suffer less physical injuries and that men can "take it better" or more easily defend themselves and the old stereotypes – traditional forms of masculinity where men are supposed to be strong and tough.<sup>69</sup> Again the violence of women is regarded as the products of uncontrollable psychological forces that render a woman helpless, thus stigmatizing her as sick rather than as merely emotionally. Even with respect to serious crimes committed by women, such as cutting a male organ while he is asleep, the jurors or judges are often sympathetic to the women accused.<sup>70</sup> Such violence is unreported and often ignored or inaccurately justified as action in self-defense.

One of the best known relating to the problem of domestic violence and wife abuse is the case of "*R. v. Thornton*," also known as the Sara Thornton's Case in Britain. In this case the wife's conviction for the matter of her abusive husband was quashed and a retrial was ordered by the appellate Court and she was sentenced to five year's imprisonment for manslaughter. The juries were sympathetic to the accused because of her diminished responsibility, personality disorder and the effect of her deceased husband's abuse over a period of time on her mental state.<sup>71</sup> Although some commentators have argued that male and female in the

legal system ought to be treated equally, the position adoptive in the Sara Thornton Case still prevails and is in use in the field of homicide law.<sup>72</sup>

An increasing number of men are experiencing verbal or physical abuse from their partners. For this reason, abuse against men is more hidden than violence against women.<sup>73</sup> The attacks against women by men involved the use of bodily force (hitting, punching, slapping, kicking, etc), but when women assault men, that bodily force can include kicking, slapping, hitting, throwing the objects and using weapons. Naturally, men are stronger than women so they are not very likely to suffer a serious injury from hitting or kicking or similar forms of assault. But when women use weapons for an assault, this may result in greater injury to men. Therefore, the men who were injured by domestic violence required medical attention and had to be hospitalized overnight or longer.<sup>74</sup>

The violence is damaging in a number of ways, not just in terms of physical injury. Even when a woman slaps a man, and she doesn't cause any physical damage, the man may suffer psychological harm. There is ample evidence that victims of domestic violence suffer grave damage to their self-esteem. Moreover, such violence contributes to drug and alcohol abuse, mental illness, attempted suicide, and depression.<sup>75</sup> There are no absolute rules for understanding the emotional differences between men and women. Domestic abuse can also be mental or emotional. However, what will hurt a man mentally and emotionally, can in some cases be very different from what hurts a woman. For some men, being called a coward, impotent or a failure can have a very different psychological impact than it would on women. Unkind and cruel words hurt, but they can hurt in different ways and linger in different ways. Mostly, men are more deeply affected by emotional abuse than physical abuse. A significant number of men are overly sensitive to emotional and psychological abuse.<sup>76</sup> Similarly, humiliating a man emotionally in front of other men can be more devastating than physical abuse.

A woman's aggression may take many forms besides hitting or throwing things. A common issue is money or finance. Cash may start disappearing, or she will make extensive use of a credit card and will run up debt. When the man asks about expenditure, she will abuse him. She will make him feel guilty when he suggests that certain articles cannot be afforded. Commonly, one day the man simply finds all their accounts have been drained and she is nowhere in sight. Sometimes, women file a restraining order and then take all available money or sell any belongings that the man is forced to leave behind.<sup>77</sup> Though the man is provided of income for the family, when he is faced with these financial abuses, he may feel guilty himself; he cannot leave the family or stay in it at the same time. He will feel trapped in it and he may blame himself for the

situations.

Nowadays, some women have the chance to earn more money than men. A man may become the second person in the family as far as finance concern. He has no power to decide anything in the family. When he also meets with this situation, he will not think highly of himself and he may lose his self-esteem. In these two situations, a man's health and status of mind may be obviously affected. He will not be so relaxed, he may not have the taste of family life, the worse thing is that he will try to escape from this dilemma by using improper ways, such as taking drugs or alcohol, finding fault and physically torture to others or himself and so on.

When a man is subjected to domestic violence by his partner, he becomes isolated as he does not wish to express his feeling and to avoid embarrassment. And at least, he will not try to bring his friends to his home because of his worries to see his failure. That makes him feel very uncomfortable and he may terminate the relationship with his friends. In order to escape from his dilemma or to stay away from his home, he may stay away from social functions more and more. The surest thing is that most of the men who have been abused by their female partners try to avoid spending time with their families.

