

Effects of Gender Based Violence Among Couples: Acase of Shapande Coumpound In Choma District

(Conference ID: CFP/132/2017)

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Occasion: Multi-disciplinary Conference

Venue: Radisson Blue

Abstract

Zambia has recorded an increase in Gender based Violence cases in the recent past. According to the 2015 Gender Crimes statistics in 2015 Zambia had 18,088 cases of Gender Based Violence. With this evidence, a study was conducted to study the effects of Gender Based Violence among couples narrowed down on the effects of GBV amongst the couples in Shapande compound of Choma district. A cross sectional quantitative and explorative study design was employed. This study design combined quantitative and qualitative enquiries for purpose of triangulation of the data collected and getting information, which one method could not collect without the other. The results indicate that all types of Gender Based Violence among Couples have effects on the individual as well as affect the relationship of the couples. 78% of the people that experience violence feels dehumanized, 26% leads to divorce, 34.80% lead to no communication in the home. 39.2% report experiencing various emotions such as fear, anxiety, raised tempers, trauma in the mind, lack of trust and many more emotional problems. This research did not go without finding out surprises in the process. The surprise of this research was some of those who are abused find it normal to be abused and they experience no effect at all. Other reported marriages becoming better after being. While 22% of those physically abused do not feel anything because they begin to blame themselves for the treatment. They say they deserve it because they feel they contributed to the being beaten.

Introduction and back ground

Gender based violence (GBV) is the violence directed against a person on the basis of gender. It constitutes a breach of the fundamental right to life, liberty, security, and dignity, equality between men and women, non-discrimination and physical and mental integrity (EU institute of gender equality, 2010). A recent global review of 50 population-based studies carried out in 36 countries indicates that between 10 and 60% of women who have ever been married or partnered have experienced at least one incident of physical violence from a current or former intimate partner (Heise.L, 2009).

According to Chalk, (2002) In Africa, relationships with other people, self-esteem, physical activity, social development, and psychological functioning are impacted by gender based Violence and neglect. Sexually abused females especially girls have been found to experience symptoms of post-traumatic stress disorder (PTSD). Findings from the WHO (2010) study presented by Mbwambo, show that up to 36 percent of women in Namibia, 56 percent in Tanzania and 71 percent in Ethiopia experience physical or sexual violence or both during their lifetimes at the hands of an intimate partner. Recent data from Rwandas National Institute of Statistics indicate that 31 percent of women are subjected to domestic violence after age 15, generally by a husband or intimate partner. In 10.2 percent of cases, the violence occurs during pregnancy.

Andrew R in his research paper entitled, “*The cost of Gender Based Violence in developing Countries*” reports that, “In Zambia, almost 42% of women had experienced physical violence at the hands of an intimate partner sometime in their live. *The 2006 and 2010 CSO studies on Gender Based Violence*, points out that Gender Based Violence indicate that GBV is being practiced by both the males and females in intimate relationships in Zambia. While we have data on the prevalence of marital Gender Based violence through the Central Statistics Gender reports this study is focusing on the effects of Gender Based Violence Among Couple.

According to the 2015 Gender Crimes statistics in 2015 Zambia had 18,088 cases of Gender Based Violence cases (*2015 National Gender Based Violence Crime Statistics by Province: Zambia Police - Victim support unity*)

With this evidence of the presence of Gender Based Violence, a study was proposed to study the effects of Gender Based Violence among couples in Shapande compound of Choma district.

This research possesses a unique feature since it went beyond other GBV researches which focused solely on estimating the prevalence of violence against women and to assess women’s and men’s knowledge of, and attitudes towards, laws, policies and services addressing violence against women, to explore the effects of GBV among couples targeting both male and females.

The study focused on assessing the effects of gender based violence on both male and female among couples in Shapande compound of Choma district. The broad objective of this study was to determine the effects of GBV amongst Shapande compound couples.

This research adds to the already existing body on knowledge on Gender based violence effects. The Central Statistics office collects data on the prevalence of GBV and other variables related to Gender in the Gender Report however this study goes an extra mile by trying to explore the effects of Gender Based Violence among couples focusing on both male and females.

The study will be helpful to the social workers and other Community workers with knowledge on the causes and effects of GBV among couples which will help the social worker come up with the interventions in Gender Based Violence prevention and awareness programs targeting the couples in the community.

