

**Short Research Article**  
**FACTORS INFLUENCING DOMESTIC VIOLENCE AGAINST MEN IN IRINGA MUNICIPALITY**

**ABSTRACT**

*This study examined social factors influencing domestic violence against men. The research employed qualitative methodologies with a sample of 30 adult married men from six different cases within Iringa. The data analysis was carried out using thematic analysis. Findings revealed that among these social factors, educational level, religious, political practices and lack of awareness on GBV emerged as key contributors to domestic violence against men in Iringa Municipality. The study social factors influenced domestic violence against men in Iringa Municipality. The study recommends that the government should take proactive measures to address all social factors which results into domestic violence against men. In addition, appropriate actions against those performing violence against men should be taken based on the study findings.*

**Key Term: Domestic violence, Domestic violence against men,**

**1. INTRODUCTION**

Domestic violence is a form of mistreatment that takes place within a household, such as in marriages, cohabitation, or between intimate partners. Domestic violence against men involves acts of punishment, sexual abuse, bullying, and various other forms of violence directed towards men. According to the World Health Organization (WHO), domestic violence against men is a significant threat to men's well-being worldwide, with reported examples of physical violence ranging from approximately 3.4% to 20.3%. Notably, a substantial portion of the affected men has previously engaged in violent behavior towards their partners. Additionally, statistics indicate that about 10.6% to 40% of men have experienced abuse or maltreatment during their childhood. Factors like alcohol abuse, jealousy, mental health issues, physical disabilities, and shorter relationship durations are all linked to a higher exposure to experiencing domestic violence against men (WHO, 2016).

Aye *et al.* (2018) conducted study in Nigeria, focusing on domestic violence among working couples. The study identified various forms of domestic violence experienced by both men and women, such as hitting, slapping, intimidation, marital rape, and fighting. Dlamini (2021) noted that COVID-19 increased violence against men in Africa. This highlights the current harshness of domestic violence against men and its hindrance to their potential. These issues are linked with common causes and consequences rooted in social, economic, and cultural factor. Poverty, gender inequality, social norms, and limited access to education, including sexual education, contribute to DVaM (Dutton, 2013). Further, the African Union (AU) adopted the Protocol to the African Charter on Human and Peoples' Rights on the Rights of Women in Africa (Maputo Protocol) in 2003 and Tanzania in 2006. Likewise, the sub-regional bodies such as the Southern Africa Development Corporation (SADC) and East African Community (EAC) to which Tanzania is a part of, have adopted several gender related instruments.

Moreover, Anderson and Claes (2022) noted that Article 21 of the same Protocol calls for the States to ensure that laws on GBV provide for the comprehensive testing, treatment and care of survivors of sexual offences, which shall include; emergency contraception, ready access to post exposure prophylaxis at all health facilities to reduce the risk of contracting HIV, and preventing the onset of sexually transmitted infections (Tanzania did not have such kind of law as of September 2014 when this report was fine-tuned). On the other hand, Article 11 of the said Addendum to the 1997 Declaration calls for, inter alia, establishment of the special counseling services, legal and police units to provide dedicated and sensitive services to survivors of violence. Despite these measures, there is a scarcity of research on the factors influencing domestic violence against men, particularly in Iringa Municipality. Existing statistics, such as a reported 2.5% of cases ending in July 2022 (Shembilu, 2022), suggest the problem persists. Kalage (2020) stressed the need for research into domestic violence against

men, as most studies mostly address violence against women. This study thus aims to explore the social factors influencing domestic violence against men in Iringa Municipality.