Unfortunately, there are few services for battered men, and some end up in homeless people's shelters, and may not receive additional assistance. In case of spousal violence, the majority of resources and programs are geared toward women.<sup>78</sup> Hence, men feel upset and don't behave towards others properly. Their productivity at work becomes worse. Moreover, they may become alcoholic, or gamblers, or victims of drug abuse. At the end, they will behave in the same manners to the abuser so the domestic violence will continue or the spousal relationship will end with many problems. Actually, termination of relations is a last resort for people who have exhausted other forms of social control, and who no longer can find value in remaining in relationship that is marred by physical or emotional violence, or who fears for their lives or the lives of their children. The problems can still exist even after their termination of the relationship and such problems continue the hatred between the parties, such as the guardianship for children (if any), fear of loss of emotional intimacy and financial security and so on.

#### **4.1.2. Effects of Violence against Women**

For the most part, spousal violence is perpetrated by men against women and most victims are women. The consequences of violence against women affect those victims suffering with a short- term and long- term problems including physical injury and illness, psychological injuries, economic lost and death.

However, the same act can have very different meanings depending on many features that shape perceptions and behavior, including the age of the victim, her relationship with the perpetrator, culture, social class, sexual orientation, and perceived intent of violence. The violence associated with rape causes a high risk of physical injury and death. Victims of rape or sexual assault experience more symptoms of physical and psychological ill health.<sup>79</sup> Due to their superior size and strength, male abusers cause more immediate, life-threatening damage to their victims. Women are more likely to be killed or severely injured by domestic violence because their attackers are usually bigger and stronger.<sup>80</sup> Women who have sustained sexual or physical assault have been found to disproportionately suffer from depression, thoughts of suicide, and suicide attempts.<sup>81</sup>

Moreover, high levels of violence during pregnancy resulted in risks to the health of both the mother and the unborn child. Sexual abuse and rape can lead to unwanted pregnancies and the dangerous complications that follow from resorting to illegal abortions. Women in violent situations are less able to use contraception or negotiate safer sex, and therefore run a high risk of contracting sexually transmitted diseases including HIV/AIDS. Battered women have a high incidence of stress-related illnesses such as post-traumatic stress syndrome, depression, sleeping and eating disorders, high blood pressure, alcoholism, drug abuse and low self-esteem.<sup>82</sup>

Abused women are at higher risk of miscarriages, stillbirths, and infant deaths, and are more likely to give birth to low birth weight children, a risk factor for neonatal and infant deaths.<sup>83</sup> When women suffer violence by their partners, they want to escape the violence situations. But, some could not do like that because most women are raised to believe that the woman is the primary caretaker of the family, the member responsible for "holding things together". Furthermore, financial pressures are also a big obstacle for many women who are expected to provide for themselves and especially for their children.<sup>84</sup>

Therefore, women experiencing domestic violence may also turn to alcohol or drugs as a form of escape from the violence. In some minority communities, domestic violence can be perpetrated and/or condoned by the extended family and the community at large. The victim may be accused of bringing dishonor to family and the community, if they question or leave abusive and oppressive relationships. This often results in severe consequences such as social ostracism, sexual harassment and acts of violence, including so called 'honour killings'.<sup>85</sup> There is no doubt, as mentioned earlier, that man victims are often not capable of escaping from the violence and they may be falling down as the abused parties. Whether the victim is male or female, or whoever the perpetrator is, the degree of suffering by abused women is more than that of men.

#### **4.1.3. Significant Effects on Children**

While the spousal violence is affecting spouses or couples who are involved in a quarrel, it also affects to the children directly or indirectly. Moreover, it can be danger to society or community because once a child suffers from domestic violence or spousal violence or family quarrelling as an eye-witness. The witnessing of domestic violence can be auditory, visual, or inferred, including cases in which the child witnesses the aftermath of violence, such as physical injuries to family members or damage to personal property.<sup>86</sup>

Children, either as victims or as witnesses to domestic violence, even if they are not the direct targets of the violence, can be affected in their emotional development and behaviour as well as in their educational adjustment.<sup>87</sup> In the home where violence occurs, fear, instability, and confusion replace the love, comfort, and nurturing of the children's needs. Children learn that relationships involve pushing, kicking, hitting, and punching are acceptable behaviours, and that violence is a means of getting what one wants. There is a real danger that children will learn aggression and it will become part of their pattern of behaviour. These violent patterns of behaviour are transmitted from generation to generation and abused children often become abusive parents and abusive spouses.

