

Domestic Violence and Mental Health Problem of Women in Ibadan, Nigeria

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Abstract:

Mental health is a psychological and medical phenomenon that is attracting the attention of scholars, medical experts, counselors and other professionals all over the world. One of the major issues causing mental health problem of women is domestic violence against women. Studies conducted in Ibadan, Nigeria on the connection between domestic violence and mental health of women are very scarce as at the time of this study. Majority of studies cited were foreign. Therefore, this study investigated the connection between domestic violence and mental health of women in Ibadan, Nigeria. The study is anchored on behavioural theory of Alvan Pavlov's Classical Conditioning. Descriptive design of correlation type was adopted for this study and two hundred volunteered participants with experience of emotional or physical intimate partner violence were purposively used for this study. Domestic Violence Questionnaire (0.92) and Mental Health Scale (0.78) were used for data collection while descriptive statistics and Pearson Product moment correlation were used for data analysis. The results revealed average level of both domestic violence against women and mental health of women while significant relationship existed between domestic violence and mental health of women in Ibadan, Nigeria ($r = .744, p < 0.000$). It is recommended that the governmental and non-governmental agencies working on women welfare and development should intensify their efforts on their campaigns on violence against women in order to reduce mental health problems of women.

Keywords:

Domestic Violence, Mental Health Problem, Women in Ibadan, Nigeria

1. Introduction

Mental health is emotional and behavioural disorder that is caused by many factors in which domestic violence is one of the factors. Both mental health and domestic violence are social, psychological, religious, medical and legal Phenomena that are constantly being addressed by human right activists, sociologists, psychologists, clergy and medical experts in different ways. Domestic violence is a heart-provoking phenomenon that cuts across ages, gender, race, religion and socio-economic status. It is a global mental and public health challenge occurring in all countries either

developing or developed, among the rich or poor, rural or urban dwellers [16,26,2,3]. If domestic violence is a mental and public health challenges, it means domestic violence and mental health are interwoven.

Domestic violence is very common among women, elderly and children [22] and synonymous with intimate partner violence, family violence, domestic abuse, spousal abuse among others [12]. Socially, it is seen as a way of enforcing the role of a man over a woman within the culture [12] and a cultural mind set showing a woman should be forcefully surrender to a man dominance [17,1]. Really, many of the victims of domestic violence hardly discuss it because of mental mindset that domestic violence should be hidden and family secret that should be kept in the family despite how painful and dangerous the manifestation is, this is a mental issues.[20] gives some reasons why victims of domestic violence do not want to disclose their experience to others in their environment. The reasons range from fear of escalating the matter, mistrust of external interveners, thinking that the relationship can be salvaged and lack of knowledge about what help agencies could do.

Furthermore, there several forms of domestic violence such as wife battering, verbal assaults, physical assaults, forced sexual intercourse among others [13]. The most common domestic violence issues against women are physical and sexual violence. Based on [23], physical violence includes incidences such as being slapped, throwing objects that could hurt victims, pushing, or shoving, kicking, dragging, beating up , being threatened with gun, knife and other weapons that could hurt. On the other hand, sexual violence is a situation of having unsolicited sex, or having sexual intercourse with someone against his or her wish and under fear, intimidation, humiliation or degrading. Intimate partner violence is most reported violence on media in Nigeria. It manifests in form of physical, sexual, emotional abuse and controlling behaviour by close partner. Domestic violence has caused many women to have headache often, lose appetite, sleep hardly and badly, easily frightened, feel nervous, unhappy, indecision and aggressive. These are symptoms of mental health problems.

Preventive measures had been initiated by individuals, governmental and non-governmental agencies to curb domestic violence against women because of its adverse effect on their mental health. Really, the process is on-going in many communities and countries. Many help agencies like counselors, social workers, human right activists, legal practitioners have been working since 1970s that women movement identified the problems that domestic violence should be addressed. Furthermore, [8] pointed out that the secretary general of UN Ban-Ki Moon issued a global call to end domestic violence against women by launching the unity to end violence against women campaign. However, domestic violence actually propels reforms of civic and criminal law on women, media aggressive campaign against domestic violence against women, societal reform of gender imbalance norms and strengthening of woman rights and law. Therefore, this study is unique as the researchers investigated domestic violence and its connection to mental health problem of women.

