

Impact of Domestic Violence on Men

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Abstract

Even though the topic of domestic violence has become a common topic in the 21st Century, it can be noted that the topic is rarely discussed or considered in perspective of a male perspective. Indeed, in most cases, it is men who are always castigated for domestic violence against the women. This specific research focuses on the subject from the males' perspective. Due to lack of time to collect primary data, the research has relied on secondary data. From the research, it has been found that there are an increasing number of males who are victims of domestic violence. Nevertheless, the men are reluctant to come forward and report their predicament leaving them suffering in silence. Moreover, the research also found that domestic violence affects the males both emotionally and physically.

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Introduction

Domestic violence can be explained as an act of violence or aggression that can be carried out either by a partner or another family member in a given family set up. Indicative signs of domestic violence mainly entail the individual who becomes the victim being constantly condemned by partner, spouse or another family member mainly for very small issues that do not warrant such reactions. In addition, the outburst that emerges is always blamed on the victim. In addition, other indicative sign of domestic violence can be explained to be controlled use of medication by the person who is abusing another person. Moreover, the victim of domestic violence might also start to see his/her products of value that are highly cherished been vandalized by the abuser. For example, if one has a wrist watch that he/she values, the wrist watch might be vandalized or even taken away by the abuser (Montgomery, 2010). On the other hand, as explained by Barber (2008), domestic violence might also be discussed from different perspectives such as physical perspective, emotional perspective and financial perspective.

As far as male victims of domestic violence are concerned, it can be explained that in most cases, the male victims tends to shy away from reporting or making public their domestic violence experience due to various reasons. Indeed, Barber (2008) has noted that the numbers of males who are violently abused by their partners in the US is very high since past studies have indicated that in each 20 seconds, one male is always abused by his female partner. In addition, Fink (2006) explained that in the US, 7.6% of the males experience abuse from their female partners.

In that view, it can thus be explained that the subject of male domestic violence is a major subject since the males tend to be of the opinion that they cannot solve the issues as nobody is going to actually pay attention to them since the common perception is that men are the ones who abuse the females and not the other way round. As a result, male victims of domestic violence ends up taking no action to address their problems as they are not convinced that they will get any help even if they reported the issue to the relevant authorities (Neeley-Bertrand, 2010).

As explained by Schneider (2005) who focused on the male domestic violence, the average amount of money that it costs the a male victim of domestic violence to treat the injuries sustained from the domestic violence in about four hundred dollars. On the other hand, Chan (2009) noted that in most cases where men end up being victims of domestic violence, women are mainly the ones who hit the males first with the mails opting to not reiterate thus leaving the violence to be one sided. Even though one might be of the view that domestic violence only evident in households that have males and females, that is not indeed the case since as was found by Greenwood (2002), domestic violence is also common with the homosexual community. On the other hand, Greenwood (2002) also pointed out that one of the reasons as to why men tend to stay in a relationship that is abuse is due to their affection of the children as very few people men are ready to leave their family set up and leave their children behind. As a result, the men end up experiencing a lot of violence from their partners.

Aim of the research

The aim of this specific research is to establish whether indeed males are victims of domestic violence and if yes, establish the type of impacts that the domestic violence has on the males both from an emotional perspective as well as from a physical perspective. Moreover, it can also be explained that the research will also investigate how domestic violence can impact the relationship between the male and the female partners. Thus, it can be pointed out that the findings of this study are expected to offer an insight on how men can be impacted by domestic violence and how that impact will have a long lasting effect into their lives.

Layout of the research paper

This research paper is divided into four main chapters. In chapter one which is the current chapter, the topic of the research is introduced. In addition, the chapter also explained the aim of the research paper. In chapter two of this research, a literature review of the research topic is presented. In particular, it can be explained that the literature review section presents a discussions on some of the concepts and theories pertaining to the subject of domestic violence. Chapter three comprises of the analysis and discussions on the state of the research. Indeed, the findings of the research are discussed in great detail in this specific chapter thus coming into conclusions as to whether the intended aim of the research has been achieved or not. Finally, the final chapter of the research features conclusions of the research paper.

