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INVISIBLE TRAUMA: DOMESTIC VIOLENCE EXPERIENCES OF MARRIED MEN ACROSS AGE GROUPS AND OCCUPATION

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Abstract

Domestic violence, traditionally perceived as a female-centred issue, significantly impacts male victims as well, yet remains underreported and under-researched. Domestic violence against men is a widely neglected problem with few studies examining its prevalence and effects on married men of different populations. This investigation seeks to examine the nature and extent to which domestic violence occurs among married men, taking into consideration the role of age and occupation on their experience. Using a mixed-methods approach, data were collected from 60 respondents through the Domestic Violence Questionnaire (DVQ), which assessed various dimensions, including physical and emotional well-being, social isolation, perceptions of masculinity, coping strategies, relationship dynamics and general understanding/experiences of domestic violence.

The results indicated domestic violence among men in all ages with no significant differences ($p > 0.05$) in the DVQ scores considering age. Younger men (28–35 years) indicated greater social isolation, whereas 36–45-year-old men reported more relationship complexities. Emotional and physical distress decreased with age, with men in the 46–55 years age group reporting the lowest scores in these areas. Occupation, though, influenced relationship dynamics ($p = 0.01$), where medical experts posted the highest total DVQ score (85.3) and reported higher relationship conflicts than industry experts and academics. The research sheds light on the emotional and psychological harm inflicted upon male victims, such as feelings of powerlessness, shame, and guilt. These results underpin the requirement for increased awareness, support mechanisms, and policy measures to redress domestic violence against men.

Keywords: Domestic Violence, Married Men, Psychological Trauma, Relationship Dynamics, Age

INTRODUCTION

Any abusive behavior intended to exert power and control over a partner that takes place in an intimate or domestic relationship is referred to as domestic violence. The National Domestic Violence Hotline (2023) states that abuse can be financial, sexual, psychological, emotional, or physical. It is not restricted to any particular age group, gender, or socioeconomic status. Despite this expansive definition, male victims are marginalized in much of the legal and social framework, which primarily recognizes female victims.

Understanding Domestic Violence

Domestic violence is not just physical harm—it encompasses emotional, psychological, Sexual and even economic abuse, all of which are intended to control and dominate another person. The batterer is most often a member of the victim's household, a spouse, a lover, a family member, or even someone who is close to them. What defines domestic violence is not so much living with someone, but the close and personal relationship between the victim and the abuser. While gender-neutral, society has traditionally shaped the attitude towards domestic violence. Women have tended to be thought of as primary victims, thanks to the historical and social context that has led them to occupy positions of systemic disadvantage. This does not preclude the men from being abused. In fact, scientific evidence confirms the fact that where women have traditionally been abused by intimate partners, men can expect to become victims of abuse in public space. Male victims of domestic violence are, however, real, though in the majority of cases the issues of concern to them are not given any attention



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due to social stigmatisation as well as due to gender stereotypes. Men suffer all types of brutality and proportionate rates compared to women. (Hines, D. A., & Douglas, E. M., 2010)

Forms of Abuse Experienced by Men

1. **Physical Abuse:** Although it is frequently linked to female victimization, men can also experience physical abuse at the hands of their partners. This includes using weapons as well as striking, kicking, and slapping. Many people endure physical abuse in silence because they are afraid of being laughed at or not taken seriously, despite society's perception that men should be physically stronger.
2. **Psychological and Emotional Abuse:** Psychological abuse can be equally harmful as physical abuse. Constant insulting, gaslighting, manipulation, and threats are all part of it. Male victims of long-term emotional abuse frequently suffer from depression, low self-esteem, and a sense of helplessness.
3. **Financial Abuse:** Another form of abuse is financial control, which involves depriving the victim of their financial autonomy. Men are frequently coerced into giving up their income, prevented from accessing bank accounts, or made to shoulder financial obligations in order to maintain control over them.
4. **Sexual Abuse:** Although it's not often talked about, men can also experience sexual abuse in close relationships. Men may experience coercion, forced sexual acts, or being made to feel compelled to engage in sexual activity against their will. (Women's law, (n.d.))

Scenario on Domestic Violence Faced by Men

Domestic violence against men constitutes a concealed epidemic that transcends cultural, economic, and geographical boundaries. Although discussions surrounding domestic abuse predominantly emphasize female victims, the reality is that numerous men worldwide suffer from physical, emotional, financial, and psychological abuse within their relationships. However, societal norms and gender stereotypes frequently obstruct them from articulating their experiences or seeking help.

In many countries, male victims of domestic violence encounter systemic barriers that render the reporting of abuse or the pursuit of legal safeguards more complicated. The stigma associated with male victimhood deters men from coming forward, as they fear ridicule, disbelief, or even accusations of being the perpetrator. This societal prejudice is reinforced by legal frameworks that often disregard male victims. For instance, in certain regions, domestic violence laws are primarily geared towards protecting women, thereby leaving men with limited legal recourse.

Moreover, male victims frequently face challenges when attempting to access support services such as shelters, helplines, and counseling. Many domestic violence shelters are exclusively dedicated to serving women and children, thereby leaving men who are subjected to abuse with no viable options. In certain circumstances, men may be forced to remain in abusive situations due to financial dependence, social isolation, or the fear of losing custody of their children. The psychological ramifications of such abuse can be severe, leading to depression, anxiety, and even suicidal ideation.

Addressing domestic violence against men requires a comprehensive transformation in global attitudes. Governments and advocacy groups must strive for gender-inclusive policies, create secure environments for male victims, and confront societal narratives that link masculinity with invulnerability. By acknowledging that domestic violence affects individuals of all genders, communities can make substantial progress in ensuring justice, support, and protection for every victim, irrespective of gender. (Ghosh, A., & Kumar, A. , 2024)



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Psychological Impact of Domestic Violence on Men

Domestic violence inflicts profound emotional and psychological wounds on its victims, and men are not excluded.