2. Literature Review

Behavioural theory is very important in understanding mental health problem. Behavioural theory emphasizes that people life experiences determine their actions. Domestic violence is an experience that can lead to mental health problem. Ivan Pavlov made significant contribution to the development of behavioural theory

through discovery of association as related to conditioning that produces forms of behaviour. He poses that when two different situations occur regularly, near to each other, they can be registered in the mind of an individual, leading to the same response for the two situations. Behaviourism is applicable to mental health issue by trying to get the behavior that cause a mental problem in an individual and try to replace them with modeling, classical or operant conditioning. Domestic violence is a mental issue and could also be seen as mental health problem on the part of people who engage in it.

However, studies at global level have shown the rate of domestic violence as very high and alarming nowadays. According to [23] confirmed that 24,000 women in more than 10 countries reported intimate partner domestic violence and 13-61% reported ever having experience physical violence, 4-49% showed severe physical violence, 6-59% reported sexual violence by partners at some point in their lives while 20-75% demonstrated that they had been abused emotionally one or more times in their lives[5]. Still, some women don't leave their partners or relationships despite their experience of domestic violence. According to [7], lack of alternative means of economic support, fear of retaliation, concern for their children, lack of support from their family and friends, love for the partner and hope that the partner would change.

More studies indicated that domestic violence is related to physical, emotional and mental health problem of women who are victims. [8], showed physical effects of domestic violence on women as bruises, abdominal or thoracic injuries, fractures or broken bones or teeth sight or hearing damages or impairments, head, back and neck injuries. Mental health problems are linked with domestic violence. Depression, anxiety and phobia [8], depression, anxiety and substance abuse [21], emotion distress, thought of and attempted suicide [6], alcohol, drug abuse, eating and sleep disorder, poor self-esteem, post traumatic disorder, smoking, self-harm and unsafe sexual behavior [5]. It is associated with miscarriage, still birth, pre mature labour and birth, fetal birth injury and low birth weight in pregnant women [18].

Also, domestic violence has effect on mental health of survivors and mental health care of 176 million euro [24] and some 1.2 million women experiences domestic violence each year [14]. 30-60% of women with mental health problem had experienced domestic violence [9]. Domestic violence and mental health were correlated in the study of [4] that 27.15% 775 women studies had experienced domestic violence and 38.24% were diagnosed with mental health. [19] showed that psychological, physical and sexual violence were high and a quarter of women with 25.3% reported unhealthy mental status and suicidal tendencies. Evidence of chronic, severe and often long adverse mental health were shown in victims of mental studied by [10].

Statement of Problem

The incidence of domestic violence and mental health are very common in our societies and women are more victims of them. Domestic violence against women and its negative health implications have created global mental and public health challenges in all countries either developing or developed among the rich or poor, rural or urban dwellers. Many women suffer a lot of psychological synonymous such as depression, aggression, post traumatic disorders among others from intimate partner violence, family violence, domestic abuse, spousal abuse among others. Many studies have shown that domestic violence has connection with mental health issues in developing and developed countries but few studies have been done in Nigeria,

therefore, the main objective of the present study is to investigate the levels of domestic violence and mental health of women. Also, find the connection between domestic violence and mental health women in Ibadan, Nigeria.

Research Questions

The following questions were answered in the study

- i. What is the level of domestic violence against women in Ibadan?
- ii. What is the level of mental health of women in Ibadan?
- iii. Is there any relationship between domestic violence and mental health of women in Ibadan?