The study findings will be helpful to those organizations that are interested in community intervention on Gender based violence to design programs of helping the victims of Gender Based Violence among couples.

The study will also be important to the public scholars and program designers and implementers of Anti-G BV campaigns understanding the potential consequences of GBV which will help actors to develop appropriate strategies to respond to these after GBV effects and prevent further harm to the victims.

Scholars and researchers would find the study useful since it adds to the body of knowledge in the need to further the research on the effects of GBV.

It's also a starting point for bigger studies across the country to study effects of Gender Based violence in intimate relationships by scholars and other research agencies such as Central statistics of Zambia.

The general objective of the study was to determine the effects of gender based violence amongst Couples of Shapande Compound. And the research had three specific objectives as follows:

- Determine the causes of gender based violence amongst couples in Shapande Compound.
- Identify the forms of gender based violence which are common among couples in Shapande Compound.
- Investigate the effect of gender based violence amongst the couples of Shapande Compound.

Research Methods/procedure/approach

Across sectional quantitative and explorative study design was employed. This study design combined both quantitative and qualitative enquiries for the purpose of triangulation of the data collected and getting the information, which one method cannot collect without the other.

The combination of quantitative and qualitative was used to help us overcome deficiencies that one enquiry could have had and enable triangulation via mixed methods hence strengthening the findings. The quantitative method provided descriptive statistics that measured the number of couples affected by GBV while the qualitative method explored the actual effects of GBV.

The study was conducted in Shapande Compound which is one of the compounds in Choma district of Southern province and its 290 km South of Lusaka and 190 km north of Livingstone.

The district covers an area of about 7,300 sq. Km with a population density of 34 persons per Km sq. and lies about 1200 m above sea level.

In Choma there is a high concentration of the population along the line of rail where most of the economic activities take place of which Shapande compound is one of them.

This study site was appropriate for this study as it forms the location occupied by many couples as well as its having concentrated population with couples from diverse cultural, social and economic status, this study site presented the ideal setting for this study

The target population of this study was both the male and females who are married, have partners or were married and residents of Shapande Compound. The numbers of respondents were 50 individuals who fit in the inclusion criteria.

Simple convenient random sampling method was used to select those that had partners, were married or have been married and are staying in Shampande. Then stratified convenient random sampling used to choose respondents among those randomly chosen into the strata of male and female participants and randomly sampled.

The research's main tool for data collection was the structured questionnaires which served as an interview guide. The structured questionnaire had both closed and open-ended questions, to provide the respondents with a possibility to express oneself freely without being restricted to proposed responses by the researcher. The underlying assumption was that respondents will be free to answer the questions in the questionnaire at own convenience and honesty.

The aim of this approach was to ensure that each interview is presented with exactly the same questions in the same order. This ensured that the answers could be reliably aggregated and that comparisons could be made with confidence between sample subgroups or between different survey periods.

The quantitative Data entered using Microsoft Excel and be interpreted using statically methods to bring out the statistical findings while the qualitative data which was to bring out the participants thoughts and feeling the patterns of thoughts and emerging pattern were identified and grouped in themes which described the thoughts and experiences of the participants.

Results/findings:

Demographic Data of the Participants

The participants of the research were Male's 50.98% and 49.01 % females. The age ranges of the participants who participated in the research are 15-25 years 16%, 26-35 years 29%, 36-45years 31% and 46 and above 24%. The participants 90% were married, while 4%divorce and 6% single but had partners. The participants had been in marriage for various years, 32% above 11years, other 0-5years in marriage 52% and 6-10years 16% of them. The respondents had the following number of children 1-2 children 62%, 3-5 children 28% and 6-10 children 10%

The education levels of the participants 12% were university graduates, 33.33% were college graduates, 52.94% secondary school level and 1.96%. This indicates that 98% of the participants had been to school and only.

The causes of gender based violence amongst couples in Shapande Compound.

The research established that Gender Based violence among couples exist of which 42% is caused because of Drug Abuse, mistrust and lack of communication leads to 30% of GBV among couples, unfaithfulness 36%, lack of strong penalties for GBV perpetrators 4%, lack of education8% and dependence on spouse leads to 6% of GBV among couples

Common forms of GBV among couples in Shapande Compound.