## **2. LITERATURE REVIEW**

### **2.1. Theoretical Literature Review**

#### **2.1.1 Power control theory**

This study is governed by the John Hagan (1987) proposed a theory to explain the differences in crime rates between men and women. The power control theory, derived from control theories, suggests that individuals would engage in deviant behavior if not controlled by social control. According to this theory, family plays a crucial role in employing control during early life. Lack of control within the family leads to increased freedom and behavior choices. Hagan (1987) focuses on gender and power dynamics, examining power relations in families and distinguishing between patriarchal, matriarchal, and egalitarian family structures. The power position of family members is determined by their occupation outside the family: when only one spouse is employed, they have more power and resources than the other. In patriarchal families, the male partner holds more power, while girls are socialized into inferior roles and face stricter control. Egalitarian families result in a shift in socialization, granting girls more freedom and potentially leading to risk-taking behavior and delinquency. Boys, on the other hand, exhibit less delinquent behavior in egalitarian families due to changed role expectations. Hagan (1987) empirical research further distinguished these ideas, demonstrating that the transition to more egalitarian family structures had the greatest impact on mother-father relationships, resulting in an increase in domestic violence against men (DVaM). This study recognizes the importance of economic, cultural, and social factors in contributing to Domestic Violence against Men, as women gain more power in these areas. The power control theory integrates feminist theories, Marxist theories, and control theories to explain the variations in crime rates among men and women. Therefore, this study examines the influence of social on Domestic Violence against Men, recognizing that men's rights violations should be considered individually based on their gender. Hence, this study explores the significant influence of social on domestic violence against men. The power control theory has found social factors can provide Harmon among the family's members.

### **2.2. Empirical Literature Review**

#### **2.2.1 Education level**

A study conducted by Mboya and Mwakalindile (2019) examined the relationship between education and domestic violence against men in Tanzania. The study found that men with low level of education were more likely to perpetrate domestic violence than men with higher level of education specifically the, study found that men who had not completed primary education where more likely to perpetrate than men how had completed secondary or higher education. The study also found that traditional gender roles and power dynamics could contribute to the perpetration of domestic violence against men. In patriarchal societies, men may fell pressure to assert their dominance and control within intimate relationship, which can lead to abusive behavior toward women and men. Also, Devries *et al.*, (2014) conducted a longitudinal study examining the impact of educational attainment on the occurrence of domestic violence against men. The research suggested a significant opposite correlation with higher level of education often associated with reduce rates of male victimizations. The findings Implies that education can serve as a protective factor, possibly by promoting awareness of healthy relationship dynamics and conflict resolutions skills. According to Gibson and Gurmu (2021) in contrast low level of education among men have been associated with an increased risk of perpetrating domestic violence as individual may lack knowledge and skills needed to challenge harmful gender norms and promote healthy relationship dynamics. Lloyd (2018) examined into the role of educational program and initiatives in raising awareness about domestic violence against men. The research indicated that targeted educational interventions can lead to increased reporting of male victimization cases, challenging traditional gender

norms that stigmatize male victims. These studies collectively emphasize the crucial role of education in both preventing and addressing domestic violence against men pointing toward the potential of education strategies in dismantling societal stereotype and fostering a more inclusive and supportive environment

### **2.2.2 Religious practice**

Lanchimba *et al.*, (2023) conducted a comprehensive study examining the influence of religious association on the occurrence of domestic violence against men. The research suggested that religious norms and teaching can both positively and negatively impact the occurrence of abuse depending on the interpretation and implementation of religious teaching within specific communities. Petersen (2016) examined into role of religious leaders and institution in addressing domestic violence against men within faith-based communities. The research highlighted the potential of religious organization to provide support, resources and counseling to male victims while also religious principles may accidentally prolong stereotype or discourage reporting. Nason-Clark *et al.*, (2018) suggested that certain religious belief and practice may perpetuate or even encourage violence within intimate relationship for instance religious teaching that emphasize male dominance or hierarchy within the family may contribute to the justification of violence against men. Al-Badayneh, (2012) suggested that religious communities that prioritize preserving the family unity or maintaining a patriarchal structure may discourage reporting or seeking for help for domestic violence, which can perpetuate the cycle of abuse.

