



Factors influencing male domestic violence victims' decision to seek help.

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2022 Laurea



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Bachelor of Social Services
Thesis
June 2022

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Year	2022	Number of pages	30
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This thesis aims to show what kind of factors affect the decisions of male victims of domestic violence to seek help. The results of this thesis could lead future research to develop new ways of approaching the topic and help the victims of domestic violence.

Poland and Finland were chosen as the subject countries in this thesis as the author I have knowledge about the culture and social structures of these countries. One of the chapters is fully dedicated to the Polish and Finnish laws about domestic violence and the help available for men victims. The analysis itself has a much broader view and doesn't concentrate only on these countries.

The theoretical framework supports the reader in getting to know the topic better and understand the theories connected to it. All used theories are crucial for understanding the analysis and its results. The definition of "man" is important as it refers to the group that I am talking about. The theories such as the Cycle of Abuse and Power and Control Wheel are crucial in order to recognize and understand the patterns and acts of abuse.

The methods of literature review and content analysis were used in this thesis. I decided to choose these techniques as she believes they were the most suitable for the topic.

By analyzing the results, I have been able to point out that men victims are afraid of judgment and find it hard to trust others which makes it for harder to reach for help. Masculinity and social values also play an important role in making the decisions to look for help, as do the values of the men themselves.

Keywords: domestic violence, men victim, intimate relationship

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1 Introduction

Domestic violence is an on-going, important, sensitive and a hard problem for different societies to solve. United Nations (no date) clearly states that no one should be a victim of violence, no one deserves to be abused and that the victim is not to be blamed of abuse occurring in their life. UN (no date) also mentions that victims of domestic violence are not alone and there exists help for them in these challenging circumstances. Regardless of the sex of a person, people should be treated individually and with respect (Constitution of Finland 1999. Chapter 2. Section 6).

Domestic violence within intimate relationships, regardless of gender, is something that is, in my own opinion, a huge and an important problem to be highlighted. In this thesis, however, I will concentrate on victims that are men. National Coalition Against Domestic Violence in USA states that 1 in 9 males is a victim of domestic violence in an intimate partner relationship and that 38.1 million males have experienced psychological aggression from their intimate partner (The National Intimate Partner and Sexual Violence Survey 2015).

The aim of this thesis is to present the factors that affect the decision to seek for help with regards to male victims of domestic abuse. In other words, to find out why men reach out for help or avoid it, and what leads them to their decisions. The results could be used in future research to find out what additional services could be provided for male victims and help them to receive and reach out for effective help. Those results could also be used to change the perspective of society on the matter and to better understand men as victims of domestic violence. In the future this might increase the number of male victims reaching out for help, which in turn has the possibility of effecting the well-being of the victim. The conclusions reached in the thesis could also make men more willing to share their story, and therefore help themselves and others.

This thesis will contain a chapter about help for male victims of domestic violence with regards to Poland and Finland. Both countries were chosen based on my background and current country of my residence. This decision was also affected by my knowledge of languages spoken in these countries as well as familiarity with the services and systems in these countries.

To make the group, the male victims, more visible, I have conducted a descriptive literature-based review with method analysis based on the books and articles that are available on the topic. These methods were chosen as the nature of the topic is sensitive and often an authorisation to access certain key information is required.

2 Theory Framework

This chapter will contain a theory connected to domestic violence and male victims to get a better view and understanding of the definitions while familiarizing the reader with the topic. This chapter will explain definitions such as domestic violence, types of violence and definition of a man or a male. It will also contain the definitions of the concepts known as the cycle of abuse, power and control wheel, as well as the battered husband syndrome.

2.1 Domestic Violence

Domestic violence is defined by the United Nations (no date) as a repetitive chain of behaviour to achieve or keep control over the victim. Intimate partner violence, often referred to as IPV, is also domestic violence. This type of abuse is done by one partner to another causing suffering to one of the partners in the relationship (Raghavan & Shuki 2013). Domestic violence can be physical, psychological, sexual or economic (United Nations no date). The most recognized forms of IPV are physical assaults, aggressive or controlling behaviours and sexual or psychological abuse (Min & Xianghao & Guang & Wenhao & Quingshan at all 2021). Violence may lead to dangerous mental and physical health detriments or even death (United Nations no date).

Domestic violence can affect anyone in any age or gender on different education and income levels. Domestic violence can happen within legalised partnerships, between people dating or habiting the same living space as well as with ex-partners (United Nations no date). Intimate relationship violence happens usually in private which makes it difficult to acknowledge by outsiders. Victims of domestic violence often do not want to share their experiences (Raghavan & Shuki 2013).

2.2 Types of domestic violence

Sexual violence

Sexual violence is a sexual activity without permission of the other forced activity. Anyone can experience sexual violence no matter their gender, age or sexual orientation. This type of violence is usually connected to other violence types. Victims of sexual violence often might feel embarrassed, ashamed or scared to reach out for help because of the threats from the

abuser. Consequences of sexual abuse might be physical like intimate part injuries or psychological such as depression or anxiety (CDC 2019).

