



**FACTORS UNDERLYING INTIMATE PARTNER VIOLENCE BY
YOUNG ZULU MEN IN OAKFORD-VERULAM AND BUILDING
THEIR CAPACITY TO BE NONVIOLENT INTIMATE
PARTNERS**

Dissertation submitted in fulfilment of the requirements
of the degree of Master of Management Sciences in Public Administration-
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ABSTRACT

South Africa has many issues around domestic violence resulting from culture, patriarchy and historical prejudices. It has been suggested that intimate partner violence is mainly perpetrated by men against women, and is an effort by men in a patriarchal society to dominate women. The purpose of this research is to build the capacity of young Zulu men to be non-violent intimate partners. The study utilised the Social Learning Theory and Feminist Theory. The study adopts an Action Research design, the goal of which is to solve concrete community problems by engaging community participants in the inquiry process. A mixed research methodology will be adopted for the study and will involve the use of both qualitative and quantitative data. 50 questionnaires will be administered to 50 Zulu young men between the ages of 18-35 in the Oakford Verulam area, while qualitative data will be obtained through focus group discussions, divided into three groups consisting of nonviolent, previously violent and currently violent men. The findings of this research suggest that there are several factors attributed to cause violence in an intimate relationship and these factors are deeply rooted in the background and upbringing of these men. The findings also suggest that in order to curb violence in the communities one would have to first address the underlying issues and for men to unlearn certain behaviours and traits they learnt during childhood.

DECLARATION

This work has not been previously accepted in substance for any Master's Degree, and is not being concurrently submitted in candidature for any other and Master's Degree.

Signed-----

Date-----

This submission is the results of my own independent work/ investigation, except where otherwise stated. Other sources are acknowledged giving explicit references. A bibliography is appended.

Signed-----

Date-----

I hereby give consent for my work to be available for photocopying for inter-library loan, and for the title and summary to be made available to outside organizations and future students.

Signed-----

Date-----

DEDICATION

To my mother Mrs Jabu Prudence Sikakane, my rock, strong black woman, you did your mommy duties very well.

"Teach children how they should live, and they will remember it all their life." Proverbs 22:16

Ngiyabonga kakhulu MaNxele Sikakane konke loku imiphumela yemithandazo yakho.

Mathula, Mboma kaMqhele, Nzimase.

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LIST OF ABBREVIATIONS

FULL NAME	ABBREVIATION
Intimate Partner Violence	IPV
Gender Based Violence	GBV
Violence Against Women	VAW
World Health Organisation	WHO
Focus Group Discussion	FGD
Currently Violent Group	CVG
Previously Violent Group	PVG
Never Violent Group	NVG
The United Nations Children's Fund	UNICEF
United Nations Programme on HIV/AIDS	UNAIDS
Human Immunodeficiency Virus/ Acquired Immune Deficiency Syndrome	HIV/AIDS
Post-Traumatic Stress Disorder	PTSD
Social Learning Theory	SLT
Action Research	AR

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CHAPTER ONE

BACKGROUND AND INTRODUCTION

1. Introduction

This chapter discusses the background, rationale, the research context and the research problem as well as the aims and objectives of the study. The justification of the study is articulated including a summary of the research design and methods in the study.

South Africa has many issues around domestic violence resulting from culture, patriarchy and historical prejudices. Bert and Hoff (2012) suggest that intimate partner violence is mainly by men against women, an effort by men in a patriarchal society to dominate women. Violence against women from a feminist perspective is based on gender power relations (Rosche 2014).

Women are almost always on the receiving end of violence and this violence is almost always perpetrated by men. According to Joyner and Mash (2012: 1), in South Africa 62.4 percent of females are victims of intimate partner violence (IPV), they further state that in South Africa 8.8 per 100000 women die in the hands of their current or former partner. This study focuses on the factors causing young Zulu men to be violent in intimate relationships.

1. 1 Background

Violence against women and girls is one of the most widespread abuses of human rights worldwide, affecting one third of women in their lifetime. There is a range of perceptions and definitions among young men of what qualifies as violence against women and many young men may view violence against women as a socially sanctioned extension of male authority to the private realm.

Bhana, de Lange and Mitchell (2009:5) state that in South Africa, violence is often seen as the scandal of manhood, linking gender-based violence and masculinities, how violence is understood within the context of entrenched socio-cultural notions about male superiority and privilege. Adolescent boys and young men can be exposed, early and often, to violence in their homes, schools, and communities. Such early exposure is often associated directly or indirectly

with later violence, including participation in gangs and other armed groups (Vess *et al.* 2013:4). This perception of violence against women as a norm also occurs among young women themselves, who sometimes interpret violence as an indicator that a man is emotionally invested in a relationship.

Intimate partner violence takes various forms, from physical violence, e.g. assaults with a weapon, homicide and sexual violence to emotional and psychological violence. Globally the greatest burden of IPV is experienced by women at the hands of men. Although women can also be abusive, the clear majority of partner abuse is perpetrated by men against their female partners (WHO 2012). This research therefore investigates factors causing young men to be violent in intimate partner relationships in an area of the province of KwaZulu-Natal, South Africa. According to a report on contact crimes, Ndwedwe is one of the areas with the highest number of assault cases within the province of KwaZulu-Natal (Stats SA 2015).

1.2 Context of the research

Fulu, Kerr-Wilson and Lang (2014: 4) state that violence against women has been described as the most shameful human rights violation, and the most pervasive. Intimate partner violence (IPV) is a problem facing women around the world. According to Garcia-Moreno and Watts (2011:2), research on violence against women, and especially on male partner violence has increased. Such violence is a consequence of gender power inequities, at both a societal and a relationship level, and serves to reproduce power inequities (Jewkes, Dunkle, Nduna and Shai 2010:41).

There are numerous African masculinities, urban and rural, and changing historically, including versions of manhood associated with war, or being warriors and others associated with farming or cattle-herding. Barker and Ricardo (2005: vi) believe that Africa's diverse socio-cultural and socio-political background mean that there is no clearly defined or generally accepted definition of the concept of manhood. Feseha, G/Mariam and Gerbaba (2012: 2) state violence by intimate partners is often used to demonstrate power and enforce a man's position as head of the household or relationship. Men who hold traditional values and ideologies that emphasise male power use violence to compensate for their threatened sense of masculinity and to re-establish their power at home.

Jewkes, Flood and Lang (2014:1581) suggest that a society with a culture related to the use of violence permits many forms of violence perpetuated by social values, roles, behaviours, and attributes thought to be appropriate and expected for men and women.

1.3 Problem statement

South Africa has a very long history of violence, and intimate partner violence is one of the major threats in the country. WHO (2012) reports that one of the most common forms of violence against women is that of a husband or an intimate male partner. This research intends to investigate the underlying factors causing men to be violent against women in intimate partner relationships. Engaging young men to be non-violent partners may help address issues of violence in intimate partner relationships.

1.3.1 Aims and Objectives

The aim of the research is to build the capacity of young Zulu men to be nonviolent intimate partners. This is supported by the following objectives:

- To determine perceptions of young Zulu men of what constitutes violence in intimate partner relationships;
- To ascertain the remote and immediate causes of violence in intimate partner relationships;
- To explore the link between family upbringing, culture, society, and the tendency to be violent in intimate partner relationships.

1.4 Significance of the study

Gender based violence (GBV) is a worldwide concern and within this context, intimate partner violence (IPV) is a highly significant threat globally. In South Africa, a lot of work has gone into campaigns addressing this issue and how women can protect themselves, campaigns like the violence against women campaign, 16 days of activism, Sonke gender justice. Beyond this, efforts have focused on how women can cope if they find themselves in abusive situations. This research focuses on building capacity for young Zulu men to be nonviolent intimate partners. It is anticipated that engaging young men would effectively build their capacity to be

nonviolent in intimate partner relationships and ultimately assist them to become nonviolent husbands and fathers.

IPV cripples a lot of intimate relationships, further exposing children to single parent households. Theories that will be discussed in the literature review (chapter two) suggest that children exposed to violence learn that behaviour and puts emphasis on family upbringing as one of the contributing factors to an individual being violent or nonviolent. It is therefore against this background that this research aims to engage those men who are mostly perpetrators of violence, to understand their perspective of what constitutes violence in intimate relationships and to further engage strategies through which violence can be prevented.

1.5 Research Methodology

The study aims to examine factors causing young men to be violent in intimate relationship as a way of promoting non-violence in intimate partnerships. To achieve its goal, this study employed action research methods. In nature action research seeks to improve prejudices or unfair practices within communities. A mixed methodology is adopted for this study. This is appropriate as data is collected quantitatively and qualitatively; thus, by combining both these methods, they work to complement each other, as there is a greater possibility of understanding human nature and reality with both methods combined. To meet the objectives highlighted for the study, the researcher used questionnaires to identify suitable participants, and Focus Group Discussions (FGDs) to highlight factors causing young Zulu men to be violent in intimate relationships and how to mitigate those issues.

1.6 Delimitations

Delimitations are characteristics that limit the scope and define the boundaries of the study. Delimiting factors include the choice of objectives, the research questions, variables of interest, theoretical perspectives and the population you chose to investigate (Simon and Goes 2013)

The findings of this study can only describe the factors causing young men to be violent in intimate partner relationships at the site identified and cannot be generalised to populations

outside the Oakford area. However, this investigation is intended to act as a guide to further applied research in this field.

1.7 Organisation of the Study

This study has been organised into five chapters.

Chapter One: Contains an introduction to the study; a description of its purpose as well as the rationale for the study; and states the research objectives that guided the study. The limitations of the study are also outlined in this chapter.

Chapter Two: Contains a review of current literature relating to the study and provides a theoretical underpinning. The chapter highlights themes and areas of concern and how they relate to the study.

Chapter Three: Describes the research design, the methodology and the procedures followed in the study and the techniques employed. This chapter also highlights the data collection process, data analysis, limitations, validity and reliability measures adopted. Phase methodology – phase 1: Questionnaire, phase 2: Focus Group Discussions. Ethical considerations have also been discussed.

Chapter Four: This chapter contains data presentation and analysis of the findings emanating from the fieldwork undertaken in Oakford, Verulam and highlights the themes of discussions and views by the participants.

Chapter Five: This chapter outlines a discussion for the research findings and provides a summary of the study, researcher personal reflections recommendations and gives concluding remarks to the entire study.

1.8 Research Contributions

This study hopes to benefit the people of Oakford, and potentially the province of KwaZulu-Natal and the country of South Africa in understanding violence from a male perspective. It will also highlight possible intervention programmes that could be implemented to curb intimate partner violence. One of the major contributions is having a violent free South Africa,

where women are not scared of their partners but work together. This will also help men understand violence and what it is in an intimate relationship. This is needed because a lot of violent acts have been normalised by society.

1.9 Conclusion

This chapter has introduced the research problem, objectives of the study and substantiates the rationale for the research. The limitations, the key assumptions upon which the study is based, and the methodology have been presented. Finally, the chapter presented an overview of the chapters that follow and lays the foundation for this thesis. On this basis, the study now proceeds to provide a theoretical underpinning for the study, by investigating factors causing young men to be violent in intimate partner relationships.

CHAPTER TWO

LITERATURE REVIEW

2. Literature Review

This chapter will explore the relevant literature and explain the theoretical frameworks that support the study. Social Learning Theory, as supported by the Feminist Theory, will be explored and their link to violence perpetration and prevention discussed. The Social Ecological Model will be discussed to understand the underlying factors causing men to be violent in intimate relationships. The feminist theory will be discussed to understand the gendered perspective of violence. Suffice to add that the literature review stems from the three objectives put forward in chapter one of the study, namely to determine perceptions of young Zulu men of what constitutes violence in intimate partner relationships; to ascertain the remote and immediate causes of violence in intimate partner relationships and finally, to explore the link between family upbringing, culture, society and the tendency to be violent in intimate partner relationships.

2.1 Introduction

Gender-Based violence (GBV) is violence aimed at individuals because of their gender, with women and girls being victims however boys and men can also be victims. Both genders are responsible for the perpetration of violence against their intimate partners but the reality is, more women than men suffer from the rate and recurrence thereof (Flynn and Graham 2010:240). Gender Based Violence does not discriminate as it affects people of all races, ethnicities, class categories, and age groups, economic, religious and cultural backgrounds.

GBV is amongst the most dominant human rights violations and one of the biggest social ills in South Africa (Moffet 2009: 155). Violence against women in South Africa is persistent with 40 and 50 percent of women having experienced intimate partner violence and considering that some cases go unreported, the scale is much higher than the statistics presented (le Roux 2015).

Makombe (2009:12) argues that GBV is a worldwide phenomenon and a major contributing factor to death and disability for women aged 15 to 44 years. Outside of that bracket, it is worthy to note that in South Africa even women younger than 15 extending to the elderly

women are also abused and sexually assaulted. According to WHO (2013) it is estimated that about 35 percent of all women will experience violence from an intimate partner or a non-intimate partner in their lifetime.

Makombe (2009: 12) further states that gender-based violence is the display of power, mostly perpetrated by men over women, because of supremacy and imbalances of power relations between the genders. There are many forms of GBV including domestic violence, sexual violence, child abuse, harmful traditional practices, trafficking, and sex work and femicide. Reports claim that in South Africa between 40 and 70 percent of females die in the hands of their intimate partner (Department of Social Development 2014).

Violence against Women (VAW) and discriminating against someone because of their gender is a persistent global reality affecting different societies in developed and developing countries. GBV is any form of violence perpetrated towards an individual because of their gender and it includes physical violence, psychological, economic, and sexual violence, exploitive or coercive acts, intimate partner violence (IPV), rape as well as harmful traditional practices (Wirtz *et al.* 2014: 2). GBV is a global public health problem and a violation of human rights (WHO 2013).

In a context where culture promotes violence against women, it is difficult for men to realise that they are being violent or committing a crime when they are harassing their partners. There is a range of views and meanings amongst young men of what VAW entails; several young men may interpret VAW as generally allowed masculine authority. There is a vast amount of literature on IPV globally (Ali *et al.* 2011, Jewkes, Flood and Lang 2014 and Vyas *et al.* 2015). Bhana, de Lange and Mitchell (2009:5) state that in South Africa, violence relates to a masculinity issue. The injury and death of women who experience IPV are the only concern, in most cases, as victims of IPV are mostly likely to adopt negative health behaviours and have increased chances of short or long-term injuries (Gass *et al.* 2010).

Early exposure to violence has a direct or indirect link with violence at a later stage, including involvement in gangs or other armed groups (Vess *et al.* 2013). Women's exposure to violence as children has a higher chance of their falling victim to violence as adults whether as perpetrators or victims. This perception of normalising VAW also occurs amongst women, who in most cases will view violence in a relationship as a man's sign of commitment in a

relationship (Barker and Ricardo 2005: vi). Thus, this literature review hopes to analyse literature relating to causes, the extent and the consequences of violence caused by men in intimate partner relations.

2.2 Exploring the concept of Intimate Partner Violence

Intimate Partner Violence (IPV) is any act of physical, sexual, or psychological abuse by a present or previous partner (World Health Organisation 2016). Intimate partner violence is tangible violence or passing of threats to physical, psychological, or sexual harm an intimate partner. Intimate partner violence (IPV) is a prevalent problem affecting about 30 to 54 percent of women in their lifetime (Flynn and Graham 2010: 241). IPV takes many forms; it could be sexual, physical, verbal, or psychological. Physical violence comprises hitting, using physical force, physical aggression, kicking, dragging, battering, lashing whilst sexual violence is as forced sexual acts against one's will and physically forced sexual intercourse. Psychological abuse is a form of insulting your partner or making them feel bad about themselves, belittling or humiliating, scaring, or intimidating; threatening to hurt her or him or someone they cared about (Ali *et al.* 2011).

IPV is an aspect of domestic violence, which is a pattern of threatening behaviour used by an individual to intimidate and another person. This global scourge affects both men and women, but women are more likely to experience domestic violence than men are. Globally, South Africa has one of the highest rates of VAW, with over 55 000 cases of rape reported in 2006 (Matseke, Peltzer and Mlambo 2012). IPV has reached an all-time high not only in South Africa but globally and it has been estimated lifetime prevalence of between 15 and 71 percent among women worldwide (Gass *et al.* 2010: 582).

Vyas *et al.* (2015: 2) suggest that various social and economic theories have explained how economic resources within the household have an impact on women's risk of partner violence. IPV is one of the greatest and many forms of violence faced by women in both high- and low-income countries and due to its extent is an extensive public health problem. Vyas *et al.* (2015:2) further state that households that have a low socioeconomic scale have higher partner violence statistics, and that men who are not educated and have low occupational statuses have higher chances of being perpetrators of partner violence.

Although there are no simple explanations on the causes of violence in intimate partner relationships, Lawson (2012) and Rothman, Butchart and Cerda (2003) indicate that domestic violence is deeply rooted in the socially constructed roles of women both in their public and private lives. The United Nations Declaration on the Elimination of Violence against Women articulates VAW as a demonstration of historical power inequities between women and men and further states that violence is a tool to propagate and emphasise the role of women as subservient to men (Cooper, Paluck and Fletcher 2013). Globally around 30 percent of women who have been in a relationship have experienced physical, sexual violence, or both, from an intimate partner (Shai and Skweyiya 2015). Intimate partner violence (IPV) is a global scourge, affecting many people around the world, with women and girls more vulnerable to be victims because of their social and economic positions (True 2015). There is no community in the world that is unaffected by intimate partner violence, it is indiscriminate of social or financial status, religion or cultural group. Therefore, this study focuses on men as perpetrators of IPV.

2.3 Examining causal factors of IPV

Intimate Partner Violence is a universal, precise type of GBV that only occurs in intimate partner relations. IPV prevalence is amongst the highest in South Africa compared to the global scale (Gass *et al.* 2010), with the shocking statistics that estimate at least three women in South Africa are killed by their partners every day, making South Africa one of the countries with the highest rate of IPV.

IPV is a sexual characteristic issue where men are perpetrators of violence and women are prey (Dixon, Archer and Graham-Kevan 2011). Men and women can both be victims and perpetrators of IPV however World Health Organization (2012: 1) reports that women perpetrate violence in relationships with men mostly as self-defence. Intimate partner violence is a form of violence against women that is executed by an intimate partner or spouse, whereas men are more likely to be attacked by a stranger than someone in a close relationship. Globally there has been a debate on the factors causing violence, and there are many factors involved (Seekings and Thaler 2014:34). Given that there is no one factor that causes men to be violent in intimate relationships, drawing on the Social Ecological model, the current study is going to explore the following factors: Individual, Relationship, Societal and Community.

A few studies focus on underdeveloped countries, including South Africa, which has one of the highest rates of intimate partner violence in the world (Gass *et al.* 2011: 582).

Therefore, this study examines factors causing young Zulu men to be violent in intimate relationships.

2.4 The Nature and Extent of Intimate Partner Violence

South Africa has a very long history of violence, and intimate partner violence is one of the major threats in the country. Violence takes many forms and IPV is an important public health issue with severely adverse consequences. There are many forms of violence against women and all have different consequences. VAW is a globally identified violation of human rights, and public health issue with substantial consequences for women's physical, mental, sexual, and reproductive health (Semahegn and Mengistie 2015:1). VAW is now widely recognised to result from a complex interplay of individual, relationship, community, and societal factors.

Shai and Sikweyiya (2015:31) conclude that IPV is the most common form of gender-based violence (GBV) including sexual, physical and emotional abuse perpetrated by a current or former intimate partner. They further state that one in three women in an intimate relationship is more likely to experience sexual or physical abuse by an intimate partner. Violence against women is a global scourge, with intimate-partner physical violence, sexual violence, or both, affecting one in three women, leading to substantial health effects that are important determinants of morbidity and mortality (García-Moreno *et al.* 2015).

2.4.1 Intimate partner sexual violence

Sexual violence includes rape, sexual assault, inappropriate or unwanted touching, genital mutilation, sexual harassment etc. Sexual violence is trying or completed sexual acts against the other person's will (Makombe 2009:21). Forced sexual intimacy on one individual by another includes unwanted sexual activity including oral, anal, or vaginal stimulation or penetration, forced nudity, forced exposure to sexually explicit material and activity (Uwayo 2014:4). There are many ways of defining rape and different people and countries have different legal interpretations of rape. For the purposes of this study, rape is unconsented penetration to a victim's anus or vagina by an object, fingers, tongue or penis by force or threat.

Sexual violence can be categorised into the use of physical force to have sexual contact against the other party's will, an attempt to have sexual contact with a person who does not understand what is happening to a minor, person under the influence of alcohol, substance abuse or abusive sexual contact (Stewart, Vigod and Riazantseva 2016: 2).

In most countries, sexual abuse and rape are not considered a crime if committed by an intimate partner (UNICEF 2000:4). In customary law, the rape of a wife is not generally recognised as an offence, in cases of rape of an intimate partner or a spouse, a husband may be found guilty of assault, wounding, or harm than rape (Esere *et al.* 2009:001).

2.4.1.1 Economic Factors

One of the 'invisible' forms of violence inflicted in intimate partner relationships is economic subjugation. This is prevalent by the offender refusing the spouse money and not letting them earn money, or taking control of the money earned by the victim and controlling it as his own, or using his money for his own benefit and especially making the partner depend on him for money. According Kelly and Johnson (2008:480) financial control is when the spouse controls the other spouses' purchases and withholding funds to dominate over their partner.

Financial issues are dominant factors in many violent relationships. IPV often occurs when a partner fails to support his family financially whether because there are no means or the money spent outside the home on other activities. In either situation, the man responds in anger, as he is ashamed that he cannot support his family (Horn *et al.* 2014:6). This feeling of insecurity often triggers violence as one of the main features of patriarchal African communities is that the man is expected by default, from a very young age, to cater for and provide for the woman, irrespective of his economic placement in society (whether he has a job or not). Shamu *et al.* (2011:5) remarks that being unemployed, and thus not having enough household decision-making power and being financially dependent, is a risk factor for experiencing violence.

Feseha, G/mariam and Gerbaba (2012: 8) states that women who are financially dependent on men makes them vulnerable to violence.

2.4.1.2 Poverty and unemployment

Closely related to the economic factors are those of poverty and unemployment as triggers of IPV, particularly in South Africa where the unemployment rate, particularly amongst employable youths is high. A five-year study conducted by Buzawa and Buzawa (2013:13), reported that rates of domestic violence were 4.7 percent for males who were always employed compared to 7.5 percent of males who were partly unemployed, but proved to be 12.3 percent for males who experienced regular unemployment. This report substantiates the hypothesis of Matjasko, Niolon and Valle (2013:123) who claim that redundancy is a risk factor for perpetration and victims report health difficulties from IPV resulting in work difficulties. Poverty and unaffordable houses make it difficult for financially unstable victims to escape violent relationships.

These statistics affirm that women with male partners who have been unemployed for more than two periods are more likely to be domestic violence victims compared to women with employed partners (Buzawa and Buzawa 2013:13).

2.4.2 Intimate partner physical assault

Physical violence is the use of physical force with the aim to cause harm, injury, death, disability, behaviour that threatens, attempts, or inflicts physical harm (Stewart, Vigod and Riazantseva 2016: 2). Physical assault is behaviour involving the use of force against the other person that might cause physical harm or inflict pain (Uwayo 2014:4). The meaning includes an extensive range of behaviours, from slapping, pushing, and shoving to using a gun. Intimate partner assault is one of the many forms of violence that happen in intimate relationships.

There are many consequences linked to domestic violence and they do not only include homicide and suicide but there are also indirect deaths, which include homelessness, sickness, and miscarriages resulting from battering trauma (Kabeer 2014: 19). These reported concerns are not a true reflection of the overall extent of women's injuries because only those women seeking help report abuse and they represent less than half of the entire group (Wilkinson 2016).

Physical violence usually goes together with emotional abuse, patronising, controlling the victim's social interactions and freedom, not providing money for essential items at home when money is available (Tracy 2017). Physical violence in intimate relationships is a public health

problem affecting many individuals' worldwide (Centers for Disease Control and Prevention, 2014).

2.4.2.1 Family factors of violence

Family violence is threatening behaviour by a person towards a family member. This behaviour could be of any form ranging from physical or sexual, emotional, psychological, economical or threats, which are coercive and allow for control and which result in the family member being fearful for their safety and wellbeing (Department of Human Services, 2012:3). Family violence also includes having a minor witness, or a member who hears any effects of violence.