### **2.2.3 Political practice**

Gondolf and fisher (2016) has suggested that political practice can have impact on domestic violence against men. Political instability and conflict have been linked to an increase in domestic violence against men, as well as other forms of violence, for example political violence and displacement can increase stress and anxiety, which can lead to an increase in domestic violence. Also, Stover and meadows (2016) suggested that political practices that promote gender inequality and discrimination may contribute to the perpetuation of domestic violence against men, furthermore political system that do not provide adequate legal protection for victims of domestic violence can contribute to normalization of violence and discourage reporting. Also, Makara and Tshweneaae (2018) examined that to address domestic violence against men in the context of political practices, interventions should focus on promoting gender equality and addressing harmful social norms and attitudes. This may include educational programs that challenge harmful social norms and promote healthy relationship dynamics and it is crucial to provide support and resources for individual who may be struggling with the effects of political instability and conflict.

### **2.2.4 Awareness on Gender based violence (GBV) that influence domestic violence against men**

A study conducted by Dutton *et al.* (2017) explore the impact of a lack of awareness on gender-based violence on domestic violence against men. The study found that limited awareness and understanding of GBV, particularly in relation to male victims can contribute to the underreporting and under recognition of domestic violence against men. Societal stereotypes and misunderstanding about masculinity and victimhood often continue the notion that men cannot be victims of domestic violence, leading to a lack of support and resources to male victims. The study also highlighted the importance of education and awareness campaign in addressing domestic violence against men by promoting awareness about GBV and challenging societal norms and stereotypes, we can help create an environment where male victims feel more comfortable coming forward seeking help and assessing necessary support services. Also, Sowersby *et al.*, (2022) conducted an extensive study examining the relationship between societal awareness of GBV and male victimization. The research established a clear connection between a lack of public knowledge about GBV and underreporting of domestic violence incidents involving men, furthermore, White *et al.*, (2019)

delved into the effectiveness of awareness campaigns targeting GBV and their impact on male victims. The findings emphasized that well implemented awareness initiatives can not only enhance understanding of the issues but also empower male victim to break the silence, seek assistance and report abuse. This collective body of research underscores the pressing need to address the lack of awareness surrounding GBV concerning domestic violence against men, advocating for widespread public education, target awareness campaign and robust support system.

### **3. Research Methodology**

This study was conducted in Iringa Municipal council, located in the southern highland zone of Tanzania. The study focused on adult married men who are heads of households and affected by domestic violence in this municipal council. The area was selected for the study due to occurrence of domestic violence against men with approximately 15% - 20% of domestic violence cases reported (Moshia *et al*, 2019), while men who are victims of domestic violence remain silent without reporting the cases to the authorities concerned due to cultural beliefs that men are muscular people in the community, thus propagating the problem. The study involved six wards of Kihesa, Kitanzini, Kwakilosa, Mivinjeni, Mkwawa and Nduli in Iringa Municipality targeting adult married men to obtain findings required to facilitate decision making, regulations, and programs to address the problem. The chosen study approach was qualitative. The research applied case study research design. The case study design was selected since it allowed an in-depth examination of one or a few cases, in contrast to a more superficial cross-sectional study of a large sample (Kothari, 2014). In the context of this study snowball (chain referral) sampling was important to be employed. In the first stage the researcher conducted Community Development Officers at Iringa Municipality who had information related to violence against men. From Community Development Officers assisted to get key informants from six wards that are believed to have attributes related to factors influencing domestic violence against men in Iringa Municipality. This study employed interviews to get qualitative data related with factors influencing domestic violence against men. The interview involved face to face interview where confidentially observed to all key informants. Data was analyzed by content analysis through organizing, recording, categorization and grouping data into major recurring themes based on specific objectives (Maguire and Delahunt, 2017). Thereafter, the results presented using explanations and direct quotations from the key informants. Mainly the theme related with factors influencing domestic violence against men in Iringa Municipality. To ensure validity and reliability this study involved establishing trust between the researcher 30 key informants, ensuring that the respondents well well-informed about the research topic, and initiating interviews based on specific themes related to the research topic.

Ethical consideration is a code of conduct that has been involved on conducting research. In due course of this research, the researcher adhered to the following ethical standards such as designing anonymous research guide, safeguarding confidentiality and making sure that no part of the collected data used without acceptance of university. In addition, the researcher requested clearance letter from the university through that also requested permission from Municipal director office. Doing so ensured research ethics.