The research found that 46% couples experience physical violence in their marriage/relationships in Shapande and 65% of the physical violence experienced among couples in Shapande 47% result in serious injuries. From the couples who experience physical violence of 43.7% seek medical attention.

68% of couples experience psychosocial abuse. 18% is humiliation in public or any other type of humiliation, 30% prevented from visiting the relatives or friends, 65 % are not given food by spouses,22% their spouses refuse food, 50% refuse to talk to their spouses and 38% are in ways that they feel insulted.

The results indicate that some spouses have experienced multiple emotional treatments as follows 18% is humiliation in public or any other type of humiliation, 30% prevented from visiting the relatives or friends, 65 % are not given food by spouses,22% their spouses refuse food, 50% refuse to talk to their spouses and 38% are in ways that they feel insulted.

The respondents said they had experienced at least one time of the types of psychosocial in six months, for some having the e experience up to about 5 times in the last six months.

From the economic violence 22 % of the couples experience the economic violence of which 12% are refused from getting employed and 10% are refused to do business.

26% of the respondents indicated that they had experienced sexual violence in one way or another. Then the 74% indicated no or declined to respond to the question and other further question. From the 26% who responded a few questions they indicated their partners having sex with them even when they knew they had an STI, the result was them being infected.

The study also found that the proportion of females who had experienced physical violence in the 12 months prior to the research was 33% compared to men at 13%.

Effects of GBV among Couples

Gender base violence at an individual level, at large seriously affects all aspects of health- physical, sexual and reproductive, mental and behavioral health. During this research the results showed that all types of Gender Based Violence among Couples have effects on the individual as well as affects the relationship of the couples.

78% of the people that experience physical violence feel dehumanized and they become affected by the experiences in various ways. The effects of physical violence are of various ranges 26% leads to divorce, 34.80% lead to no communication in the home. Couples stop talking to each other for a long time which leads to increased misunderstanding and increased misunderstanding leads to increased violence in a home. 39.2% report experiencing various emotions such as fear, anxiety, raised tempers, trauma in the mind, lack of trust and many more emotional problems. While 22% of those physically abused do not feel anything because they begin to blame themselves for the treatment. They say they deserve it because they feel they contributed to the being beaten.

Psychosocial abuse effects of GBV among couples do not seem to be more different from the physical abuse in triggering the emotional and psychological pain. 74 % make those who experience it to feel bad and dehumanized it affects those affected in many ways such as having reduced self-esteem, anxiety, fear of the unknown since usually you are not sure of what your friend is thinking more in silent treatment. They feel depressed and lost these results in some of those that experience this abuse give up on their goals and the hope to live a better life.

The effects of economic Gender Based Violence have been that it creates dependence on the spouse who tend to only wait for their spouse to give them what they need, it perpetuates dependence, while to others it leads to divorce. Like out of the 11 participants who indicated having experienced economic violence 3 of them the marriages ended up in divorce.

The sexual violence results in the partners being infected with sexually Transmitted infections as 26% participants who indicated having experienced Sexual abuse from their partners indicated their partners having sex with them even when they knew they had an STI, the result was them being infected

This research did not go without finding out surprises in the process. The surprise of this research was some of those who are abused find it normal to be abused and they experience no effect at all. 26% of those abused physically, emotionally feel it's normal to be treated in the way they are treated because they become used to the situation of being treated as such and also traditions have taught them that it's normal in a marriage to have conflicts. Other reported that after the psychosocial treatment their marriages become better and their conflicts ended. They attributed the resolve of the problems they had in marriage before to the abuse they had experience and they thought at times Gender based violence in marriage is better. From the perspective of Economic Violence others said they are happy that they were refused to work because they can now go to school, college and study without being stressed. It has reduced their burden.

Even with the surprise of the good side of the Gender Based violence among couples the participants indicated that the effects of GBV are far more harmful than the benefits of it in most cases.

Discussion

The general objective of the research was to determine the effects of gender based violence amongst Couples of Shapande Compound. This research was also showing its prevalence through statistics and raise vital awareness about several important issues: the scope of the problem; what causes the problem, and how it affects the couples.

The causes of gender based violence amongst couples in Shapande Compound.

It's undeniable from the findings of this research that Gender Based Violence do exist among the Couples. The cause of GBV includes use ranges from those that behavioral on the part of the abusers, lack of strong policies and punishment for the perpetrators to lack of communication among couples. Other contributing factors include lack of education and dependence on spouse by the abused.