1. Depression and Anxiety:

Men who face domestic abuse frequently experience unrelenting emotional distress. Continuous belittlement, controlling actions, and physical aggression can leave them feeling valueless and powerless. The strain of manoeuvring through an abusive relationship—especially without societal acknowledgment—can result in clinical depression and increased anxiety. Many victims confront overwhelming sensations of hopelessness, finding it difficult to focus at work or sustain personal relationships.

2. Post-Traumatic Stress Disorder (PTSD)

For certain men, extended exposure to abuse—be it physical, emotional, or psychological—results in PTSD. Flashbacks, nightmares, and heightened alertness become integral to their everyday existence. They may cultivate a profound fear of relationships, suffering from panic attacks or emotional numbness when confronted with situations that trigger memories of prior trauma. Unlike female survivors, men seldom obtain counselling or trauma support, complicating their recovery.

Awareness initiatives, gender-neutral support structures, and easily accessible mental health resources are essential in ensuring male victims receive the acknowledgment, validation, and support they urgently need. Domestic violence is indiscriminate, and so should our approach to healing and justice. (Chattopadhyay, A., Sharma, S. K., Vishwakarma, D., & Jungari, S., 2023)

Critical Analysis of Domestic Violence Against Men

Domestic violence against men constitutes a significant yet frequently overlooked concern, with multiple factors impeding its acknowledgment and support worldwide.

1. Lack of Legal Protection

In numerous countries, legislation predominantly emphasizes the protection of women from domestic violence, exemplified by laws such as ‘Domestic Violence Protection Orders’ or ‘Protection from Abuse’ statutes. These laws frequently lack gender neutrality, resulting in minimal legal recourse for men who endure abuse. This absence of protection perpetuates the societal belief that only women can be victims of domestic violence.

2. Social Stigma and Masculinity Norms

Men across the globe encounter societal pressure to adhere to traditional masculinity norms, which emphasize strength, emotional restraint, and dominance. These expectations complicate the ability of many men to acknowledge their victimization, as they fear being perceived as weak. This stigma inhibits men from reporting abuse and seeking assistance.

3. False Allegations and Misuse of Laws

Certain legal frameworks designed to safeguard women, such as ‘anti-domestic violence laws’ or ‘harassment claims’, have been exploited by some individuals to make false accusations against men. Such allegations result in profound emotional, social, and financial repercussions for men, who may suffer public shaming, legal issues, or even wrongful imprisonment.



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4. Under-reporting of Cases

An obstacle in addressing domestic violence against men is the under reporting of incidents. Many men, driven by fear of ridicule or disbelief, fail to report abuse. In the absence of the support structures available for women, such as helplines and shelters, male victims often feel isolated and unassisted.

5. Emotional and Psychological Abuse

Domestic violence against men is not exclusively physical. Emotional and psychological abuse, encompassing humiliation, threats of legal action, or the use of children as instruments, can profoundly impact a man's well-being. Numerous men endure this suffering in silence, either failing to recognize this form of abuse or feeling inadequate in seeking professional assistance.

6. Financial and Economic Manipulation

Some men encounter financial control within abusive relationships, where they are compelled to relinquish their earnings, face financial strain, or experience abandonment upon losing their financial independence. This type of manipulation can render male victims vulnerable and reliant.

7. Impact on Mental Health

Male victims of domestic violence frequently endure severe mental health challenges, including depression, anxiety, PTSD, and diminished self-esteem. Nevertheless, societal denial of their victimization, coupled with the inadequacy of mental health support for men, exacerbates their difficulties and hinders the recovery process.

8. Police and Judicial Bias

Law enforcement and the judicial system often manifest bias in domestic violence matters. Male victims may not be taken seriously by police officers, who may dismiss their reports or erroneously accuse them of being the aggressor. Courts are typically more inclined to prioritize the protection of women, thereby leaving men without a fair opportunity for justice.

9. Lack of Awareness and Support Systems

In contrast to the vast resources available for female victims, including shelters, hotlines, and advocacy groups, male victims frequently have limited access to support services. The absence of specialized services for men constrains their options, compelling them to endure their suffering in silence.

10. Denial

Worldwide, there exists a widespread denial that men can experience victimization from domestic violence. This denial, which is profoundly embedded in gender stereotypes, complicates the process for male victims to seek assistance and obtain the necessary support, thereby perpetuating the cycle of abuse and isolation. (Ghosh, A., & Kumar, A. , 2024)

Statistical Data on Domestic Violence Against Men

Recognizing the experiences of male victims is essential for understanding the complete extent of domestic violence and its effects on mental, emotional, and social health. Research shows that roughly 1 in 7 men (13. 8%) face severe intimate partner violence, which encompasses physical injury, emotional maltreatment, and coercive control. Furthermore, 1 in 10 men have disclosed experiences of physical assault, rape, or stalking by an intimate partner.

The National Intimate Partner and Sexual Violence Survey (NISVS) carried out in the United States in 2010 discovered that 1 in 7 men (14. 0%) have undergone severe physical violence from an intimate partner during their lifetime, whereas 1 in 18 men (5. 6%) have encountered rape, attempted rape, or sexual coercion by an intimate partner. These figures highlight the pressing necessity for awareness, assistance, and legal acknowledgment of male victims. (Hilotin-Lee, L. T. A., & Earhart, R. ., 2023)



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Cases

Domestic violence against men gained international attention as a result of the well-publicized legal dispute between Johnny Depp and Amber Heard. Depp accused Heard of physical and emotional abuse during their marriage, citing incidents where she allegedly hit him and even severed his finger with a Hurdled bottle. Heard first presented herself as the victim, but audio recordings and other evidence showed that she had admitted to using violence. Depp's case brought to light the stigma that male victims experience, as they are frequently disregarded or mocked. His 2022 court victory made it clear that domestic violence against men must be acknowledged and addressed without regard to a person's gender. (Price, J. T. , 2022)

Elon Musk, the billionaire CEO of Tesla and Space X, has participated in relationships that allegedly contained aspects of emotional and psychological abuse. Although he has never publicly accused his former wives of domestic violence, reports and leaked information indicate that he may have been a victim of manipulation, particularly in his relationship with Amber Heard.