## **4. RESULTS AND DISCUSSION**

In order to investigate the social factors influencing domestic violence against men, the study considered the following research theme namely education, religion, political practices and awareness. Therefore, the findings are presented and discussed based on this thematic area.

### **4.1 Influence of Education on Domestic Violence Against Men.**

From the findings it was discovered that education factors played a role in influencing domestic violence against men in Iringa Municipal. It was observed that men were subjected to violence due to their lack of education or lower educational attainment compared to their partners. For example, those with lower educational levels than their partners were more likely to experience violence. This power dynamic resulted in domination and violence against men, with women exercising control and issuing orders to their male partners in alternative and

immoral ways. Through that educational level were source of violence against men. Thus, higher level of education as well as religious was source of violence against men in Iringa municipal. The following was the result obtained during interviews:

*“Violence happens towards me, and one of the reasons is a lack of education. I have limited education, and as a result, I've faced violence from my wife. She knows I can't respond effectively due to my limited education. This situation has allowed my wife to continue being violent and have control over our family”* (Key informant, Iringa Municipality 10, August 2023).

Arguments above from key informant are related with arguments from the second key informant who witnessed that if a man lack education is definitely a problem, but because it will not help to break the cycle of violence against men so that to build a health and good relationship, another key informant revealed that:

*“Education can play a critical role in changing society attitude toward domestic violence against men, by promoting values that priorities nonviolence and respect for all individual, but us men who lack education we are facing domestic violence to our partners due to low level of education that they have, so we even feel inferior to report such kind of behaviors”* (Key informant, Iringa Municipality 10, August 2023).

In addition, the study revealed that violence behavior practiced by women was mostly caused by overconfidence due to education level that they have. For instance, during interviewing with the key informant, the study witnessed the presence of physical effect of intimate partner violence men in Iringa Municipal. The key informant said that:

*“..... There is violence which affects us men. Some of the violence are not reported because traditionally men believe that they dominate household matters and reporting violence to men they feel bad. Most common aspect which causes violence against us men were found being education level of women. In families whereby mother have high education, men always we suffer and we are under domination”* (Key informant, Iringa Municipality 11, August 2023).

Through interviews it was noted out that some women used their educational background time more for economic situation. This led to poor relationship. The Key informants revealed that;

*“I'm going through a tough time because my wife is busy with her work. She's educated and spends a lot of time on her job, which means we don't get to share our life experiences and plan our future together. This makes me feel exhausted. When I ask for intimacy, she often refuses, leading to conflicts that sometimes result in mistreatment, arguments, and even discussions about divorce”* (Key informant, Iringa Municipality 11, August 2023).

Higher level of education to women has increase higher risk of domestic violence against men, possibly due to increase access of resource and opportunities to women, women start to violate their partners another key informant revealed that:

*“Low level of education to men has been unprotected factor of domestic violence against men, men with low level of education are not aware of the harmful effects of violence and the importance of gender equality within their families so this makes them to be violated by their wife and not even report such kind of behavior because they don 't know their rights to report”* (Key informant, Iringa Municipality 14, August 2023)

Through interview with key informants, revealed that social factors such as education level resulted into violence against men. For example, most of key informants agreed that low level of education to men influence domestic violence against men. Due to that women in some of the families were very talkative to their husbands dominating therefore leading to violence against them. During interviews it was explained that:

*“Violence against men occurs in many families. I've experienced it from my wife because she has more education than I do. It's a problem for me because she takes the lead and controls our family. When I've tried to talk to her about her behavior, she becomes aggressive and starts insulting me”* (Key informant, Iringa Municipality 14, August 2023)

The findings suggested that the women with wealth had many advantages on causing violence to men. From these facts' men became inferior and inflict to demonstrate that he was still superior and family dominator as per culture. These results were justified by key informants during interviews who said that:

*“... There are some factors which affects domestic violence to men, among these are level of education whereby some women nowadays have more education in comparison with us men. This habit causes lack of confidence to us men in acting and decision making”* (Key informant, Iringa Municipality 15, August 2023)

During interviews it was revealed education were among the factors influencing domestic violence against men in Iringa Municipal Council. It was pointed out that men were violated due to lack of education or lower education level compared with their partners. For instance, those who had low education level compared to their partners were suffering from violence since it was easy to be harass by women. Likewise, education level somehow was influenced income generation to women at household level, thus if it happens women having higher education economically were capable enough compared to men which became the source domination and violence against men. Women were recognized providing orders, directives to their men untraditionally and unethical to men.

The findings are related with Gibson and Gurmu (2021) In contrast low level of education among men have been associated with an increased risk of perpetrating domestic violence as individual may lack knowledge and skills needed to challenge harmful gender norms and promote healthy relationship dynamics. Also, the study related with Mboya and Mwakalindile (2019) who examined the relationship between education and domestic violence against men in Tanzania. The study found that men with low level of education were more likely to perpetrate domestic violence than men with higher level of education specifically the, study found that men who had not completed primary education where more likely to perpetrate than men how had completed secondary or higher education. The study also found that traditional gender roles and power dynamics could contribute to the perpetration of domestic violence against men. In patriarchal societies, men may fell pressure to assert their dominance and control within intimate relationship, which can lead to abusive behavior toward women and men.

#### **4.2 Influence of Religion on Domestic Violence Against Men.**

From a religious perspective, it was observed that some women were spending more time on prayers and religious activities, which caused misunderstandings and led to violence against men. It was observed that some men experience domestic violence against men because their wife are spending more time on prayers and religious activities, which caused misunderstandings and led to violence against men. These results were justified by key informant during interviews who said that:

*“.....There are some factors which influence domestic violence against men in this ward. Through my experience we have come across some of our wives are taking more time on prayers which in turn do not accomplish their home duties. If it happens to asked to change such kind of behavior, they become reactive with bad language to their husbands. Therefore, the flow of communication among the family became poor, not respected and with lack of commitments on handling family matters”* (Key informant, Iringa Municipality 10, August 2023)

Another key informant added that:

*“In my experience being involved much on religious matters affects relationship between men and women. I have observed that some women are concentrating*

*with religious practices rather than family duties. Thus, any concern with their prayer results into misunderstanding between the two parties” (Key informant, Iringa Municipality 11, August 2023)*

These results were justified by key informant during interviews who said that:

*“The women's prolonged engagement in religious activities resulted in a lack of attention to the sexual needs of men, leading to further misunderstandings because they use much time on religious activity since from morning to evening so if her husband talks to her, they start to insult her husband so this led to violence against men” (Key informant, Iringa Municipality 14, August 2023)*

The findings confirm that women devoted excessive time to their religious duties, neglecting their responsibilities at home. When men expressed concern and asked them to reduce or stop their religious practices, the women reacted by being violent towards them. This included using offensive language, giving commands, and issuing directives. Additionally, the women's prolonged engagement in religious activities resulted in a lack of attention to the sexual needs of men, leading to further misunderstandings. All of these situations were considered instances of domestic violence against men. The behavior of prioritizing religious duties over other aspects of their lives resulted in ineffective communication, loss of respect, absence of mothers as positive role models within the household, and a lack of trust between wives and their husbands.

The study similar with Nason-Clark *et al.*, (2018) Suggested that certain religious belief and practice may perpetuate or even encourage violence within intimate relationship for instance religious teaching that emphasize male dominance or hierarchy within the family may contribute to the justification of violence against men. Also, the study is similarly with Al-Badayneh, (2012). Suggested that religious communities that prioritize preserving the family unity or maintaining a patriarchal structure may discourage reporting or seeking for help for domestic violence, which can perpetuate the cycle of abuse.

