

Domestic Violence

Introduction

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against another. It is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. Violence against women is often accompanied by emotionally abusive and controlling behavior, and thus is part of a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death. The consequences of domestic violence can cross generations and truly last a lifetime (National coalition against domestic violence).

Domestic Violence has always been a major concern of mine; I find the topic itself interesting, educational, and beneficial. My mother was physically, mentally, and emotionally abused by her mother who was an alcoholic. Although this may only seem like child abuse, many more factors were encountered to turn this issue into domestic violence. The abuse started immediately after her father remarried and moved out. Hearing my mother's heart breaking stories about her childhood really makes me wonder how anyone can hurt their child, loved one, sibling, spouse, or family member intentionally. Sometimes I find myself thinking maybe her horrible childhood provided a helping hand in making her the great wonderful mother she is today. She told me as a young girl she repeatedly promised herself that she would never be like her mother and she would love her children unconditionally.

I also chose Domestic Violence as my topic because it drives me absolutely crazy to know that this issue ruined my mother's childhood and memories from her past as well as other Americans all over the world. A grown person should be able to look back on their childhood and smile because of all of the good heartwarming memories they have accumulated. It really breaks my heart to know that my mom is incapable of doing so. It has gotten to the point that she has ultimately forced the memories away by blocking them out and not thinking about them to the point that she doesn't remember a lot of them. She jokingly claims that "she has long term memory loss" but we all know it's only an excuse. She has been through so much and I would be grateful to learn new information while completing this fact sheet to help stop and prevent domestic violence from ruining anyone else's life!

Section 1: Background and Problem Statement

Web site #1 Name: Healthy People 2010

Web address:

<http://www.healthypeople.gov/Data/midcourse/html/focusareas/FA15ProgressHP.htm>

Background Information:

Domestic Violence is a violent confrontation between family or household members involving physical harm, sexual assault, or fear of physical harm. Family or household members include spouses, former spouses, those in a dating relationship, adults related by blood or marriage, and those who have a biological or legal parent-child relationship. Domestic violence ultimately destroys the home. No one deserves to be abused. The responsibility for the violence belongs to the abuser. It is not the victim's fault! Domestic violence may start when one partner feels the need to control and dominate the other. Abusers may feel this need to control their partner because of low self-esteem, extreme jealousy, difficulties in regulating anger and other strong emotions, or when they feel inferior to the other partner in education and socioeconomic background. Some men with very traditional beliefs may think they have the right to control women, and that women aren't equal to men.

Healthy people 2010 obtained some subjects that can be categorized with issues linked to domestic violence as a whole. The objectives and the primary focus areas attended mostly to three topical sections, injury prevention, unintentional injury prevention, and violence and abuse prevention. All three of the previously stated areas demonstrated progress.

Four objectives related to violence and abuse prevention progressed toward their targets. According to Healthy People 2010 sexual assault other than rape in persons aged 12 years and older (15-36) achieved 50% of its targeted change, physical assault on persons aged 12 years and older (15-37) achieved 53% of the targeted change, physical fighting by students in grades 9 through 12 (15-38) achieved 75% of the targeted change, and weapon carrying by students in grades 9 through 12 on school property (15-39) achieved 40% of the targeted change. One violence and abuse prevention objective appeared to have moved away from its target. Between 1999 and 2002, the homicide rate (15-32) increased from 6.0 deaths per 100,000 populations to 6.1 deaths per 100,000 populations, moving away from the target of 2.8 deaths per 100,000 populations. This change may not be statistically significant, but efforts to understand these trends in homicide rates are under way.

Web site #2 Name: American Bar Association

Web address: <http://new.abanet.org/domesticviolence/Pages/Statistics.aspx>

Background Information:

This website provided knowledgeable information and statistics regarding domestic violence. In a 1995-1996 a study was conducted in the 50 States and the District of Columbia, nearly 25% of women and 7.6% of men were raped and/or physically assaulted by a current or former spouse, cohabiting partner, or dating partner/acquaintance at some time in their lifetime. In 2000, 1,247 women and 440 men were killed by an intimate partner. In recent years, an intimate partner killed approximately 33% of female murder victims and 4% of male murder victims. Another concerning fact is that approximately 1.3 million women and 835,000 men are physically assaulted by an intimate partner annually in the United States.

A very concerning fact and problem that has been increasingly occurring is deaths related to firearms. The access to firearms yields more than five-fold increase in risk of intimate partner homicide when considering other factors of abuse. A recent study suggests that abusers who possess guns tend to inflict the most severe abuse on their partners. Of females killed with a firearm, almost two-thirds were killed by their intimate partners. The number of females shot and killed by their husbands or intimate partners was more than three times higher than the total number murdered by male strangers using all weapons combined in single victim/single offender incidents in 2002.