Family violence, like any other violence, is ultimately a synonym for human rights exploitation and is not acceptable (Department of Human Services 2012:3).

2.4.2.2 Gender inequality

Gender is a social construct often determining the prospects, competencies, and responsibilities of men and women. The roles assigned to each gender are structural and cultural, perpetuating relationships of male dominance and female subordination (Monagan 2010: 162). One cannot deny the link that exists between supremacy and violence against women. Society frequently favours men at the cost of women, constructing men as more dominant than women (Le Roux 2015). Gender is one of the significant factors for the perpetration of or falling victim to domestic violence, this assumption is evident in research that focuses on violence against women, supported by feminist researchers (Dixon, Archer and Graham-Kevan 2011:6).

South Africa is by tradition a male-controlled society where women are submissive to their male counterparts. Although equality is a constitutional right, the idea of men dominating and women being submissive is still resilient (Jewkes and Morrell 2010). Patriarchal culture along with the legacy of violence in communities, allow boys and young men to grow up with a sense of entitlement, being in control thus legitimising violence. Violence against women is a pervasive social problem deeply rooted in the inequities between men and women in terms of power, and entrenched through laws, policies, and social norms that grant preferential rights to men. Perpetration of IPV by men is a consequence of gender inequality stemming from male superiority (Townsend *et al.* 2010:133).

The history of inequality amongst different racial groups and genders in South Africa dates as far back as before apartheid, to imperialism and colonialism, using the “inferior” group to gain more power. This system has been used to subject and oppress women in the world. Albertyn (2011:140) suggests that the results of apartheid included the systematic subordination of the black majority asserted by racial inequality and oppression, along with gender inequality. Years after apartheid, South Africa is still a male dominated and controlled society where women are subordinate to men in public and private life. This legacy of gender inequality affects both the social and economic status of all women in South Africa and limits their access to resources, human rights and from performing to their full human potential.

The source of violence against women stems from the history of power dynamics between men and women and the discrimination of women in both the public and private spheres. Patriarchal inequalities of control, prejudiced cultural norms, and economic disparities serve to deny women’s human rights and perpetuate violence (Department of Social Development 2014).

There is a wealth of writing (Horn *et al.* 2014, Albertyn 2011 and Townsend *et al.* 2010) categorising IPV as a problem for men, perpetuated by societal rules of patriarchy and female or women’s subordination. However, South Africans have dealt with issues of gender equality in the public sphere, supported by the constitution and have women representation in parliament and leadership positions, in the private front there are still gender imbalances (Southern Africa Gender Protocol Alliance, 2013). Women and children are still particularly in danger when it comes to abuse and other forms of GBV perpetrated by intimate partners and other people close to them (Machisa *et al.* 2011).

2.4.3 Emotional and Psychological Intimate Partner Violence

Emotional or Psychological IPV refers to the verbal and non-verbal communication with the motive to harm another person mentally or emotionally or to exert control over another person (Centers for Disease Control and Prevention, 2014). Emotional abuse by an intimate partner includes humiliation, insults, intimidation, direct or indirect threats. A direct threat is when an intimate partner threatens to do something hurtful to you and an indirect threat is when the partner threatens the well-being of the people close to the victim.

Most perpetrators of such violence even go to the extreme of monitoring the victim’s routine, restricting the contact between family and friends, and limiting the partner’s choice of

association. This type of violence connects to the risk of physical or sexual abuse and even both. Emotional abuse is amongst the most dominant forms of abuse of women by their intimate partners, with severe damages, demeaning a woman's sense of worth, agency, and independence (Ahlawat 2014:32). Undermining a person's self-esteem can have severe mental and physical health concerns, which may lead to suicide.

2.4.3.1 Cultural Factors

Culture is a construct of identities. Wadesango, Rembe and Chabaya (2011:123) have defined 'culture' as shared practices, traditions, norms, and values unique to social groups.

Venganai (2015:147), mentions that 'culture' is a (discursive or materialist) resource that is not homogeneously beneficial to children, women, and men of any cultural group. In the research, Venganai reports on how female students who wore trousers, were victims of sexual harassment by fellow male students for adopting 'western' forms of dressing which were abandoning 'African culture'.

In most cultures, there are beliefs and practices that undermine women's independence contributing immensely to gender-based violence. There are certain marriage practices that can disadvantage women and girls, especially where *lobola* (bride wealth) has been commercialised leaving some men with the impression that they have purchased their wives (Mazibuko 2016).

In Zulu culture, some practices oppress women. Women's rights activists see these practices as gender biased directed to girls and women, whereas boys or men do not have to conform. These practices include *ukuthwala* (forced marriage by abduction), *ukuhlolwa* (virginity testing), and denial of certain foods for a girl child. The South African Law Reform Committee (2014) defines *ukuthwala* as a Zulu cultural practice of abducting a girl for marriage; this practice is customary in KwaZulu-Natal as well as other places like the Eastern Cape. *Ukuthwala* is one of the traditional practices enforced by culture to subordinate young women and their sexuality by enforcing them to marry at a young age. The girl does not consent to marry the abductor but culture forces her. Many young girls continue to suffer in silence to protect and to uphold culture. Another serious issue relating to girls is violation in virginity testing, where young girls are tested to establish if they are still virgins or not.

In 2011 South Africa was reported to have the highest HIV/AIDS population compared to any other country in the world, having with 5,6 million people living with HIV, and 270,000 HIV-related deaths recorded in 2011 (UNAIDS 2011). There have been differing views on the reasoning and need for virginity testing. On the one hand, ‘traditionalists’ who support virginity testing see it as an HIV prevention measure, as well as a strategy for identifying cases of child sexual abuse. On the other hand, women rights’ activists see it as a gendered practice that regulates the sexuality of young girls, considering that boys do not have to go for such tests (Venganai 2015: 149). Due to popular belief that sexual intercourse with a virgin may cure HIV/AIDS, being identified as a virgin increases risks of rape and HIV infection (Mswela 2009:186).

Cultural and social norms are ways of being and living within a cultural or social group associated with behaviour and expectation. These behaviours or expectations are what guide an individual and failure to conform to social norms leads to social disapproval and ousting by the community. The Zulu everyday language is against women but subjective towards men, starting from terminologies used to refer to a woman with more than one intimate partner as 'isifebe' which translates to 'bitch' and a male with more than one intimate partner is called 'isoka' meaning Casanova, complimenting his behaviour as a man .Some cultural norms create an idea that violent behaviour is acceptable and that violent and coercive sexual relations are for “‘real men’” (Bhana, de Lange and Mitchell 2009:49).

Violence against women is socially acceptable where patriarchal social norms consent to violence as a way by which men can discipline and control their female partners. Certain patterns and practices by social and cultural groups can influence an individual and how the usage violence. These patterns and practices can serve as a protection against violence, but in other cases can support and encourage violence. Gender discrimination in certain cultures has perpetuated gender violence. Patrick and Ugwu (2013:5804) propose that some in some cultures violence and discrimination is socially accepted.

2.4.3.2 Cultural Violence

Culture is a set of rules and expectations of being within a social group. Violence is an indicator of power relations between men and women, which has led to men dominating and discriminating against women leading to a denial of the overall development of women.

Violence is the use of physical force to injure or destroy in an angry or hostile manner. Violence against women (VAW) is a global prevalence stemming from social and cultural attitudes and norms that favours men over women and boys over girls (WHO 2012:1).

Violence perpetrated towards women is prevalent in South Africa and as in several other countries and some cultural values and norms tolerate and support abusive practices against women (WHO 2009).

Violence against women and girls is non-discriminant and occurs globally and across every culture. It is rooted in social and cultural attitudes and norms that privilege men over women and boys over girls (WHO 2012: 1). In the South African context, a ‘culture of violence’ is a prevalent component of the post-apartheid legacy forming a milieu for violence against women, which could be one of the factors associated with male violence against intimate partners. Cultural violence is an invisible component of violence that carries a lot of weight within the minds of individuals. Different cultures distinguish between moral, immoral, and popular through laws, media, and religion but in cultures where women have inferior social status, women and girls are at special risk.

In different social and cultural groups, men are often socialised into violence and aggressive behaviour in their families, in the community or cultural context (e.g. “beating a woman is part of my culture”).

In most parts of Sub-Saharan Africa, it is common that IPV can be justified as a normal part of an intimate relationship by both men and women. In numerous African settings, most of the men and women agree that a husband has the right to use violence if the women have ‘misbehaved’ or failed to perform household chores or other duties performed by women (Horn *et al.* 2014:13).

Some cultures have beliefs and norms that appropriate and propagate violence against women, these cultures emphasise that men have the right to control and punish their wives and if they misbehave or question their husbands’ authority.

2.4.4 Community factors

Power dynamics within families often represent the power inequalities and patriarchy in different societies. These hierarchies are unopposed within the margins of the family. The

patriarchal dynamics and inequalities within a race and culture often lead to the perpetration of violence (Seedat *et al.* 2009). Individual values and beliefs may change by social contexts, reinforcing the perpetration of violence, and may prove to be limiting to victims of domestic violence. Violence in communities influences individuals and families do not live in isolation from these interactions, causing a marked impact on individuals and families in those communities.

2.4.4.1 Social norms of violence

These community-level factors are also identified by WHO (2012) as two factors at the community level which are gender inequality, men being perceived as superior over women, and societal norms that tolerate conflict and violence, as the determining factor of intimate partner violence. These factors are pervasive in South Africa. About 53 countries globally and more than 600 million women live in places where marital rape is not a criminal offence. Countries that still adhere to traditions foster laws and legal structures that are discriminant towards women and girls, like laws relating to property ownership, early marriage, and divorce.

Burnette and Cannon (2014: 1) suggest that a study by the United Nations (2013) found that violence against indigenous women and girls is endemic globally and that this type of violence relates to the historical oppression of indigenous populations throughout colonization and into the present.

The risk factors that perpetuate and worsen poverty, in instances where men have little or no financial stability and may turn into using violence and power as a form of control, and women may lack the resources to leave a violent situation (WHO 2012). This scourge is not only a reality in the third world and developing countries but even in first world countries with reasonable laws on gender equality, the attitudes of discrimination against women have not changed.

The general acceptance of violence, culture and the normalisation of male superiority is preventable as a community-level risk factor, influencing IPV among young men, subject to challenges by participatory action interventions. Research by Jewkes *et al.* 2009 indicate that many violent men have experienced traumatic childhoods, and often have a past of both abuser and victim. Adopting violent forms of masculinities to achieve respect and power (Mathews *et al.* 2011). Substance abuse is a major contributing factor to intimate partner violence in South Africa. Peltzer and Pengpid (2013:13) indicate that in South Africa, alcohol consumption is

amongst the highest in Africa. Simmons, Knight and Menard (2015:352) imply that IPV and substance use correlate-

Tribes within South Africa's ethnic groups are immersed in patriarchal traditions. Men dominate and women submit to men. These are the rules relating to gender roles and mainly apply to women dictating what they should do, who to associate with and where they should go and should not go (National Prosecution Authority n.d.: 18). If the victims do not consider IPV as an illegitimate and dangerous act, seeking assistance is out of the question. This is a result where a victim perceives that her partner has a right to use violence or assert power over her. Culture, race, ethnicity and socioeconomic status play an important role in the influencing of a victim's perceptions about illegitimate IPV (Hart and Klein 2013:92). Cultural morals, religious practices, economic and political conditions may establish the precedence for instigating domestic violence, but in the end, it is up to an individual to decide whether to be violent or not (Kaur and Garg 2008).

This study, therefore, aims to assess the connection between the occurrence and severity of numerous types of intimate partner violence against women.

2.5 Social Ecological Model

Violence is not a standalone phenomenon; it has multifaceted origins. To characterise this density, this study uses the social ecological model to understand factors causing young Zulu men to be violent in intimate relationships. The social ecological model is an adaptation of Bronfenbrenner's (1981) ecological systems model for health behaviour. This model states that there are many factors that contribute to domestic violence and they are: individual, relationship, community, and societal, and triggers like drug and alcohol abuse, are major contributors to the occurrence and harshness of the abuse. A systems approach identifies different environments and situations to which people are exposed that may disturb their behaviour and beliefs (Brown 2015:46). The ecological model has presented four different factors for understanding violence: individual, relationship, community and societal. This theory suggests that there is no single factor that promotes violence against women and that all those other factors should be considered. This study explores an ecological framework where before prevention, understanding the factors that perpetuate violence is vital, and the protective factors explored. Such an understanding should inform and better facilitate an appropriate intervention programme.

2.5.1 Individual Factors

Many characteristics increase the likelihood of an individual becoming an instigator or victim of violence. These characteristics include demographic characteristics such as age, education, economic status), personality disorders, substance abuse, and a history of experiencing, witnessing, or engaging in violent behaviour (WHO 2012).

There are five elements associated with the risk of Intimate Partner Violence at the individual level; Biological sex, age, social economic status, substance use, and cultural identity. Unemployment, low income, and education are risk factors for being a perpetrator (Oetzel and Duran n.d.: 53). Early exposure to violence is often one of the things that is associated with a person being violent in a relationship. The level of education, alcohol, and drug abuse are also major contributing factors to an individual being violent in relationships.

Individual risk factors encouraging the initiation of IPV result from alcohol misuse (Seedat *et al.* 2009).

A South African study conducted by Mathews *et al.* (2009) illustrated that victims of femicide by an intimate partner showed high levels of alcohol. The study further suggests that majority of female murder victims had a high percentage of alcohol in their blood stream before they were murdered (Mathews *et al.* 2009).

2.5.2 Relationship factors

In relationships, male dominance, economic stress and women who are more educated than her partners are risk factors for both the victimisation of women and the perpetuation of violence by men. Masculine gender socialisation and family are the most important risk factor for the perpetration of intimate partner violence as suggested by Moletsane, Mitchell and Smith (2012:252). In Zulu societies, social control learning is a means of socialisation and upbringing for young people; whereby it is insisted that men must socialise with other men so that they can learn the ways of being. These issues of gender, power and control and the societal view of how relationships are defined results in the gendered division of practices. In family care, it was pointed out that the gendered nature of child-rearing practices, which are considered a woman's domain, perpetuate the disassociation of fathers in the care of their children, leaving

the woman to be the primary caregiver without the support of the father (Richter and Morrell 2006).

2.5.3 Societal Factors

The societal framework encompasses the cultural settings within which ‘defined groups of people function and interrelate’ the relative physical environment and the social circles.

Ideas of masculinity, male dominance, rigid gender roles, and male ownership of women and acceptance of interpersonal violence is a risk factor at the societal level. Poverty, unemployment, low income as well as exclusion of women pose as social factors associated with the perpetration of domestic violence (Seedat *et al.* 2009).

Some components of the social context have an impact on an individual. Long-standing historical power relations have become entrenched within the contemporary social context. A lack of solidarity and resources amongst the community is a factor promoting violence (World Health Organisation, 2009). Additionally, the lack of provision and collaboration in communities is a mediating factor for the perpetration of domestic violence

2.6 Consequences of Intimate Partner Violence

Intimate partner violence transpires in all aspects affecting different individuals from all occupations. This global and overwhelming problem endured by women increases ill health and death from injuries. There are many consequences associated with IPV, with increased risk of contracting sexually transmitted infections, including HIV/AIDS and victims are at increased risk for several mental health disorders. There are many consequences linked to domestic violence including homicide, suicide homelessness and sickness, as well as miscarriages resulting from battering trauma (Kabeer 2014:22). These consequences do not represent the entire scope of abused women because not all abused women seek help or report these incidents.

Being exposed to violence in early childhood has long-term health effects, from alcohol abuse, substance abuse, self-harm, and further victimisation in later life (Lazenbatt 2010:10).

Gender-based violence does not only affect the victims, but also their family members, perpetrators, and communities at different levels, leaving those affected with feelings of hopelessness and isolation, guilt and depression, or suicidal thoughts and attempts.

Research suggests that the effects of abuse can persist long after the violence has stopped depending on the severity and nature of the abuse (WHO 2012:1). Domestic violence not only influences the victim's physical, mental health and psychological well-being, but other aspects of their life and caregiving as well.

Financially dependent women and abusive men have a higher chance of having mental health problems and excessive substance abuse (Feseha, G/mariam and Gerbaba 2012:8). Violence in a relationship can prevent the victim from escaping the relationship thereby breaking away from depending on the perpetrator financially. Victims who stay in abusive relationships lack the resources and knowledge to acquire financial stability needed to leave the relationship (Renzetti 2009). Given the costs of IPV, it is crucial to determine how this problem is being addressed in terms of intervention programs that targeting perpetrators (Eckhardt *et al.* 2006:370).

2.6.1 Physical Violence

There are many consequences faced by victims of IPV besides injury and death, Centers for Disease Control and Prevention 2014 suggest that some victims are more likely to smoke, engage in heavy binge drinking, engage in behaviours that increase the risk of HIV, and endorse other unhealthy behaviours.

In addition to injury there are other ailments associated with physical abuse. There are direct and indirect health consequences associated with domestic violence, which include permanent disability, recurring headaches, and backaches, seizures resulting from head injury or strangulation, eating disorders and other physical problems (Centers for Disease Control and Prevention 2014).

Physical violence is almost always accompanied by other forms of violence, like psychological and mental abuse and in other cases sexual abuse. Abused women are likely to report poor health, along with physical and mental health problems (WHO 2012).

2.6.2 Mental Violence

The World Health Organization (2012:6) reports that mental health and suicide evidence suggests intimate partner violence victims normally suffer from depression, anxiety and other phobias compared to non-abused women. Burnette and Cannon (2014: 2) state that the psychological consequences of IPV are significant. IPV victims on average are four times more likely to be depressed than women who are not victims of IPV. The prevalence of depression and PTSD are higher among abused compared to non-abused women, mainly if the victims have experienced other lifetime traumas (Warshaw, Sullivan and Rivera 2013:1). Emotional or mental consequences can be long-term and severe like anxiety, depression or post-traumatic stress disorder. The severity of depression is associated with the frequency of violence and women who have experienced both sexual and physical assaults are at greater risk for depression. Post-traumatic stress is another mental or psychological consequence to IPV which is a normal reaction to irregular actions involving actual or threatened death or serious injury, victims of IPV are more times likely to be suicidal than other women in (WHO 2012). IPV victims are at high risk for anxiety, depression, posttraumatic stress disorder (PTSD), antisocial behaviour, suicidal thoughts, and emotional detachment. several studies have shown that early childhood exposure to any form of violence, or having grown up with a heavy drinker, alcoholic, or drug abuse, are associated with emotional distress, depression and attempted suicide (Huang, Yang and Omaye 2011:111).

2.7 Theoretical framework

This section will discuss the theoretical frameworks that support the study. The theories of Social Learning Theory and Feminist Theory will be explored. The Social Ecological Model will be discussed to understand how and why violence occurs in intimate relationships. The feminist theory will be explored to understand why women are almost always at the receiving end of violence perpetration.

2.7.1 Social Learning Theory (SLT)

Akers' social learning theory (1973, 1998) is a revision of Sutherland's differential association theory (Sutherland, 1939), which was later developed in 1986 by Albert Bandura as Social Cognitive Theory (SCT). SLT is one of the dominant modern theories of crime, and its main

argument is that behaviour conditions through the imitation of others and passed on through interpersonal relationships. For this study, the focus will be on Akers' Social Learning Theory.

SLT is one of the most widely used theories associating children early exposure to violence with subsequent perpetration of violence as adults (Ali and Naylor 2013:612). This theory assumed that aggressive behaviour is learned via the observation of others.

Andrew (2012:53) explains that for a child's development, imitating certain adult behaviours for a child to model is crucial. Social Learning Theory focuses on the principle that children are socialised to behave in a particular way and once these behaviours are learned, they become part of the individuals' behaviour guide (Hattery and Smith 2012). Social learning theory suggests abuse to be a "learned behaviour" that men adopt and women seek out after observing domestic violence as children. The theory implies that behaviour can be learned through demonstration and if the non-violent behaviour is modelled that also can be learned. It is against this background that the researcher hopes to develop a training model guided by the social learning theory to capacitate young men to be nonviolent intimate partners, whilst acknowledging that the problems start much earlier in childhood.

Children's early exposure to IPV positions them at risk of the same experience later in life, such as experiencing violence as a victim or perpetrators in adulthood (Dwyer and Miller 2014:22). Children exposed to IPV regularly suffer from various psychological problems, such as childhood depression, anxiety; they become violent, insecure, and low self-worth, then children from non-violent households (Lazenbatt, 2010:10).

There is, however, a higher chance that a person exposed to violence will engage in criminal activities (Brauer and Tittle 2012). Social learning theory illustrates both antisocial and conforming behaviour and comprises of four major aspects: definitions, differential association, imitation, and differential reinforcement (Brauer and Tittle 2012).

Definitions refer to specific beliefs and attitudes regarding usual and unusual behaviour. It is these beliefs that determine an individual's behaviour. The attitudes and beliefs could also be influenced by significant others in an individual's life. Social Learning Theory suggests that criminal behaviour is associated with rebellious attitudes and weak moral convictions

(Wareham, Boots and Chavez 2009: 163). This suggests that a person's behaviour is largely based on what they believe in as individuals and what you believe as an individual could be what you have learnt from other people when you were growing up.

Differential association refers to social interactions with other individuals and groups such as friends, family, neighbours, co-workers and the public sphere. These different individual interactions expose that individual to different behaviours and attitudes and can influence one's own definitions and behaviours. The extent of influence is determined by frequency, duration, and intensity of the differential associations (Wareham, Boots and Chavez 2009:163).

Imitation refers to an individual emulating other people's behaviours, modelling behaviours of those one admires and respects. These role models can emerge from different social groups like family, friends, neighbours, colleagues and media personalities. According to Maxwell *et al.* (2016:252) the social learning theory hypothesises the intergenerational transmission of violence also known as the "cycle of violence" which refers to victims of violence and their likelihood to victimise others in adulthood. The intergenerational transmission of violence or "cycle of violence" refers to the process whereby those who become victims of violence and describes their likelihood to victimise others in adulthood.

Wareham, Boots and Chavez (2009: 164) state that this observational learning process is critical during childhood, and is dominant to the cycle and social learning theories. Children exposed to violence through their parents fighting with each other or with other family members are more likely to initiate IPV.

Differential reinforcement refers to the balance between rewards and costs for behaviour anticipated from previous experiences. The more rewards one either anticipates or experiences lower net costs for behaviour, the more likely one is to repeat this behaviour. Conversely, the more costs one anticipates net rewards for behaviour, the less likely one is to repeat such behaviour (Wareham, Boots and Chavez 2009: 163)

According to Ali and Naylor (2013:616) Social Learning Theory suggests that men who perpetrate violence have in the past seen their fathers using violence towards their mothers and that women stay in violent relationships because their mothers endured the same and stayed with their fathers. This theory further suggests that families and guardians play an important role in children and their use and acceptance of violence in intimate relationships

2.7.2 Feminist Theory

Feminist theory emphasises sexual categories and power inequalities in relationships and the societal messages that endorse prescribed gender roles that dictate how men and women should behave in their intimate relationships. Feminist theory seeks to understand violent relationships by examining the social and cultural context within which these relationships cultivate. According to DeKeseredy (2011:298) feminists, suggest that there are cultural and structural forces associated with the victimisation of women.

The world is constructed of great divides, divides of nations by wealth, race, religion, education, class, gender, and sexuality; these constructs are created by human agency and the sexual boundary is one of the most insistent divides in the world (Epstein 2007:2). It is difficult to dissociate the interpretation of domestic violence in Africa without mentioning gender inequality. Patriarchy is prevalent in almost all traditional societies in Africa recognising customary law, where a woman's place is always subservient to her male counterpart's Feminist theory illustrates that sexual violence arises because of control and power, when men use violence as an answer to women's gender role, calling for women to submit to men (Cusack 2012:24).