#### **4.3 Influence of Political Practice on Domestic Violence Against Men.**

On view of political practices, it was found that political involvements and practices were source of domestic violence against men because their wives were found having more power compared to some men. Likewise, much concern from NGO, CBO, and Governmental institution were taking much on women rights and not men rights. Under this situation, women were given concern and given more power and right than men which lead to violence against men. The key informants said that:

*“Several factors play a role in influencing domestic violence against men within this locality. From my observations, we've encountered situations where some of our wives dedicate excessive time to political engagements, leaving their domestic responsibilities unattended. When approached about altering this behavior, they respond defensively, resorting to offensive language towards their husbands. As a consequence, family communication deteriorates, respect diminishes, and there is a lack of dedication to addressing family concerns” (Key informant, Iringa Municipality 10, August 2023)*

The second key informant who consulted were revealed that political practice enhanced violence against men. It was found that women have political position compared to their men were the source of violence. The main challenge was women with political position they dominate their husbands and even they do not respect their husbands because of the position that they have in political issues. The following was the result obtained during interviews:

*“In my experience when women are being involved much on political practice affects relationship in families. I have observed that some women are concentrating with political practices rather than family duties and they take much time on political practice and they are not even fulfilling the home duties at time when a husband talks to her about such kind of issue women start to use harsh*

*language to her husband and that's affects men psychology" (Key informant, Iringa Municipality 10, August 2023)*

Political factor which it was found that currently women they use much time in political issues this kind of behavior was the source of conflict and misunderstanding at family level as a result woman provided unethical language to their husbands. Through interviews it was revealed that:

*"Women are often favored in political activities for example special seats are served for women and there is no special seat for men. Policies that formulated seem to prevent men from speaking about violence that they are facing from their partners because men they are seen as powerful so they face violence to their family because their wife are not respecting them because of polices which favored them" (Key informant, Iringa Municipality 10, August 2023)*

Those families which happen to be in opposition parties politically were not in good mood and physical harassments; sexual, psychological as well as verbal violence reappeared. It was revealed by key informants and said that:

*"In the last season of selection, we experienced some Divorce due to much political practices. Women were engaged more on politics than husband, then women decided to make divorce to their men. This was bad experience happen and reel was a violence against men" (Key informant, Iringa Municipality 14, August 2023)*

Political practice was found being source of violence against men since women are found having more power compared to some men and are led the house, from those aspect, they were not ready to change. For instance, during interviewing political practice resulted into violence against men. For example, most of key informants agreed that political practices influence domestic violence because during campaign some of the family members such as wife and husband were in opposition parties. Due to that women in some of the families were very talkative to their husbands therefore leading to violence against them.

The findings are similar with Stover and meadows (2016) who pointed that political practices that promote gender inequality and discrimination may contribute to the perpetuation of domestic violence against men, furthermore political system that do not provide adequate legal protection for victims of domestic violence can contribute to normalization of violence and discourage reporting. Also, the study is similar with Gondolf and fisher, (2016) has suggested that political practice can have impact on domestic violence against men. Political instability and conflict have been linked to an increase in domestic violence against men, as well as other forms of violence, for example political violence and displacement can increase stress and anxiety, which can lead to an increase in domestic violence.

#### **4.4 Influence of Awareness on GBV on Domestic Violence Against Men**

Through interview it was revealed that social factors such as lack of awareness on GBV resulted into violence against men that in families when women and men lack awareness on gender-based violence this leads to domestic violence between partners. Through interviews it was revealed that:

*"I think my wife she lacks awareness on gender-based violence, that's why she used to violate me in different ways by bullying and even throw sharps objects and I have so many scars in my body, so if she could be aware on gender issues, she could not do such kind of things to me" (Key informant, Iringa Municipality 10, August 2023)*

Men may lack awareness about impact of domestic violence on their mental health and wellbeing which can prevent them from seeking medical attention or psychological support due to abusive behavior from their wives. Through interviews it was revealed that:

*“My wife lacks awareness on gender-based violence because she believes that she can even dominate household matters too. So sometimes I try to talk to my wife on serious issue but my wife starts to raise her voice on me, that she can do anything she wants because she has a right as a mother of the house, so sometimes she even uses abusive language to me in front of our children ‘s so this affect me psychologically because my children will consider me as a weak” (Key informant, Iringa Municipality 10, August 2023)*