Common forms of GBV among couples in Shapande Compound.

This research found that Couples in the research area sampled experience various forms of Gender Based violence. One of them being physical violence in their marriage/relationships up to 46% of physical violence higher than the national levels according to the central statistics which places physical violence to be at 16% among intimate partners in Zambia .However the result is likely to be more consistent with the Central Statistics findings on the provincial statistics Gender report 2010 which indicate that Sothern province in 2001/2002 25% of the females reported having experienced physical violence while in 2007 31% of women in southern province reported having experienced physical violence in the last 12 months before the survey. This translated in 6 percent change point. (p25). Shapande is one of the populated compounds in Choma district of Southern Province which has been recording an increase in Gender Based Violence cases. It's clear from the results that shampande is not

an exemption from intimate partners experiencing Gender Based Violence. There is abundant evidence that GBV is endemic to shapande community affecting people of every class, race, age, religion, and education levels, although to varying degrees and in different ways.

The endemic presence of physical Gender Based Violence in Zambia is confirmed by various studies conducted by various researchers such as Andrew R who in his research paper entitled. The cost of Gender Based Violence in developing Countries reports that, “In Zambia, almost 42% of women had experienced physical violence at the hands of an intimate partner sometime in their lives.

The research establishes that the highest form of Gender based violence experienced among couples is psychosocial violence which is at 68% among Shapande compound couples. Psychosocial violence mostly goes unnoticed from the outside of the victims which may imply that there are more victims of Gender based violence than can be noticed. Most partners among Couples experience multiple forms of Gender based violence which has more harmful effects both on the individuals and the way they may react to marital problems when compounded.

Effects of GBV among Couples

Gender base violence at an individual level, at large seriously affects all aspects of health- physical, sexual and reproductive, mental and behavioral health. During this research the results showed that all types of Gender Based Violence among Couples have effects on the individual as well as affects the relationship of the couples.

Physical violence and psychosocial violence leads to victims feeling dehumanized, reduced sex esteem, leads to fear, anxiety lack of communications among couples, raised tempers, misunderstandings trauma in the mind, lack of trust and divorce. As the result of feeling dehumanized most victims of Gender based violence give up on their goals. This could be the reason why success among victims of Gender based violence couples is not attainable. Psychosocial violence mostly goes an noticed from the outside of the victims which may imply that there are is likely to result into most victims of Gender based violence.

The effects of economic Gender Based Violence have been that it creates dependence on the spouse who tend to only wait for their spouse to give them what they need, it perpetuates dependence. Economic violence is also evident among couples with 22 % of the couples experience the economic violence. Like Glen, Melis and wither (2009) all forms of GBV affect the world of work both reflect and reinforce social, economic, and political gender inequalities, with unequal outcomes in labor markets and for national economies. According to an ILO (2011) report, “Gender-based violence not only causes pain and suffering but also devastates families, undermines workplace productivity, diminishes national competitiveness, and stalls development.”

One would not agree more with Glenn, Melis and Wither because in addition to pain and suffering caused by Gender Based violence, direct financial costs include those resulting from victims’

absenteeism and turnover, illness and accidents, disability or even death. Indirect costs include the victims' decreased functionality and performance, quality of work, and timely production.

Sexual Gender Based violence is also endemic among couples and communities. This research found a relationship between the sexual violence and the increase in STI among couples as 26% of the responded having had experienced sexual violence reported their partners having sex with them even when their partner knew they had an STI and it resulted in them being infected.

This research did not go without finding out surprises in the process. The surprise of this research was some of those who are abused find it normal to be abused and they experience no effect at all. And feel its normal. This could be that the victims are socialized into the gender roles of their specific cultures; women and girls often hold beliefs that support their oppression through GBV. According to CIET (2007) approximately 40% of women across the 10 countries studied said they would have sex if their partner refused to use a condom, and a similar proportion did not think women have the right to refuse sex with their partner. This kind of responses from women show strong socialization which makes victims of various Gender Based Violence issues feels they have no right.