Male violence is conceptualised by exerting power and control to emphasise male privilege, power and authority over women (Lau 2009). IPV is associated with male-controlled attitudes and excessively affects women. The idea is that men use violence for control because they are socialised in a male-controlled society to rule in the family. Supporters of this theory view sexism and female inequality within patriarchal societies as one of the main causes of IPV (Bell and Naugle 2008). Violence occurs as part of the patriarchal social structure, which is a planned behaviour used to rule and control over female partners or former partners. Gender roles are defined by society, taught during childhood, and bent in favour of men. The definitions of these roles leave women vulnerable to victimisation and in most cases to perpetuate violence against women by men.

Hattery and Smith (2012: 7) suggest that family violence is a gendered phenomenon; often the victim is female and the perpetrator is male. This theory suggests that society and culture has an influence on how a man treats his female counterparts. In a cultural setting, a woman is

supposed to perform certain duties as well as a man. Across the country, whether black or white, gendered patterns of recognition affect women (Bhana, de Lange and Mitchell 2009:51).

It is against this background that this research focuses on men as perpetrators in a patriarchal society. to fulfil objective two which seeks to establish the link between family upbringing, culture, society and the tendency to be violent in intimate partner relationships, this study will use the feminist theory to determine whether violence perpetration is linked to cultural beliefs about women.

2.8 Conclusion

This chapter provided a coherent narrative of factors causing young men to be violent in intimate relationships. From the above argument, it is obvious that there is no one-factor-fits-all causing violence against women. There are many factors associated with IPV, from cultural, to economic, social and individual variables causing women to be subservient to men, making them vulnerable to gender-based violence. Cultural practices are one of the contributing factors that allow the perpetuation of violence, and normalisation of these practices makes women oblivious to the discrimination. Societal structures and especially men as perpetrators need to transform and be engaged in the reduction of intimate partner violence.

CHAPTER THREE

RESEARCH METHODOLOGY

3. Introduction

This chapter discusses the mixed methodology used in the study to build the capacity of young men to be nonviolent in intimate partner relationships in the Verulam, Oakford area. This chapter focuses on understanding IPV and the factors causing IPV and to subsequently find solutions and strategies to prevent violence in intimate relationships.

3.1 Research Design (Action Research)

The study will be carried out using Action Research (AR). Denzin and Lincoln (2013:56) state that the goal of AR is to solve concrete community problems by engaging community participants in the inquiry process. The research design is appropriate for the study because of its ability to draw the researcher closer to the everyday life of her research participants thereby obtaining hitherto neglected data that cannot be captured through quantitative research design. Bergold and Thomas (2012), suggest that the research design enables researchers to step back cognitively from familiar routines, forms of interaction and power relationships to fundamentally question and rethink established interpretations of situations and strategies.

Action Research affords the researcher an opportunity to engage with the community. This type of research is participant driven and the outcomes are a result of the interactions and engagement with the participants. Action Research believes that all people, action researchers included, use complex knowledge in everyday life (Greenwood and Levin 2007:3). Action Research focuses on solving tangible problems (Chevalier and Buckles 2013:10).

The basic principle of AR is that the researcher and the participants join forces. The participants are involved in the process and are empowered to own the research and come up with solutions that will assist the community. Action Research is a collaborated effort between the researcher and the participants being researched (Martin and Hanington 2012:126).

3.1.1 Stages in AR

There are six stages in Action Research, identifying a problem, collecting information about that problem, interpreting the information, acting, evaluating the results and improving on the previous intervention. The AR process is a cyclical sequence it involves planning, acting, observing, evaluating (including self-evaluation) and critical reflection prior to planning the next cycle (Martin and Hanington 2012:126).

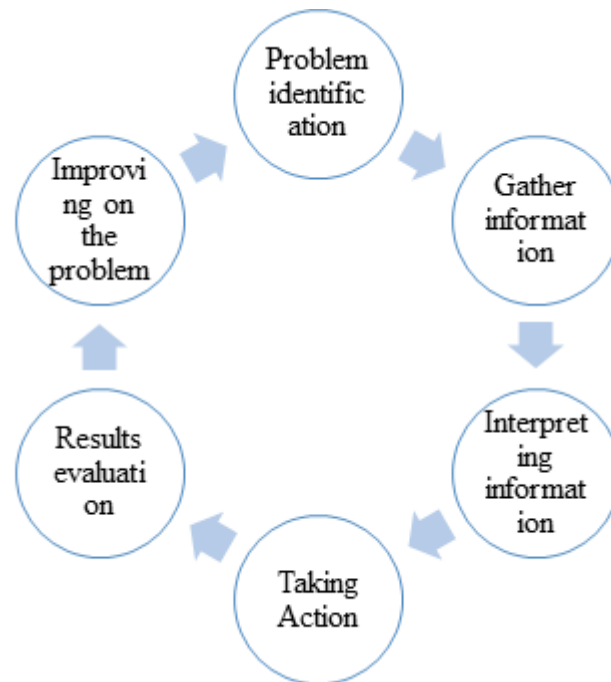


Figure 1: Action Research Process

Researchers own interpretation based on Martin and Hanington (2012:16)

3.1.1.1 Problem identification

For Action Research to be successful, it is crucial for the researcher to identify what problems they want to address through providing interventions. The researcher and the participants generate knowledge, learn together, act and interpret what they have learned (Greenwood and Levin 2007:3). The main aim of action research is to effect social change and it is empirical for the researcher to first identify what social issues require change. Identifying the problem makes the researcher and the participants have a clear focus of the objectives they hope to achieve.

The process of identifying the problem involves understanding the nature of the problem and underlying factors causing the problem. In the case of this research, the problem has been identified where young Zulu men are being violent in intimate relationships. This helps in formulating the data for the study and research questions to understand why men become violent in intimate partner relationships and the kind of questions that will assist in understanding the background of these men and how their background has influenced their behaviour in relationships.

3.1.1.2 Gathering information

After the problem has been identified the next step is to gather information that would assist with the devising possible interventions. This process of information gathering for this research will be to engage young Zulu men with the aim to get their understanding on the issues of intimate partner violence. To get relevant data, it is important to identify the instruments that are going to be used to collect data for the study. Data gathering in Action Research is documentation of the process and the outcomes (Herr and Anderson 2015:103). For this research, this enquiry consists of two phases of data collection.

The first phase will be to collect data using questionnaires for the researcher to identify the participants that are going to give relevant information to carry the study forward.

The second phase will be the focus group discussion with the participants identified from the phase of data collection.

The data collected from these phases will determine the next step for this inquiry.

3.1.1.3 Interpretation of data

The researcher will interpret the data once collected to identify gaps and ways to move forward in the research. The phase will assist the researcher in understanding the issue being investigated and can help the researcher with formulating the intervention programme suitable for the issue being handled. During the data analysis process, the researcher will be able to identify the factors underlying violence in intimate relations and gather what interventions do the participants feel would work to curb violence in intimate relationships. Data analysis helps

the researcher obtain an improved and clear understanding of the subject under enquiry and can help formulate a necessary intervention.

3.1.1.4 Taking Action

Action research is defined as a cycle that the action that needs to be taken because one study could uncover issues that need to be discussed or researched in the second study (Cook and Farmer 2011:16). The primary aim of Action Research is to act where a problem has been identified and relevant data obtained. For action to be taken the researcher needs to first analyse the data and determine whether the research questions have been answered.

3.1.1.5 Results evaluation

After taking action, it is important for the researcher to evaluate whether the action that has been taken had any impact. According to de Vos *et.al* 2002:429, the process of evaluation helps the researcher reflect on the intervention. Evaluation is an important element of Action Research, as it assists the researcher improve on the intervention.

Evaluation seeks to answer questions relating to the intervention.

This process is helpful if the participants give their honest and sincere answers to the questions about the impact of the intervention, what they liked, what they did not like, what did they learn, what did they envisage learning, what can be improved upon.

Evaluation also determines whether the results differ or correspond with what the researcher hypothesized (de Vos *et al.* 2002: 249).

3.2 Research Methodology

A mixed methodology will be adopted for this study. This method is appropriate because, as posited by Mouton and Marais (1990:160-170), a single approach is limited in investigating phenomena in social science that are tightly enmeshed. Thus, by combining qualitative and quantitative research, there is a greater possibility of understanding human nature and reality. Barbour (2008:12) states that mixing the two approaches can be complementary because both approaches answer very different questions. Mixed methods approach to social inquiry are

uniquely able to generate a better understanding in many contexts than studies bounded by a single methodological tradition (Somekh and Lewin 2011: 260).

The benefit of using the mixed method research is that the study will be carried out qualitatively and quantitatively. Quantitative research is sometimes called experimental research; the researcher takes an active role in setting up an observation or experiment to isolate a variable (Johnson, 2008:3). Allen, Titsworth and Hunt (2009:7) state that the purpose of quantitative research is to try and apply principles of the scientific method to human action and the phenomenon the researcher is trying to observe, explain, predict and perhaps control specific phenomena.

Lapan and Quartaroli (2009: 104) further explain that quantitative data are those scores, counts, values or ratings that are recorded in or transformed into numbers whereas qualitative data are words or images that are obtained from interviews, observations, written documents, photographs, artefacts or recordings. The researcher will use this method in the first phase of data collection and analysis, which will employ a questionnaire largely consisting of closed questions to identify participants who will be part of the second phase of the research.

Qualitative data will be gathered using focus group discussions (FGDs) from participants selected from the first phase of the research. Qualitative research uses systematic observations to reach an understanding; researchers take the world as it is instead of trying to manipulate conditions to isolate variables (Johnson, 2008:3). Leedy and Ormrod (2001: 101-102) state that qualitative research is used to answer questions about the complex nature of occurrences, purposefully to understand the phenomena from the participants point of view.

3.2.1 Quantitative Data

When collecting and analysing numeric data, quantitative methods are considered useful (Cook and Farmer 2011: 227). This research technique deals with numbers and will not give the researcher detailed information on causes of violence and the context. However, this technique will assist in determining the numerical responses in terms of where the participants come from and what they understand about violence in relationships and this is crucial because the second phase of the research is largely based on backgrounds and understanding violence.

3.2.2 Qualitative Data

Qualitative data collection uses observation to reach an understanding (Johnson 2008: 6). The nature of the data collected using a qualitative method allows for a narrative rather than numbers. This technique allows the researcher to engage with the participant. In this study, it is important to let the participants speak and the researcher observe their reactions, this method also allowed the researcher face to face discussions with the participants, allowing a humanistic element to the study as the researcher can observe and pick up certain ideals and emotions from the participants as they answer engage of issues. Qualitative research also allows for a narrative, for participants to tell their story and their voices to be heard for the researcher to understand their narratives, in this case young Zulu men's views of intimate partner violence.

3.3 Target Population

The target population for this research is young Zulu men between the ages of 18-35 living in the Verulam, Oakford area. Brynard, Hanekom and Brynard (2014:57) define population as a group that has attributes in which the researcher is interested.

3.4 Study Area

The study will be carried out in Oakford, a subdivision of Msunduze under the Ndwedwe Local Municipality. Ndwedwe local municipality is one of the four municipalities under the Ilembe district municipality. There are approximately 140820 people in this district. Ndwedwe is a village 60 km north of Durban under the Ilembe District Municipality in KwaZulu-Natal, South Africa with a population of approximately 4488 people. Oakford is a rural township on the outskirts of Verulam under the Ndwedwe Local Municipality. This area consists mainly of poor black communities. It is underdeveloped and disadvantaged with a lack of basic infrastructure and basic services. The exact population for the area is not recorded but it falls under the greater Msunduze area with 14 720 population, with the following statistics provided by Statistics South Africa (2011):

Working Age (15-64)	59,9 percent
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Elderly (65+)	4,5 percent
Dependency ratio	66,9
Sex ratio	89,2
Population density	462 persons/km ²
No schooling aged 20+	8,4 percent
Higher education aged 20+	5,2 percent
Matric aged 20+	29,6 percent
Number of households	2,715
Average household size	5,4

(Statistics South Africa 2011).

3.5 Sampling method

Gray (2009: 148) states that a sample is chosen by a researcher on the basis that it is a representative sample of the population. Walliman (2011:185) further affirms that a sample is a selected number of cases in a population. Convenience sampling will thus be used as a sampling method for the study because, Sedgwick (2013), convenience sampling affords the researcher the opportunity to reduce time and cost by selecting target population that are easily accessible to the researcher.

3.6 Sample size

For phase one of the study, the researcher will administer 100 questionnaires to men between the ages 18-35. The responses from the questionnaire will help the researcher identify men who are going to participate further to the second phase of the research. 45 young men will be selected based on responses from the 100 participants and will form part of three focus groups of 15. The sample will be selected in terms of age (18 to 35 years old), sex (male) and status (in a violent relationship/in a non-violent relationship and finally, currently non-violent but previously violent), ethnicity (Zulu) and geographical location (Oakford, Verulam).

3.7 Inclusion criteria

Participants were all young Zulu men from the Oakford area in Verulam between the ages of 18-35. Salkind (2010:3) defines inclusion criteria as a set of predefined characteristics used to identify subjects who will be included in a research study.

3.8 Recruiting process

Maxine, Doku and Tennakoon (2003) define the recruitment process in social science research as the dialogue which takes place between an investigator and a potential participant prior to the initiation of the consent process. It begins with the identification, targeting and enlistment of participants for a research study. For this study, participants will be recruited personally by the researcher through convenience sampling. The researcher will stand in busy intersections in the Oakford area and recruit the first 50 men who are willing to be part of the research and meet the criteria set out by the researcher.

3.9 Delimitations

Delimitations are characteristics that limit the scope and define the boundaries of the study. Delimiting factors include the choice of objectives, the research questions, variables of interest, theoretical perspectives and the population you chose to investigate (Simon and Goes 2013).

The delimitations' section explicates the criteria of participants to enrol in the study, the geographic region covered by the study and the profession of organisation. The findings of this study can only describe the factors causing young men to be violent in intimate partner relationships at the site identified and cannot be generalised to populations outside the Oakford area. This investigation is intended to act as a guide for further applied research in this field.

3.10 Limitations

This research intends to investigate the underlying factors causing young Zulu men to be violent against women in intimate partnerships in Oakford, Verulam. The aim of the research

was to build the capacity of young Zulu men to be nonviolent intimate partners. The findings cannot be generalised beyond the mentioned location. Considering that a Master's thesis is structured within a timeframe, a thorough study may not be possible. The size and population of KwaZulu-Natal also means that attempting a representative study of young Zulu men in the province in general would not be feasible. Thus, this study is limited to conveniently select young Zulu men in the Oakford area of Verulam.

3.11 Validity

Brennen (2013:8) states that within a positivist paradigm the value of research is determined through internal validity, which is how findings correspond to the issue being studied and external validity is the extent to which findings could be generalised and related to similar studies. Validity is the point to which the method produces honest and credible information. To ensure research validity, the researcher will undertake a process of data triangulation which helps to establish valid proposition. Triangulation strengthens a study by combining methods.

3.12 Reliability

Chilisa (2012:170) explains reliability as the consistency of the data collected. The idea behind reliability is that any significant results must be more than a one-off finding and be inherently repeatable. To ensure reliability for this study, data will be collected means of a comprehensive literature review and through a survey with 50 young men.

3.13 Data collection

Using a mixed research methodology, data for the study was obtained both quantitatively and qualitatively. Quantitative data was obtained through questionnaire administration and qualitative data was collected through focus group discussions (FGDs).

Data for the study was collected over a period of three months during which the researcher self-administered 50 questionnaires and based on answers provided, then selected 39 participants to be part of the focus group discussions. During the questionnaire administering process, the researcher went four times to the area accompanied by the research assistant who

is a PhD candidate in the Language and Interpreting practice. The purpose of the assistant was to help the researcher with the administration section of the research, taking notes, registration and helping with food preparation.

The researcher then went twice more to the area during the focus group discussions and which were two hours each. Because the research was conducted in the morning, the researcher had to provide food for the participants who had left home possibly without eating. Oakford, Verulam is a rural area the researcher had to consider that some people walked long distance to reach the venue. Participants were not paid for their involvement in the study and that was highlighted and addressed in the information letter that the researcher handed out to all participants in order to gain their informed consent.

The focus groups were divided into three: the first group was the currently violent group (CVG) which had 14 participants, the second group was the previously violent group (PVG) with 11 participants and the third group was the non-violent group (NVG) with 14 participants. These focus groups were formed to understand violence from the male perspective, causes of violence and ways in which to prevent violence in intimate relationships.

Below is the table detailing the data collection schedule from phase one until the analysis after phase two.

Table 1: Data collection timetable

1.	Administering questionnaire	April – May 2016
2.	Analysis of questionnaire	June 2016
3.	Focus Group Discussion (FGD)	July 2016
4.	Analysis of FGD	August- September 2016

3.13.1 Questionnaires

For the researcher to understand the participants, a questionnaire was circulated, this was important because the questionnaire had leading a direct question that determined if the participant could participate or not. The questionnaire had mainly closed ended and a few open-ended questions because it addressed the quantitative part of the study. The questionnaire was divided into three sections, A, B and C, which entailed biographical information, B with

men’s perspective on violence against women and C which focused on alcohol consumption and cultural factors leading to violence in an intimate relationship. Refer to Appendix 4 for details.

Section A had biographical information of the participant. Trying to understand where these men come from and if they are working or not and understanding if age plays a role in violence. The researcher included these questions in the questionnaire because as identified by Bronfenbrenner’s social ecological model, individual factors play an important role in understanding why people become violent in intimate relationships. The main purpose for the questionnaire was to choose based on responses the people who were eligible to participate.

Section B focused on understanding men’s perspective of violence, whether they understood what violence is and what form of abused they acknowledged as violence. For the researcher to carry out the study and suggest possible interventions, it was crucial to understand what the men who will be participating think about violence and do they understand what violence is.

Section C comprised questions relating to alcohol consumption and whether men become violent when they are under the influence of alcohol. This section also touched on culture and whether cultural practices promote violence in an intimate relationship

In the literature, alcohol and culture were identified as factors causing violence, and it was important for the researcher to establish whether the participants think the same as what has been written in literature. The researcher had to also understand whether the participants were in an abusive relationship and the frequency of violence in the current or previous relationship. It was important for the researcher to also identify factors causing violence and to establish whether early exposure to violence plays a role in participants becoming violent as adults.

Table 2: Questionnaire administering table

Age	Number of participants	Percentage
18-24	13	28
25-29	17	37
30-35	16	35

3.13.2 Focus Group Discussions (FGDs)

Qualitative data was obtained through focus group discussions, interviews, and observations. Suffice to add that data was also obtained through secondary data such as government gazettes, previous researches and statistical data from relevant government bodies and/or organisations.

In Action Research, there are many ways to collect data however for action research qualitative data the most used procedures involve: existing data which involves the use of artifacts, documents, interviews and online references, secondly, nonobtrusive data, which involves recordings, audio, video, field notes, diaries are an example of nonobtrusive data and lastly probes, a technique that provides the researcher with the participant's experiences and expectations; these include interviews, focus group discussions, and surveys. For this research, the researcher opted to use probes, as the experiences of the participants were the main drivers of the outcomes and expectations of the study.

After the quantitative data in Phase 1 was analysed, the next step was to move to phase 2, which consisted of data collection through Focus Group Discussions (FGDs). The primary purpose of the discussion is to compare the reality about which respondents will be answering questions with the abstract concepts embedded in the study objectives.

It is the duty of the researcher to make the process as a simple as possible so that the participants will feel comfortable to express themselves freely in a non-threatening environment This process was used to assist the researcher to get detailed information that the quantitative questionnaire left out.

In focus groups, the participants are in control of the interactions because the information that the researcher requires rests in the hands of the participants. Focus groups give a voice to communities giving people an opportunity to recount their own experiences in a safe environment. The themes identified for focus group discussions were extracted from responses the researcher received from the questionnaires.

Table 3: Participant Bio Data (FGD's)

Age	Number of Participants	Percentage (%)
18-24	11	28
25-29	14	36
30-35	14	36

Table 4: Currently Violent Group (CVG)

Age	Number of Participants	Percentage (%)
18-24	4	29
25-29	6	42
30-35	4	29

Table 5: Never Violent Group (NVG)

Age	Number of Participants	Percentage (%)
18-24	5	36
25-29	4	28
30-35	5	36

Table 6: Previously Violent Group (PVG)

Age	Number of Participants	Percentage (%)
18-24	2	18.18
25-29	4	36.36
30-35	5	45.45

The focus group was made up of men selected from the interview process. Participation in the FGD was enabled by the answers provided in the questionnaire. The researcher through the questionnaire wanted to identify participants who were in currently violent intimate relationships, never been violent intimate relationships and previously violent intimate relationships.

The men were then divided into three groups, initially these were to be of 15 people per group but the researcher had to disqualify four men. The men that were disqualified was because they did not fill in the questionnaire in full, and that showed lack of understanding of what violence is in an intimate relationship. The researcher was then left with 46 questionnaires to select from and 39 participants were selected for further participation in the FGDs. From the 39 participants, 14 (36%) were from the currently violent group (CVG), 11 (28%) were from the previously violent (PVG) and another 14 (36%) from the non-violent (NVG) group.

As much as the researcher had gathered information during the questionnaire administering phase, FGDs allowed the researcher to engage more with the case under study and gather more views from the participants on their thoughts about what is being researched. The questions that informed the FGD served as a guide to prompt engagement between the researcher and the participants. The nature of the study does not allow the researcher to impose but rather to facilitate engagement and as much as the questions were prepared, the researcher had to be flexible and let the participants lead the conversation and discuss theme they feel will inform the study.

The reason for the use of FGDs was to get a deeper understanding of men's responses from the questionnaires and establish what make men become violent in intimate partner relationship also to address objectives two which seeks to ascertain the remote and immediate causes of violence in intimate partner relationships and objective three which seeks to establish the link between family upbringing, culture, society, and the tendency to be violent in intimate partner relationships. To achieve objective three which seeks to build, through training the capacity of young men to be nonviolent in intimate partner relationships.

From the 39 participants that were selected to participate in the FGDs, only 26 men ended up participating. From the CVG only 5 participated, from the PV, there were 9 participants and lastly from the NVG there were 12 participants. The researcher identified tension from the people on the area because of historical violence making it difficult for participants to engage. The violence is between two groups of men from the area, which have resulted in people dying.

The other factor that tampered with ongoing participation was dissatisfaction of the community about the headman, labelling him as partisan.

It is also without doubt that the researcher was tackling a very sensitive topic, intimate partner violence and questioning cultural practices leading men to be violent in intimate relationships.

From the questionnaire analysis, the researcher identified themes to be discussed on the FGDs. There were four themes that emerged from literature and three participant generated themes. From literature, the researcher identified these themes, when researching violence in intimate partner relationships, it is crucial to understand violence in intimate partner relationships, the role of culture in promoting violence and to understand from the male perspective why men become violent and how they can work together to prevent violence in intimate partner relationships? From the participants, the themes that needed attention was cheating, disrespect and lack of Communication. See appendix 6 for the FGD questions.

3.13.3 Selection of participants' challenges

The researcher administered 50 questionnaires and based on the participants responses, the researcher then identified those who were going to participate in focus group discussions. The researcher disqualified four participants who did not complete the questionnaires which left the researcher with 46 participants. From the 46 participants, the researcher had to sift based on responses who was going to be part of the FGDs. A total number of 39 participants was chosen and divided into three different groups. The seven participants who did not qualify to be in the focus groups was because of their lack of understanding of what constitute violence in an intimate relationship. For this study, people who were not sure of their involvement in violent situations or did not understand what violence is could not be selected as this would have diverted the researcher from understanding why men become violent in intimate relationships to teaching men what violence is.

The 39 participants were divided into three groups. Group one was men who are currently violent which had 14 participants. Group two consisted of 11 men who were previously violent in their intimate relationship and Group three had 14 men who had never been violent in their relationships.

Challenges began from the administering of questionnaires; people did not want to participate,

other men thought it was ridiculous and others thought the researcher was there to create problems between people who are in relationships. The researcher had to explain and deeply engage the community before people were comfortable to participate and after that they also called their friends and told them about the research and why they think it is important for all men to be involved. That made other men want to participate in the study and eventually men started coming to participate.

Another challenge was when the researcher invited the participants for the focus group discussion. Even though all participant confirmed their attendance, only five (36%) participants attended.

The level of participation from the first group resulted in the researcher combining groups two and three. The group in total had 21 participants with 9 participants (82%) from the second group which consisted of PV men and 12 (86%) participants from the third group with NV men. This was not a bad number considering the second group only lacked two participants and the third group also lacked three participants.