Amber Heard, who was also in a notorious legal dispute with Johnny Depp, reportedly displayed analogous behaviours in her relationship with Musk. Court documents and leaked messages implied that she emotionally manipulated Musk, resulting in his distress. Musk was allegedly so impacted by the relationship that he exhibited visible emotions following their breakup, and was reported confiding in his friends that he had experienced considerable psychological strain.

His first wife, Justine Musk, has also publicly discussed their marriage, characterizing Musk as a highly dominant partner. Nevertheless, some reports suggest that she applied emotional pressure on him, especially during their divorce and custody dispute. While Musk has never elaborated extensively on being a victim, his relationships portray a broader trend where high-profile men may suffer in silence due to societal expectations. (Newsweek, 2022)

Terry Crews, a known actor and former NFL player, violated societal norms by sharing his encounter with sexual harassment in Hollywood. In 2017, amidst the peak of the #MeToo movement, Crews revealed that a prominent Hollywood agent, Adam Venit, had sexually assaulted him at a social event.

Crews elaborated on how Venit, a well-known agent at William Morris Endeavor (WME), approached him, groped his genitals, and made inappropriate gestures in the presence of his wife. Despite Crews' immediate response and attempts to push Venit away, he faced backlash when he chose to speak publicly about this incident. Numerous individuals within the entertainment industry questioned his claims, and some dismissed his experience due to his physical stature, thereby reinforcing the stereotype that men cannot be victims of sexual harassment or any violence including domestic violence.

Crews subsequently initiated legal action against WME and Venit, which resulted in Venit's exit from the agency. However, Crews encountered professional challenges and was even warned that his decision to come forward might negatively impact his future prospects. His situation serves as a powerful reminder that men, even those perceived as strong and successful, can become victims of abuse. It also emphasizes the difficulties male victims frequently encounter in receiving serious acknowledgment in cases of sexual harassment and assault. This is one the major reason despite being aware that they are facing abuse or harassment either physical or psychological men don't come forward to address the issue or file a complain against the other party. (Crews, T., 2017)

In Australia, an important case featured Kathryn Isobel Hay, past Miss Australia, who was convicted of emotionally abusing and threatening her former husband, Troy Shane Richardson. The mistreatment, which occurred from January 2014 to November 2022, involved verbal attacks, physical aggression, and digital harassment. She was accused of **threatening Richardson with violence, punching him and hitting him several times with a shoe, as per reports**. Although Hay denied committing physical abuse, the court identified her as the main aggressor, emphasizing the serious consequences of her behaviour on Richardson. She was found guilty of emotional abuse or intimidation at the Launceston Magistrates Court in Tasmania, per the Australian Associated Press (AAP). (Longmire, B., 2025)



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In United Kingdom, Gareth Jones, a man from the UK, experienced significant abuse inflicted by his girlfriend, Sarah Rigby, which resulted in him losing more than 60 lbs in a span of two months. Rigby dominated every element of his existence, encompassing his diet and bathroom habits, while also subjecting him to physical and psychological maltreatment. She imposed stringent regulations, prohibiting him from being alone or exiting the house without her consent. Jones endured various types of punishment, such as being bitten, kicked, and denied the opportunity to shower or utilize the toilet. Rigby's actions led to her receiving a 20-month prison sentence for abusive and controlling behaviour. (Richards, 2024)

Domestic violence is an all-encompassing phenomenon that cuts across gender, implicating men just as much as women, but which goes mostly unrecognized because of societal stigma and judicial prejudices. In order to address this clandestine epidemic successfully, it is crucial to cultivate a more encompassing definition of domestic violence that protects all victims, irrespective of gender, from suffering in silence.

Lastly, domestic violence is a widespread phenomenon that impacts members of all sections of society in different forms of physical, emotional, psychological, financial, and sexual abuse. Although the broad definition by the government, domestic violence remains less visible for men because of stigma in society, laws that work in Favor of female victims, and dominant gender norms that control the notion of masculinity.

REVIEW OF LITERATURE

1. Sreenivasan, M., (2022), In his article, “What are the Major Laws to Know Against Harassment of Men in India?”, says that India needs laws to secure men from sexual badgering, but a few laws are gender-neutral. The Security of Children from Sexual Offenses Act criminalizes sexual badgering of anybody beneath 18. The Criminal (Alteration) Act 2013, commonly known as the Nirbhaya Act, criminalizes acid assault and attempt to acid assault. Most cases of sexual badgering against men go unreported due to social shame and need of mindfulness. Organizations can avoid sexual harassment by making the Prevention of Sexual Harassment (POSH) Approach sexual orientation unbiased and conducting visit trainings covering sexual harassment as a wrongdoing against individuals. Sensitization and mindfulness creation is a viable approach against sexual badgering avoidance against men. Most of the law existing are women oriented and not men oriented in India.
2. Mansoori, M. V., (2023), In his article, “Sexual harassment of men: A hidden epidemic.” says that their encounters are seldom recognized, men as well as women are victims—though sometimes seen as an issue mostly affecting women—of sexual harassment. Men's sexual harassment in India stays mostly an unspoken and under-reported phenomenon, much thanks to traditional prejudices and legislative loopholes. Though its provisions mostly centre on female victims, leaving male survivors with little legal support or recognition, the groundbreaking statute known as the Prevention of Sexual Harassment (POSH) Act was passed to deal with workplace harassment. One big cause of this disregard is the long-held idea that males cannot be victims of sexual abuse. Society expectations men to be tough and impervious; therefore, they find it hard to share their stories in fear of mockery or neglect. Furthermore, perpetuating this bias is the legal system. The Indian Penal Code (IPC), 1860, has no particular rules acknowledging male sexual harassment as a legal offense. Male victims therefore usually have no official means to pursue redress. Emphasizing that this lack of knowledge and legal acceptance adds to a culture of silence around male victimization, the author, Victims suffer mental trauma without proper help, and many incidents go unreported. Dealing with this problem demands a change in societal perceptions, legal changes including gender-neutral safeguards, and more awareness to guarantee that all victims—regardless of sex—get the justice and help they need.
3. Robinson, L., & Segal, J., (2024)., the authors talk about “Help for Men Who are Being Abused”, domestic violence is usually linked with female victims, men too encounter abuse in close contacts. The author talks about data that one in three domestic violence victims is men, therefore emphasizing how common but usually ignored this problem is. Abuse can affect men of every background, social class, or sexual orientation. Still, social expectations and gender stereotypes typically keep them quiet. Many worry that they would not be taken seriously, mocked, or that informing abuse could spark more backlash from their spouses. Abuse of men can come in various kinds: physical assault, mental manipulation,