Study Limitations

Although the research has reached its aim there where some unavoidable limitations during the research such as: Firstly because of the time limit, this research was conducted only on a small sample size of population of 50 participants from the population of Choma and Shampane Compound. Therefore, to generalize the results for larger groups, the research should have involved more participants in the study so as to find significant relationship from the data on the effects of GBV among Couples

The other limitation is that the research was depending on the Self-reported data, which is limited by the fact that it rarely can be independently verified. In other words, we took what people would say at face value. Because of the nature of the study the study may have biases such as (1) selective memory (remembering or not remembering experiences or events that occurred at some point in the past); (2) telescoping [recalling events that occurred at one time as if they occurred at another time]; (3) attribution [the act of attributing positive events and outcomes to one's own agency but attributing negative events and outcomes to external forces]; and, (4) exaggeration [the act of representing outcomes or embellishing events as more significant than is actually suggested from other data].

Because of the nature of the study there is a possibility of the Cultural limitation. The study needed to collect information on issues to do with sexual abuse which is associated with shame. It's most likely that the participants did not disclose as much information on matters associated with shame such as disclosing what happens in a home and sexual issues.

Conclusion/Implications:

In general, we find that all forms of Gender based violence are experienced in among couples by both male and females. The research establishes that the highest form of Gender based violence experienced among couples is psychosocial violence which is at 68% among Shapande compound couples. Most partners among Couples experience multiple forms of Gender based violence which has more harmful effects both on the individuals and the way they may react to marital problems when compounded.

The study finds strong evidence that SGBV may lead to increased STI infection among couples. The sexual violence results in the partners being infected with sexually Transmitted. If SGBV is not curbed there is a possibility of having increased HIV infection among couples than any other population. Hence SGBV may need to be part of all interventions aimed at HIV Prevention.

The study also finds an impact of Gender base violence at an individual level, at large seriously affects all aspects of health- physical, sexual, mental and behavioral health as well as affects the relationship of the couples. The effects range from feeling dehumanized; divorce, Couples stopping talking to each other for a long time which leads to increased misunderstanding and increased misunderstanding leads to increased violence in a home. Other effects include reduced self-esteem, anxiety, fear of the known, raised tempers, trauma in the mind, lack of trust and many more emotional problems. Other victims of Gender Based violence become more dependent on the perpetrator of GBV economically. As a result the more couples are experiencing GBV in a nation the higher the impact of the production of the economy. Production is also likely to be affected by the number of hours that victims spend on the nursing the injuries and other emotional pain they may go through as well as the resources spent on nursing the injuries.

Recommendations

- ✓ Given that GBV is caused by complex and inter-related factors at the individual, relationship, community, and societal levels governments efforts to eliminate GBV must be coordinated, multi-sectorial responses.
- ✓ Governments efforts and those of its partners in development of meaningful and promising strategies to eliminate GBV should be informed by systematic data on prevalence of GBV in targeted audiences, and its effects.
- ✓ Whether working to reduce GBV in communities or the nation, there is need for Government to have an increased emphasis on stopping GBV from occurring in the first place - primary prevention should be the focus.
- ✓ Legislation and policies must be developed and enforced to protect survivors of GBV, address gender discrimination, promote gender equity, and discourage violence

Future Research questions

- ✓ What could be the underlying factors which make 26% of those abused to feel it's normal to be abused by a spouse in any way?
- ✓ Interventions which target couples must also target the friends of the couples were the couples share the domestic violence they experience

ACKNOWLEDGEMENT

I wish to acknowledge my academic supervisor Mrs. Edges M. Mubiana MA (Gender studies) BAEd (Special Ed) for her support through the all process of this research development. Despite the challenging she was going through at the time she still found time to take me through. One time I had to meet her at Kalingalinga clinic as she nursed one of her relatives, few would give you chance in such times

My wife Carol Musukwa for many sacrifices she made during my time of study, she endured many days, month to be without her husband near and when I became discouraged she encouraged me. I acknowledge My children who are the source of inspiration to work hard and be an example to them.

Zambia Research Development Centre for the 75% Scholarship during the period of study without which it could have not been possible for me to rise in my academic DREAMs.