These negative effects may be diminished by enacting laws which prohibit the domestic violence causing direct or indirect harm on children. Some countries have enacted laws that are prohibiting the domestic violence affecting to child victims. For instance, in Japan the Child Abuse Prevention Act<sup>88</sup> stipulates that the spousal violence causing a child's emotional damage shall be liable under this law. It can be said that, whatever the cause may be, the violence can have both direct and indirect effects on the children.

##### **4.1.3. 1. Direct Effects**

When domestic violence is occurs in a family, it will affect not only the spouse but also the children. There are some children who suffer directly by the parental violence at home. As a result, the spousal violence cause harm to children directly and they are at risk of injury during violent incidents. Women living with abusive partners face enormous challenges in trying to be the best mothers they can be. Children may be isolated from potential sources of support and can learn to see the world as scary and unsafe.<sup>89</sup> Sometimes, when children intervene to rescue their mother, by deflecting the abuser's attention to them or, by distracting the abuser, or seek outside help (e.g., calling the police, running to a neighbor's house) during the domestic violence,<sup>90</sup> they may get injury by the abuser. That injury to children can sometimes lead

to death.

Moreover, domestic violence can severely impair a parent's ability to nurture the development of their children. Mothers who are abused may be depressed or preoccupied with the violence. They may be emotionally withdrawn, numb or irritable or have feelings of hopelessness. The result can be a parent who is less emotionally available to their children or unable to care for their children's basic needs.<sup>91</sup> Even when children are protected from direct harm and from witnessing violence or conflict, they will be affected by the impact on their parents' ability to care for them. Also they may be very distressed by witnessing traumatic incidents, particularly when a parent is injured. Posttraumatic stress disorder occurs in a substantial number of children exposed to domestic violence.<sup>92</sup> It can be said that the domestic violence affects children as severely as the abused partner.

#### **4.1.3.2. Indirect Effects**

Even if children are not directly abused, living in a family in which there is violence between their parents puts children at risk. These children have been found to exhibit high levels of aggressive and antisocial, as well as fearful and inhibited behaviours. The children who have experienced parental violence have more deficits in social competence and higher levels of depression, anxiety and temperament problems than children in non-violent homes.<sup>93</sup> Depression, developmental problems, acute and chronic physical and mental health problems, and aggressive or delinquent behaviour are the consequences of parental violence on their children.<sup>94</sup> Therefore, children who experience parental violence at home are more likely to develop emotional and behavioural problems.

Children who have witnessed domestic violence may have difficulties at school and find it hard to develop close and positive friendships. They may try to run away and in some cases they may display suicidal tendencies. Some of the school-age children in domestic violence situations show clinical levels of anxiety or posttraumatic stress disorder. Without treatment, these children are more prone to delinquency, substance abuse, poor academic performance perhaps leading to dropping out of school, and difficulties in their own relationships.<sup>95</sup>

In addition, children who witness domestic violence experience depression and psychological distress and are more likely than other children to be physically violent. To hide family secrets, children who live with a violent family usually don't invite friends home and they try and prevent parents' contact with

others. In consequence, they are cut off from people who could listen and help or people who could recognize the problem. <sup>96</sup>Those severe humiliation and shame in childhood have an impact on adult relationships and may act as precipitants to violence.

#### **4.1.4. Effects against other Family Members**

When spousal violence occurs, other family members who are living together with those spouses may also experience physical, emotional and economic difficulties. As soon as the violence occurs in the family, the other family members usually try to stop it or try to keep away from it. Whether they can stop or hide from such violence or not, it causes physical or mental pain in their mind more or less.

When the spousal violence continues, some abused victim may leave from the abuser to gain immediate safety or to escape from serious situation. The relatives or close friends have to hide the victim in order to rescue her from the situation. Some perpetrator may respond by pursuing the partner, promising to change, apologizing, or trying to reform. But some are not using such ways. They want to tackle this by using improper or violent ways instead recognizing and apologizing for their fault. They often act aggressively or mistreat the relatives or friends of the victims.

By employing violent ways or using rude manners, one may bring about life-threatening risks even in minor cases. Some cases are filed before the court as criminal action but some cases remain silent as the victims or attacked persons are not willing to report their damage. Whatever the result; the effects of violence against other family members are regarded as unwanted or discourteous manner of the abuser. The third parties or victims who suffered from domestic violence are sought to be protected in many countries. For example, In Japan, the Prevention of Spousal Violence and the Protection Act<sup>97</sup> gives favour to the victims by allowing them to rely on non-molestation order or protection order against abusers.