Men need respect from their wives but wives they are not respect them at all, the key informants instead that:

*“My wife nowadays she is not respecting me at all because she is not aware on gender issues that why she violates me and I feel bad because it has been a long time since we meet and even, I ask her she said she is tired so this affect me psychological” (Key informant, Iringa Municipality 10, August 2023)*

When families and society lack awareness on gender-based violence, male victims may hesitate to seek help or report abuse, during interviews it was explained that: *“Domestic violence against men often goes unreported and misunderstood due to a lack of awareness about the broader issues of gender-based violence that’s why our wives violate us” (Key informant, Iringa Municipality 10, August 2023)*

Lack of awareness about domestic violence against men perpetuates the cycle of abuse and hinders progress toward equality in the family, also domestic violence against men often remain hidden due to a general lack of awareness about GBV in the families, it was revealed by key informant and said that: *“Lack of awareness about gender-based violence can lead to underreporting, leaving many male victims without the assistance they need” (Key informant, Iringa Municipality 10, August 2023)*

On view of social factor, it was found that lack of awareness on gender-based violence were source of domestic violence against men because their wives were found they lack awareness on issue of gender-based violence so they violate men in their families which lead to violence against men. Thus, from these findings it is clear that lack of awareness on influence domestic violence against men.

The findings are similar with Dutton *et al.*, (2017) explore the impact of a lack of awareness on gender-based violence on domestic violence against men. The study found that limited awareness and understanding of GBV, particularly in relation to male victims can contribute to the underreporting and under recognition of domestic violence against men. Societal stereotypes and misunderstanding about masculinity and victimhood often continue the notion that men cannot be victims of domestic violence, leading to a lack of support and resources to male victims. The study also highlighted the importance of education and awareness campaign in addressing domestic violence against men by promoting awareness about GBV and challenging societal norms and stereotypes, we can help create an environment where male victims feel more comfortable coming forward seeking help and assessing necessary support services. Also, the study similar with Sowersby *et al.*, (2022) conducted an extensive study examining the relationship between societal awareness of GBV and male victimization. The research established a clear connection between a lack of public knowledge about GBV and underreporting of domestic violence incidents involving men, furthermore, White *et al.*, (2019) delved into the effectiveness of awareness campaigns targeting GBV and their impact on male victims. The findings emphasized that well implemented awareness initiatives can not only enhance understanding of the issues but also empower male victim to break the silence, seek assistance and report abuse. This collective body of research underscores the pressing need to address the lack of awareness surrounding GBV concerning domestic violence against men, advocating for widespread public education, target awareness campaign and robust support system.

## **5. CONCLUSION AND RECOMMENDATIONS**

### **5.1 Conclusion**

The study aimed to assess the factors influencing domestic violence against men in Iringa Municipality. The study revealed that social factors under low education level, religious practices, political practices and awareness on GBV were the cause of violence against men in Iringa Municipal. Low level of education has been associated with increased risk of violence, as it may limit individual ability to assess information and resources to prevent or escape violent situation. Religious and political practices that perpetuate gender inequality and discrimination may also contribute to the perpetuation of domestic violence against men.

## 5.2 Recommendation

- I. The Governments should invest in providing education and awareness by raising campaign on education and lack of awareness on GBV influencing domestic violence against men. This may include incorporating gender-based violence prevention and response into school curricula as well as public awareness campaign that target communities. Government can also provide support service for survivors of domestic violence such as counseling and legal aid to male victims.
- II. In addition, the Governments should implement policies and program that aim to reduce poverty, unemployment and less involvement in productivity. This may include job creation programs, investment in education and training. Also, the government can promote financial inclusion and provide access to credit and other financial services to support economic empowerment to men.
- III. Also, the Governments and developmental partners also should provide education and awareness related with economic factors which cause domestic violence against men. Women who practice violence to men is legal, thus legal actions as well as legal force unit should seriously take its decisive measure to address the situations.

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