Literature review

Over the years, the topic of domestic violence has become a highly debated and controversial topic. In this literature review section of this research paper, detailed insight pertaining to how domestic violence has ended up becoming a widespread issue in the USA in the last few years will be provided. As highlighted by Stop Abuse for Everyone (2002), some of the common symptoms of violence include; drug and alcohol abuse, changes in behavior, and threat of physically harming a person mainly so that one can be able to draw attention from the person. As far as the origin of domestic violence are concerned, it can be pointed out that domestic violence has been in existence as long as the human kind has existed even though as highlighted by Buzawa and Buzawa (1996), people started to become more aware of the domestic violence in the 1970s as the mainstream media as well as other groups started publicizing the issue.

In view of the definition or understanding of what the term violence entails, it can be noted that the term is mainly used loosely in the community. For instance, as explained by Johnson and Ferrero (2000), domestic violence in the society is mainly considered as being a form of abuse that emanates from male to the female. In the United States of America, domestic violence is widespread since according to Domestic Violence Resource Center (2011) nearly every person in America is aware of a person who has been a victim of domestic violence.

Some of the common beliefs of domestic violence is that people at times have to undergo domestic violence as it is obvious that tow people cannot at all times live together in harmony as they will on some occasions disagree with one another.

Nevertheless, in order to get away with that myth, the month of October has for many years been considered as the month of awareness of issues pertaining to domestic violence. Some of the common facts of domestic violence are that; one in every ten couples in America is involved in what is referred to as intimate partner violence in every year. On the other hand, as far as the number of domestic violence incidents in each year are concerned, it has been found that the domestic violence incidents that are started by the men are similar to the domestic violence that are started by the females. In view of the causes of domestic violence, there are many factors that result to the numerous cases of domestic violence that are widespread in America (Stop Abusive and Violent Environments, 2010).

Models of Abuse

One of the common models of abuse entails the generational model of abuse which states that males and females are either victims of abuse or happen to witness abuse during their time as children are more likely to get involved in abuse when they become adults. Symbolic interaction model on the other hand is founded on an individual's perception of herself/himself as well as his/her view of the world. This specific model proposes how the victim perceives herself/himself from her/his own individual eyes as been significant and the individual can respond to the question of uniqueness. The thought of the world opinion of the symbolic interaction model proposes that one has to always make sense of others and at the same time also ensure that he/she behaves as per that sense. The conduct is backing up the perception of the

world. In view of battering abuse, it can be mentioned that there are three main theoretical approaches that pertain to battering. The approaches are; sociocultural approach, intra-individual or psychological approach, and social psychological approach. The intra-individual or psychological approach inspects the biological features of violence. The social psychological approach expounds on how a person reacts to violence and the features that are displayed. The social psychological element expounds on how aggression is obtained through life rather than through experiences. Finally, the social cultural elements recognize how violence is considered as a way through which to get above someone and how violence can affect the relationship and the gender is a main aspect in how a person is considered to be aggressive through engagements (Stets, 1988).

Different types of violence and the impacts that they have

The conception of domestic violence is mainly founded around the aspects of power and control. Indeed, the Duluth Model recognizes the cycle of aggression and how it is persisted through approaches of economic mishandling, emotional exploitation as well as isolation. On the other hand, it can be explained that the cycle of violence is made up of six phases that are; abuse, fault, justifications, ordinary conduct, fiction and planning, and set-up (Smith and Segal, 2010). Physical abuse as expounded on by Rohrbaugh (2006) comprises of the use of physical force with the intention of controlling a close partner by either being assertive, pushing, hitting, biting, stamping, choking, or even throwing available objects to the partner. On the other hand, Polsky

and Markowitz (2004) have expounded on physical abuse as the deliberate application of physical force with the chances for resulting to death, incapacity, harm or even injury.

From an economical perspective, abuse as discussed by Smith and Segal (2010) entails not giving the victim the chance to be financially independent implying that the victim cannot be able to make financial decisions on his/her own. Indeed, the economic abuse is quite common in America and can be explained to be one the leading reasons as to why victims of domestic violence ends up losing their jobs. Those who initiate economic abuse tend to be of the view that they have what it takes in order for them to manipulate the finances pertaining to their households. Thus, it is common to find that economic abusers are stealing form the victims, or even taking drastic measures when they are of the opinion that the victims have not used the money available in the right manner (Smith and Segal, 2010). In that view, economic abuse should be viewed as a form of emotional abuse as it ends up affecting the emotions of the individual that is been abused (Smith and Segal, 2010).