Methods

Descriptive research design of correlation type was adopted for this study and purposive sampling techniques was used to draw a sample of participants who reported experiences of domestic violence such as physical and emotional violence. Two research Instrument were used to collect data for analysis domestic violence questionnaire by [11] was adopted, it is a 20-item questionnaire with yes or no response format, 13 items are for psychological violence while 7 items are for physical violence factor analysis was done to demonstrate the construct validity while criterion validity was determined by plotting receiver operator Characteristics [11]. Reliability coefficient using Cronbach alpha is 0.92 and test re-test of 0.96, Mental Health Scale was constructed by [15] to elicit information mental health problem exhibit by the women affected with domestic violence. It is a 20-item scale with yes or no response format with reliability coefficient of $r=0.78$ after two weeks of test re-test. The two instruments were structured into sections B and C after the demographical variables were itemized in section A. Then, administration was done by the researchers with four research assistants after ethical clearance was obtained and consent of the participants were solicited for. Out of 200 questionnaires administered, only 189 were retrieved and valid for analysis. Descriptive and person product moment correlation were adopted for analysis.

3. Results

3.1. Demographic Variables

Table 1. Participants Distribution by Age.

Variable	Frequency	Percentage
Below 40 years	98	51.9
Above 41 years	91	48.1
Total	189	100.0

From Table 1, ninety eight (98) respondents which represent (51.9%) of the study participants are below 40years, ninety-one (91) respondents which represent (48.1%) of the study participants are above 41years.

Table 2. Participants Distribution by Religion.

Variable	Frequency	Percentage
Christianity	157	83.1
Islam	27	14.3
Other Religion	5	2.6
Total	189	100.0

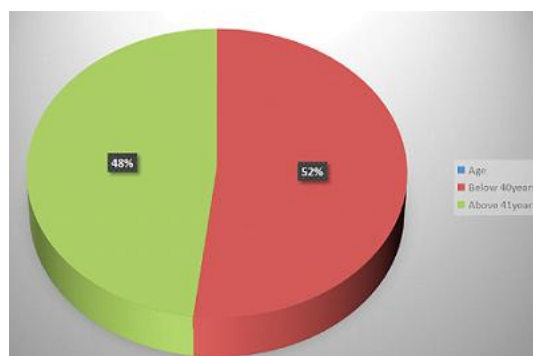


Figure 1. Participants Distribution by Age.

From Table 2, one hundred and fifty-seven (157) respondents which represent (83.1%) of the study participants are Christian, twenty-seven (27) respondents which represent (14.3%) of the study participants are Muslim, while five (5) respondents which represent (2.6%) of the study participants are into other religion. It is obvious from the findings, that majority of the respondents are Christian, followed by Muslim.

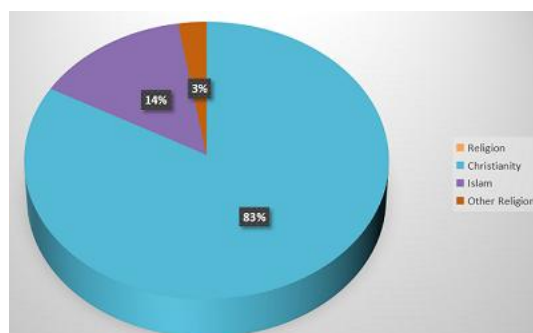


Figure 2. Participants Distribution by Religion.

Table 3. Participants Distribution by Marital Duration.

Variables	Frequency	Percentage
1-20 years	138	73.0
20 years and Above	51	27.0
Total	189	100.0

From Table 3, one hundred and thirty-eight (138) respondents which represent (73.0%) of the study participants have 1-20 years of marital duration, fifty-one (51) respondents which represent (27.0%) of the study participants have 20 years and above of marital duration, inference from the finding reveal that majority of respondents fall within 1-20 years of marital duration.

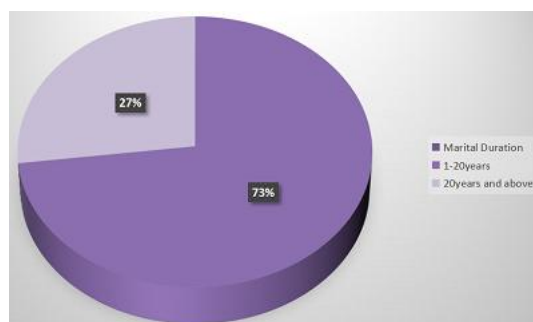


Figure 2. Participants Distribution by Family Type.