Males can experience sexual violence by a female partner making fun of their abilities, privately or publicly. Another form of sexual violence experienced by men is physical harm done during a sexual act. Also, getting into another intimate relationship with a different partner or forcing an intimate act can be considered sexual violence (Cabalski 2017).

Economic violence

Economic violence is a behaviour or an act creating economic damage to a victim (EIGE 2016). This type of violence is common in intimate relationships, happens in private and commonly appears with other types of domestic violence.

This abuse limits and controls the freedom and financial dependency of the victim. The abuser uses this method to make the victim stay with them at any cost as the victim is not able to live independently without access to money. Financial abuse, which falls under economic violence, refers only to controlling the finances (SEA 2022).

Demolishing property of a victim and limiting access to money or education are considered economic violence (EIGE 2016). Male victims experience this form of abuse by getting all their money, or money that's supposed to be dedicated to their needs, taken away by their partner. Another form of this is when the abuser harms the career of the victim by preventing them from working or makes their performance at work worse (Cabalski 2017).

Physical abuse

Physical abuse is a type of violence that the abuser uses to show physical power and control over the victim. The amount of abuse usually increases with time and the acts of violence become more dangerous and might even lead to the death of the victim. This type of violence is more common with victims that are women and the abusers are men. However, there are also cases of male victims being physically abused. Victims of physical abuse often justify their abuser by referring to the temper of the perpetrator, or believe that the act won't repeat. Often the abusers themselves pretend that the act didn't happen and blame the victim, an outsider or substances for their actions (Kippert 2021). Some examples of acts of physical violence include kicking, hitting, grabbing, biting, hurting with items, pulling, damaging property or speeding with a car to scare the victim (United Nations no date).

Psychological/emotional abuse

Emotional abuse is a pattern of behaviour that is aimed to control the victim by making them feel scared, insulted or humiliated. Often this kind of abuse makes the victims blame themselves and believe the perpetrator. People experiencing emotional abuse might suffer from low confidence, nightmares and concentration difficulties, all in a short period of time. Long lasting emotional abuse causes anxiety, social resignation and insomnia. (Psychology Today 2022). Safe Lives (2004) states that psychological abuse is non-physical violent action aiming at hurting, weakening, manipulating and frightening a partner. Some of the examples include using hurtful words towards the partner, threats to hurt the children or do self-harm. Other examples include making the victim feel like they are emotionally unstable, or the use of gaslighting.

Gaslighting is psychological manipulation of the victim for a long period of time that makes the manipulated person confused and doubtful of their memories or even themselves. Gaslighting might lead to mental illness or instability for the victim. The goal of the gaslighting is to gain control and total dependency (Cabalski 2017). The manipulation can be so extreme that it can cause the victim mental illness or psychiatric need for help (APA 2021).

Digital violence

This type of violence is used to embarrass, scare, hurt and offend the victim by using phones, computers, video cameras and other electronic devices (Popadic & Kuzmanovic 2013). RIKU (2019) states that digital violence is harassment, stalking or controlling a person with the use of a technology. This abuse can also aim to keep the victim under control and limit their use of technology. Digital violence includes tracking a person by checking their online location, phone and private messages, deciding what the victim can post on social media and installing spying software on their phone or computer. Popadic and Kuzmanovic (2013) gives the following examples of digital violence: sending insulting or harassing messages or emails, harassment by phone or via social media and making or publishing hurtful or shameful videos (Popadic & Kuzmanovic 2013).

2.3 Cycle of abuse

An American psychologist Leneore E. Walker has developed the concept of cycle of abuse to explain the kind of chain of behavior appearing in victim-abuser relationships. The cycle starts with a building tension that evolves to a battering episode ending in remorse (Walker 2007). The cycle is very hard to stop, and the abuse pattern cannot be broken before reaching out for help. The longer the cycle of abuse continues the more often the abuse happens with increasing intensity (Newman & Newman 2008).

Walker's cycle of abuse was created in 1979 based on the female victim experiences with male abusers within intimate relationships. Cabalski (2017) states that the differences between gender roles in the society are starting to disappear. This could lead to further research studies on cycle of abuse applied also to male victims.

In the first phase of cycle of abuse the victim is walking on "eggs shells" experiencing first signs of domestic violence. To avoid a difficult situation the victim tries to act accordingly to the mood or behavior of the abuser. This phase doesn't last long as the victim is not able to control the situation which leads to learned helplessness (defined in subchapter 2.5). (Walker 2007). The victim is confused as love and gentleness are present, but they co-exist with episodes of verbal or physical aggression. Often the victim feels ashamed of the on-going situation (Sipe & Hall 2013).

In the second phase the victim is not able to control the abuser anymore. The abuser starts to be more violent, and it ends up with a battering episode. The victim might learn how to control the place where and when the actual act happens to avoid or minimize injuries (Walker 2007). This phase usually starts with verbal abuse that leads to physical violence. This episode lets out gathered tension and energy. It's possible that the abuser feels relief right after the act and tries to justify the abuse (Newman & Newman 2008).

In the third phase the abuser starts to feel guilty about the action. The abuser might be afraid of victim's confession to the police, or that the abuse gets shared with others (Newman & Newman 2008). According to Walker (2007) the abuser starts to be loving, friendly and sympathetic and may buy gifts for the victim, thinking that the act of violence will never repeat again (Walker 2007). This phase is also called the honeymoon phase and Figure 1 illustrates its place in the cycle in relation to the other phases mentioned in this chapter.