In addition, the consequences of the spousal violence are serious if the spouses are the key persons to take care of the family. Not only the mistreatment but also the neglect causes the other family members difficulties.<sup>98</sup> In adequate hydration, nutrition, or compliance with medical treatments may result in physical deterioration. More subtle evidences of mental or physical deterioration, such as weakness, malaise, lack of energy, apathy, depression, or cognitive impairment are susceptible to the more insidious attribution. Either the stress of mistreatment or the neglect of needed treatment can precipitate psychiatric disorders.<sup>99</sup> The family members may also face the economic difficulties because one or both spouses sometimes control



the financial resources of the family. Therefore, the spousal violence contributes the chaos in the relationship of all family members rather than the respective spouses.

## 4.2. Consequences for Society

The violence between the spouses may also affect society as a whole. The outlook of the spousal violence in the society and the prevention programmes are the main impacts. Rape, attempted rape, and aggravated assault of women all had negative psychological consequences in the society. Women are more affected than men, particularly in regard to increase fear of violent crime. Women's fear of crime seems to be driven primarily by their fear of rape. Thus, a further social consequence is fear of crime. The consequences of fear of crime are potentially severe for society.

The fear of crime which starts domestic violence is very dangerous to society. Its impact on a person's productivity or ability to earn a living is difficult to measure. These sorts of consequences may be seen as unwanted results for society, such as social instability, detriment to individual's productivity, restriction of life style, poor quality of life, decreased confidence, disempowering victim mentality, reduced natural surveillance and so on.<sup>100</sup> Criminologists recognize that one social consequence of crime that affects many people beyond those who have been directly victimized is fear of crime.<sup>101</sup> During or after the spousal violence, there would be small or serious crime. Criminality is one of the outcomes of the spousal violence that affect society. Rape is a crime involving forced sexual activity, usually including sexual penetration, against the will of the victim. The victims of rape or sexual assault experience more symptoms of physical and psychological ill health than non-victimized women. The rape committed by a stranger to a woman is regarded as a crime in any civilized society. But, rape can occur in the context of ongoing spousal violence (where a partner sexually assaults another partner against that partner's will). Men who raped their wives could not be criminally prosecuted. They have got the cover of law because most of the states consider marital rape is a less serious crime than stranger rape.<sup>102</sup> Research on assaults by men against their wives indicates that the most violent incidents often include sexual as well as physical attacks.<sup>103</sup> It is certain that the victims of rape in spousal violence can develop emotional and psychological concerns and disorders that last well after the physical injuries have healed.

On the other hand, the State and the society have been trying to tackle the impacts of spousal violence. The prevention programmes run by the State and other social organizations use a lot of resources on

the problem for the spousal violence. They have to spend for medical cost, social welfare costs, judicial aid, and so on. Moreover, the productivity and labour of the victims would be lost after they are abused. As a result, the spousal violence will affect society by raising the fear of crime and by absorbing a lot of finances from the State budget. Emergency services, general medical care, prenatal care and mental health care are among the tasks of the State relating the treatment of the victims of violence. There is an enormous cost to the state in the form of time spent by law enforcement officers, courts, lawyers, public health workers and more. There is cost to social welfare organizations in the form of money and donated time to staff and run shelters, counseling services, hotlines, and more. There is cost to the productivity of our workhouse in the form of absenteeism, worker re-training (when a victim is killed), and decreased productivity. The educational system is required to provide specialized services to children who are victims of domestic violence.<sup>104</sup> The effects of domestic violence or spousal violence have a great impact on society. It is not easy to measure and its effects to every sphere of life. These evil results of domestic violence cause great misery to families in society. The economic impact of domestic violence is considerable even though the real nature of broken life cannot be measured. The huge sum of medical expenses and the loss of capacity for commercial productivity are the most fundamental problems. Psychological damage and need for permanent mental care for the victims are great burdens to society certainly. Absence from work, decrease in productivity and retraining works may reduce the nation's GDP and may force the world to function below its potential. As already noticed, domestic violence or spousal violence has also a detrimental effect on children and undermines the growth of future generations.

### **4.3. Cycle of Violence**

Domestic violence increases in frequency and severity. It is never an isolated incident or a one-time occurrence and follows a cycle that repeats itself continually which is difficult to break. The "cycle of violence" theory explains how and why the behavior of a person who commits the violence may change so dramatically over time. It also provides an understanding to why the person affected by domestic and family violence continues to face a violent situation.