3.14 Data Analysis

Data analysis is determining what people think, say, and do about the issue under enquiry and finding out the reasons for those perspectives and behaviours (Cook and Farmer 2011:14). The quantitative data was analyzed using quantitative research methods. The data obtained from the questionnaire was analysed through excel. The qualitative data from the FGDs was analysed using content analysis to isolate specific themes of interest. The aim of content analysis is to make sense of data collected and to highlight the important messages, features or findings.

Cook and Farmer (2011:15), note that data analysis entails understanding what people think, say and do about the subject being studied and understanding different perspectives and behaviours.

Having chosen the thematic analysis method, the researcher had to engage with the data collected by scrutinising the responses from the Focus Group Discussions. By doing so, the researcher gained an understanding of why men become violent in intimate relationships. Data

analysis was done by the researcher after completing questionnaire administering and the focus group discussion. A coding process was done to categorize and formulate themes for the data collected. The themes were identified based on the objectives of the study and the literature reviewed during the study. However, the researcher also highlighted emerging themes to show the authenticity and uniqueness of different communities and their understanding of violence as well as factors causing violence. Themes identified from the literature were family upbringing, cultural norms and societal norms. Some of the themes unique to the group were lack of skills and resources to empower themselves and alcohol abuse.

3.15 Ethical Issues

Ethical conduct must be considered when doing research involving humans, participants' views should be protected by the researcher (Chevalier and Buckles 2013:171). Ethics are very important in research because they are what guide the researcher to protecting the participants. For this research, there are several ethical issues to consider making sure that the researcher is following the ethics guidelines of the university research code.

- **Informed consent**

Researchers must pursue free and ongoing consent of all research participants and with authorised third party for individuals lacking capacity to decide (Chevalier and Buckles 2013:171). The informed consent symbolises respect for participants as they can walk away from the study if/when they do not feel comfortable. Consent must include an introduction to the study and an explanation of what the study entails and how the participants are going to be protected in terms of anonymity and confidentiality and the person to contact to discuss the research. For this study, informed consent was given to everyone who participated in the study. The researcher obtained a letter of permission from the Headman (Induna) in the Oakford area in Verulam, who represents the local Zulu chief (refer to Appendix 2 page: 94).

- **Respect for anonymity and confidentiality**

When dealing with sensitive information, people's beliefs and societal values it is very important to respect their private affairs. Anonymity is when an individual cannot be linked to

their responses and confidentiality is when a person cannot share and must withhold information.

3.16 Conclusion

This chapter presented the research methods employed for this study, the purpose of the research study, the population, sampling and sample size, the development of the instruments and the data collection process was discussed. Ethical considerations incorporating informed consent and confidentiality to ensure the safety of respondents were described. The following chapter will be an analysis of the data collected.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

4. Introduction

This chapter focuses on findings emanating from the fieldwork undertaken in Oakford, Verulam in KwaZulu-Natal. Data was obtained through questionnaire administration and Focus Group Discussions (FGDs). The questionnaire administration was the first phase of data collection which focused on the participants' understanding of violence and what it means in intimate partner relationships. The second phase of data collection was the Focus Group Discussions which helped to determine different approaches to violence, understanding causes of violence and coining an intervention that will help reduce intimate partner violence. The data analysis aims to answer the study objectives. This chapter reports the findings from men regarding violence in intimate relationships, causes and interventions to prevent violence in intimate relationships.

The research objectives of the study are: to determine perceptions of young Zulu men of what constitutes violence in intimate partner relationships and subsequently to ascertain the remote and immediate causes of violence in intimate partner relationships. Secondly, the study establishes the link between family upbringing, culture, society and the tendency to be violent in intimate partner relationships and finally it seeks to build, through training, the capacity of young men to be nonviolent in intimate partner relationships.

While the original research method anticipated 100 participants it was not possible to get this number due to factors, such as historical violence, leadership, the sensitivity of the study. Historical violence within the community that directly affected some of the participants resulting in difficulties in getting the participants engaged and the community did not want to participate in the study for politics regarding the leader who is not liked in the community. Secondly, people are not happy with the leadership in the area because they feel that their leaders are partisan and favour certain groups over others, so these men found it difficult to get involved in anything that has to do with assisting the community. Thirdly, given the patriarchal nature of the Zulu culture and considering IPV is a sensitive topic and that the researcher was a woman, there was a deterrent in participation. The original number of the participants had to be reduced in line with prevailing circumstances.

4.1 Phase One

The researcher had 50 participants from the questionnaires administered, four participants had to be disqualified as they did not answer the questionnaire in full, which left gaps in terms of their understanding of what constitutes violence in a relationship and thus they were disqualified.

The researcher ended up analysing questionnaires from 46 candidates. Seven participants were further disqualified to be in the focus groups because of their lack of understanding of what constitutes violence in an intimate relationship. The 39 participants were then grouped according to their answers into three different groups for the focus group discussions.

Upon administering of questionnaires, people did not want to participate, other men thought it was ridiculous and others thought the researcher was there to create problems between people who are in relationships. The researcher had to explain and deeply engage the community before people were comfortable to participate and after that they also called their friends and told them about the research and why they thought it was important for all men to be involved.

The questionnaire used to collect quantitative data was divided into three sections. Section A was biographical information, section B focused more on how much the participants knew about violence, their understanding on different forms of violent and family upbringing and childhood exposure into violence and section C focused on alcohol consumption and cultural practices as factors causing violence in intimate partner relationships.

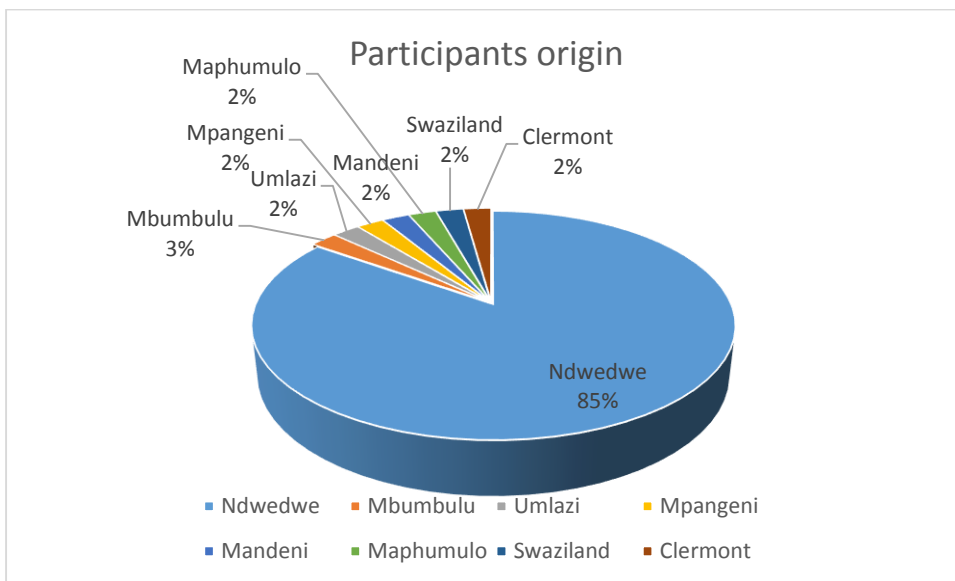
Figure 2: Participants' Age

18	19	20	21	22	23	24	25	26	27
2	4	1	1	1	3	1	2	3	6

28	29	30	31	32	33	34	35
5	1	6	1	4	2	3	0

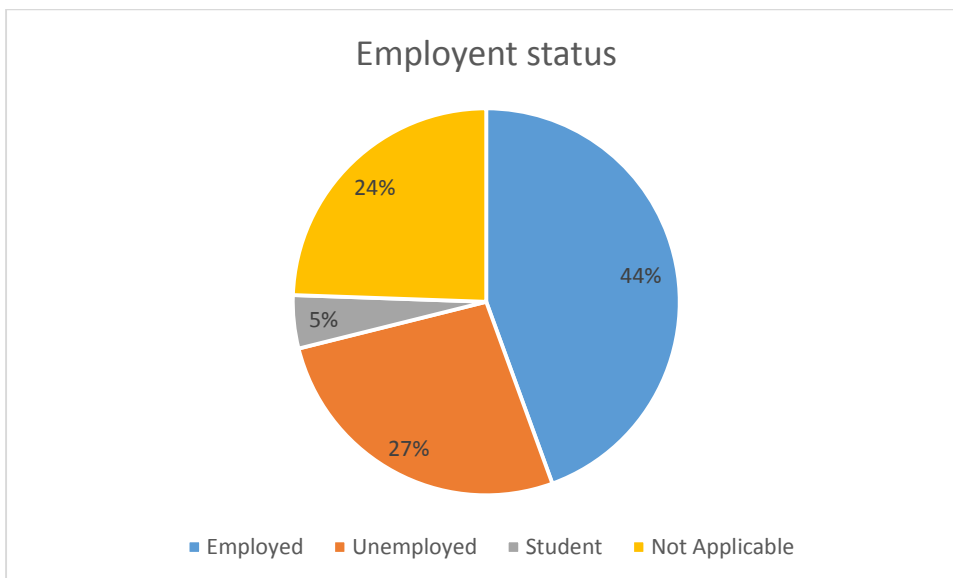
The participants ranged from age 18-34 years and the average age is 27.

Figure 3: Participants Origin



Findings represented in Figure 3 above, show that majority of the respondents (85%) are from the Verulam area, which is Ndwedwe. All but one came from different municipalities within KwaZulu-Natal and only one participant originated from outside of the Republic of South Africa, namely from Swaziland.

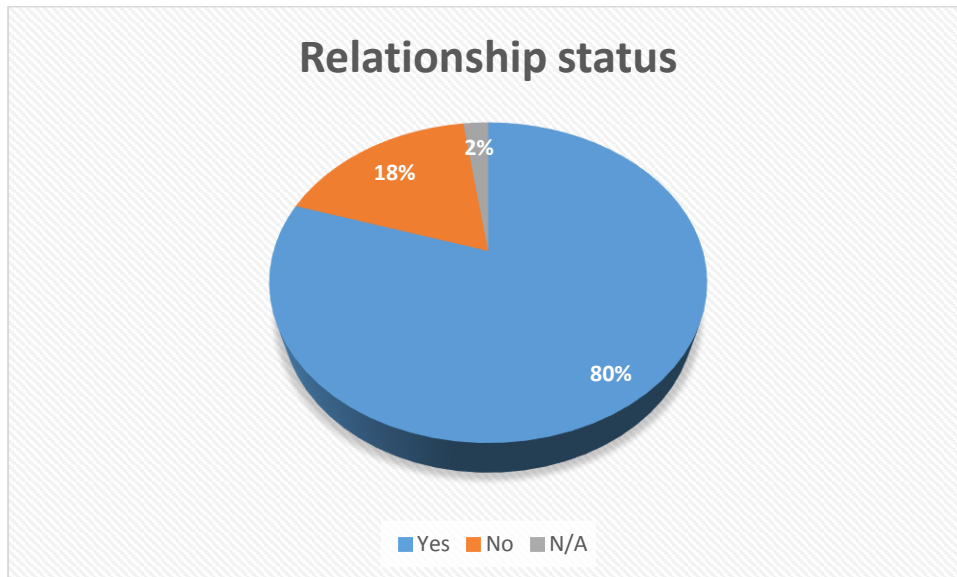
Figure 4: Employment status



Findings represented in Figure 4 above, show that (44%) of the respondents indicated that they were employed. However, the remaining 27% indicated that they were not employed, 5% were students and 24% did not answer. From the PVG consisting of 11 participants, 5 reported that they were employed, 4 were unemployed and the other 2 did not answer. From the NVG with 14 participants, 6 are employed, another 6 are unemployed, 1 is a student and another 1 did not

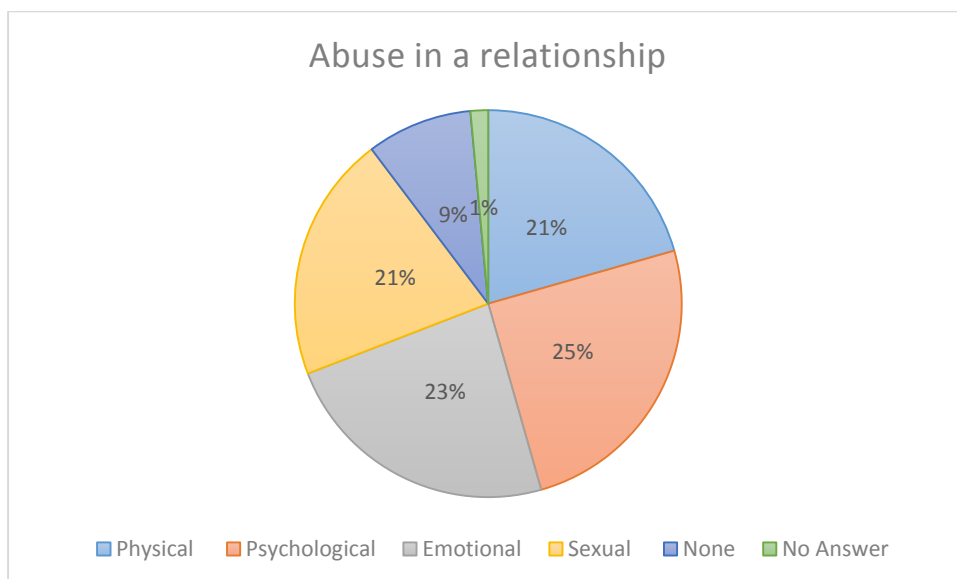
answer. From the CVG with 14 participants, 8 reported that they were employed, 4 unemployed and 2 did not answer.

Figure 5: Relationship status



Findings represented in Figure 5 above, show that majority of the respondents (80%) indicated that they were in relationships and 18% are not currently in intimate relationships and a further 2% did not answer or felt it was not applicable. 12 participants from the CVG are in a relationship, with 11 from the NVG in a relationship and 8 PVG participants in a relationship.

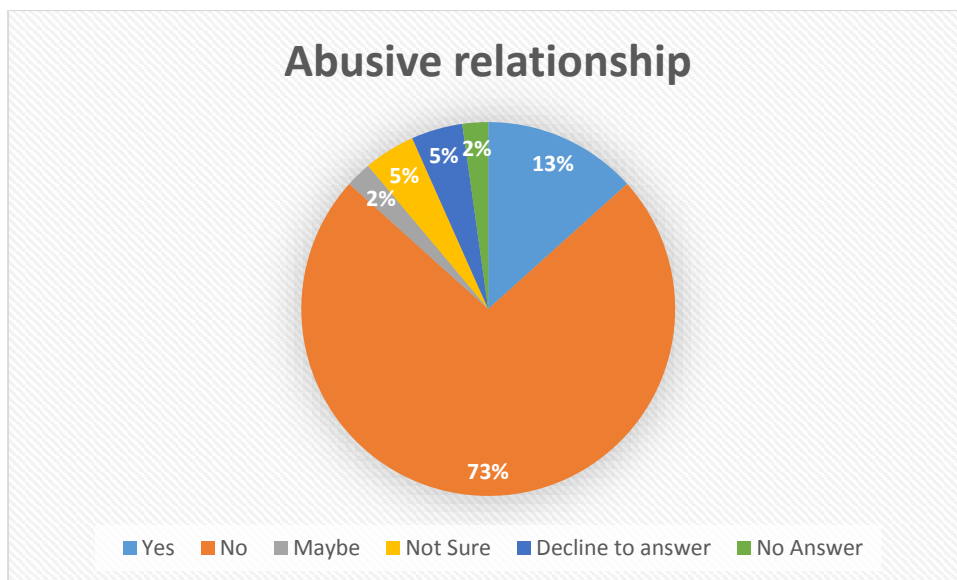
Figure 6: Understanding abuse in an intimate relationship



Findings represented in Figure 6 above, show that respondents understood what violence was and could identify what constitutes and the different forms of violence. 25% said it was

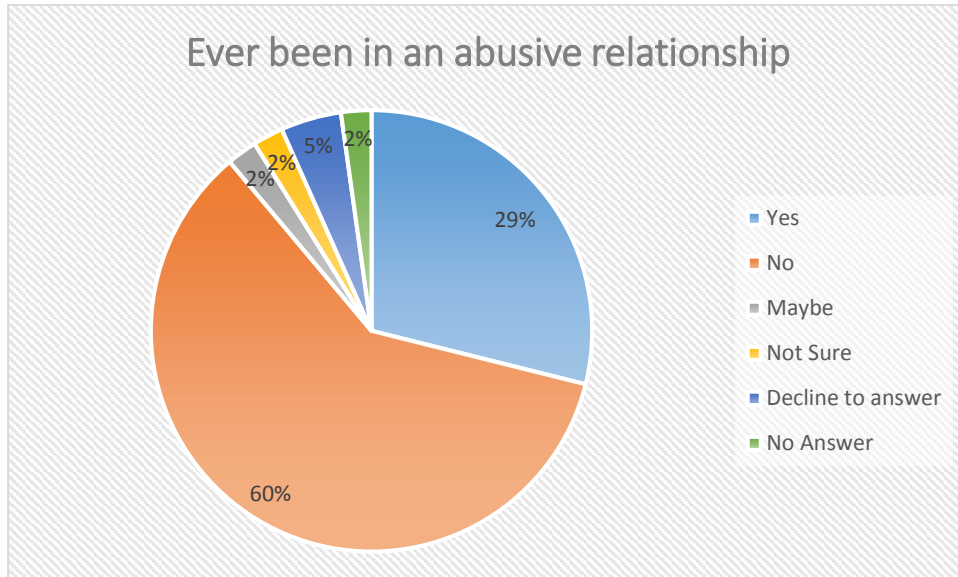
psychological, 23% emotional, 21% physical and another 21% sexual, 9% did not acknowledge any these forms as violence and 1% did not provide an answer. From the PVG, 2 participants identified all the listed forms of violence, 5 said it is psychological, 1 sexual and 2 physical. From the NVG, 1 person listed all the forms of violence, 2 physical, 3 sexual, 3 psychological, 4 reported it was emotional and 1 did not provide an answer. From the CVG, 6 participants listed all forms of violence, 3 sexual, 1 emotional 2 physical and 2 stated it was none of the above. From 39 participants 9 participants acknowledge all forms of violence, 2 did not acknowledge any of the forms of violence, 1 did not respond and 27 participants only recognised one or the other form presented. These findings raise questions on the level of understanding of what violence is.

Figure 7: Are you in an abusive relationship?



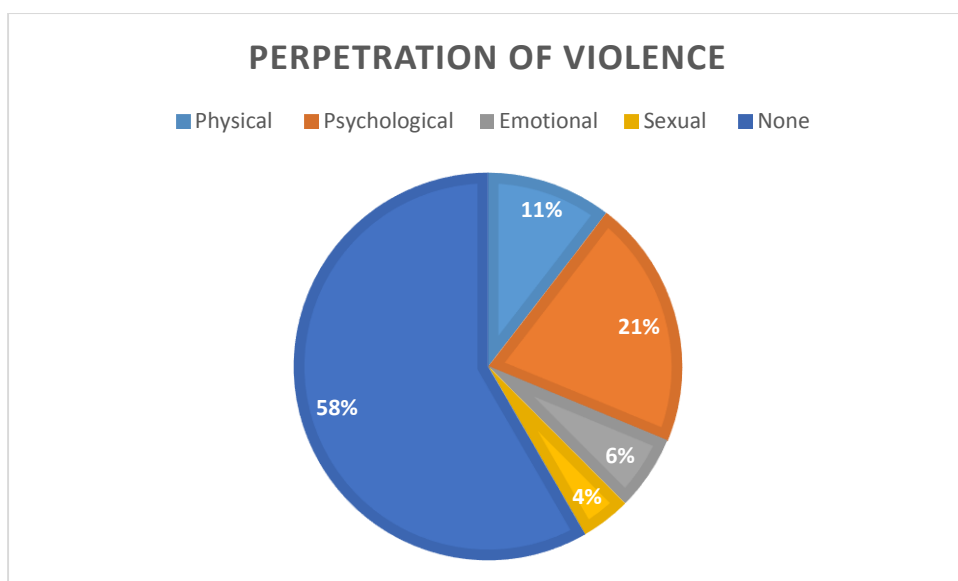
Findings represented in Figure 7 above, show that majority of the respondents (73%) indicated that they are not currently in abusive relationships, 13% said they are in abusive relationships currently, 2% did not provide an answer, 5% declined to answer, 5% were not sure if they are in abusive relationships and another 2% said maybe they are in abusive relationships. This question was asked to identify men who are currently in abusive relationships. From the PVG, 9 said no, 1 said they were not and another 1 did not provide an answer. From the NVG, 13 said no and 1 did not provide an answer. From the CVG, all 14 participants said yes.

Figure 8: Have you ever been in an abusive relationship?



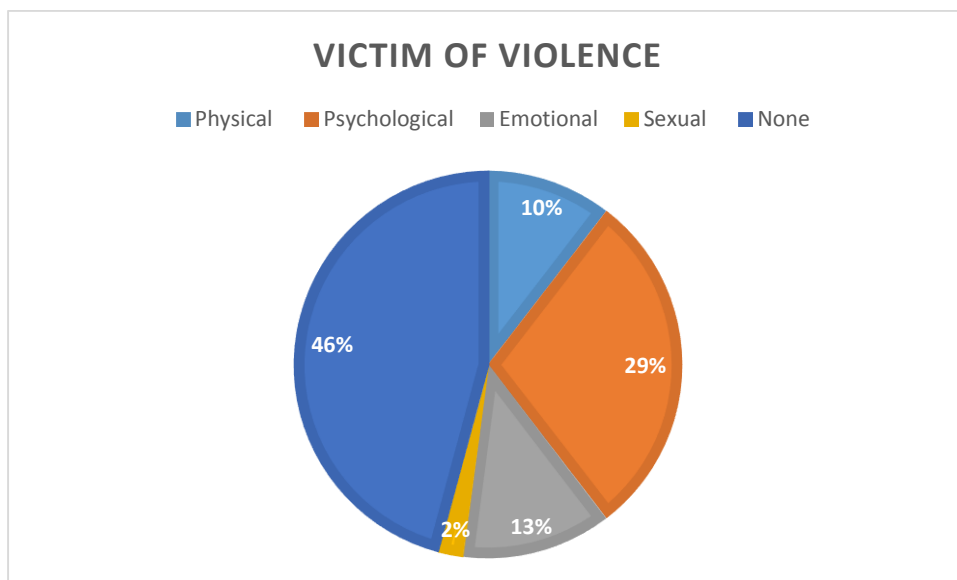
Findings represented in Figure 8 above, show that the majority of the respondents (60%) indicated that they have never been in an abusive relationship before, 29% said they have been in abusive relationships, 2% said maybe another 2% said they were not sure, 5% declined to answer and another 2% did not provide an answer. From the PVG, 10 participants said no and 1 said maybe. From the NVG, 13 said no and 1 said maybe. From the CVG, 14 participants said yes.