In this honeymoon phase the victim wants to believe the perpetrator. This action reminds the victim of good times in the relationship which makes it hard to escape the circle (Walker 2007). The victim might also feel ashamed and be afraid of the circumstances and often blames themselves for the abuse (Newman & Newman 2008).

In the cycle of abuse there is as well a cycle that the victim is going through alone. Since the victim might be afraid, humiliated, angry and confused, they start to look for the reasons that made the perpetrator commit the act and what made triggered the abuser. This is to avoid the abuse in the future. Afterwards the victim tries to do something about the situation but feels that there is nothing that can change. This leads to a feeling of helplessness followed by a feeling of shame and guilt. The victim starts to believe everything the abuser says, making the victim feel overpowered, weak and stupid (Newman & Newman 2008).

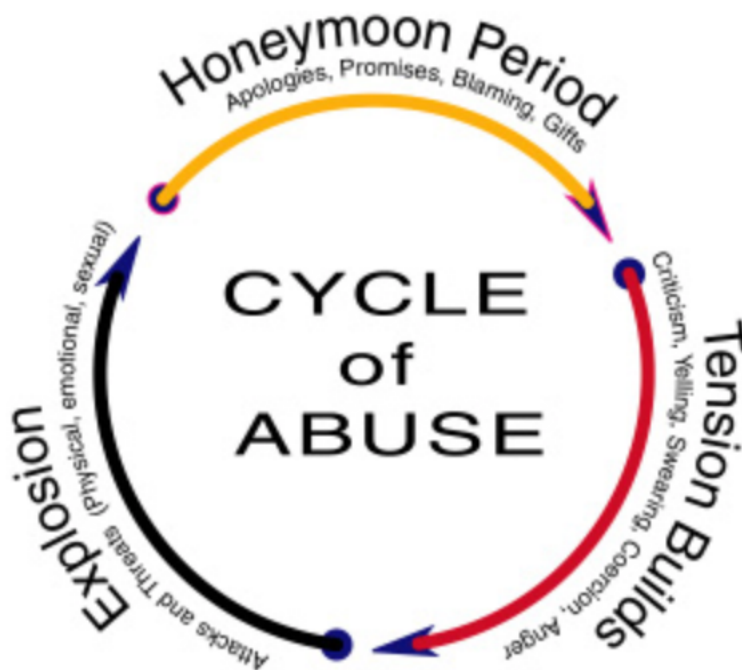


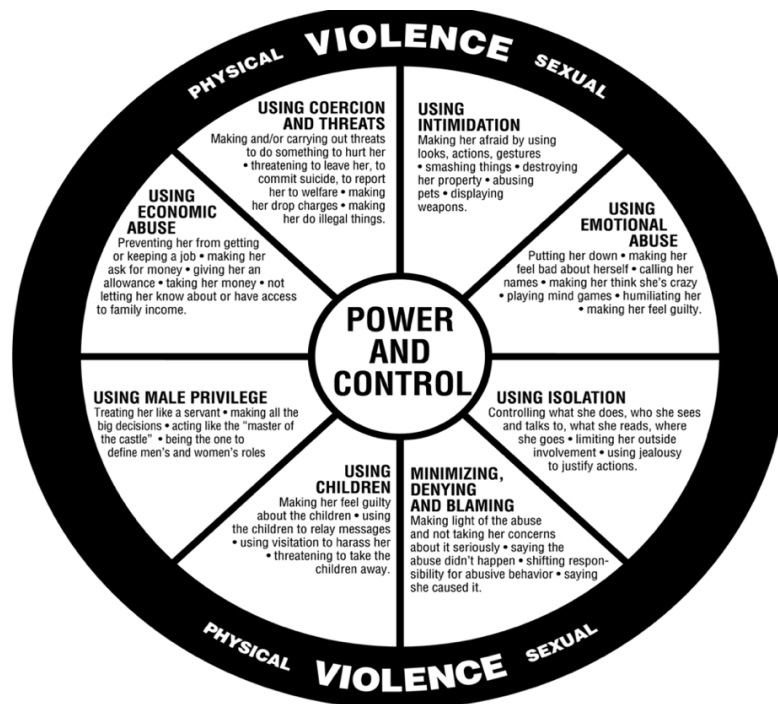
Figure 1 Cycle of abuse

The cycle of abuse is a very broad concept, and the abuse in the different phases of the cycle can occur in many different forms. Even though the cycle was originally referring only to women as victims, men can also experience domestic violence in the same ways such as physical, economical, sexual, psychological (Cabalski 2017) and digital violence (RIKU 2019). Cabalski (2017) states that violence caused by women is the same as violence caused by men because of a changing society.

2.4 Power and control wheel

Duluth Model was found in Minnesota, United States, by a minority that supported domestic violence victims. These days Duluth Model is an approach of a community working together to eliminate domestic violence. This approach takes away the blame from the victim and puts it on the perpetrator (DAIP 2016).

