

UNIVERSITY OF EDUCATION, WINNEBA

**EXPLORING STRATEGIES USED BY ABUSERS IN INTIMATE
PARTNER VIOLENCE AMONG MARRIED INDIVIDUALS IN
OKAIKWEI NORTH MUNICIPALITY**



MICHAEL KOFI OFORI

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MICHAEL KOFI OFORI
202137198



**A thesis in the Department of Counselling Psychology,
Faculty of Educational Studies submitted to the School of
Graduate Studies, in partial fulfilment
of the requirements for the award of the degree of
Master of philosophy
(Counselling Psychology)
in the University of Education, Winneba**

SEPTEMBER, 2022

DECLARATION

Student's Declaration

I, Michael K. Ofori declare that this thesis, with the exception of quotations and references contained in published works which have all been identified and duly acknowledged, is entirely my own original work, and it has not been submitted, either in part or whole, for another degree elsewhere.

Signature:

Date:

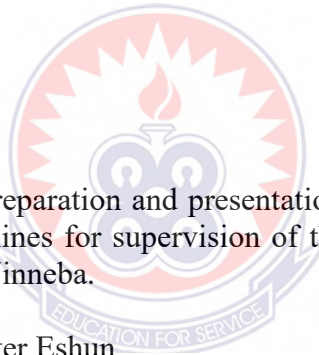
Supervisor's Declaration

I hereby declare that the preparation and presentation of this work was supervised in accordance with the guidelines for supervision of thesis project as laid down by the University of Education, Winneba.

Supervisor's name: Dr. Peter Eshun

Signature :.....

Date:



DEDICATION

This desertification is dedicated to my younger sister Abigail Nyarko of Abeka Lapaz – Accra, whose experiences in Intimate Partner Violence relationship has motivated me to explore further in this area.



ACKNOWLEDGEMENT

I owe it a duty to express my profound gratitude first and foremost to Mrs. Cynthia Aboni, a Municipal Education Director, Okaikwei-North Municipal Education Office, Tesano, whose encouragement and support has motivated me to produce this desertification.

Again, I render my sincere thanks to Mrs. Grace Benson, Head of Department of Social welfare, Okaikwei-North Municipal Assembly, whose contribution was not only to provide names, age, occupation and contact numbers of complainants (victims) but also revealed data records of victims reported cases from 2019 to 2021 as evidence to support the clarity of the extent to which IPV is prevalence within the research site of Okaikwei-North Municipal community and this has contributed to the success of this piece of project work. Madam Grace I would say thank you and I am forever grateful.

I would be ungrateful if I failed to mention Dr. Peter Eshun, my supervisor and also a Lecturer at Department of Counselling Psychology, University of Education, Winneba, who took much of his precious time and not only in guiding me but also reading through the script as well as giving me many suggestions.

Finally, it behoves on me to express a very special gratitude to all those who in their diverse ways helped me but their names could not be mentioned, whose enormous efforts have contributed immensely to the success of this production. I am forever grateful.

TABLE OF CONTENTS

Contents	Page
DECLARATION	iii
DEDICATION	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	ix
ABSTRACT	x
CHAPTER ONE: INTRODUCTION	1
1.1 Background to the Study	1
1.2 Theoretical framework	7
1.3 Statement of the Problem	9
1.4 Purpose of the Study	11
1.5 Objectives of the study	11
1.6 Research Questions	11
1.7 Significance of the Study	11
1.8 Delimitations	12
1.9 Definition of Terms	13
1.10 Organization of the Study	14
CHAPTER TWO: LITERATURE REVIEW	15
2.0 Introduction	15
2.1 The Concept of Violence	15
2.2 The Concept of Domestic Violence	17