Figure 9: Form of abuse perpetrated in an intimate relationship



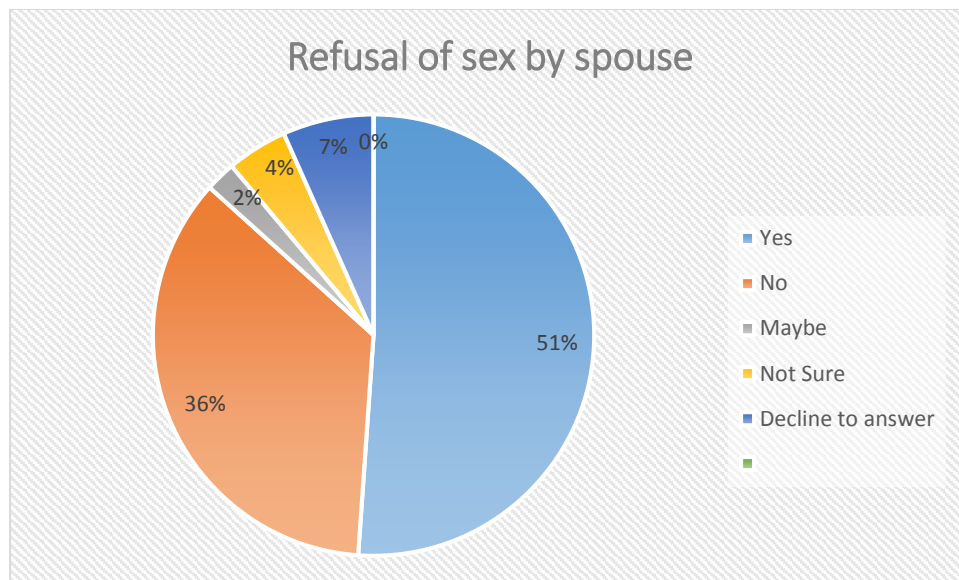
Findings represented in Figure 9, respondents indicated that they had perpetrated violence in their relationships. 11% said it was physical abuse, 58% have never perpetrated violence, 21% said psychological, 6% said emotional and 4% said they had perpetrated sexual violence. From the PVG, 6 participants reported that they have perpetrated psychological abuse, 4, none and 1 physical. From the NVG all 14 participants reported they have never perpetrated any form of abuse towards their former or current partner. From the CVG, 8 participants reported none, 2 physical, and 1 emotional, 1 sexual and 2 psychological. These findings negate the statement by the Centers for Disease Control and Prevention (2014) stating that the ultimate pervasive form of GBV is physical abuse of a woman by a present or former intimate male partner. In the case of the Oakford, Verulam community, psychological abuse is the most pervasive form of GBV.

Figure 10: Which form of abuse have you been a victim of in an intimate relationship?



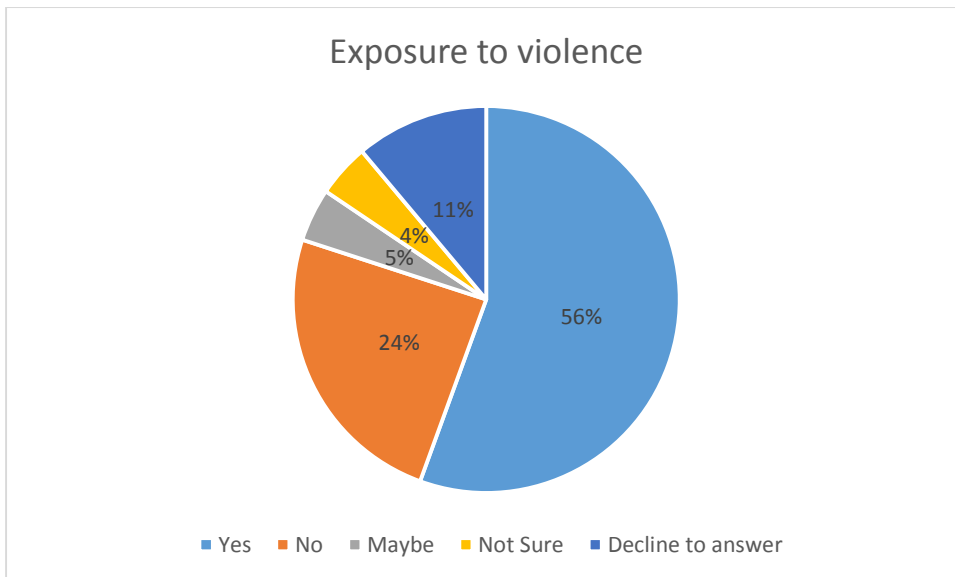
Findings represented in Figure 10 above, indicate that the respondents had been victims of violence. 10% indicated that they had been victims of physical violence, 29% psychological violence, 13% emotional violence and 2% had been victims of sexual violence, with 46% of respondents indicated that they had never been victims of violence. From the PVG out of 11 participants, 6 participants indicated that they have been victims of psychological violence, 2 emotional, 1 physical and the other 2 stated none. From the NVG with 14 participants, 9 stated none, 1 emotional, 2 physical and 2 psychological. From the CVG with 14 participants, 7 reported none, 2 psychological, 1 physical, 3 emotional and 1 sexual.

Figure 11: Can your spouse refuse you sex?



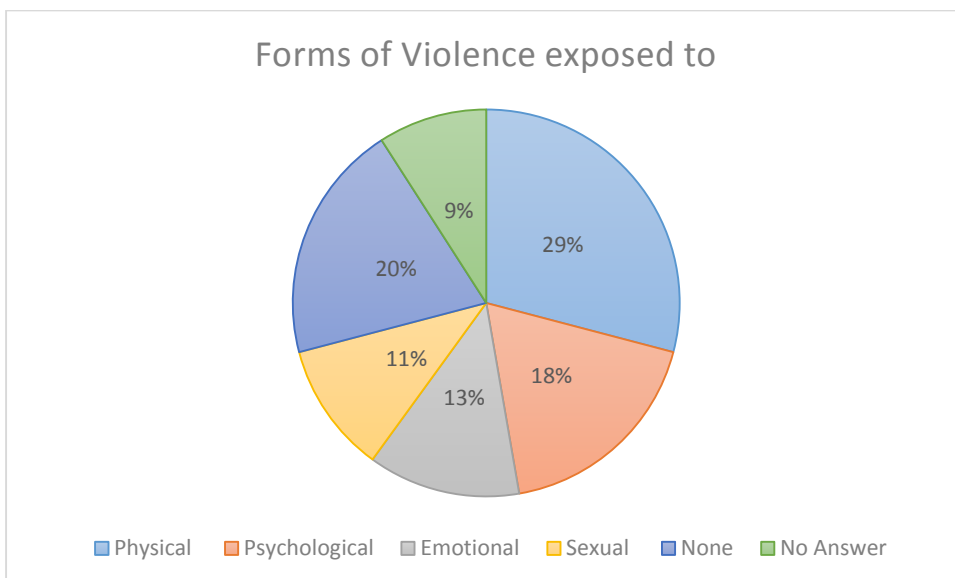
Findings represented in Figure 11 above, show that majority of the respondents (51%) believe that the spouse has the right to refuse them sex, 36% of the respondents said the spouse has no right to refuse them sex, 7% declined to answer, 4% were not sure and 2% said maybe. From the PVG consisting of 11 participants, 5 participants reported yes, 4 said no, 1 said maybe and 1 did not provide an answer. From the NVG with 14 participants, 5 participants reported yes, 6 said no, 2 did not provide and answer and 1 was not sure. From the CVG with 14 participants, 8 said yes, 5 said no and 1 was not sure.

Figure 12: Early exposure to violence as a child



Findings represented in Figure 12 above, show that majority of the respondents (56%) have been exposed to violence as kids, 24% were not exposed to violence, 11% declined to answer, 4% were not sure and 5% said maybe. The findings are in contradiction to Dwyer and Miller (2014:22) who believe children’s early exposure to IPV positions them at risk of the same experience later in life, such as experiencing violence as a victim or perpetrators in adulthood. The level of perpetration is minimal compared to the level of exposure (see findings from figure 9).

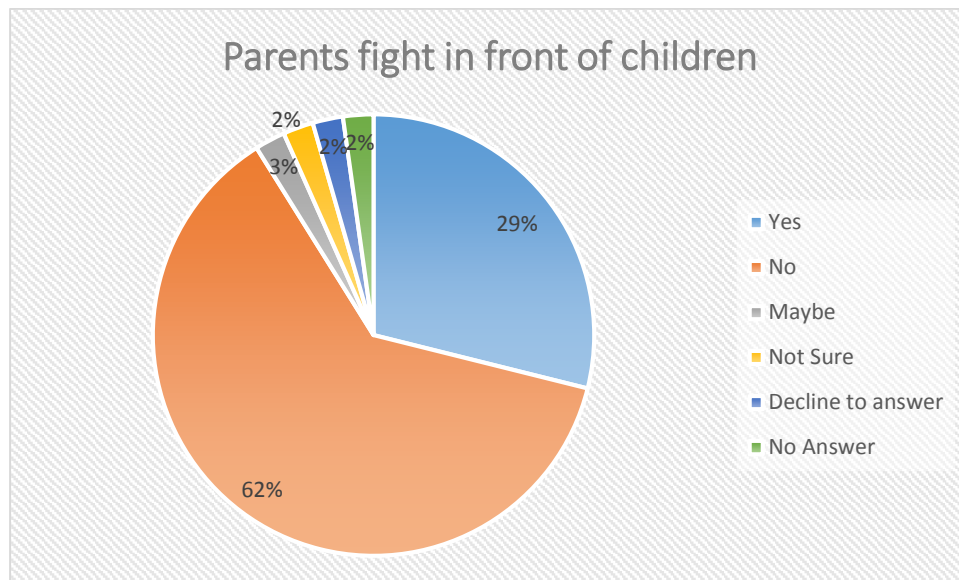
Figure 13: Forms of violence exposed to?



Findings represented in Figure 13 above, indicate the forms of violence the respondents were exposed to 29% physical, 18% psychological, 13% emotional, 11% sexual. 20% of the respondents were not exposed to violence and 9% of the respondents did not respond. Shai and Sikweyiya (2015:31), suggest that intimate partner violence is the most common form of

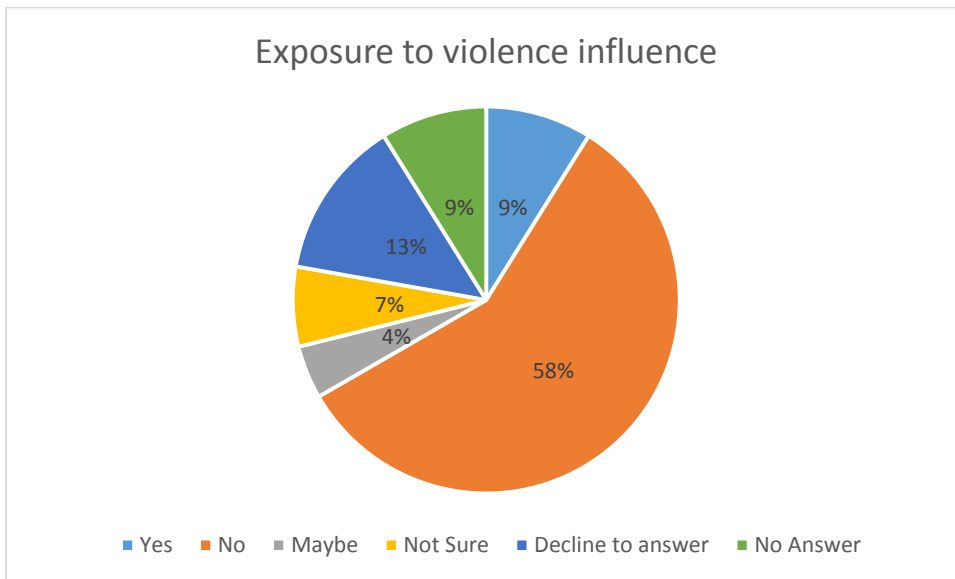
gender-based violence (GBV) including sexual, physical and emotional abuse perpetrated by a current or former intimate partner.

Figure 14: Did parents fight in front of you?



Findings represented in Figure 14 above, indicated that 62% of the respondents were not exposed to violence in their homes from their parents, 29% said their parents did fight in front of them and their siblings, 3% said maybe, 2% were not sure, 2% declined to answer and another 25 did not provide an answer. The findings claim that even though these men were exposed to violence as children it did not have a direct impact on them. Majority of the respondents were from the non-violent and currently violent group indicated that they were not exposed to violence as children. For the NVG with 14 participants 3 of them had been exposed to violence and 11 were not exposed to violence. From the CVG with 14 participants, 7 participants indicated that they were exposed to violence, 6 were not exposed to violence and 1 participant did not provide an answer. From the PVG with 11 participants, 2 participants indicate that their parents fought in front of him and his siblings as a child, 6 indicated that their parents did not fight in front of them, 2 participants said they are not sure and 1 said maybe.

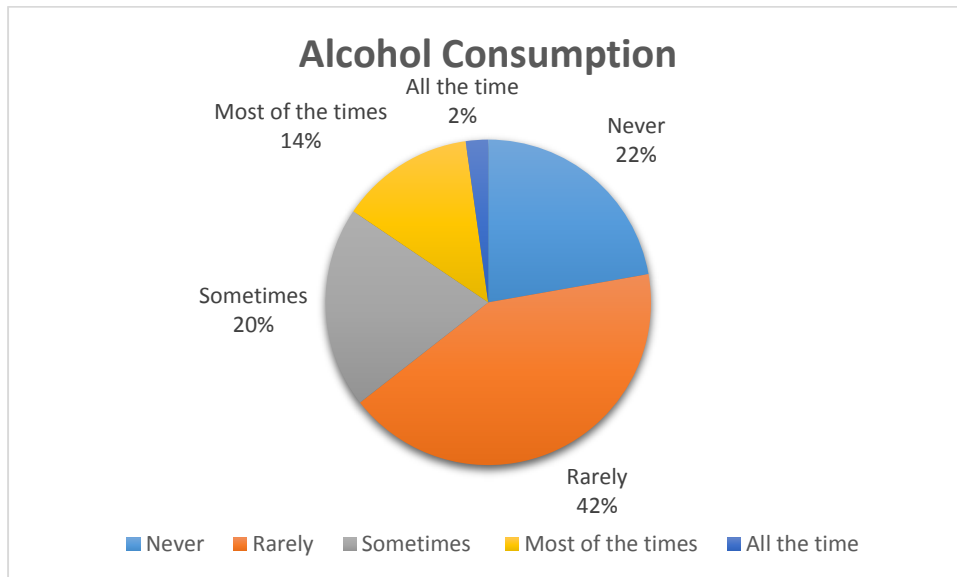
Figure 15: Did the violence you were exposed to influence you?



Findings represented in Figure 15 above, show that most the respondents (58%) were not influenced by the violence they had seen as children, 9% of the respondents indicated that they were influenced by what they had seen as children. The findings challenge the statement by Vess *et al* (2013) that suggests that early exposure to violence has a direct or indirect link with violence at a later stage, including involvement in gangs and another armed group. Of the 29% that reported to be exposed to violence from childhood, only 9% reported to have been influenced by what they had exposed to.

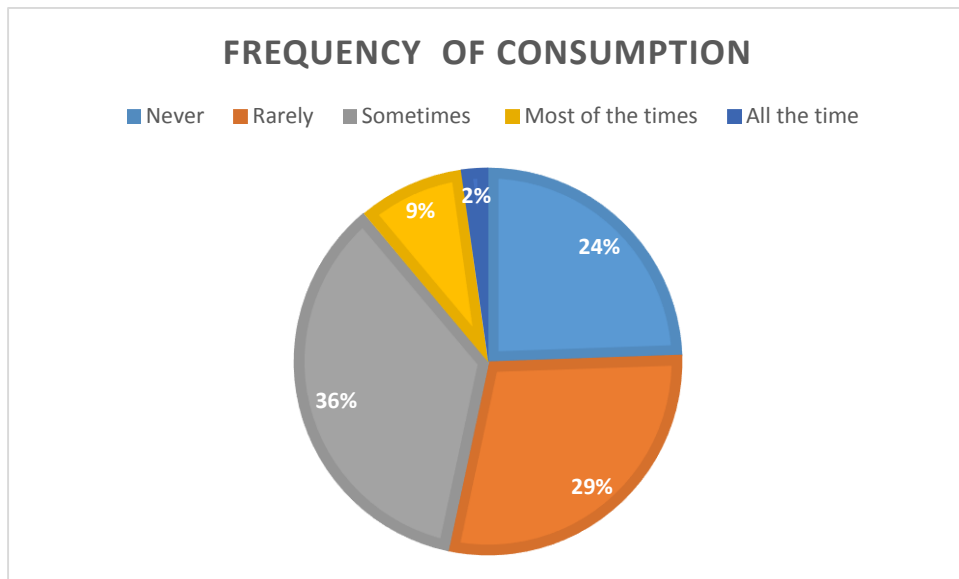
SECTION C

Figure 16: Do you drink alcohol?



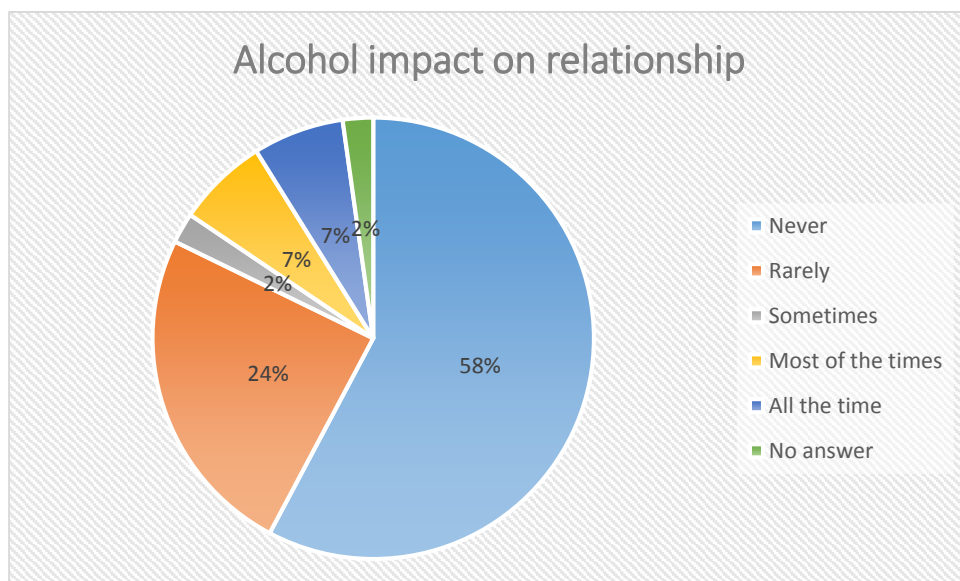
Findings represented in Figure 16 above, show that 42% of the respondents rarely drink alcohol, 22% said never, 20% said sometimes, 14% indicated most of the times and 2% said they drink all the time. From the PVG out of 11 participants, 5 participants reported that rarely consume alcohol, 3 participants reported that they sometimes drink and 3 more participants reported they drink most of the times. From the NVG out of 14 participants, 6 participants reported that they do not drink, 6 more participants stated that they rarely consume alcohol, 1 participant said they drink sometimes and 1 more participant indicated that he drinks most of the times. From the CVG consisting of 14 participants, 2 participants indicated that they do not consume alcohol, 7 participants stated that they rarely drink, 2 participants said that they sometimes drink, 1 participant said they drink most of the times and 2 participants indicated that they consume alcohol all the times.

Figure 17: Frequency of alcohol consumption



Findings represented in Figure 17, in terms of frequency of alcohol consumption indicated that 36% drink occasionally 29% of the respondents rarely, 24% never, 9% most of the times and 2% all the time. From the PVG with 11 participants, 5 participants indicated they consume alcohol on a rare occasion, 4 participants indicated they drink sometimes and 2 participants indicated they drink most of the times. From the NVG with 14 participants, 7 participants indicated that they do not drink, 2 participants stated that they rarely drink, 4 participants said they drink sometimes and 1 participants said they drink most of the times. From the CVG with 14 participants, 4 participants reported that they never drink, 4 other participants stated that they rarely drink, 4 other participants drink sometimes, 1 participants said they drink most of the time and 1 other participant stated that they drink all the time.

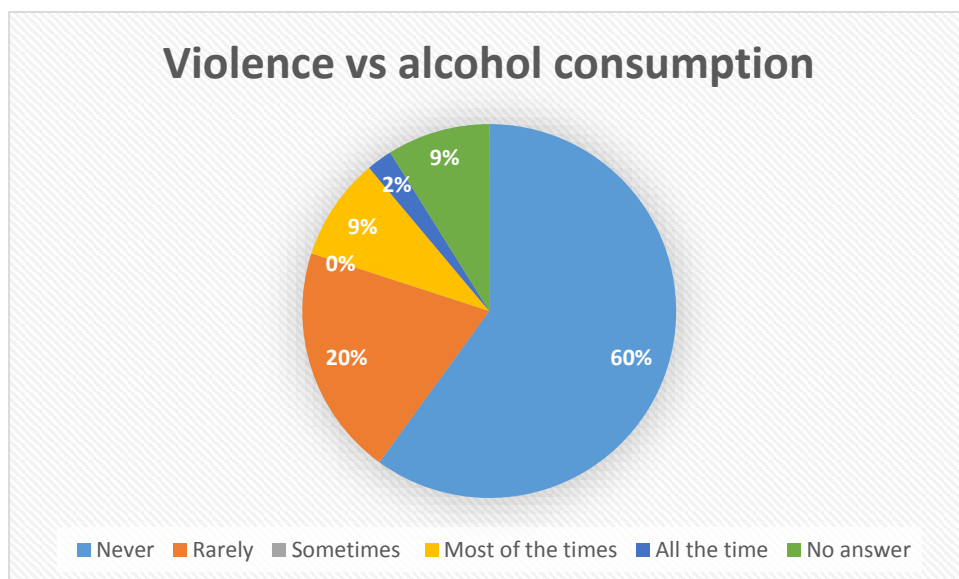
Figure 18: Does alcohol consumption impact your intimate relationship?



Findings represented in Figure 18 above, show that majority of the respondents (58%) indicated that alcohol has no impact in their relationships, 24% said it rarely has an impact, 2% said sometimes it does have an impact, 7% said it happens occasionally, another 7% said it has an impact all the time and 2% did not answer. social ecological model that declares alcohol as the main trigger contributing to occurrence and harshness of abuse, however the findings suggest that as much as men do acknowledge alcohol as a contributing factor to violence, majority of the participants do not share the same view.

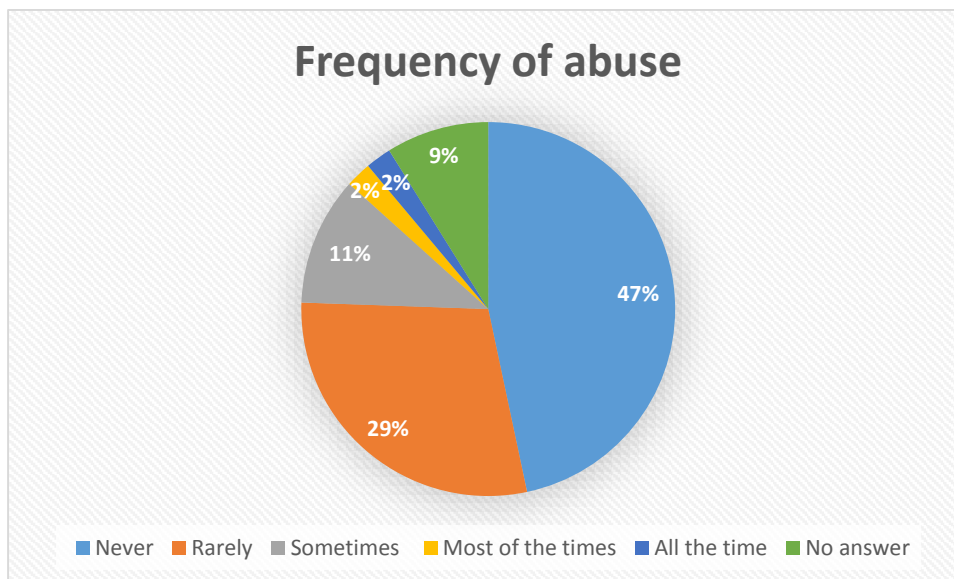
From the PVG with 11 participants, 7 participants indicated that alcohol has minimal impact on their relationships and 4 participants reported that alcohol has no impact on their relationship. From the NVG with 14 participants, 12 participants reported that alcohol has no impact in their relationships and 2 participants indicated that alcohol sometimes has an impact in their relationships. From the CVG with 14 participants, 6 participants reported that alcohol has no impact in their relationships, 3 participants indicated that alcohol rarely has an impact in their relationships, 1 participants reported that alcohol sometimes has an impact on their relationships, 3 participants reported that alcohol has in most cases an impact on their relationship and 1 participant said alcohol has an impact in their relationships all the time.

Figure 19: Do you become violent when you have consumed alcohol?