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verbal humiliation, even coercive control. In certain instances, financial coercion, insults, and threats become instruments of oppression. LGBTQ+ people can have an even more complicated scenario. Further obstacles could include social discrimination, legal obstacles, or the risk of being "outed" by an abuser. Religious restrictions, money dependency, a lack of support networks, as well as the fear of judgment all combine to keep males in abusive relationships. Especially difficult when one has little emotional support and few options is final an abusive partnership. Robinson and Segal highlight how critical it is to establish safe places for male victims to find assistance free of discrimination or embarrassment. To start tackling this hidden epidemic, society has to be more educated, legal safeguards provided, and access to counselling and support groups guaranteed. Help should be open to everybody, regardless of gender; no victim should endure in silence.

4. Mankind (2024), In this article "Types of domestic abuse - male victims" The author says, Domestic abuse is not limited to physical violence—it takes many forms, including emotional, psychological, financial, and coercive control. According to this article, abuse can affect any man, regardless of his age, background, job, race, or sexuality. Unfortunately, because of societal stereotypes, male victims often struggle to seek help or even acknowledge that they are being abused. Abuse can manifest in various ways. Controlling and coercive behaviours may include restricting access to money, isolating the victim from friends and family, or making constant threats. Verbal abuse, such as humiliation, mocking, and relentless yelling, can erode a man's self-esteem over time. In many cases, men feel trapped in these situations, fearing judgment or disbelief if they try to leave. It's crucial to break the silence surrounding domestic violence against men. No one deserves to suffer in an abusive relationship, and support is available for those seeking to escape and rebuild their lives.
5. Hilotin-Lee, L. T. A., & Earhart, R. ., (2023), In this article "Domestic Violence against men" The authors say Domestic violence against men can manifest in various forms, including physical, emotional, sexual, and financial abuse. However, it is often under-reported due to misconceptions and fear of ridicule. The CDC reports that 1 in 10 men have experienced intimate partner violence, and 1 in 3 men have encountered abusive acts. Awareness of domestic violence against men has grown, but training and education are still needed. Shelters for men suffering from domestic violence are rare, and most programs are designed for heterosexual relationships. Men's rights to be free from domestic violence should be protected equally to women's rights.
6. MayoClinic, (2024), In this article "Domestic violence against men by Recognize patterns, seek help", The author says Domestic violence occurs between individuals in close relationships, involving emotional, sexual, and physical abuse, stalking, and threats of abuse. It is most common in women but can happen to anyone. Signs of domestic violence include names, insults, jealousy, controlling spending, tracking, preventing access to resources, and threats of violence. It can also occur when a partner threatens to disclose sexual orientation or gender identity without consent. The cycle of abuse includes threats, harm, and apologies, with the abuser claiming responsibility. It is important to recognize and address the signs of domestic violence.
7. Nandini, (2024), In her article "Gender Neutrality in Domestic Violence Laws of India: The Neglected Male Side" says India's Constitution upholds the fundamental right to life and personal liberty for all individuals, regardless of gender. However, when it comes to domestic violence laws, the legal framework is often gender-specific, largely favoring women as victims while overlooking male victimization. This gender bias stems from deep-rooted patriarchal norms that shape societal perceptions, making it difficult to acknowledge that men, too, can suffer from domestic abuse. Many men endure physical, emotional, psychological, and financial abuse in silence due to fear of stigma and lack of legal protection. With research indicating that one in three domestic violence victims is male, it is essential to advocate for gender-neutral laws. Ensuring equal legal recourse for all victims—irrespective of gender—would uphold constitutional rights and promote fairness, challenging stereotypes that prevent male survivors from seeking justice and support.
8. Huntley, A. L., Potter, L., Williamson, E., & et al. , (2019), In their article, "Help-seeking by male victims of domestic violence and abuse (DVA) by a systematic review and qualitative evidence synthesis" the study is aimed to understand how men seek help after experiencing domestic violence and abuse (DVA). Researchers conducted a systematic review, analysing existing research on the topic. They also included qualitative evidence, which explores people's experiences in their own words. It's found that men face several barriers to seeking help, including fear of shame, belief that domestic violence is private, concerns about masculinity, feelings of worthlessness or hopelessness, and lack of awareness about



available services to help male victims. However, support from friends, family, or professionals, recognition by society that men can be victims of DVA, and services specifically designed for male victims can encourage men to seek help. The research underscores the need for increased awareness about DVA against men and the importance of creating supportive environments where men feel comfortable seeking help.