2.3	The Concept of Intimate Partner Violence (IPV)	19
2.4	Types of Strategies Use by Abusers	22
2.5	Summary of Literature Review	41
CHAPTER THREE: METHODOLOGY		42
3.0	Introduction	42
3.1	Research Paradigm	42
3.2	Research Approach	43
3.3	Research Design	44
3.4	Population of the Study	45
3.5	Researcher's Role	46
3.6	Sample and Sampling Procedures	48
3.7	Data Collection Instruments	49
3.8	Data Collection Procedures	50
3.9	Data Analysis Procedures	53
3.10	Summary of the Themes and sub -Themes	54
3.11	Ethical Considerations.	55
3.12	Methods for Verification, Trustworthiness	57
CHAPTER FOUR: DATA PRESENTATION, ANALYSIS AND		
DISCUSSION OF FINDINGS		59
4.0	Introduction	59
4.1	Demographic Characteristics of Participants	59
4.2	Analysis of the Research Questions	61
4.3	Discussions of the main findings	76

CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS	109
5.0 Introduction	109
5.1 Summary of the Key Findings of the Study	109
5.2 Implications for Counselling	113
5.3 Conclusion	115
5.4 Recommendations	115
5.5 Suggestions for Future Research	116
REFERENCES	117
APPENDIX	124



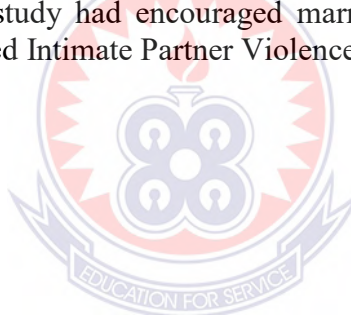
LIST OF TABLES

Table	Page
4.1: Age Distribution of Respondents	59
4.2: Distribution of religion of Respondents	60
4.3: Educational Level Distribution of respondent	60
4.4: Occupational Status Distribution of Respondents	60



ABSTRACT

This study was to explore strategies used by abusers in intimate partner violence among married individuals in Okaikwei North Municipality. The focus was to explore the experiences of strategies of abuse in three different forms (Physical strategies, psychological strategies and Economic strategies) from participants of married individuals in Okaikwei North Municipal Community in the Greater Accra Region of Ghana. Data was collected using a purposeful sampling technique and interview guide as data collecting tool, designed by the researcher to gather information or data from a maximum of 12 participants of men and women married individuals. The study findings indicated that, women participants experienced physical abuse in the form of spousal beating and force sex and physical strategies used include: man abusers use physical body contact to restrict, isolate, threat and force to have sex with the wife. Both married men and women were psychologically worried, disturbed, insomnia, humiliated, cheated, irritated, and upsets and psychological strategies used were denying sex, verbal insults, controlling behaviours and Public humiliations. Also, married men and women abusers denied their responsibilities in economic abuse and economic strategies used were; men abusers becoming stingy, and they had notion that their wives are working to earn income. Whilst women abusers intentionally come home late and also demanded money from husband before allowing sex. These results, are discussed in relation to the previous findings, theories and in reference to Ghanaian context. The study had encouraged married individuals to become more responsible and to reduced Intimate Partner Violence (IPV).



CHAPTER ONE

INTRODUCTION

1.1 Background to the Study

Abuse is a pattern of behavior typically used to exert control over another person. Intimate Partner Violence (IPV) is a form of abuse between two people in a relationship together such as dating partners, married individuals or spouses. IPV can occur in relationships regardless of race, culture, age, sexual orientation, physical ability, or economic status.

The Centers for Disease Control and Prevention (CDP) estimated in 2014 that, based on the number of reported incidents, IPV affects 20 people each minute in the United States, or about 12 million people each year. Also, statistics on IPV revealed that, 1 in 4 adult women and 1 in 7 adult men in United States have experienced intimate partner violence. Comparable data from sub-Saharan Africa suggest that partner violence may be more widespread in this region, with a range of 36% to 71% (Garcia-Moreno et al., 2006).

Also, in Ghana, Domestic Violence and Victim Support Unit (DOVVSU) Ghana, DOVVSU official statistics in 2012 reported 12,906 cases of various forms of abuse. These include: physical assault, sexual assault and murder inflicted by intimate partner. Also, IPV is prevalence in the Okaikwei North Municipality of Greater Accra region of Ghana. It is noted that a total of 253 IPV cases in the first six months of 2021 recorded (DOVVSU, 2021).