Web site #3 Name: Domestic Violence Solutions

Web address: <http://www.dvsolutions.org/programs/MenAgainstDV.aspx>

Background Information:

Men are trained as young boys to accept violence as part of manhood. This pressure prevails into adulthood, but real men see through this conditioning and are aware enough to tell other men that bullying is a sign of weakness, that abuse is a sign of a dysfunctional relationship, and that physical violence is a crime, not to mention a tragedy. It takes a real man to do this...but that's what MADV is all about ... real men. They identify alternatives to help survivors and abusers stop the cycle of violence by referring them to people and places that can help. A good starting point is the *Domestic Violence Solutions* hotline, which offers resources for men and women.

There are many measures that can be taken to stop domestic violence. What men can do to help stop domestic violence is to be a role model to other men. Men are more likely to listen to other men when it comes to the perpetration of violence. Men can also take a vocal stand against violence toward women when you see or hear it depicted in video games, popular music, or in others' behavior. In addition men can reach out to a family suffering from domestic violence, chip away the walls that isolate families living with abuse. In addition, men can be a role model to a child who lacks a positive male figure in his life. Lastly, men can

speak out against domestic violence in civic organizations, churches, neighborhood associations, and sports teams.

Section 2: Research

Web site #1 Name: Should mental health assessments be integral to domestic violence research?

Web address: <http://www.ncbi.nlm.nih.gov/pubmed/19241949>

Summary of the research:

This article discusses specific ethical issues related to mental health based on violence research conducted and reviewed by the authors. Research on violence among women includes the possibility that some revelations are occurring for the first time and are likely to be emotionally charged. Further, the very act of disclosure may involve emotional risks for the respondent.

Psychological distress may be present prior to, during, or following the study. Hence assessing mental health parameters becomes essential and integral to research of this nature. Several issues in methodology are also important in mitigating the level of distress. Research on sensitive issues should either use measures developed in the same culture or those with adequate adaptation. The order of questions, language and method of termination of the interview may often make a difference to its psychological impact. While focus group discussions and semi structured interview schedules are most suited, questionnaires with a less structured and rigid approach may also be used. Preludes may be introduced to facilitate transition between different sections of an interview schedule and to provide a rationale for further enquiry.

Obtaining informed consent in violence research should be a process rather than a one-time formality. Reports of adverse events are likely in violence research and hence such studies must include mental health intervention, ongoing follow up, documentation and appropriate referral services. Finally, since the researcher and the subject of the research are both affected in a study of this nature, adequate sensitization, ongoing training and supervision of research staff are essential.

Web site #2 Name: Domestic Violence Studies

Web address: <http://www.dvmen.org/dv-35.htm>

Summary of the research:

As of 2002 there have been over one-hundred-and-thirty scientific studies ([Straus, 1999](#)) supporting the pioneering work of Straus, Gelles, and Steinmetz. Their results are among the most replicated of all studies in the social sciences. The decrease of male on female violence has been more marked and continuous than the drop in female on male assaults and killings. Also, in some categories female on male aggression may actually be increasing. The first topic was husband against wife. The overall violence in 1975 was 12.1%, 11.3% in 1985, and 11.5% in 1992. Severe violence was 3.8% in 1975, 3.0% in 1985, and 1.7% in 1992. The overall violence for wife against husband was 11.6% in

1975, 12.1% in 1985, and 9.9% in 1992. The severe violence in 1975 was 4.6%, 4.4% in 1985, and 3.3% in 1992. Severe violence is categorized as a kick, bite, hit, burn, to beat up, threaten with a knife, gun, or other deadly weapon.

Straus and Gelles followed up their original studies in National Family Violence Surveys with nationally representative samples of 2,143 married and cohabiting couples in 1975 and 6,002 couples in 1985. The rates of male-on-female aggression declined between 1975 and 1985 while female-on-male stayed constant. The 1992 data indicates that overall the level of violence is still declining but women's evaluation of severe violence against their husbands shows a sharp increase. Also, wives' evaluation of overall violence by husbands does not show any decrease. The Straus and Gelles surveys also suggest that women suffer injuries at about 7 times the rate of men but that they used weapons such as baseball bats, boiling water, and knives, among other things, to make up for their physical disadvantage in roughly 80% of the incidents, as compared to men using a weapon in 25% of the assaults.

Web site #3 Name: Research on domestic violence in the 1990's: Making distinctions

Web address: <http://www.csaj.org/documents/176.pdf>

Summary of the research:

This review of the family literature on domestic violence suggests that two broad themes of then 19902 provide the most promising directions for the future. The first is the importance of distinctions among types or contexts of violence. Some distinctions are central to the theoretical and practical understanding of the nature of partner violence, others provide important contexts for developing more sensitive and comprehensive theories, and others any simple force us to question our tendency to generalize carelessly from one context to another.