9. Ghosh, A., & Kumar, A., (2024), In their article, "Cruelty Against Men: Neglected Narrative from a Male's Perspective by explores the frequently disregarded issue of violence against men within the larger conversation of gender-based violence" talks about violence against women has been thoroughly researched and addressed, the experiences of male victims continue to be marginalized and underreported. This oversight arises from societal stereotypes that portray men as dominant and invulnerable, which makes it difficult for male victims to speak out. The article underscores the necessity to acknowledge that men, similarly to women, can experience various types of abuse, including physical, emotional, and sexual, and that recognizing this reality is vital for establishing comprehensive support systems. The authors promote a more inclusive method of tackling domestic violence, one that takes into account the distinct challenges encountered by male victims. They emphasize the need for further research to comprehend the prevalence and effect of abuse against men, as well as the formulation of policies that offer sufficient support and protection. By illuminating this overlooked narrative, the article urges a transformation in societal views and legal structures to ensure that all victims of domestic violence, regardless of gender, receive the recognition and assistance they merit.
10. Jovanoski, A., & Sharlamanov, K., (2021), In their article, "Male as a Victims: Domestic Violence from a Different Perspective" the authors say the modern way of life has brought about rapid changes in the home and intimate environments, with domestic violence becoming a rising concern. Reports from the World Health Organization (WHO) and other organizations indicate that domestic violence has increased, especially during the COVID-19 pandemic, due to quarantines and family tensions. Domestic violence cases are complex, involving difficult-to-measure factors like love, commitment, and care. The WHO defines Intimate Partner Violence (IPV) as any behaviour within a relationship that causes physical, psychological, or sexual harm. Although historically, domestic violence was considered a private issue, societal awareness has grown, with women being identified as the primary victims. In 1994, the U.S. passed the Violence Against Women Act, providing protection and support services for female victims. Many organizations, such as the National Coalition Against Domestic Violence (NCADV), emphasize women's victimization. However, male victims of domestic violence, while documented as early as the 1970s, have not received the same level of attention or support. Research by Straus and Gelles highlighted the lack of public concern and funding to address male victimization, which was not widely recognized as a problem.

METHODOLOGY

The aim of the study is to assess the extent of domestic violence against married men across age groups and Occupation and suggest preventive measures. The objective of the study is to determine the extent of domestic violence experienced by married men based on their different age group and Occupation, and to suggest measures to prevent domestic violence against men.

The data has been collected from 60 people respective to Married Men in the age range of 28- to 55-year-old with the knowledge to communicate in English. The purposive sampling technique was used for this research. Mixed approach (i.e, both qualitative and quantitative analysis) has been conducted. Potential participants were sent a google form link through email and WhatsApp to participate in the self-administered questionnaire. If the participant opted to complete the survey, they were prompted to agree to a disclaimer before the survey started.

Tools of Data collection:

The data was collected using a questionnaire developed with the help of an expert and administered to participants through Google Form and it was sent as link through email and WhatsApp. The data analysis was conducted using Descriptive and Inferential Statistics.



SCOPE OF THE STUDY

1. Legal and societal acknowledgment of abuse denies them the tools needed to overcome the ordeal.
2. Policymakers should establish gender-neutral domestic violence legislation, ensuring equal legal rights and protections for men and women.
3. The stigma of male victims keeps most from reporting the abuse or from seeking assistance. Men are afraid of ridicule, disbelief, and legal deficits and so remain silent, allowing them to live in misery.

DATA INTERPRETATION AND ANALYSIS

The aim of the study was to study domestic violence against married men across age groups and occupation in India. The objectives of the study were to study the extent of domestic violence against married men across age groups, the extent of domestic violence against married men based on their occupation and to suggest preventive measures for domestic violence against men.

The sample consisted of 60 people between the age group of 28 to 55, respective of their sex (male), age and Occupation who were selected using purposive sampling technique. The Domestic Violence Questionnaire was developed with the help of an expert, which consisted of basic demographic details and 29 questions based on different dimensions. The questionnaire was based on Likert scale majorly but overall, the questionnaire was a mixed approach (i.e, both qualitative and quantitative). The six major dimensions which were identified that is **Physical and Emotional Well-being**, Social Isolation, Perceptions of Society and Masculinity, Coping Mechanisms and support, Relationship Dynamics and General Understanding/experiences of domestic violence. Each dimension consisted of various questions which would bring out the major extents and factors of domestic violence against men leading to various aspects of domestic violence, and also help in formulating various men's opinion towards domestic violence. The Domestic Violence Questionnaire was formed and administered using Google Forms, and data from various age groups and years of marriage were collected.

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

The data was first checked for reliability and a test for normality was done to check the type of data and what test as be used to analyse the data collected.

The data was analysed using Kruskal-Wallis Non-parametric analysis.

Dimensions

A. Physical and Emotional Well-being

Domestic violence against married men has a deep impact on their physical and psychological health. Physical violence can be beating, scratching, or other violent acts, but emotional violence usually appears in the shape of manipulation, verbal abuse, and gaslighting. Domestic violence victims among men become depressed, anxious, have sleep disorders, and even suicidal thoughts and tendencies due to long-term exposure to violent relationships. However, due to social norms, most of them do not report their dissatisfaction, and consequently, they suffer from long-term psychological trauma. Stigma related to male victimhood does not allow men to report their abuse and visit medical or emotional centres, which further worsens their mental and physical health in the long term.



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B. Social Isolation

Male domestic violence victims are socially isolated, either directly because of controlling behaviour on the part of their abusive partner or indirectly because of male victim stigma. Abusive partners typically manipulate situations to isolate men from their friends and family, depriving them of emotional support. Abusive partners silence their victims by fear of stigmatization, as society perceives men as protectors and not victims. Legal and social agencies also turn a blind eye to male victims, further isolating them. Such an absence of support group makes it hard for men to escape abusive relationships or seek professional assistance.

C. Perceptions of Society and Masculinity

Social norms surrounding masculinity are some of the factors that lead to under-reporting of domestic violence against men. Traditional gender roles portray men as strong, dominant, and emotionally tough, thus making it hard for them to admit to being victimized. Most individuals have fears of being perceived as weak or feminine, and thus most of them suffer in silence. Also, the legal systems and advocacy work centre on female victims, thus reinforcing the notion that domestic violence is a women's issue. By this, the male victims of domestic violence will often have a lot of hassle in receiving attention, and their experiences are discredited or even ridiculed, thus making it hard for them to seek justice or receive assistance.