The Power and Control Wheel was created by the same community to show the victims of abuse the kinds of actions considered as abuse. This leads to a better understanding of the violence and situation that one is in. The UN (no date) states that the Power and Control Wheel is also a very helpful tool for understanding the abusers’ patterns since often many of the violence acts follow another act of violence. These acts of violence are not easily recognized as such but still create a pattern that the abusers use to control the victim. Gaining power and control over the victim allows the abuser to keep the victim in the relationship (NDVH no date). Acts of violence described in the Power and Control Wheel are not ordered but rather happen one after another with some overlap, creating the pattern of control (Kippert 2016).



DOMESTIC ABUSE INTERVENTION PROGRAMS
202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.theduluthmodel.org

Figure 2. Power and Control Wheel

DAIP (2016) presents that in the middle of the wheel there are the words “power” and “control” that were placed there as the main reason for the abuse. The words on the outer ring of the wheel (Figure 2) symbolize visible acts of violence, those that can leave marks and therefore are more easily recognized. The wheel is shared on eight even sized parts and each part symbolizes a different kind of abuse. The listed tactics or methods are intimidation, emotional abuse, isolation, denying and blaming, using children, using male privilege, economic abuse, correction and threats. Each of these has a more detailed explanation in the wheel (DAIP 2016).

2.5 Learned helplessness

The theory of learned helplessness is connected to the belief of an individual in their own ability to achieve goals. The theory indicates that mental illness and clinical depression might be caused by the recognition of lack of control over one’s situation (Seligman 1979). The theory was first used in connection with domestic violence in 1979 by a psychologist Lenore Walker within the framework of battered woman syndrome (Farmer & Tiefenthaler 1996). Learned helplessness creates the feeling of dullness and passivity which leads the victim deciding to stay with the abuser (Cabalski 2019).

2.6 Domestic abuse towards men

The book *Violence by Women* (literal translation by me, original name in Polish: *Przemoc stosowana przez kobiety*) of Cabalski (2017) states that females are more likely to use psychological violence towards men in intimate partner relationships. He claims that women have a better predisposition towards psychological violence as they may have better social competences than most men. Cabalski (2017) states that this is due to the evolution of the gender and they can hurt their victim psychologically which is usually harder to prove. Women, as well as men, abuse because of the need to control, which is often explained by the feeling of responsibility for their family. NCDV UK (no date) states that the most men (95%) who reach out to the organization are victims of emotional abuse.

The theory of Battered Husband Syndrome was published by Susan Steinmetz, declaring a pattern of behaviours that lead to gaining control over a partner (Cabalski 2017). The syndrome occurs when a male victim in an intimate relationship is abused by his partner. Dr. King, J. (no date) identifies the abuser as jealous, physically aggressive, controlling, using hurtful words or blaming the victim for everything that happens and isolating the victim from friends and family. This will likely result in a PTSD condition for male victims. Post-Traumatic Stress Disorder (PTSD) is a psychiatric condition caused by traumatic experience (Hines & Douglas 2011).

2.7 Women victims of domestic violence

Domestic violence can happen to anyone no matter their personality, characteristics, economic status, or origin. The victim can be anyone who is in a relationship with a person seeking power and control over their closest ones (Payne & Wermeling 2009). Avdibegovic and Brkic and Sinanovic (2017) state that the most common abuse from female victim's perspective is intimate violence: one in three women experienced sexual or physical abuse. Dutton (1993) mentions that not every woman will respond to domestic violence or experience it the same way. There doesn't exist a single profile for a female victim that could be used to classify all women victims.

Many men believe that there is nothing wrong with using physical violence towards their wife if the husband feels insecure about their position in the family. The same goes for the feeling of losing power based on the freedom or behavior of the victim. This model of thinking may have historic ties to the views and traditional attitudes that were present before, for example the roles and decision making in the family (Payne & Wermeling 2009).

Financial dependency on the abuser is one reason that stops female victims escaping from a violent relationship (Payne & Wermeling 2009). Lack of sufficient finances can be a problem as often victims become homeless and can't provide for the children. Economic violence prevents the victim from getting an education or skills required to become independent (Dutton 1993). Women that were financially depended on the perpetrator were less likely to seek help from official services unlike employed women. The latter group was more likely to reach out for help from these services and less likely to drop the case and investigations (Payne & Wermeling 2009). One risk factor of domestic violence towards females is a poor socio-economic position and the lack of support for the victim (Avdibegovic & Brkic & Sinanovic 2017). Females feel that police officers are not empathic while filing a report if the situation has already happened some time ago and the case wasn't handled until the end back when the incident happened. Women also bring up the problem with police not treating domestic violence as a serious crime (Payne & Wermeling 2009).

Emotional attachment is also a factor that makes it hard for women to end the abusive relationship. Some other factors making this harder are personal strength, optimism, values and beliefs (Dutton 1993).

Many female victims stay in an abusive relationship since they are afraid of a possible future revenge on themselves or their children by the abuser (Payne & Wermeling 2009). The abuse escalates when women decide to separate, they likely to be killed by abuser when they are living far away from the perpetrator (Dutton 1993). When a female victim decides to leave the violent relationship, it's usually for the following reasons: The victim feels that her life is in

danger, there's a risk of a serious physical injury (Payne & Wermeling 2009), or that she feels that it's necessary to protect her children from experiencing or witnessing abuse (Dutton 1993).