The researcher noticed this from the counselling sessions and church marital week celebrations held annually within the Okaikwei North Municipality. In view of this, the study intends to explore the strategies use by abusers in Intimate

partner violence (IPV) which is one area that many research has not covered in Okaikwei North Municipality. Though, statistics on IPV allows us to better interpret these experiences. There is therefore a need to make in-depth qualitative studies in order to contribute to these experiences or phenomena.

The World Health Organization (2013) defines Intimate partner violence (IPV) as any behavior within an intimate relationship by an intimate partner that causes physical, psychological, or sexual harm to those in the relationship. Other studies have also confirmed this definition and added economic and stalking abuses as five multi-faceted methods of violence and abuse that perpetrators utilize to achieve, maintain and regain control of their intimate partners (Dutton & Goodman, et al. 2005). These abusers often use coercion or terroristic threats, coupled with any of the five methods of abuse mentioned above (Slep et al, 2016). In addition, Ghana's domestic violence Act (732) 2007 identifies definition of IPV which includes various forms of abuse, and criminalizes various acts of physical, sexual, economic and psychological abuse, as well as intimidation and harassment in domestic relations like Intimate partner violence (IPV).

Therefore, two definitions of the term violence in intimate relationships which has been adopted in this study are: the violence definition proposed by Krug et al (2002), defines violence as the characteristics, nature and strategies used for the violent acts such as physical, sexual, psychological, economic and other related acts, and Winstok (2007) also defines violence as a forceful tactics abusers use as strategies intentionally anytime anywhere against a partner in an intimate relationship to cause physical or psychological harm to the other in the attempt to control a situation. Therefore, this current study intends to explore how these tactics as strategies by abusers in IPV

relationship among married individuals. According to Winstok (2007), this tactic is part of the man's perception of a given situation and of his attempt to control it. The tactic is motivated by the man's need to prevent, balance, control or gain something in his power. Again, this tactic consists of at least one action of a physical, aural, or visual orientation employed by the abuser to (intentionally) harm the victim. Consequently, using these tactics can cause the abusers at least one form of harm of a physical, social, or economic nature, including harming victim's self-esteem or social image in the short or long term (Winstok, 2007, p. 357).

From Winstok's definition, there are different forms of IPV that partner can use various strategies to manipulate and control and these include: Physical abuse, psychological abuse, economic abuse, emotional abuse and sexual abuse. In order to explore different strategies of abuse, this present study adopts the first three forms of abuse mentioned above. Hence the strategy here is operationally defined in this study as the tactics abusers use or employ in intimate partner violence relationship. Therefore, according to Winstok (2007) abusers' physical strategy used in abuse, refers to the tactics that involve physical force to inflict pain, injury on a victim. Examples of physical violence might include beating, slapping, kicking, pushing, or using a gun, knife, or other weapons. In the context of IPV, sexual violence refers to forcing a partner, who did not want it, to have sexual intercourse, or do any sexual act that they found degrading or humiliating; harming them during sex (WHO, 2013). Existing research suggests that physical IPV is often accompanied by sexual abuse and emotional abuse. For example, in the WHO multi-country study of women victims who reported experiencing physical or sexual IPV had experienced both Garcia-Moreno et al (2005). Besides, a survey of male college students in Ethiopia found male victims reported physically abusing an intimate partner also reported

perpetrating acts of sexual violence Philpart et al (2009). Physical abuse therefore co-exists with sexual violence, including forced sexual intercourse and other forms of sexual coercion.

On the other hand, strategies use in psychological abuse are noted as the tactics employed by abusers who use verbal and non-verbal behaviors to cause the victim a feeling of worthlessness, guilt, shame, or embarrassment. Some examples of psychological abuse in IPV relationships include verbal abuse, name-calling, blackmailing, saying or doing things to make a person feel embarrassed, threats to beat a partner, partner restricting another from access to friends and family, and restricting independence and access to information, education, or health services (WHO, 2013), and also involving controlling behaviours, including isolating a person from family and friends, monitoring their movements and restricting access to financial resources, employment, education or medical care (Maiuro, 2001).