Table 4. Participants Distribution by Family Type.

Variable	Frequency	Percentage
Monogamy	155	82.0
Polygamy	31	16.4
Other	3	1.6
Total	189	100.0

From Table 4, one hundred and fifty-five (155) respondents which represent (82.0%) of the study participants are into monogamy type of family, thirty-one (31) respondents which represent (16.4%) of the study participants are into polygamy type of family, inference from the finding reveals that majority of respondents are into monogamy.

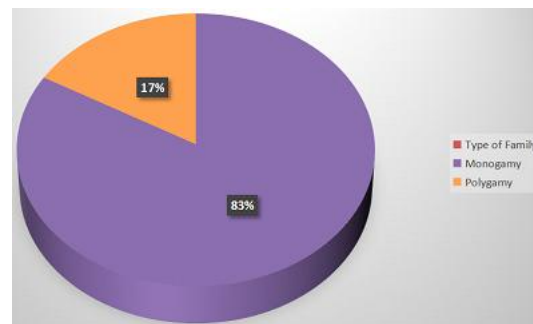


Figure 3. Participants Distribution by Type of Family.

Table 5. Participants Distribution by Nature of Marriage.

Variable	Frequency	Percentage
Married within your culture	151	79.9
Married outside your culture	38	20.1
Total	189	100.0

From Table 5, one hundred and fifty-one (151) respondents which represent (79.9%) of the study participants were married within their culture, thirty-eight (38) respondents which represent (20.1%) of the study participants were married outside their culture, inference from the finding reveal that majority of respondents married within their culture.

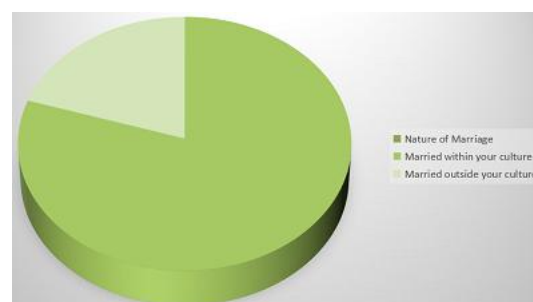


Figure 5. Participants Distribution by Nature of Marriage.

Research Question One: What is the level of Domestic Violence against Women?. The research question was answered as thus:

Table 6. Participants' Responses on the Level of Domestic Violence against Women in Ibadan, Nigeria.

SN	ITEMS	YES	NO	MEAN	STD DEV
1	Did not permit/interact with female friends	56	133	1.70	0.46

		(30%)	(70%)		
2	Restricted interaction with your family members	54 (29%)	135 (71%)	1.71	0.45
3	Did not permit to handle money	41 (22%)	148 (78%)	1.78	0.41
4	Did not permit to choose/buy things	52 (28%)	137 (72%)	1.72	0.45
5	Irritated/suspicious/angry if you talked to other men	63 (33%)	126 (67%)	1.67	0.47
6	Accused you of being unfaithful	56 (30%)	133 (70%)	1.70	0.46
7	Treated you like a servant	40 (20%)	149 (80%)	1.79	0.41
8	Did not allow you to partake in decision making	54 (29%)	135 (71%)	1.71	0.45
9	He kept away from home for days or weeks without informing you/giving money	52 (28%)	137 (73%)	1.72	0.45
10	He was unfaithful to you /had extra marital relationship	62 (33%)	127 (67%)	1.67	0.47
11	He did not reach against his relatives/agreed with his relatives when they insulted you	57 (30%)	132 (70%)	1.70	0.46
12	Insulted you in front of others	55 (29%)	134 (71%)	1.71	0.45
13	Threatened to harm you physically	46 (24%)	143 (76%)	1.76	0.43
14	Slapped you	43 (23%)	146 (77%)	1.77	0.42
15	Beat you on other body parts	36 (19%)	153 (81%)	1.81	0.39
16	Twisted your arm/pulled your hair	37 (20%)	152 (80%)	1.80	0.39
17	Kicked you/dragged you	33 (18%)	156 (82%)	1.83	0.38
18	Choked you or inflicted burns on you	31 (18%)	158 (82%)	1.84	0.37
19	Ignored you purposely by not having sexual intercourse with you for weeks	52 (28%)	137 (72%)	1.72	0.44
20	Had sexual intercourse with you forcibly when you were not interested	41 (22%)	148 (78%)	1.78	0.41
Weighted Mean				1.74	