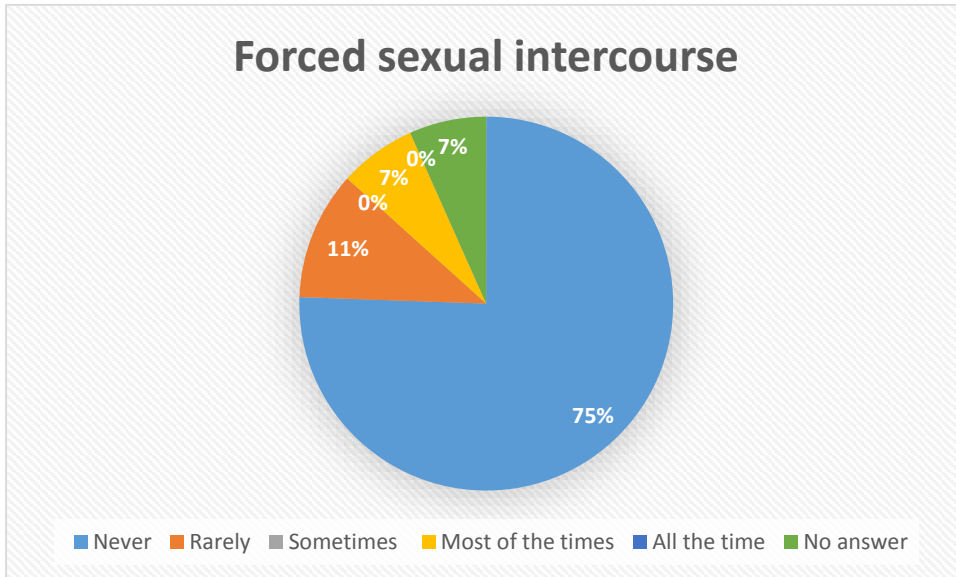
Findings represented in Figure 19 above, show that (60%) of the respondents do not become violent when they are drunk, 20% said they rarely become violent when drunk, 9% said it happens most of the times and 2% said they become violent all the time and 9% did not answer. Lazenbatt (2010:10) suggest that being exposed to violence in early childhood has long-term health effects, from alcohol abuse, substance abuse, self-harm, and further victimisation in later life. From the PVG with 11 participants, 7 participants reported that they never become violent when they have consumed alcohol, 4 participants indicated that they rarely become violent when they have consumed alcohol. From the NVG with 14 participants, 7 participants indicated they never become violent when they have consumed alcohol, 4 participants indicated that they rarely become violent when they have consumed alcohol, 1 participant indicated that they become violent most of the times when they have consumed alcohol and 2 participants did not respond. From the CVG with 14 participants, 9 participants indicated that they are never violent when they have consumed alcohol, 1 participant reported that they rarely become violent, 3 participants stated that they become violent most of the times when they have consumed alcohol and 1 participant indicated that they become violent all the time when they have consumed alcohol.

Figure 20: Level of violent behaviour due to alcohol consumption



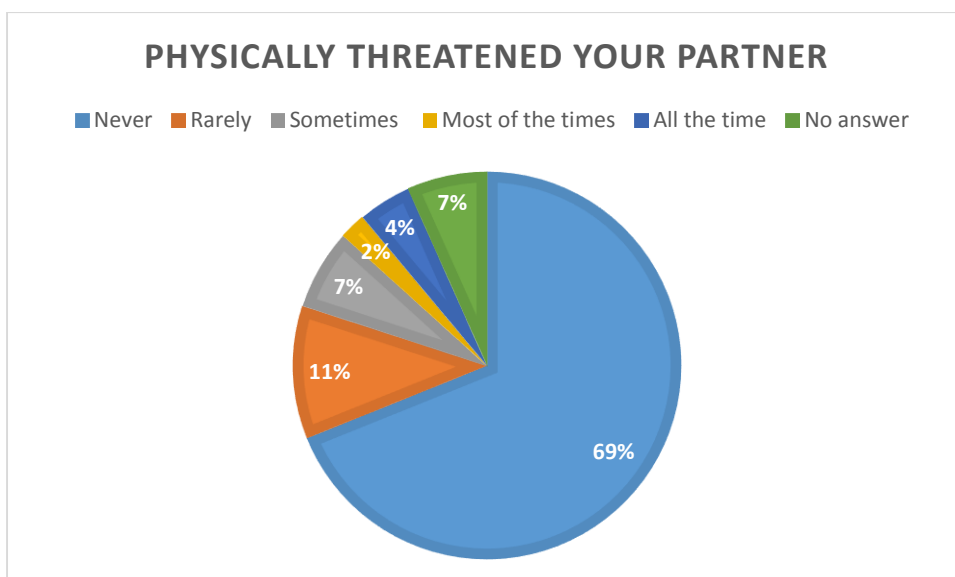
Findings represented in Figure 20 above, indicate that most participants are not violent when drunk (47% never and 29% rarely) 11% said sometimes, 2% most of the times, 2% all the times and 9% did not answer. From the PVG with 11 participants, 4 participants reported never, 6 participants said rarely and 1 participants said most of the times. From the NVG with 14 participants, 13 participants reported never and 1 participants did not provide an answer. From the CVG with 14 participants, 3 participants reported never, 6 participants reported rarely and 5 participants said most of the times. Simmons, Knight and Menard. (2015:352) are of the idea that intimate partner violence and substance abuse correlates. Even though alcohol does not influence most participants, there is an indication that alcohol does play a role in perpetuating violence in an intimate relationship.

Figure 21: Ever forced your partner to have sexual intercourse with you?



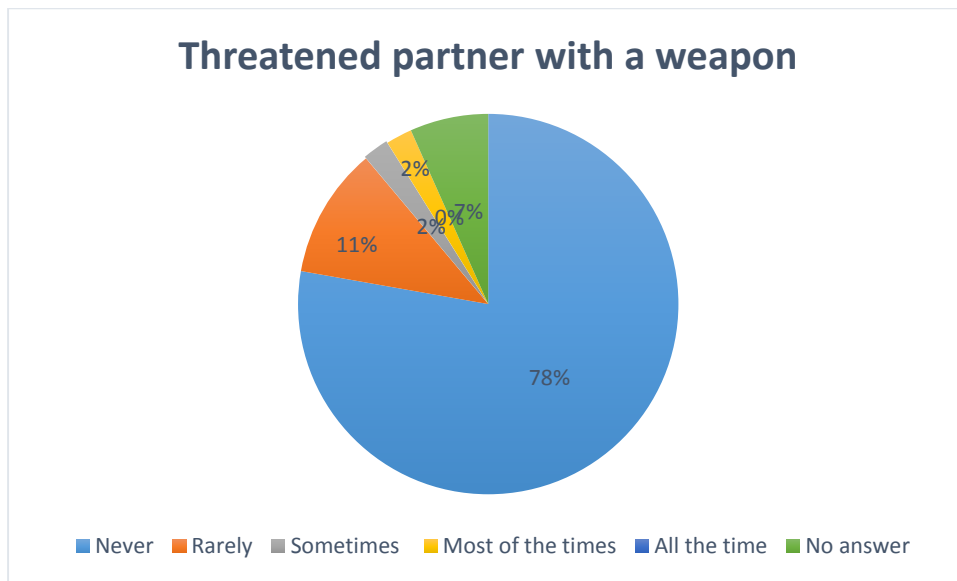
Findings represented in Figure 21 above, show that 75% of the respondents have never forced their partner to have sexual intercourse with them, 11% said they have on a rare occasion, 7% said most of the times, and another 7% did not answer. From the PVG with 11 participants, 3 participants reported to have rarely forced their partners to have sexual intercourse with them. From the CVG, 2 participants reported rarely, and 3 participants reported most of the times. From the NVG, all 14 participants reported to have never forced their partner to have sexual intercourse with them.

Figure 22: Ever physically threatened your partner?



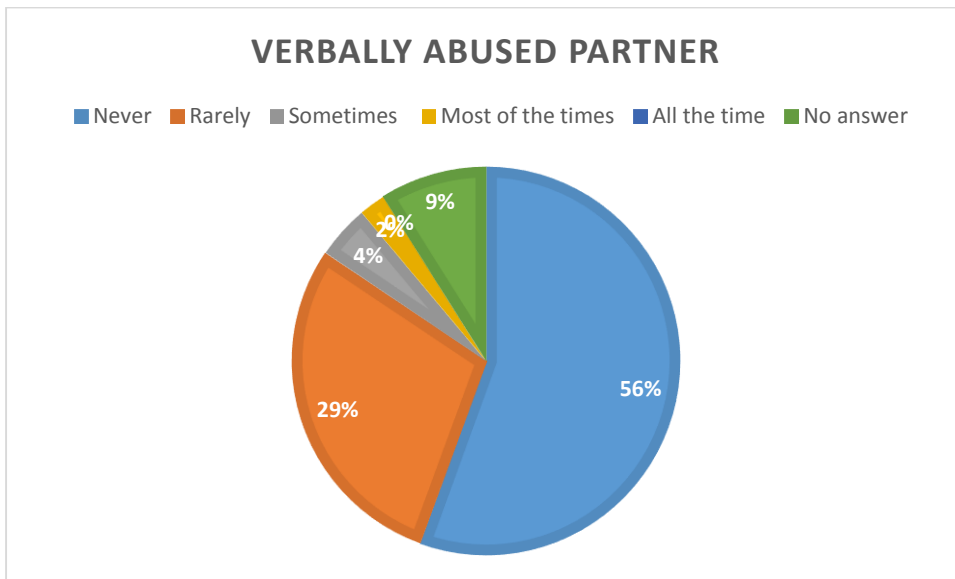
Findings represented in Figure 22 above, show that 69% of the respondents have never physically threatened their partners, 11% have on a rare occasion, 7% sometimes do threaten their partners, 2% said most of the time, 4% said all the time and 7% did not answer. From the PVG with 11 participants, 5 participants reported that they have physically threatened their partners. From the CVG with 14 participants, 6 participants indicated that they have physically threatened their partners. From the NVG with 14 participants, 13 participants reported that they have never threatened their partners and 1 participant did not provide an answer.

Figure 23: Ever threatened your partner with a weapon?



Findings represented in Figure 23 above, show that 78% of the respondents have threatened their partners with a weapon, 11% said they did on rare occasions, 2% said sometimes, 2% most of the times and 7% did not answer. From the PVG with 11 participants, 2 participants reported that they have threatened their partner with a weapon. From the CVG with 14 participants, 5 participants reported that they have threatened a partner with a weapon and from the NVG with 14 participants, 13 participants reported that they have never threatened their partners with a weapon and 1 participant did not provide an answer.

Figure 24: Ever verbally threatened your partner?



Findings represented in Figure 24 above, show that 55% of the respondents have never verbally threatened their partners, 29% have on rare occasions, 4% said sometimes, 2% said most of the times and 9% did not answer. From the PVG with 11 participants, 6 participants reported that they have verbally abused their partner. From the CVG with 14 participants, 8 participants reported to have verbally threatened their partners and from the NVG with 14 participants, 13 participants reported that they have never verbally threatened their partners and 1 participant did not provide an answer.

Figure 25: Does the Zulu culture promote violence?



Findings represented in Figure 25 above, show that 67% of men do not believe that culture promotes violence, 11% said it rarely does, 11% said sometimes culture does promote violence 2% said most of the times and 9% did not answer. From the PVG with 11 participants, 2

participants indicated that culture promotes violence. From the CVG with 14 participants, 5 participants reported that culture promotes violence and from the NVG with 14 participants, 1 participant stated that culture promotes violence. Patrick and Ugwu (2013:5804) propose that some in some cultures, violence and discrimination are socially accepted.

Two open-ended questions were asked to understand more about culture and its connection to intimate partner violence and to provide the themes of discussion, the researcher asked questions pertaining to ideal relationships and what the participants think is need to have a healthy and nonviolent relationship.

4.1.1 If so, how does culture promote violence

3 participants out of 14 from the non-violent, 2 out of 11 from the previously violent, and 5 out of 14 from the currently violent indicated that culture does promote violence. These men indicated that it is the cultural practices that sometimes promote violence. Like saying men as the head of the household, their word is law and women's voices are not heard. These men stated that there are still men who think that men should state the law and everybody should follow. The participants also highlighted that in the culture women are not supposed to work, but women push and want to work, and that causes a lot of misunderstanding which leads to men feeling disrespected and start hitting their partners to claim back the power.

4.1.2 What would make an intimate partner relationship nonviolent

From the non-violent, participants highlighted the following: respect, trust, tolerance, doing things together that will strengthen the relationship, be friends, spend time together, unconditional love, open channels of communication, listening to each other treat them well, know what they like and dislike, avoid doing what she dislikes and do what she likes all the time and that should apply to both people in a relationship.

The participants from the previously violent, shared the same ideas as the non-violent group and highlighted the following: No cheating, compromise, always putting each other first.

The participants from the currently violent, added commitment, never refer to past mistakes when fighting, prioritising your partner, never ask a man where they are coming from.

4.2 Phase Two

The second phase of the research, the researcher conducted two FGDs. The FGD's were held in the community church in the area where participants were selected across two days. In the planning phase, the researcher highlighted that she was going to conduct three FGDs, consisting of non-violent, previously violent, and currently violent participants. Because of lack of interest in continuing participation as and the reasons mentioned above, the researcher had to diverge from the original plan. When the first group of men were called to participate in the second phase, the men did not come, only one from the PVG came. The researcher had to reassess the method of approach and called the participants to attend the FGDs.

When the researcher invited the participants for the FGDs to get more information on the factors causing violence and to establish the different responses what makes the men who have never been violent different in terms of their approach in relationship and to get from the group what will prevent violence in intimate relationships.

Even though all participants confirmed their attendance, of the first group consisting of 14 members only 5 participants attended which is 36 percent of the total.

The level of participation from the first group resulted in the researcher combining groups two and three. The group in total had 21 participants with 9 participants (43%) from the second group which consisted of PVG men and 12 (57%) participants from the third group with NVG men. This was not a bad number considering the second group only lacked two participants and the third group also lacked three participants.

These are the results of the two focus group discussions, the first was with currently violent (CVG) men and the second was with men who were previously violent (PVG) and those who have never been violent (NVG) towards their partners.

Phase two focuses on the questions discussed on the FGD's and analyses them under themes. The first question does not fall under a theme because it was intended to get an understanding of how the men in the groups define intimate relationships and to see whether they have the same understanding of what an intimate relationship is.

4.2.1 Conditions that justify being abusive in an intimate relationship?

Men from the CVG mentioned alcohol as one of the contributing factors causing violence in a relationship.

One of the scenarios that was raised by one of the participants was his example of the type of relationship he has with his girlfriend. As much as he understands that violence is not acceptable and that it is wrong, when one is under the influence they do not think. This participant said he thinks women are controlling but not because they are being "bossy" but for good reasons but in front of your friends you do not want them to think that your women is the one who lays the law. *"When you are drunk you do not think about those things, the only thing that is on your mind is that you want to go out with your friends and if she tells you to sit and not go out with your friends you take it as though she is controlling"*.

It was agreed amongst the group that women are controlling, *"they think alcohol makes men weak and that is not good for a relationship"*. *"As a person who drinks when I come back home, we fight. Sometimes your woman will tell you not to go with your friends and start name calling you telling you, you are a drunk and that will anger me, and I will end up beating her"*. Blaming women for their behaviours is a common trend amongst these men.

For the PVG and NVG alcohol was discussed but not mentioned as one of the factors causing men to be violent.

Interestingly for the PVG and the NVG alcohol was not used as a justification to be violent in intimate partner relationships. These findings leave the researcher wondering if the CVG is looking for something or someone to blame for their perpetration of violence towards their intimate partners.

4.2.2 What do you think makes an intimate relationship?

The results from both groups were not that different in terms of understanding what a relationship is. Both the groups could articulate their feelings and ideas of what they think an intimate relationship is and they seem to have similar ideas of what it constitutes. Some of the responses referred to respect, tolerance, love and sharing. This means that men understand the things that make a relationship work. The answers that men provided were elaborated on and meant that a woman should love, respect, tolerate and support her partner.

One of the men from the CVG said: *"There are certain things that are basic that a woman needs to show you that she is worthy of becoming your wife. So, when she cooks and cleans you know that she has good qualities as a woman. Good qualities of women are, she is respectful, honest, and she must be supportive and must have time for me"*. This is a different answer from the men in the currently violent group, who said: *"We must both have these, so that whenever she has problems or I have problems we both know we can rely on one another"* the difference in response from the men who are in the currently violent group shows that there are different interpretations of what love is in a relationship. Some of the other men in this group could not define love, they just said it is an indescribable feeling.

The response from the nonviolent and the previously violent group was: *"Love is truth and it must come from both parties"*. This shows the difference in understanding of what an intimate relationship is even though the definition is the same, this proves that men still think a woman should be a certain way. Another thing that the nonviolent and the previously violent group highlighted as important is constant communication, trust and acceptance.

These men mentioned acceptance, referring to material things. The participants said: *"Accepting a person for who they are also proves love. Not being with a person for their material possession"*. Another participant from the group said: *"Being able to help one another regardless of the other person's financial status."*

The issue of finances came up a lot, with participants saying that *"love does not matter anymore because material things impress women"*. Most of these men felt that loving someone is difficult these days if you cannot afford to take them places, if you do not have a good job and a car. According to these men, women are easy. Most of the participants said: *"Women are weak, they get tempted easy (sic) by money, fast life, and material things. 90 percent of women are like that. If I do not work and my friends work and he takes me and my girlfriend out now my partner will start looking at the kind of life she will have with this guy and if my friend is also like that, I lose my partner to my friend. These things happen all the time."*

4.2.3 Definition of abuse is in an intimate relationship?

According to the World Health Organisation (2016), IPV is any act of physical, sexual, or psychological abuse by a present or previous partner. Most men did not understand what violence is in an intimate relationship, they could only identify physical violence as abuse and

the other forms of violence were not highlighted. Some men in the groups did highlight other forms of violence which was followed by the other group members (*laughing in disbelief*) which meant the participants needed to unpack their understanding of the other forms of violence. The CVG mentioned physical violence as the only abuse they recognise.

Most of these men were limiting violence to only hitting their partner, and disregarded other forms of violence. These men did not identify pushing or shoving or even threatening their partner as violence. 40 percent of the CVG men recognised other forms of violence and even admitted to threatening their partners if things did not go their way. These men also mentioned the factors causing them to be violent in their relationship. The other 60 percent from the CVG men indicated that violence is when you hit your partner, they could not identify other forms of violence.

Most men gave reasons of what constitutes violence when asked to explain what abuse is in an intimate relationship: *The problem with abuse starts with trust, once the trust goes, that is when the abuse starts. Once the relationship starts to become complicated and you are unsure of each other's actions, obviously, there will be some form of abuse in that relationship. Like if you are used to going through your partner's phone and suddenly she does not want you to go through it anymore this creates mistrust.*

This highlighted a problem that most people cannot define violence but could define violent situations or why violence occurs in the relationship. This participant's explanation also yielded the meaning of men blaming women for being violent, it is something she did, no man just hits a woman, and she needs to be put right. Men blame women for being violent, it is the idea of infantilising women, treating them as children. This comment from men of going through your partners' phone also highlighted issues of privacy, going through someone's phone is invasion of privacy.

The opinions of the men in the joint focus group (PVG, NVG) had a similar understanding of what constitutes violence in an intimate relationship. The definition was also made up of examples of how violence starts in a relationship. There was a consensus of what constitutes violence amongst most participants but one participant had a different understanding of violence and he explained it as *"I think men abuse women by forcing them to do things that they don't want to do."*

Other explanations of what constitutes violence were based on socioeconomic status, men felt that violence begins when a man feels disempowered by the woman's position in the

household. *“A man’s role is to work for the woman, provide for her while she takes care of the home”*. When a woman becomes the boss within the household it creates problems because the idea is a man must bow to a woman *“the man is the boss because he is the one who marries the woman. So definitely the man is the boss. I can’t make tea or coffee for a woman”*.

Men have their expectations of women’s roles within the household and most of the CVG men said: *“there are certain things that are basic that a woman needs to show you that she is worthy of becoming your wife. So, when she cooks and cleans you know that she has good qualities as a woman, she needs to be respectful, honest*. However, one participant stated that, these qualities are not only expected from women to possess certain qualities but men should have them as well *“She must be supportive and must have time for me. We must both have these, so that whenever she has problems or I have problems we both know we can rely on one another”*. As much as these men come from the CVG, the way they understand relationships and abuse is different.

4.2.4 Family upbringing

Most of the men felt that family upbringing has a lot to do with who and what you become as an adult. 80 percent of the participants from the CVG said family upbringing can pose a threat to relationships and can lead to violence. One of the participants said *“If you have been abused as a child, or you saw your father hitting your mother and you, it is easy to get angry and when someone gets into an argument with you and you think about what happened in your past and you take that out to your partner, you take that as though it is the answer”*. These men further stated that *“Women are controlling”* and sometimes it happens that the guy grew up in an abusive household and he is always frustrated and takes out his frustration on the woman.”

(20%) of the participants contested the statement that family upbringing is a contributing factor to violence in intimate relationships. These men believed that alcohol was the only contributing factor to violence, *“If you’re not drunk, it’s out of order”*. This participant says refraining from alcohol is the only thing that could stop men from being violent, further stating *“no sober person can hit a woman”*.

The participants in the PVG and NVG discussed family upbringing as having an influence on how a person behaves as a grown up. Some of the participants said, coming from a violent background does not have anything to do with a person becoming violent in their future: *“It*

happens, everyone has their way of doing things. You grow up to become the person that you are then you get married. Your attitude and behaviour is something that you acquire yourself without other people. And you learn how to build a home by doing it".

Most of the participants echoed the view that every individual has a responsibility to build themselves and the way they see fit *"I don't think your parents' role has much impact on your decisions because you will not turn into a drunk just because your father was a drunk. Even if your father had a polygamous household does not mean you will do the same."*

33 percent of the participants did not share these sentiments, they believed who you are as an adult is because of where you come from. One of the participants made an example about their friend who was influenced by his background *"I know someone who grew up in a polygamous home and he now is in a polygamous relationship, but this is right. Polygamy is good"*. As much as these men come from the same group, their perspectives are different of what promotes violence.

The research findings agreed with Dwyer and Miller (2014:22), that children's early exposure to IPV positions them at risk of the same experience later in life, such as experiencing violence as a victim or perpetrators in adulthood. Most of the participants who had been exposed to violence from an early age agreed that family upbringing is a contributing factor to an individual being violent in adulthood. This is a contradiction of the results from phase one where majority of the respondents reported that they were not influenced by the violence they had seen as children. In phase two the participants said, every individual has a responsibility to decide how they live their lives and their behaviour is not dependent on what they had experienced as children.

In much research, it is reported that children exposed to violent behaviour are more likely to become violent in their adult life. In the case where there is exposure to the father abusing the mother there is the strongest risk of violent behaviour amongst the youth. The social learning focuses on the principle that children are socialised to behave in a particular way and once those behaviours are learned they become a part of the individuals behaviour guide (Hattery and Smith 2012). In some families where there is a non-biological father to maintain a close relationship with the boys, where a boy lacks a dad, the risk of violence is a recurring pattern in relationships.

4.2.5 Lack of resources and power relations

Lack of resources was mentioned as one of the contributing factors causing violence in intimate partner relationships. According to these men money is what makes a man, thus if you do not have money, you are not worthy. Most of the men highlighted this as a concern and said, if you are a man and cannot take care of your partner financially, you feel useless, unworthy and that in return can cause problems in a relationship and especially if your partner is working. A woman is not supposed to work and provide, that is a man's duty and if a man cannot fulfil that duty he is not a real man. That perception is embedded within the culture of these men that if they cannot provide for their spouses and families, they are not men enough.

Participants from the CVG stated *"sometimes when your partner is working and you are not working and you are always asking for money from them and then they become annoying, telling you all the time to go look for a job and stops listening to you and it is hard to get a job these days, so you become angry and end up hitting her. Because the "go look for a job" comes with insults like you are good for nothing, useless and that feeling useless leads to you responding with violence"*. Most of the participants mentioned that women are materialistic, it is hard to get love or get someone to share a life with when you are broke, this stress comes from not having the means to take care of your loved one financially *"you might find that the woman I'm with is with me because I have a car and I have money. If tomorrow, my car was to crash and I lost my job, that relationship just might end"*.

The men from the PVG and NVG echoed the same sentiments.