From Winstok's (2007) assertion, economic or financial abuse means one person in a relationship using tactics as strategies to gain control over the other through financial means. A partner using a financial abuse may control how, when, and where money is spent, withhold information about finances and bank accounts, provide their partner an allowance or take money in deceptive ways.

There are many reasons why intimate partner violence occurs as well as many factors that account for why married individuals abuse their partners. One reason is the motive to gain control over another partner. Other factors include, low self-esteem and emotional dependence found in both victims and abusers. Moreover, there are no direct causal links to intimate violence, but many factors including risk factors, link to the behaviours. These risk factors include abuser who is particularly strong,

depressed, anger issues, the urge to control others, abuse in childhood, low income or unemployment, substance abuse, emotional insecurity or dependence. In man, feelings of not matching up to the masculine gender role.

Intimate partner violence (IPV) therefore occurs in different levels of severity or effect depending on how often it can occur. However, it is possible to stop IPV or recover from it if you are a survivor. Therefore, staying in an abusive situation can have negative long-term effects, but recovery is possible. Consequently, for women, the negative effects of IPV can be quite severe with significant impacts on physical, reproductive, sexual and mental health (Campbell, 2002; Garcia-Moreno et al, 2006). In addition, women of IPV also suffer severe violence leading to death (WHO, 2013), and other psychological effects like disability, low self-esteem, hopelessness and dependency on alcohol and illicit substances (Oram, 2013). Other studies conducted in Ghana also confirmed, that violence against women is associated with serious health consequences in terms of pregnancy outcome such as increased miscarriage (Pool et al, 2014). It must therefore be emphasized that IPV seems to be a threat to marital satisfaction and can lead to separation or divorce. For instance, women who had experienced IPV reported poorer health, more emotional distress, and more suicidal thoughts and attempts than those who had not experienced IPV (WHO, 2013). IPV limits a woman's decision-making power regarding her reproductive health.

On the other hand, in the case of IPV effect on men as victims, research indicated that men suffer emotional or psychological abuse and minor acts of physical violence or injuries which lead to chronic pain, depression, trauma symptoms (Hines & Douglas, 2013).

It must however be noted that, reports from the previous studies conducted in the area revealed that men are more likely to be abusers than women, as victims. But current studies revealed that compared to men, women are more likely to perpetrate psychological abuse and minor acts of physical violence against men of which women can be higher (Hines & Douglas, 2013). Hence IPV researchers often studies male abusers and female victims, but now it has been established that both male and female can equally be abusers and victims of IPV. In Ghana, studies in this area by Anaba & et al (2021) on attitude towards wife-beating in IPV confirmed that both men and women can be abusers and that young women are more likely to accept wife- beating compared to young men. Therefore, they concluded that the acceptance of wife-beating can be influenced by socio-demographic and behavioural factors.

Now the focus here in this study is the strategies abusers use for control and with which they abuse their victims in IPV relationship. Therefore, the greatest tool of abusers in intimate partner violence (IPV) is their ability to use strategies to gain power and control over their victims and abuse them. The gap the present study needs to fill is to explore the strategies use by abusers and abuse their victims in intimate Partner Violence (IPV) relationship among married individuals.

Besides, very little has been focused on the strategies both men and women use to control and abuse their victims. Though in most IPV studies it is either men against women or women against men in terms of perpetration and victimization, it is time that current researchers start paying attention to how men and women see their situations in these matters. Missing in the IPV research are studies of men and women as abusers and their strategies used in intimate partner relationship. This perspective

will give us a more powerful portrait of this serious social problem and a perspective that is necessary in our attempts to solve this social problem and reduce it.

1.2 Theoretical framework

On the theoretical framework, Social Bond Theory and Functionalism theory which explain why people engage in violent behaviours are underpinned this study. Again, the current researcher employed these theories for the study because they focus on the processes that violence is created and this is useful in exploring the various strategies used by the abusers in IPV. Therefore, these theories are comprehensively reviewed to show their applicability to the experiences of married individuals in an intimate partner violence relationship.