This study states that the 1990-02 was a time of tremendous growth in the literature on partner violence, including considerable growth in attention to the need to make distinctions among various types of violence. Everything from lists of risk factors, to inferences about casual processes from multivariate analyses, t statements about differences in incidence across groups or across time all of it is called into question.

Section 3: Statistics

Web site #1 Name: National coalition against domestic violence

Web address: [http://www.ncadv.org/files/DomesticViolenceFactSheet\(National\).pdf](http://www.ncadv.org/files/DomesticViolenceFactSheet(National).pdf)

Summary of the statistics:

One in every four women will experience domestic violence in her lifetime. Also, an estimated 1.3 million are victims of physical assault by an intimate partner each year and 85% of domestic violence victims are women. Historically, females have been most often victimized by someone they knew! Females 20-24 years old are at the greatest risk of nonfatal intimate partner violence. In addition most cases of domestic violence are never reported to the police.

Witnessing violence between parents or caretakers is the strongest risk factor of transmitting violent behavior from one generation to the next. Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults. Unfortunately 30%-60% of perpetrators of intimate partner violence also abuse children in the household.

Web site #2 Name: Domestic Violence Resource Center

Web address: <http://www.dvrc-or.org/domestic/violence/resources/C61/>

Summary of the statistics:

According to this Web site one in four women has experienced domestic violence in her lifetime. Between 600,000 and 6 million women are victims of domestic each year, and between 100,000 and 6 million men, depending on the type of survey used to obtain the data. Typically, on average, more than three women and one man are murdered by their intimate partners in this country every day. Another interesting act is that the health-related costs of intimate partner violence exceed \$5.8 billion each year. Of that amount, nearly \$4.1 billion are for direct medical and mental health care services, and nearly 1.8 billion is for the indirect costs of lost productivity or wages. Studies also suggest that between 3.3-10 million children witness some form of domestic violence annually.

Web site #3: aardvark

Web address: <http://www.aardvarc.org/dv/statistics.shtml>

Summary of the statistics:

According to this Web site, nearly 2 in 3 female victims of violence were related to or knew their attacker. Over two-thirds of violent victimizations against women were committed by someone known to them. About 31% of female victims reported that the offender was a stranger. Approximately 28% were intimates such as husbands or boyfriends, 35% were acquaintances, and the remaining 5% were other relatives. In contrast, victimizations by intimates and other relatives accounted for only 5% of all violent victimizations against men. Men were significantly more likely to have been victimized by acquaintances (50%) or strangers (44%) than by intimates or other relatives. Annually, compared to males, females experienced over 10 times as many incidents of violence by an intimate. On average each year, women experienced 572,032 violent victimizations at the hands of an intimate, compared to 48,983 incidents committed against men.

And, 31,260 women were murdered by an intimate from 1979-1996. In addition, females accounted for 39% of the hospital emergency department visits for violence-related injuries in 1994 but 84% of the persons treated for injuries inflicted by intimates.

Section 4: Consumer Information

Web site #1 Name: Medline Plus

Web address: <http://www.nlm.nih.gov/medlineplus/domesticviolence.html>

Summary of the information:

Medline Plus considers domestic violence a type of abuse and a common cause on an injury. It also states that victims of domestic violence may suffer from physical injuries such as bruises or even more severe, broken bones. These common injuries typically involve a spouse or partner, but it can also affect a parent or child. Victims may also suffer emotionally from depression, anxiety, or social isolation. Domestic violence is a serious problem! It is becoming harder to know exactly how common domestic violence is because people usually don't report it. In addition, there is no typically victim, it happened to people among all ages, and affects all levels of income and education.

Web site #2 Name: AAMFT Consumer Update Domestic Violence

Web address:

http://www.aamft.org/families/consumer_updates/domestic_violence.asp

Summary of the information:

Domestic violence has become far too common in American families. It has been documented that almost 20% of all marriages, couples slap, shove, and even hit one another. Other forms of domestic violence are also emotional abuse, verbal threats, humiliating degrading remarks and controlling behaviors. Domestic violence is even more common among young couples. Physical assaults coupled with increased social isolation typically strengthen a man's control. Over a certain amount of time a woman can come to feel like a hostage in her own home. Even violence that is not part of a controlling, frightening relationship can devastate a marriage, lead to criminal charges and injuries, and have long-term negative effects on children who witness it.