D. Coping Mechanisms and Support

Violence-stricken married men are likely to resort to negative coping strategies, including drug abuse, relationship withdrawal, or emotional suppression in order to meet social demands. As these lack gender-neutral support systems, the majority of them realize that they have no professional assistance. In comparison to the assistance given to women, including shelters and helplines, there are scanty provisions for battered men, and this leaves few options for assistance. Some resort to male advocacy organizations or internet forums for assistance, but many get stuck in their situation due to the absence of formal institutional assistance. Gender-neutral domestic violence policies must be promoted in order to offer men adequate assistance.

E. Relationship Dynamics

Marriages to married men are typically also accompanied by psychological manipulation, economic exploitation, and coercion. Abusive husbands utilize threats, false reporting, or legal manipulation—filing false reports of domestic violence—to maintain control over their spouses. Men may also wait for years under threat of losing their children, their economic security, or their rights to custody. In most cases, abusive partners utilize guilt, emotional blackmail, and intimidation tactics to exert control, and men cannot get out of the relationship. Identification of such dynamics is crucial to the understanding of domestic violence in a way that considers all genders.

F. General Understanding/Experiences of Domestic Violence

The general impression of domestic violence is to exclude men, perpetuating the idea that they cannot be victims. The majority of people do not possess gender-neutral laws, and therefore men are unable to file charges or acquire legal protection or even support groups. Studies have established that male victims face barriers including officials' disbelief, discrimination within the justice system, and a lack of shelters or counselling services. Awareness of male victimization and legal reform that recognizes men's experiences must take place in order to shift the language regarding domestic violence. A Physical and Emotional Well-being.



RELIABILITY ANALYSIS

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

Scale Reliability Statistics	
Cronbach's α	0.944

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

TEST FOR NORMALITY

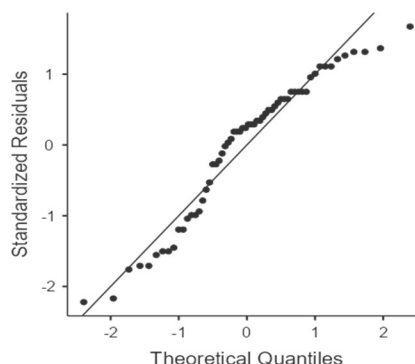
Table 2: Descriptive Statistics for DVQ (Domestic Violence Questionnaire) Total Score.

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

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

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

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



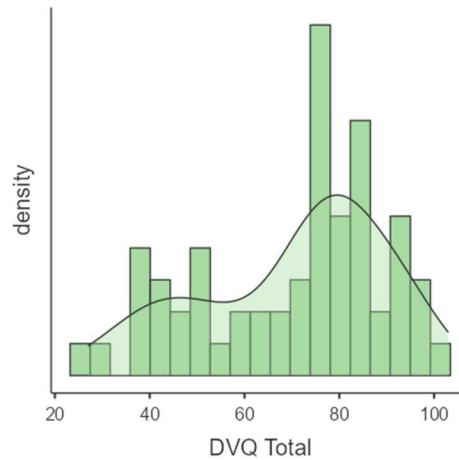


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This Q-Q plot helps assess whether the residuals follow a normal distribution. If the points align closely with the diagonal reference line, it suggests normality. However, deviations indicate departures from normality which also indicates skewness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

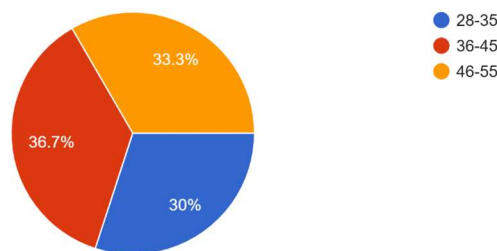
Figure 2: Histogram and Density Plot of Domestic Violence Questionnaire Total Scores



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

Figure 3: Age Groups Distribution of Respondents.

Age:
60 responses



This pie chart shows the age composition of the 60 respondents in DVQ survey. The respondents have been grouped into three categories based on their age: 28-35 years (30%), 36-45 years (36.7%), and 46-55 years (33.3%). The composition is somewhat evenly spread out, with the largest number of respondents being between 36-45 years old.

Discussion

The research ascertained that domestic violence experiences are quite stable across different age groups, with insignificant statistical variations ($p > 0.05$). Nevertheless, small trends indicate that young men (28-35 years) experience greater social



isolation, while mature men (46–55 years) have more pronounced perceptions of masculinity in response to external expectations. These results are supported by a study by (Hines, D. A., & Douglas, E. M., 2010), who documented that younger men experience more emotional and psychological distress from domestic violence but lack adequate coping strategies. In addition, (Tsui, 2014) also cited that middle-aged men are less probable to report abuse, possibly because there is more social pressure to follow traditional masculine norms, thereby explaining why older men in this research showed higher conformity to societal norms.

Table 3: Kruskal-Wallis Non-parametric analysis of Domestic Violence Questionnaire Dimensions Across Age Groups.