Emotional abuse can be expounded on as discouraging a person's sense of self-worth, self-confidence or even both. Moreover, emotional abuse that can also be explained comprising of psychological abuse could also be expounded on as comprising the use of words, tone, or lack of action destined to manipulate, upset or degrade another individual (Polsky and Markowitz, 2004) . Thus some of the behaviors that can be considered as being emotionally abusive comprise of; name-calling, degradation, low self-worth, and manipulation since such behaviors will result to

someone feeling insignificant. Over the years, verbal abuse has been the most common type of emotional abuse and is mainly executed through verbal assaults where the abusing person can mainly utter anything with the intention of demeaning the other person. In addition, isolation can also be explained as a form of emotional abuse due to the fact that one will mainly isolate another person with the intention of ensuring that the person is not able to do anything as a result of isolation.

As noted by Smith and Segal (2010), the phase of violence mainly commences with abuse. The phase commences the moment the abuse starts by the wrongdoer exhibiting violent conduct. Blame is exhibited when the abusers admit what they have done but is concerned on what happens after the violent has been carried out. It is common for the wrongdoers to start making excuses for their wrong doing and at the same time justify themselves for their actions. The wrong doer will also embark on displaying normal behavior with the intention of ensuring that the victim does not get to leave the relationship. Indeed, it is common for the abuser to assure the victim that the abuse will not exist again. The daydreaming and planning period entails the wrongdoer contemplating about being violent again and the manner in which the aggression will be executed. The set-up stage on the other hand involves the abuser receiving the most satisfaction due to the fact that the plan starts to progress and therefore setting up the stage for the violent act to take place. As pointed out by Hines and Douglas (2009), from a study that was carried in Tennessee, it was found that female batterers have a high likelihood of using a weapon when executing their violence act against the men. Herrera (2008) on the other hand admits that contrary to

the common perception that women are not like men, women tend to possess similar aspects that a male abuser has since women can also be charming, manipulating, emotionally and physical abusive, and envious. The abusers tend to exhibit charisma by exposing their best conducts and do not exhibit any signs that they are going to be abusive. Moreover, it is also common that those who want to abuse wants to manipulate anything that the victim is doing right from the clothes that the victim wears to the people that the victim interacts with. Consequently, the victim ends up experiencing emotional abuse as he/she is demeaned as he/she cannot make any decision on his/her own. To exhibit jealousy, the abuser will mainly accuse the victim of being insincere and could even at times involve accusing the victim of betrayal (Herrera, 2008).

One might wonder what makes male stay in relationships that are abuse even after they have been presented with the opportunity of getting away from a relationship that is abusive. As explained by Brown (2009), there are three main reasons why men will always opt to stay in abusive relationship rather than get away from the relationship. The three main reasons are; assuming blame, reliance on the abuser for upkeep, and for the sake of the children. In addition, it can also be explained that male victims of domestic violence mostly tend to accept blame for the acts of violence due to the fact that they are of the view that they might have actually done something wrong hence the reason they are experiencing abuse. On the other hand, in cases where the male abusers are depending on the abusers for their survival, they are going to stick with their abusers since they believe that the only way that they can be able to survive

will only be through dependence on the abusers. Finally, the children is another common factor why the males ends up sticking with their abusers as they do not want to get separated from their children and as a result, they end up sticking with the abuser female partners for the sake of the children (Brown, 2009). As explained by Gleason (2008), it can at times be hard for the abused to get rid of a relationship that is abusive. Thus, the scholar advices that when victims are fully convinced that they need to get out of abusive relationship, they need to take various measures so that manage to effectively get out of the relationship. For example, the victims can leave their abusers and go to live away from them, or they can even seek help from an expert in such matters. Nevertheless, Gleason (2008) is very clear that if the victims have not actually settled for leaving the relationship, there is no need for the victim to attempt to leave the relationship as that will result to the attempt failing.