Web site #3 Name: Information and Services regarding Domestic violence

Web address: <http://www.oregon.gov/DHS/abuse/domestic/consumers.shtml>

Summary of the information:

This Web site offers numerous different ways; contact information and groups, which victims of domestic violence can approach in order to get help. If you are experiencing an emergency you should immediately call 911. Also if you are in immediate need of a domestic violence shelter contact the Oregon Coalition against Domestic and Sexual Violence at 1 (800) 622-3783. This Web site also provided what you need to be safe, internet safety, how to protect your identity, stalking, financial assistance and legal help.

Section 5: Solutions to the Problem (or Issue)

Web site #1 Name: Mental Health – Preventing Domestic Violence

Web address: <http://mentalhealth.about.com/library/weekly/aa100701a.htm>

Summary of the information:

A common technique that can reduce violence in a relationship is for the couple to agree on a nonverbal signal that either of them can use to signal "time-out" during a disagreement - when they are concerned that violence might occur. Some couples use the time-out signal used in football; others agree to wave in a certain way. It is important that the signal be nonverbal, because a verbal signal quickly becomes just another part of the argument. In addition it is very important for both partners in the relationship to agree a head of time to honor the signal. A "time out" period should last between 10-20 minutes to receive the highest potential of success. In some cases it should last longer. During this time each partner should evacuate the situation and go to different rooms to cool down. This technique can also potentially help couples keep things constructive and improve communication.

Web site #2 Name: Domestic Violence Solutions

Web address: <http://www.dvsolutions.org/programs/MenAgainstDV.aspx>

Summary of the information:

There are many measures that can be taken to stop domestic violence. What men do to help stop domestic violence is to be a role model to other men. Men are more likely to listen to other men when it comes to the perpetration of violence. Men can also take a vocal stand against violence toward women when you see or hear it depicted in video games, popular music, or in others' behavior. In addition, men can reach out to a family suffering from domestic violence, chip away the walls that isolate families living with abuse. In addition men can be a role model to a child who lacks a positive male figure in his life. Lastly men can speak out against domestic violence in civic organizations, churches, neighborhood associations, and sports teams.

Web site #3 Name: AAMFT Consumer Update Domestic Violence

Web address:

http://www.aamft.org/families/consumer_updates/domestic_violence.asp

Summary of the information:

Since domestic violence is a serious crime, one sufficient way to get help is to call the police. If you have been hit by your partner or are afraid for your safety, your first response must always be to protect yourself and your children. You can also contact the local Battered Women's Shelter Organization, community crisis line, or community mental health agency to find out what services are available to you. Most communities have offender treatment, victim support services, and access to a shelter where you and your children can go if you are afraid. If the violence has not escalated to the point that you are fearful, but you or your partner recognize that the way you argue is not healthy and want to prevent destructive arguing from destroying your marriage or escalating, there is a variety of options available to you. Most communities have anger management or men's treatment programs these programs usually help the couple or individual learn skills to resolve conflict and handle anger without letting it escalate.

A person faced with domestic violence may want to seek marital therapy. This can be very successful therapy if you are both committed to ending the violence and improving the marriage. Marital therapists work with couples to develop strategies for resolving conflict without violence. Through domestic violence–focused marital treatment, couples are given tools to eliminate violence, resolve conflict, and improve marital relationships. A marriage and family therapist can help you access your strengths and coping skills to move forward.

If someone you care about is in a violent relationship, let them know you care for them regardless of their decision to stay or leave their partner. This is very important because it allows the victim to know that they have support and someone that really cares about them. Women stay in violent relationships usually because they believe that they cannot make it on their own. Another good tip is to gently ask questions about injuries. If your friend decides to go for help, you may need to accompany her for moral support. Most women eventually leave violent situations through the ongoing support of a caring friend or family member.

Conclusions

I have always known that domestic violence was a serious problem in our society today but I did not have adequate knowledge on the details, consequences, and severe outcomes of it until completing this fact sheet. I was unaware how dangerous the risks are of staying with a partner who is physically and emotionally abusive. I also learned a lot about help centers, shelters, and contact information for those who have experienced forms of domestic violence and for those who are seeking help. I'm also better educated on certain areas concerning domestic violence such as, how to support, care for, and help a person in need. I was caught off guard when researching the statistics. I didn't realize how many married women face this problem every single day. In addition I was also surprised as I finish this fact sheet because I thought I would find more information concerning children and domestic violence as I did. Overall, this assignment has opened my eyes and helped me realize serious problems that people are faced with and how to deal with them.

Five-minute Twitter Brief

Boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.

Back to Betty C. Jung's Web site	http://www.bettycjung.net
Back to Fact Sheet Directory	http://www.bettycjung.net/Pch202fs.htm