Before reporting violence, many women try to solve the problem with the abuser by talking, avoiding making the abuser angry, fighting back or deciding to learn to live with the abuse. This could lead to the suicide of the victim or the homicide of the abuser (Payne & Wermeling 2009). Domestic violence can cause psychological and psychiatric problems (Payne & Wermeling 2009) like PTSD (Dutton 1993) and self-harm or aggression towards the abuser (Avdibegovic & Brkic & Sinanovic 2017) for female victims.

2.8 The definition of "man"

For the purpose of this thesis, the word "man" needs to be defined as it's crucial for the context of the thesis. Cambridge Dictionary (no date) defines a man as an "adult male human being". Male is an "individual of the sex that is typically capable of producing small, usually motile gametes..." (Merriam Webster no date).

A man is usually defined based on the gender at birth. A cisgender man is a person that was born a male and defined such by a doctor at birth. This person also sees himself as a male (Zambon 2021). However, a person's gender can vary depending on the connection between identity, body and social gender (Gender Spectrum 2019).

Masculinity is a term connected to roles, behaviors, and association applicable to men in a civilization. It is not defined biologically but rather it is a historical, cultural, and political definition. Masculinity is an expectation of society to act in a certain way and fulfil the criteria of specific actions that are considered standard for males (NDI no date). Some of the masculinity gender norms are: not showing emotions, protecting themselves and others. Not meeting these norms can result in stress or negative assessment (O'Dea & Jardin & Saucier 2022).

In this thesis, when I refer to men, they're individuals in heterosexual relationships. This is because the research analysis is based on books and articles where the perpetrator is a female.

3 Help for male victims of domestic violence

In this chapter I will present some available organizations and services in Finland and Poland, and describe the laws on domestic violence in these countries. The countries were chosen based on my knowledge about their culture, systems and services. The services that I decided to refer to, fight against male abuse and help its victims to heal and get back to a normal life. Some of the organizations also help the families of the victims. There are services only for men but also those that aim to help every gender.

3.1 Finland

Migri (2021) states that by the Finnish law domestic violence is a criminal act. Domestic violence such as physical, sexual, financial or mental violence can be taken to court even if the act has happened in private or the victim is against a criminal investigation. In Finland everyone has the right to decide about their own body and any form of sexual behavior or speech against a person's will is a crime. Rape in a marriage is considered a crime as well.

Finland offers help for all victims of domestic violence, no matter the gender, in a safe house that provides short term shelter, food and guidance (THL 2021). Help lines, such as NollaLinja, that a victim of violence can contact via phone or chat, exists to give guidance to domestic violence related problems (NollaLinja 2021). All the services are free of charge (THL 2021).

In Finland one of the organizations that offer help for males is Miessakit ry. The association is there to support men mentally, socially and psychologically. It promotes nonviolent family life and support men's point of view in different matters. Within the organization there are groups such as Miesryhmätoiminta support group for men, Lyömätön Linja that does preventive abuse related work, Isyyden Tueksi supports the fathers and Erosta Elossa specializes in support of men during the divorce process (Miessakit ry. No date).

3.2 Poland

The Polish law states that everyone who is abusing another person physically or mentally is committing a crime. The abuser also commits a crime when the victim takes their own life. The same goes for sexual violence such as sexual harassment, forcing a sexual act and uploading naked pictures of a person or uploading material of a sexual act without permission of a person (FDDS 2021).

In Poland help for a victim of domestic violence, of any gender, is offered by a help line called Niebieska Linia. The Line offers psychological help as well as legal assistance (Niebieska Linia 2022). Another place is Centrum Pomocy Kryzysowej that is a service for domestic violence victims, providing psychological and medical help. They provide support groups, emergency intervention in the home of a victim or a stay in a shelter. Shelters do not provide any food or financial help (Warszawski Ośrodek Interwencji Kryzysowej 2019).

An organization called Fundacja Fortior (no date) offers help for men in many different life situations. This organization has many projects concentrating on support for men. It specializes in supportive work for victims of domestic violence and their families. The organization also helps male victims of sexual violence. It offers services of psychologists, lawyers and doctors (Fundacja Fortior 2018).

4 Research Methodology

This chapter contains the research question that is followed by an explanation on why the literature review was chosen as the method. Data collection and content analysis are explained right after the literature review. The chapter ends with reliability and ethical considerations.

4.1 Research question

The research question answered in the thesis is:

What are the factors that influence male victims of domestic violence to make the decision to seek help?

4.2 Literature review

Literature review is an organized and planned study of a topic. It analyses and rates possible articles, books and theories on the topic. In literature review it is important that the author has an understanding on the topic and can compare and criticize collected material. Literature review specifies what more could be done with the issue that the author has chosen to concentrate on (Efron & Ravid 2018).