Another factor causing violence in intimate relationships that was mentioned by the participants was lack of power and resources. The findings affirm Vyas et al. (2015:2) state that households that have a

low socioeconomic scale have higher partner violence statistics, as well as men who are not educated and have low occupational statuses, have higher chances of being perpetrators of partner violence.

Men in the FGDs were against their partners working and earning more money than them. They believed whoever makes money is the boss. This mentality promotes inequity in a relationship, making the one partner feel or seem better than the other. When unemployment confronts men, they feel insecure and worthless, this feeling leads them to exerting power as a defence mechanism and to claim their status within the household. Shamu *et al.* (2011:5) remarks that

being unemployed, and thus not having enough household decision-making power and being financially dependent is a risk factor for experiencing violence. Empowerment in the economic status of women is recognised as a significant social issue that leads to insecurity of men in a situation of lack of employment and the implications of the lack of parity between male and female creates unequal status. The “boss” is the one earning the most money.

Domestic work, seen as a menial task for a man, must be done by the partner who is not bringing in the money leading to one partner resenting the other. Qualifications of women should not be above those of a man.

Lack of resources is one of the factors causing men in Oakford to be violent in intimate relationships. The findings support the suggestion by Buzawa and Buzawa (2013:13), from their five year study that reported that rates of domestic violence were 4.7 percent for males who were always employed compared to 7.5 percent of males who were partly unemployed, but proved to be 12.3 percent for males who experienced two or more periods of unemployment.

4.2.6 Culture

Culture plays an important role in these men's lives, as the Zulu culture emphasises certain values on relationships.

The men in the CVG had opposing views about the status of women in relationships. 40 percent of the men said a woman's place is in the kitchen, she does not need to work because that is a man's job “*I think our culture is fair. A woman should stay at home and look after the home. She should not hamper you with questions of where have you been, she must just stay at home*” this was echoed by another participant who said “*As much as women have rights, I still believe that there are certain roles that a woman must perform some of her duties like cooking and look after me if I'm sick. She must have good qualities where you know that you will have a good future*”.

60 percent said they believe that women should be given an opportunity to work and make a living for themselves. “*I don't think a woman should be a housewife; she should also have her own things going on for her*” this was partially agreed to by another participant who said “*I don't think a woman should be a complete housewife but at the same time she is not supposed*

to be too free. She should not have more money than a man". Another participant said that even if a woman does work she needs to show respect towards him "She must have respect; it is difficult to date someone who does not have respect for you. But we must both respect each other" these men did not find anything wrong with the way culture is being practiced. These are some of the comments that the men made about the Zulu culture and abuse, "culture, has an element of abuse. Some of the practices are forceful, but I have never seen things like ukuthwala, and I will never partake".

"Things like virginity testing are important. The way women, dress tell you how they were raised. Girls that go for virginity testing do not dress skimpily".

"This 50/50 thing is not right. The banishing of corporal punishment has ruined children. Those who grew up getting hit know the difference between right and wrong. Therefore, Rights must not be included in a relationship".

"If we must do things equally in the house, you will feel that it is too much. Another problem that comes with women making more money is the decision making. The woman will need to consult with me, the decision must not be based with who is making the most contribution in the home".

"It also happens with men, that is when men become polygamous. But also, women do that accept that they are cheating and it is not acceptable for them to do it".

These statements show that even though men have identified that some of the cultural practices are abusive towards women, because it is in the name of culture they will tolerate abuse or become abusive towards their partners.

The men in the PVG and NVG said they acknowledge that the Zulu culture does favour men and that women do not have equal rights to men, one of the participants said *"The Zulu culture favours men. But I will continue practicing it because it is my culture. I went and bought you from your home. Men and women will never be equal"*. The perception of gender roles is spread amongst these men regardless of their behaviour towards women and relationships.

Another participant said *"A woman's role is to look after the house; the wife cannot go to work while the man stays at home. A man staying at home and looking after the kids is a sin. Unless he does not have a job and that is when he feels weak"*. This addresses the way men feel about their partners' work, being helpless, unworthy and weak, this highlights that in these relations, it is not a partnership but men, one must look after the other.

There are similarities to the responses provided by men from both the FGDs because the general perception that a woman should stay at home was also raised in this group, the participant said *"there is a saying: a boy must grow up to be a man so he can raise his father's house (grow the family name), how will he do this if his wife also has to go to work? This can only happen if we have kids and the wife stays at home and looks after the home"* and this led to the idea that a man is the one who is the "boss" and the marriage is because of the husbands' terms, the woman should just respect what the man is saying *"When one gets married, the man must be satisfied. It must suit the man. A man cannot be told what to do. If I am over the woman that I am with, I must take another one and you must not have a problem with that. That is what it is like in the world. There is no life"*.

The above-mentioned themes are similar to the literature as identified by researchers in the field. Below are some of the themes identified by participants that posed a threat in intimate relations.

When it came to culture most of the participants defined what needs to be done and the way things are done in terms of culture. According to most Zulu women, the Zulu culture is very discriminatory and unfair towards women.

When asked, "What are the qualities of a woman?" answers to and discussions of this question were based on culture, traditions and customary practices. Marital status characterizes the gender relations of society. In most cultures marriage imposes a social obligation on women. *"There are certain things that are basic that a woman needs to show you that she is worthy of becoming your wife. So, when she cooks and cleans you know that she has good qualities as a woman. Good qualities of women are, she is respectful, honest, and she must be supportive and must have time for me"*.

The traditional bias against the exercise of rights by women and girls in favour of men and boys is perpetuated by customary practices that afford women lower status. In these settings women, must look after the homestead and accept abuse. A woman's place is being a submissive wife and in the home. In the premature marriages of child brides, for example in forced marriage or negotiations can lead to escalating fights. There is a great pressure on women to be productive in all areas of the social arena and with women being the one to bare the cultural traditions of being a co-wife in a hostile environment, can sometimes lead to murder, suicide. Barren in child bearing can lead to extreme violence, cultural oppression, divorce or separation in the name of honor for the cultural practice. The women remain

possessions in marriages and negotiations. Men in the focus group discussions said if a woman is barren, then that gives them the right to look for a second wife, with or without the first wife's blessing but if it is the men who cannot have children then they can take a family members child to look after.

After the researcher had spoken to the participants about the Zulu culture, just to get an understanding if women share the same sentiments as men about Zulu cultural practices, the researcher then spoke to 10 women in the same community. These women were randomly selected and between the ages of 18-35. The researcher had one question for women and it was "Do you think your culture promotes violence in intimate partner relationships?"

In most cases women find that the Zulu culture or certain practices are not fair towards women. The researcher asked women about their thoughts on cultural practices and all the women felt that gender socialisation is what separates females from males and that leads to men feeling superior and women inferior. *Ukuthwala* is a practice where a woman is abducted for marriage and kept against her will and virginity testing were identified as one of the things that discriminates females from males from an early age. The South African Law Reform Committee (2014) defines *ukuthwala* as a Zulu cultural practice of abducting a girl for marriage; this practice is customary in KwaZulu-Natal as well as other places like the Eastern Cape. These women felt that it was unfair for women to go through virginity testing when there is no alternative for men.

Most of the young women are not afforded the same opportunities as their male counterparts just because they are women. *Ukuthwala* was one of the things mentioned by women as a hindrance to reach their potential, a lot of these women are groomed to get married as early as possible and the same mind-set is passed down to young men.

4.2.7 Cheating

Cheating was one of the things that were discussed in the FGDs but the blame was still placed on women; highlighting that with all the problems in relationships, men always blame women for them, not taking responsibility for their actions:

"A woman starts it by bringing her insecurities into the relationship and fights with the guy about silly issues about who was calling you and why especially if it is a woman that was on

the other line. They do not have good strategies to ask for explanations and that leads to an argument and we end up fighting for silly stuff".

With the previously violent and non-violent group cheating was mentioned in a different context, this closely related to arranged marriages or when your partner refuses to be in a polygamous relationship and the husband is adamant in taking the second wife, abuse and cheating starts there.

Another participant said, "You will find that the man that hits a woman like that usually no longer wants to be with that woman. Or it could be that he is frustrated with her and feels stuck since there is no way of asking a person to go away so that you can cheat on her".

4.2.8 Disrespect

With the CVG men disrespect was mentioned and that is all tied to culture, there are certain things and certain roles that women must assume in different cultural settings. One of the conversations was centred on how women should not talk back or ask their partners questions because if they do ask questions that is disrespectful. Hitting a man is also frowned upon, so while violence is unacceptable it appears to be tolerated if it is the male who hits a woman. However, it is seen as weakness from the male point of view if a male is assaulted by their female partner.

"The time we exchange words, the argument gets heated and I get angry, some women will go as far as to hit you first or push and that will anger me and I hit her because a woman is not supposed to get physical/hit a man. That is disrespectful and if she starts hitting you and what if she is stronger than you, she will end up doing whatever she likes because she knows you are weaker than her. It is hard to report a woman to the police because they laugh at you and never take you seriously".

4.2.9 Communication and Trust

Mistrust in a relationship can arise as a result of lack of communication. Given the importance of communication in building trust in a relationship and with the rise of social media, communication and trust were considered a cause for concern in intimate partner relationships.

Lack of communication and trust were discussed as one of the concerns in intimate relationships. The participants from the CVG said they could not trust a woman fully and highlighted security codes on cell phones and social networks such as WhatsApp a cause for concerns. *“These days it’s hard to say that your partner is yours forever, they always say do not love a woman too much always leave room for disappointment, because one day is one day when she will disappoint you. Do not show a woman that you trust her, she will disappoint you one day”*.

10 percent of the participants in the CVG stated that openness and trusting each other, further stating that trust is key to a lasting relationship. *“You have to share everything with the woman you are with. If you make any promises, you must keep them. You have to make her a part of your life, introduce her to your family and share your secrets and security codes”*. Even though the other participants were sceptical about trust in a relationship, their understanding was that trust takes a long time but sometimes trust does not happen *“But this won’t happen early in the stage because you won’t truly know the person. So, you must first assess the person and get to know the person. And knowing when it is time to share secrets is hard because you find that there are couples that have been together for a long time but they still don’t know each other. They spend years, have kids but still they don’t know each other”*. These men believe it takes years to trust someone and sometimes it does not happen.

From the PVG and NVG joint group causal factors of abuse in intimate relationship were different. In this group trust played an important role and what the guys kept emphasising was placing the blame on women. *“Lack of trust. But it is something that gradually builds. For example, you will leave for work and come back home late and this is something that I’ve noticed is a recurrence, I will just know that you are seeing another person. I then catch you and that is where the abuse starts”*.

Similarly, the currently violent group mentions the use of a cell phone and hiding what she is doing on the phone and would not allow her partner to go through the phone, *“When she always has her phone with her, even goes to the toilet with it and does not want me to go through it. Sometimes you will hit a girl and she hits back, does she now think that she is a man”*. Lack of trust is closely related to lack of communication. A lot of the problems mentioned here are because of miscommunication or lack of communication.

In the current research trust issues are one of the leading causes of intimate partner violence. *“Do not show a woman that you trust her, she will disappoint you one day”*. When trust is

absent it becomes a problem in building a relationship. The question asked was in what ways can partners show each other that there is trust? Men in the FGDs expressed their concerns about the internet and social networking and pointed them out as the root cause influencing men to be violent in intimate partner relationships. The feeling of powerlessness can fuel jealousy, cynicism and an aura of trustworthiness that inhibits co-operation in relationships and leads to fear and anger. Lack of trust is fuelled by lack of communication.

4.2.10 What promote a healthy, non-abusive relationship?

The men from the CVG said sharing, respect, tolerance and love promotes a healthy relationship. One of the participants rather dismissively said *“Do what she needs, don’t stay up late, spend time with her, treat her well, listen to her, even though you sometimes disagree but do it so that there isn't an argument”*

Even though men are aware of what constitutes a healthy relationship, they still feel there are a lot of challenges that result in men not adhering to the expectations of women. Money or lack thereof poses a huge threat in the success of a relationship. Men feel that they cannot see themselves as real men, or providers if their female partners earn more money than them and that is why they turn into violence to emphasise their positions and authority as head of the house.

“This is difficult; it will not be easy. Women with money are very demanding. Not having money causes disrespect and will always cause fights in the relationship. We need to be empowered as men because a lot of us feel that way, when we cannot provide for our families, we feel as though we are worthless and end up using violence to solve problems or to make ourselves feel powerful and respected in a relationship. Men need to feel worthy because that is what’s causing havoc in a relationship”.

This response highlights underlying issues causing men to feel frustrated and end up being violent. These are not just issues that can be addressed and fixed in a short space of time.

The PVG and NVG said:

“Having an understanding between us. But if the issue of the second wife is keeping us from being civil, then I will just have to use muthi. The muthi will make her subservient. And if I don't want her, the only way to remove muthi, you have to use another one”.

“There should be trust, no one should be using WhatsApp because it causes problems. You will think that a person is sleeping but they are busy on WhatsApp with other men. Even when she is cooking, the food ends up burning because of WhatsApp”.

This last statement refers to a profound insecurity, suspicion, jealousy in the men.

As a result of the FGDs, it is evident that the training would have dealt with surface issues or trying to help men change their attitude towards women. Given the time and resource limitations of the study, the researcher decided to not hold training but to offer recommendations providing the way forward.

The researcher offered recommendations, (see chapter five below), to assist men in a setting where they can deal with all the underlying issues and at a later stage to try to develop an action plan to reduce violence in intimate partner relationships. Besides issues of violence, there are a lot of underlying issues in the community at large, the researcher identified during the many visits and engaging with community members.

The researcher would also recommend positive psychology intervention to change men's behaviours and attitudes. According to Sin and Lyubomirsky (2009:467) positive psychology interventions focus on activities aimed at developing positivity by encouraging positive feelings, positive behaviour and enhance the overall wellbeing of an individual.

4.2.11 Alcohol Abuse

Experiencing intimate partner violence in a relationship influences alcohol consumption as a relaxant. Consistent use can lead to addiction and poor functioning. This can lead to further violent reactions from people who would normally shrug things off. *“As a person who drinks when I come back home, we fight.*

Alcohol abuse has characteristics that make these young men prone to violence. Abusive, controlling and jealousy occurs when women leave or after they leave and the partner feels

insecure and threatened and blames it on relationship problems. In the current research, there are unclear statistics in of the connection between alcohol and substance abuse being a major cause of intimate partner relationship. Men from the CVG agree that alcohol is a factor causing intimate partner violence, whereas men from the NVG and PVG did not think alcohol is a factor causing intimate partner violence.

Acute alcohol use and the perpetration of violence is believed to be a right due to a break up in a relationship, or a woman leaving the relationship through unwanted pregnancy, stress and the use of alcohol is a means to an end. Men say they do not believe in breakups even if they are in a relationship and admit to both parties wanting the relationship and not the violence.

4.3 Conclusion

This chapter discussed the findings of the research, engaged different forms of abuse, and causes of violence in intimate partner relationships. The findings helped the participants open a dialogue on prevention strategies and to understand themselves better by sharing their experiences on why violence happens intimate relationships. The research revealed that there is no one factor that causes violence and that these men are all capable of being violent, it is the different situations they are faced with that allows them to be violent. It also indicated individual instances of awareness and sensitivity towards women. The study hoped to build through training the capacity of young Zulu men to be nonviolent intimate partners. The findings of the study indicate that the (participants) are not ready to be trained as there are so many underlying issues faced with the community. The factors that limit participation as mentioned above and if the researcher were to impose training, that would only solve surface issues and not deal with the problem at hand. If it does not solve surface issues it may escalate the tensions even further. For future lines of research, the researcher could build on positive psychology interventions as discussed in the research. The next chapter will present the recommendations for the way forward.

CHAPTER FIVE

SUMMARY, RECOMMENDATIONS, AND CONCLUSIONS

5. Introduction

This chapter concludes the study by summarising the research and giving recommendations based on the findings. The aim of the study was to build the capacity of young Zulu men to be nonviolent intimate partners. To navigate the outcomes, the researcher had to understand the factors causing young men to be violent in intimate relationships and establish the link between family upbringing, culture and economic status as recommended by the social learning theory. The objectives that guided the study were firstly to determine perceptions of young Zulu men of what constitutes violence in intimate partner relationships, secondly to ascertain the remote and immediate causes of violence in intimate partner relationships and lastly to explore the link between family upbringing, culture, society and the tendency to be violent in intimate partner relationships.

5.1 Summary of findings

Chapter two discussed the literature and theoretical framework that informs the study. The study was guided by Akers (1973, 1998) Social Learning Theory as the main theory and supported by the feminist theory. The Social Learning Theory focuses on behaviour. This theory suggests that behaviours are learned through modelling of an adult, further stating that if violence is modelled during the child's development, they can learn that behaviour and become violent adults which relates also to nonviolence. This theory was adopted because the social learning theory which was used to understand underlying factors of violence and states that if a child is exposed to violence at an early age, they are more likely to be violent in their adult life.

As suggested by the social ecological model the study found that early exposure, poverty, power relations, culture and substance abuse are contributing factors to violence in an intimate partner relationship. The current study also found that lack of communication and trust especially with the rise of social media as well as invasion of privacy contribute to violence in an intimate relationship.

Chapter two addressed the first objective of the study, which is to determine perceptions of young Zulu men of what constitutes violence in intimate partner relationships. The literature provided a definition of what violence is in an intimate relationship, it also addressed different forms of violence and used the social ecological model to understand why violence happens in intimate partner relationships. This chapter further discussed theoretical frameworks guiding the study as a means further understanding and of planning an intervention once the issue has been diagnosed.

The second objective of the research was to determine the causes of violence in intimate partner relations. As highlighted by the literature, there are different factors that cause violence in intimate partner relationships. The first phase of data collection was intended to determine if the participants understand what violence is in an intimate relationship and to determine causes of violence in intimate partner violence to enable the exploration of an intervention.

The third objective aimed at establishing the link between family upbringing, culture and society. Based on the social ecological model, society and community level factors play a role in the socialization of a human being. To understand and to engage the social ecological model, the researcher had to establish the link and to find between violence and these factors.

The aim of the researcher was to design an intervention programme suited for these individuals based on the FGDs, however the research found that the challenges faced by these men are bigger than just a once-off visit to address violence, there are many underlying factors causing men to be violent in intimate partner relationships. The actions discussed with these men were intended to empower them, with skills to boost their employability status because the main problem causing violence is a lack of resources which in turn might help with alcohol consumption as a result of frustration.

Recall from the research design and methodology in chapter three that the aim of the study was to build the capacity of young Zulu men to be nonviolent intimate partners through the use of Action Research.

Participants were a bit reluctant at first but once the researcher explained the aim of the study, they could articulate their perceptions of what constitutes violence and intimate partner violence, which can include choking, beating with objects, use of weapons and rape and other, and non-physical forms.

5.2 Limitations

Action Research requires joint participation from the researcher and the community as co-researchers. In the first phase of the research collection, the researcher developed a questionnaire to identify participants for the study. The questionnaire allowed the participants to identify areas of concern and their responses guided the themes of discussion in the second phase of data collection for the study. The researcher chose to use Action Research methodology as the basis of the study. This methodology requires a collaboration with those affected by the issue being studied.

Even though the researcher had identified the study and the subject of inquiry, the subject resonated with the community as they grapple with violence every day. South Africa as whole has been labelled a violent country and the cultural background of most Zulu men is predominantly violent. According to van Niekerk and Boonzaier (2016:272) South Africa has the highest crime rates in the world.

The commitment of the participants during Action Research is very important as the study will not go on without participation. Lack of commitment and participation became an issue during the data collection phase of the study, the researcher had a day where she went to the community for a meeting but the participants were not there and only a few came and they were late. Even though the researcher had a plan before going into the community, the original plan had to change to accommodate the situation.

Lack of commitment and participation was also a protest statement by these men fighting against the leadership in the area. The community is not happy with the current leader and they did not want to be involved in anything encouraging community engagement as they have accused leadership of prejudice, supporting one valley over the other.

Time was a limiting factor and considering that this is a master's study, the researcher was only able to identify factors causing violence and to establish the link between family upbringing, society and culture in the local study area. Going forward the researcher can only recommend the way forward for these men and the community based on the findings in relation to the documented literature.

Being a woman in a very patriarchal space, where man only see women and do not hear them, was very challenging. As a woman researcher, you must work extra hard to gain the trust of men and for them to take you seriously.

The other limiting factor was the issue of resources available to the researcher. Multi-pronged societal issues unrelated to the study arose from the research participants.

5.3 Personal Reflections

The research has highlighted fundamentally the approach one must take when dealing with people from the rural areas. As much as the study was conducted to contribute to the people's lives their openness to change was often neither apparent nor easy. It took a while for the researcher to convince men to participate in the study, but those who participated were willing to engage at a deeper level and share their experiences with the researcher in an attempt to identify underlying issues that contribute to violence. At the beginning of the research process, the researcher had envisioned a training workshop with men but based on the findings as the research unfolded, the researcher identified a few issues that would have hindered this initial course of action.

From the questionnaire phase most men did not understand what constitutes violence and had engaged in several forms of violence. This was a major concern because the participants were not aware that they were violent. Having utilised the Action Research approach also helped the researcher realise the importance of this method of enquiry, not only for the betterment of communities but to open a dialogue regarding social issues facing the community and the country at large. Subsequently, having opened up dialogue has made me realise there is a lot of work that needs to be done especially in educating men about violence and raising awareness about the dangers of violence in an intimate relationship.

This research also helped men address issues they are facing in the community. Issues like leadership and historical violence were raised. There is no clear line between violence and nonviolence and there is no bandage to heal violence. To promote non-violence, one must understand the causes of violence and learn from the participants on how to mitigate violence in future. That is why Action Research worked as a method of enquiry because it allowed the participants to share their stories and find solutions to the challenges.

The researcher being a woman, researching male perpetrated violence towards women was very difficult. The researcher became self-aware in terms of dress code, cultural understanding,

and the dialects of the language and mostly had to understand the space and background within which the research was based.

The researcher felt vulnerable at times as she was exposed to men with different ideas and backgrounds.

5.4 Recommendations

The study findings may be promoted to influence government and policy makers, as well community and cultural leaders. In addition, gender studies students and academic researchers may use the findings and the recommendations to encourage further research in this area. Therefore, based on the study findings, the recommendations are made to researchers in the field, Non-Governmental Organisations focusing on men and violence and Government departments directly dealing with social and economic empowerment.

The study had hoped to build through training the capacity of young Zulu men to be nonviolent intimate partners. The findings of the study indicated that the participants are not ready for training because of community issues that limit participation from community members. Issues with current leadership and historical violence turned out to affect the community and their participation in the study, which would render the training unsuccessful if the researcher were to persist and impose training. Training will require the community to work together but because they do not get along, achieving the objectives set out by training will prove to be difficult.

As an extension of the above, first cycle of action research, the researcher would propose a second cycle, which would be healing workshops to facilitate community engagement dealing with historical violence in the community. Coupled with that, the headman could also work with the community as sign of commitment as there have been uncertainties with the community members having lost confidence in the capabilities of the headman.

To address historical violence, the researcher thought it would be more helpful to have a programme with the headman to address historical violence in the area. It might also be useful for the headman to re-pledge his commitment to the community and engage the community on the issues they currently have with one another before an intervention is introduced. Once the

community engagement programme is done, then the community can start working together to fight against intimate partner violence.

To facilitate a community dialogue on intimate partner violence, a programme designed by men fighting against intimate partner violence could be useful. The programme could have detailed findings from the research, namely that the men have confirmed that violence is unacceptable and that they need to prevent violence. Furthermore, it could detail the circumstances leading men to be violent in intimate relations.

Through the programme factors leading to intimate partner violence can be discussed and how men and women can work together to fight against violence.

In the focus groups, a lot of issues were raised, but because of the limitations stated, the researcher could not probe further into those issues. Therefore, it would be interesting to investigate Arranged marriage, Female financial dependency, Infertility and Polygamy, as men identified these as factors stimulating violence in intimate relationships.

5.5 Conclusion

The research has served as a first step towards contributing to the understanding of young Zulu men and what causes violence in their intimate relationships. Furthermore, it has served to enable these young men to better understand themselves and their situation while also increasing the researcher's own understanding of the Zulu culture, patriarchy, violence, and the dynamics of semi-rural areas based on the research process. Generally, the striking findings of the study were; the blurry lines of sexual consent boundaries in intimate relationships, men not taking full responsibility for their actions and other unexpected factors causing violence (internal and external power relations). It is hoped that the future direction of action research that has been identified and recommended by the researcher will be explored in the interests of the participants involved and of their broader communities.