Variables	Age	N	Mean	SD	SE	χ^2	p
Physical and Emotional Wellbeing	28-35	18	13.7	4.76	1.123	2.11	0.35
	36-45	22	14.5	5.21	1.11		
	46-55	20	12.3	4.86	1.086		
Social Isolation	28-35	18	15.7	5.29	1.247	1.9	0.39
	36-45	22	15.5	5.91	1.26		
	46-55	20	13.8	4.95	1.106		
Perceptions of Society and Masculinity	28-35	18	15.2	3	0.706	1.41	0.49
	36-45	22	15.8	4.14	0.883		
	46-55	20	16.6	3.33	0.745		
Coping Mechanisms and support	28-35	18	11.2	3.73	0.88	1.14	0.57
	36-45	22	12.5	3.7	0.789		
	46-55	20	12.3	3.42	0.765		
Relationship Dynamics	28-35	18	13	5.46	1.286	4.25	0.12
	36-45	22	15.3	5.31	1.133		
	46-55	20	13.2	5.29	1.184		
DVQ Total	28-35	18	68.8	19.4	4.572	2.06	0.36
	36-45	22	73.6	21.02	4.481		
	46-55	20	68.2	18.41	4.117		



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This is a table of descriptive statistics and chi-square test findings for Age subscale of the Domestic Violence Questionnaire (DVQ) in three age groups: 28–35, 36–45, and 46–55. The dimensions encompass Physical and Emotional Wellbeing, Social Isolation, Perceptions of Society and Masculinity, Coping Strategies and Support, Relationship Patterns, and the DVQ Total Score.

For every age group, the table provides the number of participants (N), mean score, standard deviation (SD), and standard error (SE). Furthermore, the chi-square (χ^2) test statistics that is Kruskal-Wallis test and p-values indicate whether there are statistically significant differences between the age groups for each dimension.

According to p-values, all the dimensions report no statistically significant differences between age groups ($p > 0.05$), and this indicates that experiences and attitudes towards domestic violence are quite consistent across the varying age groups.

This is according to the Mean differences across ages in the table it indicates minimal differences in the way men experience various features of domestic violence.

Physical and Emotional Wellbeing dimension, respondents aged 36–45 years have the greatest mean score (14.5), while those aged 46–55 have the lowest (12.3), reflecting that emotional and physical anguish might slightly diminish with age.

Social Isolation dimension, respondents scores also follow the same trend, with the youngest age group (28–35) reporting the highest score (15.7) and the oldest (46–55) reporting the lowest (13.8), which may indicate that older adults develop more effective social coping strategies.

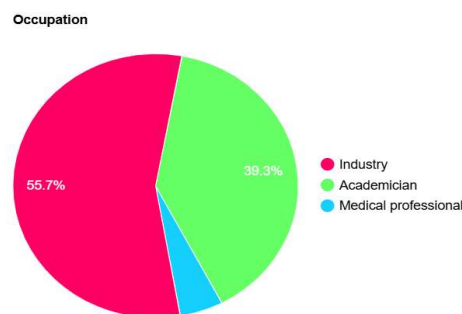
Perceptions of Society and Masculinity, the mean scores are higher with age, with 46–55-year-olds scoring the highest (16.6), perhaps an indication of stronger conformity to societal norms or changing attitudes over time.

Coping Mechanisms and Support increase marginally from 28–35 (11.2) to 36–45 (12.5), holding steady at 46–55 (12.3), which reflects minimal change in how men access support with age.

Relationship Dynamics varies across groups, with the 36–45 group having the highest mean (15.3), which may indicate that those in this age group have more relationship complexities.

The DVQ Total Score, which measures the overall influence of domestic violence experiences, is relatively stable throughout age groups, supporting the fact that domestic violence impacts men at various stages of life with relatively equal strength.

Figure 4: Occupation Distribution of Respondents.





The pie chart represents the occupation distribution of 60 respondents of DVQ . A majority (55.7%) are employed in Industry, followed by (39.3%) who are Academicians. A small fraction of Medical Professionals accounts for the remaining percentage (5%) . This distribution highlights a significant presence of Industry professionals and Academicians in the surveyed group with less Medical Professionals.

Discussion

This research uncovers that Relationship Dynamics is the sole dimension highly impacted by occupation ($p = 0.01$), implying that job pressure and stressful working roles may exacerbate domestic tensions. The evidence supports the findings of research conducted by (Ahmad et al., 2020), which showed that high-stress professionals, especially healthcare professionals, are more susceptible to domestic violence as a result of long working hours, emotional exhaustion, and stressful working conditions, it also indicated in their previous work that high-stress occupation professionals, especially in the healthcare profession, are more susceptible to domestic violence because of long working hours and emotional exhaustion.

Table 4: Kruskal-Wallis Non-parametric analysis of Domestic Violence Questionnaire Dimensions Across Occupation.

Variables	Occupation	N	Mean	SD	SE	χ^2	p
Physical and Emotional Wellbeing	Academician	10	13.8	4.104	1.298	0.535	0.77
	Medical professional	4	16	4.83	2.415		
	Industry	46	13.3	5.171	0.762		
Social Isolation	Academician	10	14.7	4.9	1.55	0.351	0.84
	Medical professional	4	16.5	3.317	1.658		
	Industry	46	14.9	5.691	0.839		
Perceptions of Society and Masculinity	Academician	10	15.9	3.107	0.983	2.337	0.31
	Medical professional	4	18	1.826	0.913		
	Industry	46	15.7	3.73	0.55		
Coping Mechanisms and support	Academician	10	11	3.771	1.193	2.384	0.30
	Medical professional	4	14.3	2.217	1.109		
	Industry	46	12.1	3.626	0.535		
Relationship Dynamics	Academician	10	12.3	5.334	1.687	9.43	0.01*
	Medical professional	4	20.5	0.577	0.289		
	Industry	46	13.7	5.254	0.775		
DVQ Total	Academician	10	67.7	18.685	5.909	3.24	0.20
	Medical professional	4	85.3	7.411	3.705		
	Industry	46	69.6	20.108	2.965		



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This table shows the correlation between occupation and various dimensions of domestic violence experiences, as measured by the Domestic Violence Questionnaire (DVQ). The occupational groups considered are Academician, Medical Professional, and Industry Professionals.

The table contains mean scores (Mean), standard deviation (SD), standard error (SE), chi-square values (χ^2), and p-values (p) for five most important variables: Physical and Emotional Wellbeing, Social Isolation, Perceptions of Society and Masculinity, Coping Mechanisms and Support, Relationship Dynamics, and the DVQ Total score.