Domestic health can also have devastating impacts on the victim's physical and mental health. Indeed, as pointed out by Centers for Disease Control and Prevention (2006), domestic violence victims who are physically abused is more likely to suffer from various from injuries that could comprise of broken bones, bruises and internal bleeding. On the other hand, the domestic violence has also been found to be capable of negatively affecting the emotional health as a victim of domestic violence can be stressed, depressed and even have problem with trust. Moreover, domestic violence can also have negative impact on the mental health as the victim can experience anxiety as well as panic attacks due to the experience of domestic violence. In view of the health risk factors, it can be explained that the health risks factors of domestic violence might

comprises of chronic pains sustained from the physical injuries, abuse of drugs and alcohol and times attempted suicide as the victims becomes convinced that life is not worth (Moskovic, 2004). As explained by Wisner et al. (1999), victims of domestic violence happen to have healthcare premiums that are higher than those of the domestic violence. Some of the major impacts that domestic violence has on men who are on the receiving end of abuse from women entail mental health mainly due to the fact that the men end up suffering psychologically. As a result, the men will be stressed, and depressed.

Forms of close relationships that's are impacts by domestic violence

According to Johnson and Ferrero (2000), there are three main types of relationships that are affected by domestic violence. The three types of relationships comprise of; cohabitation relationship, dating and courtship relationship, and same sex relationships. As explained by Billingsley (2010), those who are in a relationship that can be considered as been a cohabiting relationship are not adequately secured by the law. Aspects that the courts have to take into consideration when there is domestic violence in a cohabiting relationship include the period that the two have been cohabiting, properties that the two own together and the question of whether the two people are considered as husband and wife.

On another perspective, the dating and courtship kind of relationship in perspective of domestic violence is mainly referred to as dating violence and is regular in couples who are dating since as noted by Rennison and Welchans (2000) at least 20%

of those who are dating encounter domestic violence. The nature of the behaviors that are witnessed in case of dating violence are most of the time the same with other types of relationships. Nevertheless, it can be noted that dating violence is mainly prevalent in teenagers with the females been the ones who are most of the times the victims. In addition, it can also be explained that the teenagers also have high chances of suffering abuse emanating from their partners unlike is the case with the adults. In case of gay relationship or same sex relationship, it can be pointed that even though one might think that domestic violence is not prevalent in this type of relationship, the truth of the matter is that domestic violence also happens to be common in same-sex relationship. In the past, the fact that same sex was not permitted implied that those who were in same sex relationship could not go to court of law. However, with the situation now changing, an individual suffering from same sex violence can be able to seek help from the court of laws in most of the states that have legalized same sex relationship. As noted by Seelau and Seelau (2005), some of the aspects of domestic violence in same sex relationship could include one of the partners threatening the other partner that they will expose their sexual orientation. In addition, the domestic violence can also be physical where one partner is put under immense physical violence that could even result to permanent physical damage.

Reporting of domestic violence

As explained by Buzawa and Buzawa (2008), the incidents of domestic violence are most of the times not reported. Indeed, out of many incidents of domestic violence,

only 25% of the cases are actually reported with nearly the men who are victims of domestic violence being reluctant to report the issue to the relevant authority. The main reason as to why most of the domestic violences are not reported is due to the fact that most people are in fear that their repute within the community would be negatively affected if they were to be reported.

From a study that was carried out by Lichtenstein and Johnson (2009) and focused in researching on reporting of domestic violence specifically from African-American female context, it was found that the women did not report the incidents of domestic violence to police due to the fact that they were reliant on on those who were abusing them and were not keen on braking up with them. As a result, rather than the African-American women reporting the cases of domestic violence to the relevant authority, the women were found to depend on their religious belief that divine intervention will eventually address the issue. In addition, this specific study also found that the chances of white women reporting cases of domestic violence were higher while compared to the chances of African-American women.

As explained by Davis (2010), violent relationships can in the end result to permanent injuries eve even to the victim committing suicide with the likelihood of male victims to commit suicide been higher than the chances of women.

Abuse of Men

In most cases of domestic violence, men normally tend to find it hard to consider themselves as been the victims of domestic violence. The reason for that is due to the

fact that the men have a common belief that men cannot be victims of domestic violence. Indeed, even in case of men who are gay or bisexual they tend to believe that they deserve the abuse that they receive due to their sexual orientation. On the other hand, unlike is the case for women victims who have no problem to seek help, the male victims find it hard to seek help due to the fact that they are convince that men should always offer help rather than seek it (Hamberger & Renzetti, 1996).