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APPENDICES

APPENDIX 1: Letter of Information



LETTER OF INFORMATION

Dear Participant

Title of the Research Study: Factors underlying intimate partner violence by young Zulu men in Oakford-Verulam and building their capacity to be nonviolent intimate partners

Principal Investigator/s/researcher: Nomvula Sikakane

Supervisor: Dr A. Tschudin

Brief Introduction and Purpose of the Study:

This study addresses violence perpetuated by young Zulu men in intimate partner relationships. The culture and background of these men have permitted them to have the attitudes that they hold with respect to intimate partnerships without necessarily realising that they are being violent. Consequently, they lack the skills involved in being responsible and non-violent partners.

The purpose of this research is to build the capacity of young Zulu men to be non-violent intimate partners.

Outline of the Procedures:

Quantitative data will be obtained through questionnaires administered to 50 Zulu young men between the ages of 18-35 in the Oakford Verulam area, while qualitative data will be obtained through focus group discussions, of 45 young Zulu men divided into 3 select groups of 15.

Based on the findings from the questionnaire, plus the curriculum of existing young men training programmes, a training package will be prepared. This will involve three groups of 15 young men who are currently violent, previously violent and never been violent. Drawing on the results of the Focus Group Discussion a training programme will be designed, pre-tested, and then administered.

Risks or Discomforts to the Participant:

Young men will participate in the focus group discussions having had common sets of values assuring them of confidentiality, making them feel safe speaking up within the group and a right to not disclose information they are not comfortable disclosing.

Benefits:

Having a group discussion is beneficial in encouraging participants to freely expose and share their experience with others, for reassurance and comfort. However, some participants might not like to reveal their sad history in public. In this case, a separate interview will be organised for the participant to share his experience.

Reason/s why the Participant May Be Withdrawn from the Study: Participation will be entirely voluntary and participants can withdraw at any time without any adverse consequences for the participant or the continuity of the sessions.

Remuneration: Nil.

Costs of the Study: The focus groups and interviews will be held in the local hall close to where participants live – so there will be no need to for travel expenses but there will be light snacks and refreshments provided.

Confidentiality: All information received will be confidential (focus group participants will sign a confidentiality clause). Information gathered will be used only for the research purposes; no individual will be identified in the dissertation and the use of pseudonyms (if necessary) will be of strict application.

Research-related Injury: In the unlikely event that a participant faces any trauma/injury from the research, the local leaders will have to provide support.

Persons to Contact in the Event of Any Problems or Queries:

Please contact the researcher Nomvula Sikakane 0735371777 my supervisor Dr A. Tschudin or the Institutional Research Ethics administrator on 031 373 2900. Complaints can be reported to the DVC: TIP, Prof F. Otieno on 031 373 2382 or dvctip@dut.ac.za.

General:

The primary spoken language of the research population is isiZulu.



INCWADI YOLWAZI

Obamba iqhaza

Isihloko socwaningo: Factors underlying intimate partner violence by young Zulu men in Oakford-Verulam and building their capacity to be nonviolent intimate partners

Umcwaningi: Nomvula Sikakane

Umqondisi: Dr A. Tschudin

Isingeniso kanye nenjongo yocwaningo

Lolucwaningo luhlaziya udlame oludalwa izinsizwa zakwaZulu kubantu abanobudlelwano/noma ubuhlobo obuseduze phecelezi abathandanayo.

Isiko lazo lezinsizwa liba nomthelela kwindlela abaqhuba ngayo nabaphatha ngayo abantu abathanda nabo. Lokhu kwenza kube nezinkinga ukuhlukanisa ukuhlukumeza Kanye nokulandela isiko uma kuziwa kwezobudlelwano.

Ngenxa yalokho abanawo amakhono okuba abalingani abafanele kanye abangahlukumezi. Inhloso yalolu cwaningo ukwakha ikhono lezinsizwa zakwaZulu iukuba zibe nobudlelwano obumgenako ukuhlukumezeka.

Inqubo yocwaningo

Idatha izotholwa ngokusebenzisa uhlu lwemibuzo kwizinsizwa ezingamashumi ayisihlanu ezingamaZulu abaseminyakeni yobudala ephakathi kwengu 18-35 endaweni yase Oakford, e Verulam. Emva kwaloko umcwaningi uzokhetha izinsizwa ezingamashumi amane nesihlanu ezihlukaniswe amaqembu amathathu ukuze kutholakale ulwazi olunzulu ngokuthi lezinsizwa zicabangani ndodlame phakathi kwababili abathandanayo.

Ulwazi oluzotholakala kulezinsizwa luzobe seluyasetshenziswa ukuze kuqhamuke isixazululo sezinkinga abantu besilisa ababhekene nazo nokuthi bangasizana kanjani bebodwa ukuze bengagcini behlukumeza abantu abasebudlelwaneni nabo. Lokhu kuzobandakanya amaqembu amathathu ezinsizwa eziyishumi nesihlanu (15) ezinobudlova ebudlelwaneni bazo, abake baba nobudlova ebudlelwaneni kanye nalaba abangakaze babe nobudlova ebudlelwaneni babo.

Imiphumela ezophuma kulamaqembu ezingxoxo izosiza kuphume icebo lokuqeqesha izinsizwa.

Izingozi noma ukungazizwa kahle ukuze umhlanganyeli

Izinsizwa ezizobamba iqhaza ezingxoxweni zizobe ziyaliwe ukuqinisekisa imfihlo yakho konke okuxoxiwe. Izobenza bazizwe bephephile ukukhuluma okusuka ngaphakathi kanye nelungelo lokunqaba ukudalula ulwazi abangathandi ukuluveza obala.

Inzuzo

Ukuba nengxoxo neqembu kungaba nenzuzo ekukhuthazeni ababambiqhaza badalule ngokukhululekile izinto abahlangabezane nazo, baphinde bathole nenduduzo.

Nokho, abanye abahlanganyeli bengase bangathandi ukwembula umlando wabo phambi kwabanye, kuloko kuzoba nengxoxo eseceleni ukuze akwazi ukwembula umlando wakhe bengekho abanye abantu.

Izizathu zokukhipha umhlanganyeli okanye obambe iqhaza kucwaningo:

Ukuhlanganyela kusothandweni, ungakwazi ukuyeka ukuba yingxenye yocwaningo nanoma inini.

Amaholo: Lutho.

Izindleko zocwaningo:

Iqembu lengxoxo kanye nezingxoxo zizobe zizobanjelwe kwisikhungo sasendaweni lapho abahlanganyeli abangadingi ukugibela uma beya khona. Amakhekhe neziphuzo kuzobakhona.

Ukuvikeleka kwababamba iqhaza:

Yonke imininingwane elethiwe izogcinwa iyimfihlo kanti abazobe beyingxenye yeqembu lezingxoxo bayosayiniswa ukuze bengayidaluli imininingwane yeqembu. Imininingwane etholakele izosetshenziselwa ucwaningo kuphela, akekho ozobizwa ngegama lakhe.

Ukulimala ngesikhathi socwaningo:

Esimeni sokuthi umhlanganyeli ubhekene nokulimala ngesikhathi socwaningo, abaholi bendawo kuyodingeka babanikeze usizo abaludingayo.

Okumele uxhumane naye uma kuvela izinkinga:

Xhumana no Nomvula Sikakane 0735371777 noma umqondisi u Dr A. Tschudin okanye umsingathi we Institutional Research Ethics ku 031 373 2900. Izikhalazo zingathunyelwa ku DVC: TIP, Prof F. Otieno ku 031 373 2382 noma dvctip@dut.ac.za.

Okunye:

Ulimi olukhulunywa abantu abasendaweni yocwaningo isiZulu.

Please note the following:

Research details must be provided in a clear, simple and culturally appropriate manner and prospective participants should be helped to arrive at an informed decision by use of appropriate language (grade 10 level - use Flesch Reading Ease Scores on Microsoft Word), selecting of a non-threatening environment for interaction and the availability of peer counseling (Department of Health, 2004)

If the potential participant is unable to read/illiterate, then a right thumb print is required and an impartial witness, who is literate and knows the participant e.g. parent, sibling, friend, pastor, etc. should verify in writing, duly signed that informed verbal consent was obtained (Department of Health, 2004).

If anyone makes a mistake completing this document e.g. wrong date or spelling mistake a new document has to be completed. The incomplete original document has to be kept in the participant file and not thrown away and copies thereof must be issued to the participant.

References:

Department of Health: 2004. *Ethics in Health Research: Principles, Structures and Processes* <http://www.doh.gov.za/docs/factsheets/guidelines/ethnics/>

Department of Health. 2006. *South African Good Clinical Practice Guidelines*. 2nd Ed. Available at: http://www.nhrec.org.za/?page_id=14



CONSENT

Isitatimende sesivumelwano sokubamba iqhaza kulolucwaningo:

- Ngiyavuma ukuthi ngitsheliwe umcwaningi Nomvula Sikakane ngalolucwaningo, uhlobo lwalo, indlela yokuqhuba ucwaningo, imivuzo kanye nobungozi balolucwaningo. Inombolo yelungelo locwaningo: _____,
- Ngiyitholile, ngayifunda, ngaiqonda incwadi yolwazi locwaningo
- Ngiyazi ukuthi imininingwane yocwaningo, imininingwane yami, ubulili, iminyaka, usuku lokuzalwa, kuzosetshenziswa ngokwemfihlo nokucophelela kumbiko walolucwaningo.
- Ngenxa yezidingo zocwaningo , ngiyavuma ukuthi ukubhalwa kwemininingwane eqoqwe ngenkathi yocwaningo ihlelwe ngekhompuyutha umcwaningi.
- Nganoma isiphi isigaba, ngingahoxisa imvume yami yokubamba iqhaza kulolucwaningo ngaphandle kokubandlululwa.
- ngilitholile ithuba elanele lokubuza imibuzo kanye (ngokwami) ngaqinisekisa ukukulungela ukubamba iqhaza ocwaningweni.
- Ngiyaqonda ukuthi okutholakele okuhlangene nokubamba kwami iqhaza kuzovuleleka kumina ukuba ngikuthole.

Amagama aphelele kobamba iqhaza usuku isikhathi sayina / isithupha sesandla sokudla

Mina, Nomvula Sikakane lapha ngiqinisekisa ukuthi umhlanganyeli ngenhla wazisiwe ngokugcwele mayelana nohlobo, ukuziphatha kanye nezingozi zocwaningo ngenhla.

Nomvula Sikakane
Igama lomcwaningi eliphelele usuku sayina

Igama likafakazi (uma kudingeka) usuku sayina

Igama lomqaphi (uma kudingeka) usuku sayina

Qaphela okulandelayo:

Imininingwano yocwaningo kumele ibekwe icace, ibelula nangendlela evumelekile kwisikompilo labahlanganyeli, kumele ababambe iqhaza batolikelwe ngolimi lwabo ukuze bathathe isinqumo abasaziyo. (grade 10 level - use Flesch Reading Ease Scores on Microsoft Word), ukukhetha indawo ehloniphekile futhi enganabungozi kulaba ababambe iqhaza ukuze bakhululeke (Isikhungo sezeMpilo, 2004).

Uma obambe iqhaza engakwazi ukufunda noma ukubhala kumele acindezele ngesithupha sesandla sokudla kuphinde kube khona nofakazi ongahlangene nocwaningo okwaziyo ukufunda nokubhala owazana nomhlanganyeli, njengo mzali, isihlobo, umfundisi, umngani, njalo njalo. Kumele abhale aphinde asayinde ukuthi umhlanganyeli uvumile ngomlomo wakhe. (Isikhungo sezeMpilo, 2004)

Uma kwenzeka iphutha ekugcwaliseni njengokubhala usuku okungekulo noma ukungabhalwa kahle kwamagama, kumele ugcwalise kabusha. Lelifomu elingagcwalisangwa yonke imininigwane kumele libekwe lingalahlwa mase kunikezwa obambe iqhaza ikhophi.

Ithathwe:

Department of Health: 2004. *Ethics in Health Research: Principles, Structures and Processes*
<http://www.doh.gov.za/docs/factsheets/guidelines/ethnics/>

Department of Health. 2006. *South African Good Clinical Practice Guidelines*. 2nd Ed.
Available at: http://www.nhrec.org.za/?page_id=14

APPENDIX 3: Letter from the Headman

Msunduzi Location

PO BOX 21099

Verulam

4340

12 January 2016

TO WHOM IT MAY CONCERN

LETTER OF RECOMMENDATION: MISS NOMVULA SIKAKANE

The Induna (Headman) of the Oakford Area hereby grants permission for Miss Nomvula Sikakane to engage in Action Research involving the training of young men in Intimate Partner Violence in the area of Oakford.

We commit ourselves to assist her with information, contacts and referrals which will support her undertaking in our geographical area of operation, i.e. Oakford.

Should you have any queries, please feel free to contact Mr S. Magwaza at 0784408223.

**INDUNA / HEADMAN
UMSUNDUZE LOCATION
078 440 8223**

MR S. MAGWAZA

Oakford Area Headman (Induna).

APPENDIX 3 in isiZulu

Msunduzi Location

PO BOX 21099

Verulam

4340

12 January 2016

OTHINTEKAYO

INCWADI YEZINCOMO: MISS NOMVULA SIKAKANE

Induna yasendaweni e Oakford ngaloku inika imvume kuNkosazana Nomvula Sikakane ukuba ahlanganyele kucwango lokuqeqesha abantu besilisa mayelana nodlame oluqhubeka kubantu abanobudlelwano obuseduze phecelezi abathandanayo endaweni yase Oakford.

Siyazibophezela ukumsiza ngolwazi, ukumxhumanisa kanye nokumdlulisela okuzomsckela ukwenza umsebenzi wakhe endaweni yethu iOakford.

Uma kukhona imibuzo, sicela ukhululeke ukuxhumana no Mnumzane S. Magwaza kulenamba 0784408223.

Ozithobayo

**INDUNA / HEADMAN
UMSUNDUZE LOCATION
078 440 8223**

S. MAGWAZA (MNUMZANE)

Induna (Oakford).

APPENDIX 4: Questionnaire



Questionnaire

Section A

5 Participant Code

6 Age

7 Gender.....

8 Place of Origin.....

9 Occupation

Section B

10 Are you in an intimate relationship?

Yes		No	
-----	--	----	--

11 What do you think abuse is in an intimate relationship?

Physical		Psychological		Emotional		Sexual		None	
----------	--	---------------	--	-----------	--	--------	--	------	--

12 Are you in an abusive intimate relationship?

Yes		No		Maybe		I am not sure		Decline to answer	
-----	--	----	--	-------	--	---------------	--	-------------------	--

13 Have you ever been abusive in a relationship?

Yes		No		Maybe		I am not sure		Decline to answer	
-----	--	----	--	-------	--	---------------	--	-------------------	--

14 Which form of abuse if any, have you perpetrated in an intimate relationship?

Physical		Psychological		Emotional		Sexual		None	
----------	--	---------------	--	-----------	--	--------	--	------	--

15 Which form of abuse if any have you been a victim of in an intimate relationship?

Physical		Psychological		Emotional		Sexual		None	
----------	--	---------------	--	-----------	--	--------	--	------	--

16 Do you believe your girlfriend has the right to say no if you want to have sex?

Yes		No		Maybe		I am not sure		Decline to answer	
-----	--	----	--	-------	--	---------------	--	-------------------	--

17 Growing up, were you exposed to any form of violence?

Yes		No		Maybe		I am not sure		Decline to answer	
-----	--	----	--	-------	--	---------------	--	-------------------	--

18 If so, was it?

Physical		Psychological		Emotional		Sexual		None	
----------	--	---------------	--	-----------	--	--------	--	------	--

19 Growing up, did your parents fight in front of you and your siblings?

Yes		No		Maybe		I am not sure		Decline to answer	
-----	--	----	--	-------	--	---------------	--	-------------------	--

20 Do you think being violent in a relationship is a result of your experiences as a child?

Yes		No		Maybe		I am not sure		Decline to answer	
-----	--	----	--	-------	--	---------------	--	-------------------	--

Section C

Please complete the following questions by a relevant number. See below for the meaning of the numbers.

1 = Never

2 = Rarely

3 = Some times

4 = Most of the time

5 = All of the time

21 Do you drink Alcohol?

22 How often do you drink?

23 How does alcohol consumption impact your relationship?

24 Would you say your tendency to be violent increases with alcohol consumption?

25 How often do you become abusive to a sexual partner?

26 Have you ever forced a partner to have sex with you?

27 Have you ever beaten, pushed or shoved a sexual partner violently?

28 Have you ever threatened a sexual partner with a weapon?

29 Have you ever threatened a sexual partner verbally?

30 Do you think your culture promotes violence in intimate partner relationships?

31 If so, how? Elaborate

32 What do you think would promote non-violence in an intimate relationship? List your thoughts.

Uhlu Lwemibuzo

Ingxenye A

1. Inamba yobambe iqhaza.....
2. Iminyaka
3. Ubulili.....
4. Imvelaphi yakho.....
5. Usebenzaphi

Ingxenye B

6. Unaye umuntu onobudlelwano naye?

Yebo		Cha	
------	--	-----	--

7. Ngowakho umbono kuyini ukhlukunyezwa phakathi kwababili abanobudlelwano?

Okwenyama		Okomqondo		Okwemizwa		Okocansi		Akukho kuloku okubaliwe	
-----------	--	-----------	--	-----------	--	----------	--	-------------------------	--

8. Ingabe usebudlelwaneni obunokhlukumezeka?

Yebo		Cha		Mhlawumpe		Anginasiqiniseko		Anginayo impendulo	
------	--	-----	--	-----------	--	------------------	--	--------------------	--

9. Wake waba sebudlelwaneni obunokhlukumezeka ngaphambilini?

Yebo		Cha		Mhlawumpe		Anginasiqiniseko		Anginayo impendulo	
------	--	-----	--	-----------	--	------------------	--	--------------------	--

10. Iyiphi inhlobo yokhlukumezeka (uma ikhona) eyake yadalwa uwena ebudlelwaneni bakho?

Okwenyama		Okomqondo		Okwemizwa		Okocansi		Akukho kuloku okubaliwe	
-----------	--	-----------	--	-----------	--	----------	--	-------------------------	--

11. Iyiohi inhlobo yokhlukumezeka oseke waba isisulu sayo ebudlelwaneni bakho?

Okwenyama		Okomqondo		Okwemizwa		Okocansi		Akukho kuloku okubaliwe	
-----------	--	-----------	--	-----------	--	----------	--	-------------------------	--

12. Uyakholelwa ekutheni umuntu osebudlelwaneni naye akunqabele ucansi?

Yebo		Cha		Mhlawumpe		Anginasiqiniseko		Anginayo impendulo	
------	--	-----	--	-----------	--	------------------	--	--------------------	--

13. Ekukhuleni kwakho wake wabona umuntu ehlukunyezwa?

Yebo		Cha		Mhlawumpe		Anginasiqiniseko		Anginayo impendulo	
------	--	-----	--	-----------	--	------------------	--	--------------------	--

14. Uma kunjalo, ikuphi owakubona?

Okwenyama		Okomqondo		Okwemizwa		Okocansi		Akukho kuloku okubaliwe	
-----------	--	-----------	--	-----------	--	----------	--	-------------------------	--

15. Ekukhuleni abazali bakho bake baxabane noma balwe phambi kwakho nosisi nobhuti bakho?

Yebo		Cha		Mhlawumpe		Anginasiqiniseko		Anginayo impendulo	
------	--	-----	--	-----------	--	------------------	--	--------------------	--

16. Uma ucabanga owakubona usemncane kunawo umthelela ekutheni uhlukumeze umuntu onobudlelwano naye?

Yebo		Cha		Mhlawumpe		Anginasiqiniseko		Anginayo impendulo	
------	--	-----	--	-----------	--	------------------	--	--------------------	--

Ingxenye C

Ngicela ugcwalise lemibuzo elandelayo ngenombolo efaneleyo, buka ngezansi ukwazi ukuthi lezinombolo zichaza ukuthini.

- 1 = Akukaze
- 2 = Akuvamile
- 3 = Ngamanye amalanga
- 4 = Kuvamisile
- 5 = Zonke izikhathi

17. Uyabuphuza utshwala?

18. Uphuza kangakanani ngokuvamile?

19. Ukuphuza kwakho utshwala kubanawo umthelela kubudlelwano bakho?

20. Ungasho ukuthi uma uphuze utshwala liyanyuka izinga lodlame kuwe?

21. Ujwayele kangakanani ukumhlukumeza onobudlelwano naye?

22. Wake wamphoqa onobudlelwano naye ukuthi aye ocansini nawe?

23. Wake wamphusha ngokunesihluku lo onobudlelwano naye?

24. Wake wamsabisa ngesikhali onobudlelwano naye?

25. Wake wamsabisa ngamagama onobudlelwano naye?

26. Ngokucabanga kwakho isiko lwakho liyayiqhuba indaba yodlame

27. Uma kunjalo, kwenzeka kanjani, chaza?

28. Uma ucabanga, yini engenze ubudlelwano bungabi nodlame? Nikeza izimpendulo

APPENDIX 5: FGD Programme



Focus Group Discussion Programme

OPENING

Welcome

Introductions

Ice Breaker

Negotiate common sets of values

Agreement about confidentiality

Make sure that everyone is comfortable with being here

Purpose of group

Share what I will be using the information for:

- Informed consent and Letter of information
- Build intervention
- Better approach

THEMES OF DISCUSSION

- ❖ Understanding Violence in intimate partner relationships
- ❖ Culture and Violence
- ❖ Why do men become violent and how can they prevent violence in relationships?
- ❖ What can men do to support each other to become non violent
- ❖ Participants generated themes: Cheating, Disrespect, Lack of Communication

How do we move forward, what necessary skills are needed for men to be nonviolent? **(this and the whole process will help come up with material for a training workshop for men to be nonviolent partners).**

CLOSING

Brief summary

THANK YOU

REFRESHMENTS

APPENDIX 6: FGD Questions



FGD Questions

29. What do you think makes an intimate relationship?
30. Can you define abuse is in an intimate relationship and would you regard your current intimate relationship as abusive? If yes, why??
31. What conditions if any, do you justify being abusive in an intimate relationship?
32. Would you describe your parent(s) relationship as abusive, if so, how has it influenced your current relationship?
33. Do you have any role models in the community, if so, are they male or female and do you take relationship advice from them?
34. Do you think the Zulu culture promotes violence in intimate partner relationships and does that have an influence on your views of violence I intimate relationships? Please explain....
35. Women think that culture does promote violence like (mention the things that women have mentioned when responding to the question about culture and violence) what are your thoughts on that?
36. What do you think would promote a healthy, non abusive relationship and what skills do you need to avoid being abusive in a relationship?

FGD Imibuzo

1. Ngokucabanga kwakho buyini/bakhiwe yini ubudlelwano obuphakathi kwababili abathandanayo?
2. Kuyini ukuhlukunyezwa kubudlelwane bezithandani, ungasho ukuthi usebudlelwaneni obuniokuhlukumezeka, uma kunjalo, yindaba?
3. Yiziphi izimbangela ezivumela ukuthi nihlukumezane ebudlelwaneni benu?
4. Ubudlelwane babazali bakho babunako ukuhlelumezana, kungabe kunawo umthelela kubudlelwano onabo nothandana naye?
5. Unabo abantu abayisibonelo kuwe, buyini ubulili babo, uye ubuze kubona ngezindaba zobudlelwano phakathi kwababili abathandanayo?
6. Uma ucabanga isiko lamaZulu liyabubhebhethekisa ukuhlukunyezwa kwabesifazane? Leyo mithetho inawo umthelela ngendlela obona ngayo udlame kubudlelwano lwababili abathandanayo? chaza....
7. Iningi labesifazane bacanga ukuthi isiko liyayibhebhethekisa udlame kubudlelwane bababili bathandanayo?
8. Ngokucanga kwakho yini engenza ubudlelwane bungabi nodlame, yikuphi okungenza ukuthi ungabi nodlame kubudlelwane bakho?