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10. Tables and Figures

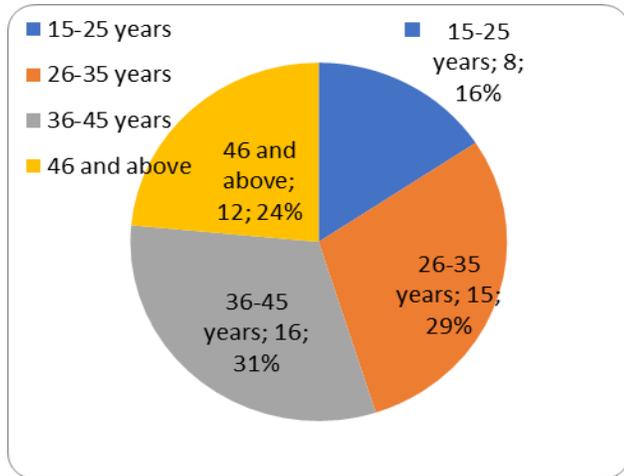


Figure 1: Ages of Respondents

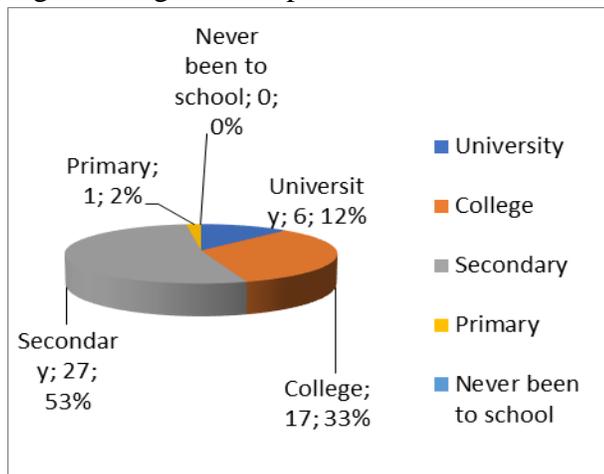


Figure 2: Education levels of respondents

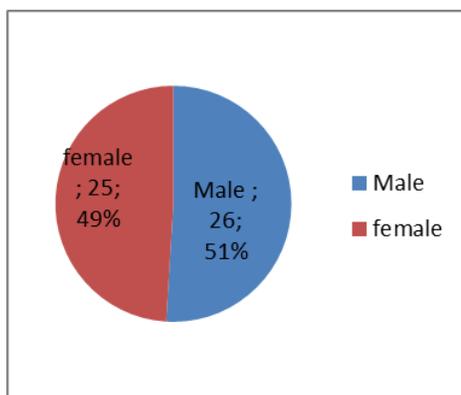


Figure 3: Gender of participants

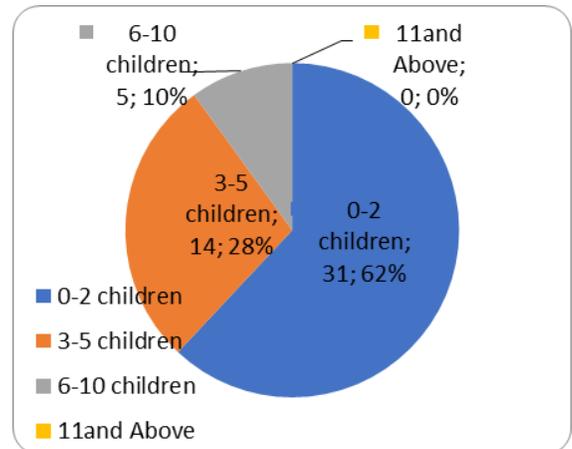


Figure 4: Marital status of respondents

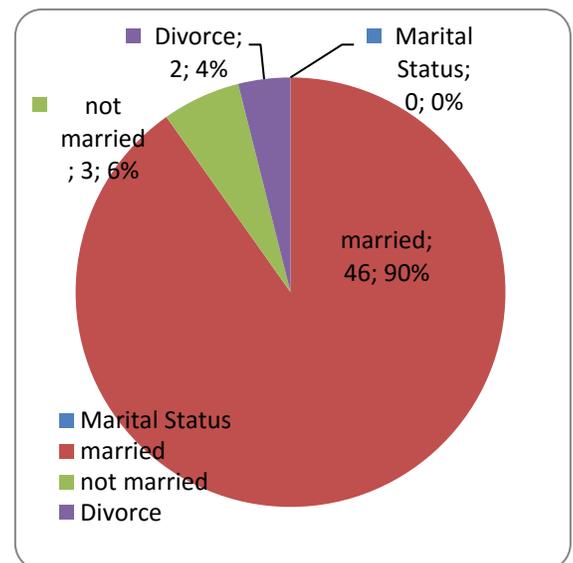


Figure 5: Number of Children in Marriage

participants

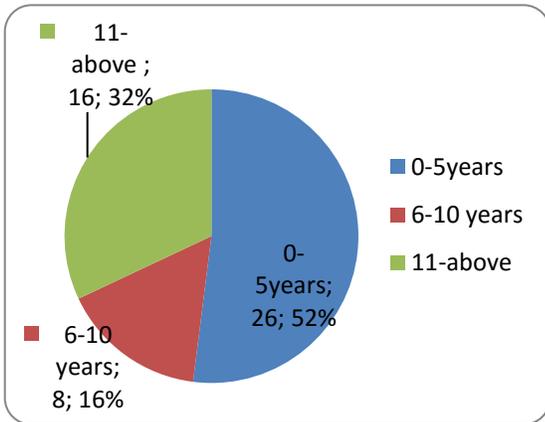


Figure 6: Number of years in marriage

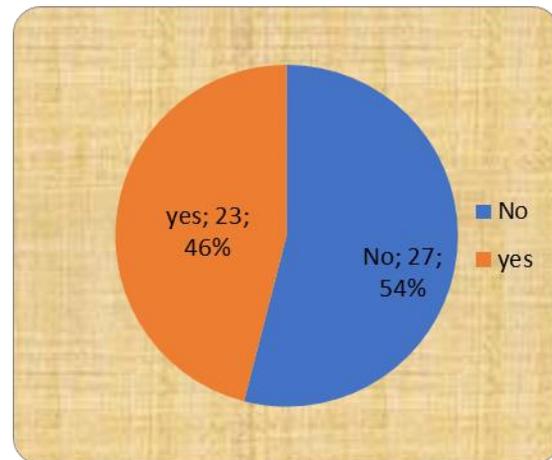


Figure 8: No. of those physically hurt who get injuries

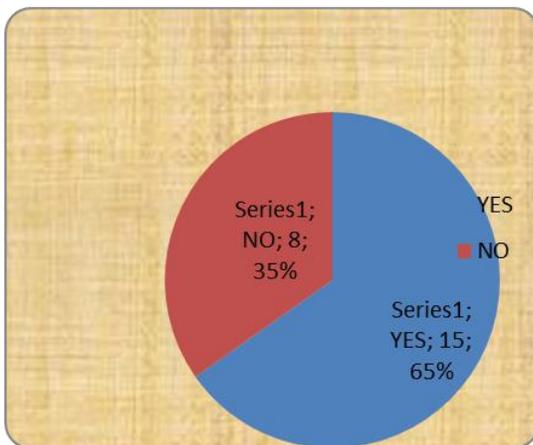