The three types of literature review are narrative or integrative, meta-analysis and systematic review (Synder 2019). The systematic review is based on a clearly developed question. It recognizes suitable studies, inform about their quality, and sums up collected material by using

a clear method. (Khan & Kunz & Klejinen & Antes 2003) Meta- analysis review is a quantitative analysis for more than two source researches. The findings can be connected, based on which results can be achieved. Narrative literature review is used to obtain a wide range of information on a topic. It starts with a clear question that needs to be answered as a result of a discussion (Lab Libraries 2022).

Olivier (2012) states that literature review is a solid base of every new research. He describes it as one of the most important parts of academic writing. To write a good literature review there is a need for a lot of different skills such as analytical thinking, the ability of precise information exploration, and integrating all the text together. Synder (2019) mentions that literature review is a systematic method of gathering earlier research while combining it together.

Writing a literature review requires lots of time and effort to find useful information and literature. After choosing all suitable writings, the texts need to be categorized. After that the irrelevant parts are cut out and an analysis of what is left is made. This process produces new information from information that already exists (Olivier 2012). Synder (2019) states that literature review can answer the research question based on a set of collected previous research, which makes it one of the most powerful study methods.

Olivier (2012) also mentions the benefit of reviewing literature from different countries. Being able to use more than one language source opens more possibilities to find information that can affect future studies and makes the information available for people from another countries. Olivier states that many books are translated into other languages, but the same doesn't usually apply for articles.

I have chosen narrative literature review as the thesis method since she believes that it fits the chosen topic and my abilities, such as conducting research in multiple languages. The aim of this literature review was to gather all the relevant and publicly accessible information on male victims of domestic violence into this thesis. This way the information would be easily accessible in one place for organizations and society to get another view on the abuse towards men.

4.3 Inclusion and exclusion criteria

I have begun the data search by setting an inclusion and exclusion criteria for the literature that she planned to use. The criteria consist of date, language, type of document, content and availability. The inclusion criteria consist of information from 2010 to 2022, in English or Polish, being academic literature and relevant to the research question with the full text available.

Excluded information has a date older than 2010, the language is not English or Polish, is non-academic literature, is not relevant to the research question and isn't fully available. For a side by side comparison of the above mentioned criteria, I have provided a table (Table 1.) below.

INCLUSION CRITERIA	EXCLUSION CRITERIA
Published between 2010-2022	Published before 2010
In English or Polish	In any other language than English or Polish
Academic literature	Non-academic literature
Relevant to the research question	Not relevant to the research question
Full text available	Full text not available

Table 1. Inclusion and Exclusion Criteria

The research criteria were chosen based on the knowledge of languages, up to date information and the perceived reliability of the sources. The search criteria were used while searching for academic literature and the sources only contain material that fits the inclusion criteria.

4.4 Data collection

The data was collected from online platforms such as Legimi (A Polish e-book service), Google Scholar and the Laurea Libguide (the section for Social Services). The Laurea Libguide provided access to multiple search engines which were used: EBSCOhost combined search, ProQuest Central, Science Direct (Elsevier) and Sage Premier.

The search started by choosing the inclusion and exclusion criteria. The search terms include for example "men domestic violence" and "male victim domestic violence". The exact search that includes these examples and some other relevant keywords, as well as the amount of results in different search engines can be seen in Table 2. To avoid repetition in the table, the search is presented on the first row.

Search terms: "domestic violence" AND (man OR men OR male OR masculinity OR "men victim" OR "male victim" OR "man victim")			
Search Platform	Amount of Results	Read	Chosen
Google Scholar	1 050 000	5	0
EBSCOhost combined search	11 703	6	2
ProQuest Central	703 672	11	0
Science Direct (Elsevier)	13 901	2	0
Sage Premier	17 500	5	1
Legimi	*34	2	2

Table 2. Search Process

* For Legimi, that doesn't provide advanced search methods with operators such as AND and OR, the search was conducted manually using the Polish words that correspond to the English ones. Legimi only supports searching by the title and that is why the number of results is low.

The above table (Table 2) also shows how many of the results were read and later chosen for the analysis. From these I decided to choose five sources for the thesis: two of them from Legimi, one from Sage Premier and two from EBSCOhost. The chosen articles are explained in more detail in Table 3.

Legimi	<p>Without Me You're No One. Abuse in Polish Homes by Jacek Hołub (2021)</p> <p>Original title: Beze mnie jesteś nikiem. Przemoc w polskich domach.</p>	<p>A book about abuse in Polish homes. 20</p> <p>Motivated by high statistic on domestic violence in Poland. Hołub describes interviews with victims of abuse, therapists, organizations and police.</p>
	<p>Violence by Women by Marian Cabalski (2017)</p> <p>Original title: Przemoc stosowana przez kobiety</p>	<p>A book about male victims, women abusers and their motives. Cabalski touches on studies from different countries and analyses the topic from the abuser's perspective. Arguments are given to support the idea of a victim equally, whether a male or a female.</p>
Sage Premier	<p>"I have guys call me and say, 'I can't be the victim of domestic abuse'" Exploring the experiences of telephone support providers for male victims of domestic violence and abuse. Hine, B. Bates, A. Wallace, S. (2020)</p>	<p>A research article about men victims of domestic violence and their experiences of abuse. The authors of the article mention consequences that victims might face by experiencing a violent intimate relationship, including information about female abusers and violent partners in the LGBT+ community.</p>
EBSCOhost	<p>Male victims of female-perpetrated intimate partner violence, help-seeking, and reporting behaviors: A qualitative study. Walker, A. (2020)</p>	<p>The author of this article concentrates on the type of abuse that male victims experience from female abusers, the consequences men experience trying to leave the relationship, and the process of seeking help.</p>
	<p>"No One Would Ever Believe Me": An Exploration of the Impact of Intimate Partner Violence Victimization on Men by Bates A. (2020)</p>	<p>In this article the author concentrates on intimate partner violence where victims are men, their experiences on IPV as well as the consequences.</p>