Other Dimensions indicate statistically no significant differences ($p > 0.05$), other than Relationship Dynamics ($p = 0.01$), revealing that occupation considerably affects this factor of domestic violence.

The mean differences in each dimension are:

Medical professionals have slightly higher scores in almost all categories, suggesting that they may experience more challenges in Physical and Emotional Wellbeing (16.0), Social Isolation (16.5), Perceptions of Society and Masculinity (18.0), and Coping Mechanisms (14.3) than Academicians and Industry professionals.

Industry professionals have comparatively lower scores in almost all categories, implying that they may notice fewer impacts in these areas.

Relationship Dynamics also reveals a noteworthy difference ($*p = 0.01$), with medical professionals having the highest score (20.5), which may indicate that they can have more problems in relationships than other groups.

The DVQ Total score is highest among medical professionals (85.3), followed by lower scores for industry professionals (69.6) and academicians (67.7), which may imply a general stronger effect of domestic violence experience on medical professionals.

MAJOR FINDINGS OF THE STUDY

- 1. No Significant differences in extent of domestic violence experienced by married men across different age groups:** Although there is no significant difference in the relationship between extent of domestic violence experienced by married men across different age groups which proves the null hypothesis (H_0), the trend is towards younger men and early married men reporting more social isolation and emotional distress. Contrarily, men in long marriages are found to have more solid coping strategies.
- 2. Occupational variations:** Occupational variations indicate that medical professionals have more difficulties in relationship dynamics and overall domestic violence experiences, while industry professionals indicate relatively lower effects.
- 3. Domestic Violence Questionnaire (DVQ) Total Score:** The DVQ Total Score is fairly consistent across age groups and occupation, supporting the fact that domestic violence impacts men throughout their lifespan. Identifying male victimization and enacting gender-neutral policies is essential to the provision of equal protection and assistance to all victims.

PREVENTIVE MEASURES FOR DOMESTIC VIOLENCE AGAINST MEN

1. Encourage Open Communication

- Younger men or newly married individuals may struggle with communication due to a lack of experience in navigating marital conflicts.
- Longer-married men might face accumulated unresolved conflicts, leading to emotional distress or violence.
- Promoting open communication between spouses to address conflicts early and prevent escalation into violence. Encourage men to express their feelings and distress to their partners, as well as seek professional counselling or therapy.



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- Action: Counselling programs that emphasize healthy communication skills in relationships should be implemented. The marital counselling programs should be tailored to different stages of marriage, offering skills in conflict resolution and emotional expression.

2. Address Alcohol and Substance Abuse

- Younger men may be more prone to alcohol-induced conflicts due to peer pressure or stress from martial life or martial domestic violence.
- Older men may develop substance dependency due to long-term stressors from martial life or martial domestic violence.
- Organizing public health initiatives to identify and tackle the interrelation among alcohol, drug abuse, and violence in homes. Provide material to aid to address alcoholism and other mechanisms that are used in alcohol abuse but tend to enhance hostility and brutality.
- Action: Open recovery centres for alcoholism or drug dependency problems and conduct survey for identifying the cause. Recovery centres or rehabilitation centres should focus on targeted age-specific interventions, helping men resist peer pressure while providing support according for the needed issue.

3. Strengthen Family and Peer Support Networks

- Men in early marriages may lack support systems due to limited experience in seeking help or understanding what they are going through.
- Men in long-term marriages may hesitate to disclose abuse due to social stigma.
- Promote the establishment of effective family and social support networks where men are free to discuss their issues without ridicule or judgment. Men's support groups for men experiencing domestic violence can offer peer-to-peer counselling.
- Action: Create peer support groups where men can share experiences based their experiences, reducing judgment and isolation.

4. Legal and Policy Reforms for Men

- Younger men in early marriages may struggle with legal awareness and hesitation in seeking legal protection.
- Older men in long-term marriages may fear losing family and social status if they report abuse.
- Support more stringent law enforcement against domestic violence and offer protection to men. Create clear legal avenues for men who are subjected to domestic violence to receive protection and justice.
- Action: Governments should enact policies that include legal literacy programs for men and implement more robust legal safeguards, making certain that men subjected to domestic violence are not ignored or stigmatized rather supported.

5. Coping Mechanism Development Programs

- Younger men should receive training in healthy conflict resolution techniques.
- Older men should focus on stress management and emotion regulation strategies.
- Establish programs that assist men in building constructive coping strategies for stress, anger, and conflict resolution rather than using violence or avoidance.
- Action: Provide workshops or materials on stress management, mindfulness, and emotional intelligence that instruct men on how to manage conflict non-violently.

CONCLUSION

Domestic violence is a universal phenomenon that crosses gender lines, but male victims are still woefully underrepresented in research, law, and services. The research identifies that domestic violence against men is not just a reality but also a problem that has gone largely unnoticed because of cultural prejudices and stereotypical conceptions of masculinity.

The results of the study emphasize on how domestic violence against men differs by age and occupation. Although there is no significant difference in the relationship between extent of domestic violence experienced by married men across different age groups which proves the null hypothesis (H_0), the trend is towards younger men and early married men reporting more social isolation and emotional distress. Occupational variations indicate that medical professionals have



more difficulties in relationship dynamics and overall domestic violence experiences, while industry professionals indicate relatively lower effects.

The DVQ Total Score is fairly consistent across age groups and occupation, supporting the fact that domestic violence impacts men throughout their lifespan. These findings underscore the importance of specific interventions like counselling, support groups, and awareness campaigns to different demographic populations.

By defying stereotypes, creating awareness, and promoting inclusive policies, we can proceed towards a fairer system where no victim is left behind or without assistance. Therefore, the suggested measures for preventing domestic violence against men will reduce the occurrence of domestic violence against men and understand the issue and only through combined societal effort can we guarantee justice, healing, and safeguarding to every individual who suffers from domestic violence.

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