1.2.1 Social Bond Theory

It noted that, the social bond theory was developed by Hirschi, (1969). In this theory, it identifies why individuals or groups in a relationship engage in violent activities. Hirschi assumed that persons with high social inclusion would be more susceptible to a stronger social tie and would therefore be less at risk for the negative impact of a deviant course, while those with a weaker social relationship risk not losing so much and are hence more likely to deviate (Hirschi, 1969).

The theory revealed that an abuser can resist committing violent act due to the strong relationship with his or her partner. Hirschi believed that the lack of bonds to a partner was the reason for married individual's abusing behavior. Thus, the main focus of social bond theory was to show that violent behaviours can be influenced by their social group including married individuals or partners. Thus, individuals committing any violent act may be influenced by their social group. According to this theory, abusers of married individuals can change their ways and resist acts of violent or

crime due to the strong relationship that they have with their partners in an intimate relationship.

Hirsch (1969) identifies *attachment* as one of the four elements of social bonds which is useful to this study. Other three elements include:(commitment, involvement, and belief). Hirsch indicated attachments as the bonds that are present within a person's social environment, like partner can be useful in limiting deviance or violent behaviours only if the partners are not involved in any form of violent acts. Therefore, married people can be attached to their married partners in close relationships which would lead to a stronger social tie and therefore, less at risk for the violent acts.

In view of this, to address the dynamic link between Intimate Partner Violence among married individuals and attachment, social bond theory is selected for this study. Additionally, it is selected because of its several aspects of Intimate Partner violence that resonate with this current study. Since the theory maintains that where there are strong social bonds and attachments violence is unlikely to occur but where the social bond or attachment is weak, violence is very high. Therefore, in marriages where the partners are socially bonded, there is less Intimate Partner violence as compared to those that lacks strong attachment. This clearly showed that married individuals who did not experience attachment bonding may engage in violent acts which resonates with the study.

1.2.2 Functionalism Theory

This theory was developed by Frank Parson (1977), and posited that, violence occurs if certain needs to be met in order for a social group to survive failed. According to Functionalist theorists, a person's inability to meet his or her needs such as one's basic needs for survival, and other factors like high stress levels, rapid technological, social,

and economic change, and conflict between social groups or intimate partners are considered as contributing factors for violence to occur in societies. Functionalism theory has identified many factors that may help to explain contemporary violence. Many people consider violence to be a necessity that comes into play when the various mechanisms of society do not address social needs. These understandings of violence have the advantage of leading directly to action.

To link this theory to the study, married individuals' inability to meet their basic needs for survival in marriage are considered as contributing factors for Intimate Partner Violence. Example is that a husband becomes angry as the wife fails to cook, meanwhile the husband had provided house-keeping money. In the same way that a husband could refuse to pay bills and school fees leading to economic violence or abuse in the home. The Functionalist theory of violence is an appropriate choice for this study because the model spelled out clearly some of the basic needs for survival that contribute Intimate Partner violence among married individuals.

1.3 Statement of the Problem

Married individuals from Okaikwei North Municipality within the greater Accra region of Ghana, experience various forms of abuse in their intimate relationships. These include; threatening a partner with physical weapons like a knife, beatings, insult, and criticizing each other. As a results, IPV survivors suffer unhealthy, distressing, frustrating, and separation or divorce as well as depression.

Social Welfare annual performance report indicated that there were 106 IPV cases in the year 2019 and 111 cases in 2020. Again, a total of 253 IPV cases were reported by Domestic Violence and Victim Support Unit (DOVVSU), within the Municipality for the first six months of 2021. These have emphasized an upward surge or a high

prevalence of intimate partner violence among couples in the Municipality and this number would keep increasing if some intervention could not be adopted to nip it in the bud.

Although significant efforts have been made international and national levels, IPV remains a social problem in Ghana (Morgan & Wells, 2016).

In the studies of Mensah 2017 and Adinkra, 2014, showed that the abusers used machetes, knives, and personal weapons to perpetrate the crimes that leads to spousal killings. Issahaku, 2015, Mann & Takyi, 2009; Takyi & Mann, 2006, argued that cultural beliefs contribute to IPV in Ghana.