Table 3. Chosen Literature

4.5 Content analysis method

Content analysis method, also called communication research, (Prasad 2008) was primarily used in the fields of social and behavioural sciences (Neuendorf 2017). This method is used to analyse content in many ways such as using books, videos or articles to understand information properly. Content analysis is a study on what has been said or written. Content is the idea and analysis is the meaning (Jordan & Kunkel & Manganello & Fishbein 2008).

Content analysis is supposed to deliver clarity on the study. It is an adjustable method of analysing information that has three different approaches: direct, conventional and summative. The researcher can choose a suitable approach based on the problem (Hsieh & Shannon 2005).

Parsad (2008) states that the content analysis method is an observation method based on the communication that has already been researched, instead of creating new questions to answer. This makes the research method unobtrusive and passive, making it a suitable method to be used to research sensitive topics.

The first step in conducting content analysis should be creating a research question. When the question is defined, all necessary information on the topic, within set boundaries, should be gathered. Then the collected information needs to be divided into categories. This will lead to choosing the most accurate and reliable literature. The final stage of the process is conducting the content analysis (Prasad 2008).

I followed the process mentioned above. It begun by setting the question: “What are the factors that influence male victims of domestic violence to make the decision to seek help?”.

In the next stage the process of collecting information started, as described in the previous subchapter (4.4). The results were categorized based on the titles from which suitable literature was chosen and read for this thesis. After that I have conducted the content analysis in which the chosen articles and books were divided into parts. Then the crucial information was extracted and analysed.

I believe this method is the most suitable for this topic as it clearly shows many of the facts and opinions of the professionals. Another very important reason for choosing this method is the sensitivity of the topic. By using the content analysis method the victims of domestic violence don't need to participate in any interviews in order to their voice to be heard. This way additional stress caused by painful memories can be minimized.

4.6 Reliability and ethical consideration

The Finnish Advisory Board on Research Integrity, TENK (2012), has created the PCR (responsible conduct research) guidelines to conduct appropriate, honest and beneficial research.

Research ethic is a concept that considers all assessment and angles in research. TENK (2012) states that research integrity is an honest and reliable way of conducting research.

The researcher should avoid research misconduct: fabrication, plagiarism, misinterpretation and misappropriation (TENK 2012).

Holland (2018) states that unethical research can also include duplicate publication by the author and publishing multiple researches for the same study.

In order to research ethically, the author needs to present accurate research and results, and the data collection and publication needs to be ethical and responsible. The work of other researchers needs to be respected by giving them credit and citing in an appropriate way (TENK 2012).

All gathered information used in this thesis has sources in academic articles, books and official pages of the organizations because of the importance of the topic and reliability of the information. All the articles were accessed free of charge on the student platform of Laurea LibGuide and the e-books were available after subscribing to an online application called Legimi. None of the information was plagiarised. Details for finding information is documented to show clarity and honesty of the process.

In this literature review no interviews or surveys were conducted. The choice of not reaching out to victims of domestic violence was done based on the sensitivity of the topic, and also since the needed information in existing articles and studies were accessible.

5 Results

In this chapter I will analyse the five different chosen materials and answers the research question.

Intimate partner violence is committed by both, men and women, despite the society still generally seeing a male abuser and a female victim (Cabalski 2017; Walker 2020). Domestic violence and abuse are considered as acts of gaining power and control over the victim. Based on social norms and values (Hine & Bates & Wallace 2020) the idea of IPV by male abusers is more common than a situation with a female perpetrator which is considered not as serious

and rarely occurring (Bates 2020; Walker 2020). Still, the concept of a female abuser and a male victim is already a part of society and will become more common (Cabalski 2017).

Male victims of female abusers find it hard to talk about their experiences and to identify themselves as victims of domestic violence (Cabalski 2017; Walker 2020) as they feel ashamed and embarrassed (Walker 2020; Bates 2020). Many of the men do not search for help as they don't realize that they are victims of violence (Walker 2020; Hine et al. 2020). Men are more likely to describe the occurred events than the emotional influence (Walker 2020).

Masculinity has a huge impact on men's perspective of violence, as violence is not perceived feminine but rather as power, dominance and control (Walker 2020). Men see themselves as weak when they perceive themselves as victims of abuse (Hine et al. 2020) as the situation is opposite to their and society's views (Bates 2020).

A male filing a case of domestic violence is concentrated more on their opposition and strength than victimization (Walker 2020). A man experiencing violence becomes helpless (Hołub 2021).