Figure 7: No. of those physically hurt who get injuries

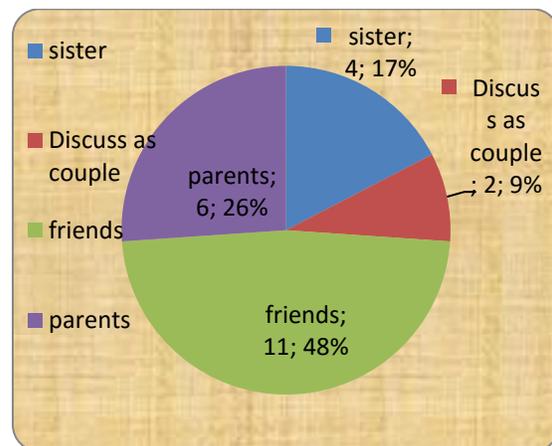


Figure 9: Who couples report GBV to

Figure 10: General Responses on Gender Based Violence

Causes of Gender Based Violence	Number of respondents out of 50	Percentage %
dishonesties	1	2
Drug Abuse	21	42
Mistrust and miscommunication	15	30
Unfaithfulness	17	34
Dependence on spouses	3	6
Lack of education	4	8
Lack of strong penalties for perpetrators or abusers	2	4

Figure 11: General effects of Gender Based Violence in General.

Effect of GBV	Number of respondents out of 50	Percentage %
Divorce	39	78
Children suffering	8	16
Leads to an faithfulness	1	2
Loss of self esteem	2	4
Death	11	22
Hatred /fighting	2	4
Lead to alcohol abuse	2	4