The cycle of violence is a term used to describe the pattern of violence that occurs in an abusive relationship. It may never stop. Most victims are caught in a cycle of violence. It does happen again, and sometimes it is worse. The cycle of violence may occur by two distinct ways. One is that abuse carries on to

the next generation. In the circle, children who live with domestic violence will learn that abuse is acceptable, and as they grow up, will tend to become either perpetrators of abuse or victims. While experiencing or witnessing domestic violence can have a serious impact on children and young people, they will respond in various ways depending on their age, race, sex, culture, stage of development, and individual personality.<sup>105</sup>

In this type of cycle, men who have witnessed domestic violence in childhood, or who have experienced abuse themselves are at increased risk of repeating that pattern in their adult relationships.<sup>106</sup> When children witness violence between their parents, they may learn violence as a way of life and violence as an appropriate way to handle problems and may later become involved in abusive relationships themselves. They may even see violence as the only expression of love, if that has been their experience. And, a new cycle of domestic assaults could begin.<sup>107</sup> Thus the fact children learn those behaviors and associated attitudes from their partners or models become the key to understanding the problem.<sup>108</sup> Apparently, the domestic violence may happen continuously from one generation to the next generation.

Another type is a cyclical model of an abusive relationship in which the abuse gradually gets worse and builds to a climax, often involving severe physical or sexual violence; this is then followed by remorse and pleas for forgiveness. At this stage, the abuser is likely to promise never to repeat the violence. However, according to this model, the tension gradually builds up again to a further climax of abuse. This cycle can take varied periods of time, but tends to speed up the longer the relationship lasts.<sup>109</sup> Dr. Walker<sup>110</sup> found that there are three phases the couple goes through over and over, in a circular pattern. Those are build-up phase, violent outburst phase and loving contrition phase.

According to Dr. Walker, a spouse becomes edgy, critical, and irritable in the tension builds-up phase. This stage may last from a few days to a period of years. Usually, both spouses can sense the impending loss of control and become more desperate, which only fuels the tension.<sup>111</sup> During the tension building phase, the aggressor expresses dissatisfaction and hostility. The woman tries to appease him; she attempts to please him and to avoid aggravating him. She often manages to curtail her husband's anger, thereby confirming her unrealistic belief that she can control him.<sup>112</sup> In this phase, the spouses are coping the dissatisfaction and hostility of each other even though which are growing up between them.

But at a certain limit, they could not control their tension. Then the second stage comes and the violent outburst occurs with acute battering. During this period, anything can be the catalyst for the explosion. Often the man will fly into a rage and become violent. The man flies into a savage and extremely irrational. They often turn on anyone who intervenes.<sup>113</sup> The spouse's outburst would harm the other partner from

minor to severe injuries, including physical and emotional injury.

Then the loving contrition comes after the brutality. It is a period of pro-found relief for both partners. The man is remorseful and apologetic, or, at the very least, nonviolent. He may beg forgiveness, swear it will never happen again, and go out of his way to be kind, tranquil, and loving. He will often promise to change, bring his wife gifts, and shower her with attention and romantic gestures. Here there is a great deal about why women stay with abusers. The woman may also believe that this really will be the last, time that her partner will change. But unless something changes- such as an intervention by someone outside the home – the cycle will start again.<sup>114</sup> In this way the violence is continues among the spouses.

## **V. Conclusion**

To sum up, spousal violence is cause by many factors or sources including emotion factors, economic conditions and the social and cultural behaviors. The effects of spousal violence are immense. It affects every area of life. The victims will suffer from physical, psychological, sexual, or financial problems. Sometimes such violence results in the victim death which may be caused by suicide. At the same time, it causes injury to other family members, elder or younger ones. It also causes great damage to society as a whole. Moreover, such violence may continue for a long period of time after it begins.

Therefore, we should pay attention to the consequences of spousal violence. Some interventions are obviously needed to prevent the impacts of spousal violence. There are two main pillars which could handle this issue. Those are the legal protection and social policies relating to the prevention of the spousal violence. If the law is not enforced effectively and the response of police does not address the problem of spousal violence, that weaker spouse or the victim will continue to be violated and abused by the stronger one physically, mentally, and in economic terms. Also when the violence occurs in the family, the victim sometimes needs to go to a counseling centre, a medical care centre and support centre for shelter and often for a job. By the effective legal and social responses, the problem of spousal violence can be prevented and this will lead to a less violent society.

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