Most men experience emotional violence (Cabalski 2017; Walker, A. 2020) together with physical violence (Walker 2020). They report difficulty of accepting the psychological violence as it affects their sense of masculinity and beliefs with regards to family values (Cabalski 2017).

Seeking help might be postponed because of the assumptions and stereotypes of the masculinity of men and the innocence of women. Both males and females perceive male-on-female abuse more serious (Walker 2020; Hine et al. 2020).

Another factor of men not reporting a case is lack of trust in police services because of stereotypes and lack of belief by the police (Walker 2020). Men victims reported that many available services perceive them as the abusers, (Walker 2020; Bates 2020) mistreat them (Hine et al. 2020; Bates 2020) and don't trust them (Hołub 2021 Hine et al. 2020) (Bates 2020). Victims also reported lack of belief or ignorant approach to the issue by their family and closest friends (Walker 2020; Bates 2020).

Many female abusers threaten the male victim of reporting them as the abusers to police or services (Walker 2020; Bates 2020; Hołub 2021; Cabalski 2017). This tactic is commonly used since the society and services are likely to believe that the victim is the woman (Walker 2020; Bates 2020). This way they manage to manipulate the services for their advantage (Hine, et al. 2020) as men believe these services are more helpful towards women (Cabalski 2017).

Male victims have reported experiencing physical violence such as physical assault, (Walker 2020; Cabalski 2017) biting, kicking, scratching (Hołub 2021; Hine et al. 2020) (Cabalski 2017) and punching (Bates 2020). Sexual violence like sexual assault, (Walker 2020; Cabalski 2017) forced penetration (Hine et al. 2020; Hołub 2021) and sexual aggression (Hine et al. 2020).

Others reported abuse such as controlling behavior, manipulation, (Walker 2020; Bates 2020) domination, verbal abuse (Walker 2020), screaming, shouting, yelling (Holub 2021; Hine et al. 2020), isolating from friends (Holub 2021) or using children against them (Walker 2020; Hine, et al. 2020). Female abusers also often use the method of gaslighting. (Hine et al. 2020; Cabalski 2017; Bates 2020).

Some male victims didn't report the violence case as they wanted to protect their partner (Walker 2020; Bates 2020), had an emotional connection to the partner (Cabalski 2017) or their children (Hine et al. 2020), were committed to their marriage, or because of the gender roles (Walker 2020) they were taught home (Cabalski 2017).

Abused men can face the problem of worsening the relations with their children and losing parental authority (Hine et al. 2020; Bates 2020; Cabalski 2017).

The consequences for male victims from abusive relationships can show in heavy drinking (Hine et al. 2020), developing a Post-Traumatic Stress Disorder (Hine et al. 2020; Bates 2020), suicidal thoughts (Bates 2020) and mental health problems, which are same consequences that women victims face (Bates 2020; Hine et al. 2020). Another consequence is the inability to trust another person which makes it difficult to build a successful relationship in the future (Hine et al. 2020 & Bates 2020).

Male victims are likely to develop learned helplessness which is revealed in sudden and strong objection of the abuse but ending with a feeling of helplessness and learning to live and accept the circumstances. (Cabalski 2017).

6 Discussion

This chapter contains the conclusion of the thesis and touches the personal reflection on the topic. The thesis ends with a further research idea that was born during and after the process of writing.

6.1 Conclusions

This thesis shows that the factors that influence male victims of domestic violence to seek help differ slightly from the factors of female victims.

Female victims are more likely to stay in an abusive relationship because of a lack of financial independency or economic violence such as blocking the possibility to work. Male victims are more likely to stay in a violent relationship because of the stereotypes of the society and the

feeling of embarrassment, especially when experiencing emotional abuse. Emotional abuse is most commonly experienced by male victims, during which men do not feel masculine enough.

Violence where the victim is a female and the abuser a male is more likely to be reported which is an advantage for a woman abuser to use and intimidate the victim by reporting false accusations.

It happens that men victims don't recognize or want to recognize the violent behavior of their loved one due to the willingness to protect or the masculinity stereotypes. Often, men are afraid of losing contact with their children when separating with the abuser which makes them stay in a violent relationship.

To sum up, the most common factors for men victims not reaching out for help are the perceived stereotypes of the role of a man, masculinity and the lack of belief and support.

6.2 Personal reflections

During the process the I have learned that it's worthwhile to pick a topic on which information are not so easily available or there are not many studies about the topic. This taught me how important it is to conduct further research on the male victims of domestic violence. Behind the statistics and text there is the life and circumstances of real people. There are people who struggle and desperately need help but for many different reasons described above decide not to reach out. Conducting more research on the topic might lead the male victims becoming braver and more sure that there's help available for them, enable them to seek help and speak up more often.

6.3 Further research

An idea for further research would be a study based on the deciding factors that this thesis has brought up. This could lead to research on what could be done to influence male victims' decisions or how to help them to reach for help more often. New research could lead to not only changing the mindset of society and rules of organizations but also to the general feeling that there is help and support available for male victims of domestic violence. Another idea is research on developing new organizations and services for male victims.

When it comes to male victims of domestic violence, there still aren't many organizations, books or guides on how to deal with it, compared to the female victims. Improving this could make the position of men victims stronger and more believable.

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