Table 6 shows the level of domestic violence against women, to answer this research question, the weighted mean (1.74) was determined and set as bench mark for decision making. The table reveals that domestic violence against women is at average level as some of the items buttress the fact that there is domestic violence against women as nine items in the table are having means above the set bench mark of 1.74 in research question one. For instance item like: did not permit to handle money ($\bar{x} = 1.78$), treated you like a servant ($\bar{x} = 1.79$), threatened to harm you physically ($\bar{x} = 1.76$), slapped you ($\bar{x} = 1.77$), beat you on other body parts ($\bar{x} = 1.81$), twisted your arm/pulled your hair ($\bar{x} = 1.80$), kicked you/dragged you ($\bar{x} = 1.83$), choked you or inflicted burns on you ($\bar{x} = 1.84$) and had sexual intercourse with you forcibly when you were not interested ($\bar{x} = 1.78$). Deducing from the findings, it is obvious that there is domestic violence against women in the coverage area.

Research Question Two: What is the level of Mental Health of Women?. The research question was answered as thus:

Table 7. Participants' Responses on their Level of Mental Health of Women.

SN	ITEMS	YES	NO	MEAN	STD. DEV
1	Do you often have headache	72 (37%)	117 (63%)	1.62	0.48
2	Is your appetite poor	46 (24%)	143 (76%)	1.76	0.43
3	Do you sleep badly	50 (27%)	139 (73%)	1.74	0.44
4	Are easily frightened	45 (24%)	144 (76%)	1.76	0.42
5	Do your hand shake	23 (12%)	166 (88%)	1.88	0.32
6	Do you feel nervous, tense or worried	64 (34%)	125 (66%)	1.66	0.47
7	Is your digestion poor	33 (17%)	156 (83%)	1.83	0.38
8	Do you have trouble thinking clearly	48 (25%)	141 (75%)	1.75	0.43
9	Do you feel unhappy	59 (31%)	130 (69%)	1.69	0.46
10	Do you cry more than usual	40 (21%)	149 (79%)	1.79	0.41
11	Do you find it difficult in enjoying your daily activities	49 (26%)	140 (74%)	1.74	0.44
12	Do you find it difficult in making decision	44 (23%)	145 (77%)	1.77	0.42
13	Is your daily work suffering	33 (18%)	156 (82%)	1.83	0.38
14	Are you unable to play a useful part in life	41 (22%)	148 (78%)	1.78	0.41
15	Have lost interest in things	52 (28%)	137 (72%)	1.72	0.44
16	Do you feel you are a worthless person	27 (14%)	162 (86%)	1.86	0.35
17	Has the thought of ending your life been on your mind	25 (13%)	164 (87%)	1.87	0.34
18	Do you have feel tired all the time	64 (34%)	125 (66%)	1.66	0.47
19	Do you have uncomfortable feeling in your stomach	55 (29%)	134 (71%)	1.71	0.45
20	Are you easily tired	64 (34%)	125 (66%)	1.66	0.47
Weighted Mean				1.75	

Table 7 shows the level of mental health of women, to answer this research question, the weighted mean (1.75) was determined and set as bench mark for decision making. The table reveals that level of mental health of women is at average level as some of the items buttress this fact, that there the level of mental health of women is at average as eleven items in the table are having means above the set bench mark of 1.75 in research question two. For instance item like: is your appetite poor ($\bar{x} = 1.76$), are easily frightened ($\bar{x} = 1.76$), do your hand shake ($\bar{x} = 1.88$), is your digestion poor ($\bar{x} = 1.83$), do you have trouble thinking clearly ($\bar{x} = 1.75$), do you cry more than usual ($\bar{x} =$

1.79), do you find it difficult in making decision ($\bar{x} = 1.77$), is your daily work suffering ($\bar{x} = 1.83$), are you unable to play a useful part in life ($\bar{x} = 1.78$), do you feel you are a worthless person ($\bar{x} = 1.86$) and has the thought of ending your life been on your mind ($\bar{x} = 1.87$). Deducing from the findings, it is obvious that the level of mental health of women is average in the coverage area.