An Analysis and Discussion of the State of the Research

Statistics pertaining to domestic violence against men

From the literature review, it is apparent that very little is known as far as the numbers of the men who experience domestic relationship or are in abusive relationship are concerned. Nevertheless, according to Live Science (2008), in each of one hundred domestic violence cases, it is estimated that nearly half of the cases (40%) entail to aggression by women to men. In that view, considering that a reported four hundred thousand women are abused each year in the USA, the number of US based men who are victims of domestic violence is about one hundred and sixty thousand. In that view, it can be pointed out that it is high time that the issue of domestic violence against men is seriously addressed in the USA since at the moment; more attention is placed on how to address the issue of domestic violence against the women.

Rationale for little knowledge about domestic violence against men

There are different reasons as to why there is little information pertaining to the subject of domestic violence against the men exists.

- a) To begin with, it can be explained that the fact that few men are willing to report domestic violence that they experience can be said to be one of the reason since without the cases of domestic violence been reported, it is obvious that little information about the issue would exist.
- b) Moreover the fact that the incidence of domestic violence against men are normally low implies that it is often a challenge to have the collect estimates on the number of men
- c) Mainly, a lot of focus has been on domestic violence on women with no focus at all on men specifically as far women are the ones who have been encouraged to report domestic abuse
- d) In most cases, the actual physical impact that the domestic violence has on the men is quite great than the actual physical harm that is inflicted by the women.
- e) In situations where men end up reporting about the domestic violence that they have experienced, the men in the end feel as if they are of low value due to the fact that the common perception is that it is the women who should be the victims of domestic violence and not the men.

Why men stay in relationship that experience domestic violence

From the literature review, there are three key reasons as to why men stay in relationship that are experiencing domestic violence:

- a) **Due to their children** - In most cases, men who end up been abused are of the opinion that they cannot get away from the relationship since if they go away, the children that they will leave behind will become the victims of domestic violence. As a result, the men end up sticking in the abusive relationship for the sake of their children.
- b) **Assuming blame** – In the literature review, it was discussed that majority of the abused men tend to have the view that it is due to their fault that they end up been abused. As a result, the men tend to believe that they are able to address the problem and change the situation.
- c) **Dependency** - For some men, they are fearful to stay alone and as a result, the end up sticking in a relationship that is abusive.

From the literature review, it can be explained that there is enough evidence to suggest that men experience similar domestic violence as women. As a result, the type of impacts that domestic violence has on the women can be explained to be similar to the impacts that the domestic violence will have to the men. In that view, it can thus be pointed out that domestic violence can affect mental, physical, emotional and psychological health of men who are victims of domestic violence.

Weaknesses of the research

As explained by Saunders et al. (2007), the research method and techniques that are used in a given study determine the nature limitations of the study. In this specific study, it can be pointed out that the fact the study has relied on secondary sources only implies that the validity of the findings of the research can be questioned. Indeed, the reason why that would be the case is due to the fact that the sources used are not up to date and a lot might have changed since the data that was used in the secondary sources used was collected. In that view, it can be proposed that in the future, there is a need to carry out a research that will use primary data in order to ascertain whether the findings of the research are indeed valid or not.

Conclusions

The findings of this research have indicated that domestic violence tends to have physical and emotional impact on the male victims. Nevertheless, as has already been pointed out when discussing the shortcomings of this research, the secondary information that was used was collected many years ago and it is obvious that a lot has changed since then. For instance, it is obvious that the number of men who are currently victims of domestic abuse is high while compared to the numbers of men victims of domestic violence. In that view, the findings of this research should only be used to give an overview of the issue and should not be considered to be an accurate representation of the issue at the moment.

In chapter one of the research, the aim of the research was explained as been to establish whether indeed males are victims of domestic violence and if yes, establish the type of impacts that the domestic violence has on the males both from an emotional perspective as well as from a physical perspective. Moreover, the study also sought to it investigate how domestic violence can impact the relationship between the male and the female partners.

From the research, it has been found that the case of males being victims of domestic violence are on the increase even though majority of males are not keen on making their predicaments known to the public. In addition, the research has also found that the males are affected both physically and emotionally by domestic abuse and as a result, the existing relationship is affected.

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