Research Question 3: Is there any significant relationship between Domestic Violence against Women and Mental Health.

Table 8. Correlation between Domestic Violence against Women and Mental Health.

Variables	No	(r)	P	Remark
Domestic Violence Against Women	189	.744	.000	Significant
Mental Health	189			

Significant at 0.05

Table 8 presents the Pearson product moment correlation result of the relationship between domestic violence against women and mental health. The table reveals positive high significant relationship between the two variables at ($r = .744$, $p = < 0.000$), the result implies that domestic violence against women influences state of mental health. Therefore, the null hypothesis which stated that: There is no significant relationship between domestic violence against women and mental health was rejected.

4. Discussion

It is evidence from the outcomes of the study that domestic violence against women is at average level. This is in disagreement with alarming and global very high rate of domestic violence.[23], which confirms that 24,000 women in more than 10 countries reported intimate partner domestic violence and 13-61% reported ever having experience physical violence, 4-49% showed severe physical violence, 6-59% reported sexual violence by partners at some point in their lives while 20-75% demonstrated that they had been abused emotionally one or more times in their lives [5]. Women experience of domestic violence is average because efforts of many institutions (governmental and non-governmental institutions) that are charged with legal responsibilities of handling domestic violence against women such as religious organizations and civil societies have initiated massive campaigns on the need to avoid domestic violence against women with huge success in reduction of domestic violence against women in Nigeria especially in Ibadan.

Similarly, the level of mental health of the women is at average. There is evidence of mental health problem of women is confirmed in studies. As reported in a study unhealthy mental status and suicidal tendencies and situation of chronic, severe and often long adverse mental health were shown in women who are victims of mental health [10]. Depression, anxiety, phobia substance abuse [8,21] are common and rated higher as mental health problems. It is seen that average level of mental health of women explained in the sense that a lot of mental health programmes have been provided for individual women to help them cope with family, social, economic, religious and cultural factors contributing to mental health of women. Since the programmes are on-going, the level of mental health of women is expected to reduce.

Furthermore, there is significant relationship between domestic violence against women and their mental health. Many studies [24,14,9,4,19] indicate that domestic violence is related to mental health. It is noted that many women suffer a lot of

emotional, physical and psychological abuses as a result of domestic violence and eventually led to emotional and behavioural health problems such as depression, aggression, emotion distress, thought of and attempted suicide or self-harm, addiction to alcohol, drug abuse, eating and sleep disorders, poor self-esteem, post traumatic disorder and unsafe sexual behaviour among others. Domestic violence is a silence motivator of many mental health challenges of women because culturally, their lives are attached to their marriage and if their marriages do not produce happiness and peace, their lives will show emotional and behavioural disorders.

5. Conclusions

The study investigated domestic violence against women and mental health in Ibadan. Relevant literature was reviewed and research questions were answered accordingly. It was evident that average levels of violence against women and mental health of women were recorded. More importantly, there was relationship between domestic violence and mental health of women in Ibadan.

6. Recommendations

Based on the outcomes of the present studies, it is recommended that:

- i. Professionals such as counselors, social workers, lawyers, mental health experts among others should collaborate by staging serious campaign, organize aggressive seminar and workshops that will enlighten people on the dangers in engaging in domestic violence against women.
- ii. Religious leaders should include the teaching of human rights and dignity and conflict management strategies into their men and women conferences to help in equipping them with necessary skills in handling family matters.
- iii. The government should make mental health treatment free for women who are victims of domestic violence.
- iv. Government should treat the confirmed case of domestic violence as a criminal case and recommend mental health therapy for the perpetrators of domestic violence.

Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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