Most previous studies were done using quantitative to investigate on victimization among men and women. Other studies were carried out using mixed methods. Lastly, some studies were conducted using qualitative in the area of abuse among married men and women.

In view this, the study is sought to conduct qualitative study dealing with only IPV abusers and the strategies used. Therefore, the gap that this study would fill is a methodological gap.

In view of the aforementioned discussion the researcher deemed it vital to advocate for the survivors of IPV among married individuals and develop counselling interventions to help them cope with the marital relationships. It is in this regard that this current study seeks to explore strategies abusers used in intimate partner violence (IPV) relationships among married individuals.

1.4 Purpose of the Study

The purpose of the study was to explore the strategies use by abusers in the IPV relationship among married individuals within the Okaikwei North Municipal community in the Greater Accra Region of Ghana.

1.5 Objectives of the study

The objectives for the study are to:

- i. Identify physical strategies used by abusers in IPV.
- ii. Determine psychological strategies used by abusers in IPV.
- iii. Find out economic strategies used by abusers in IPV.

1.6 Research Questions

The following research questions guided the study

- i. What are the strategies used by abusers physically on married individuals in an intimate partner violence relationship in Okaikwei -North Municipality?
- ii. What psychological strategies are used by abusers on married individuals in an intimate partner violence relationship in Okaikwei -North Municipality?
- iii. What economic strategies are used by abusers on married individuals in an intimate partner violence relationship in Okaikwei -North Municipality?

1.7 Significance of the Study

- i) Counsellors would be better informed to understand these married individuals and their IPV experiences so that they would provide support services in their communities.

- ii) The study will draw the attention of the government agency of Ghana responsible to provide specialized training for law enforcement personnel on handling IPV cases sensitively and effectively.
- iii) It assists social welfare workers in Okaikwei North Municipality and also help officers of Domestic Violence and Victim Support Unit to keep themselves abreast with how both married men and women experience different strategies of abuse.
- iv) The study addresses strategies of abuse in three different forms – physical, psychological and economic abuse and this will enable Community Gender-Based Violence (GBV) service providers such as counsellors, health workers and mental health professionals, psychologists“ police (DOVVSU officers) identify the various IPV therapies that are useful by practice to help victims to cope with their normal life and also promote recovery from the trauma of the abused (Tan et al, 2013).
- v) The results obtained in this study are important in the sense that they can be useful to offer a source of information for establishing policies and programs to prevent violence against women. This study could also be a significant guide in determining priority areas for the resolution of economic violence against men and women.

1.8 Delimitations

The study focuses on married individuals who are between the ages of 22 years–59 years, who have spent at least a period of 6 months and above in marriage. Married individuals who have experienced IPV for the past 12 months. The study was also limited to participants who agreed to take part in the study. Participants were selected from the Okaikwei North Municipality.

1.9 Definition of Terms

Couple

- *General definition:* Two people who are married as husband and wife.
- *Operational definition:* A man and a woman who are married and have acquired a status of a husband and a wife respectfully not from same sex.

Married individuals

- *General definition:* An individual person, man or woman who is married and is considered married as provided by law.
- *Operational definition:* Individual person, man or woman who is married to his or her opposite sex as provided by court.

Intimate Partner Violence – IPV

Intimate partner violence refers to any behavior within an intimate relationship that causes physical, psychological or sexual harm to those in that relationship.

Abuse Strategies

Abuse strategy refers to tactics abusers use intentionally anytime anywhere against a partner in an intimate relationship to cause physical or psychological harm to the other in the attempt to control a situation.

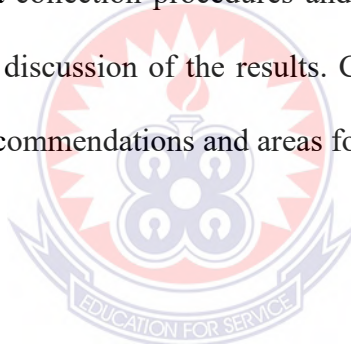
Abuse tactic

This tactic is part of the human's perception of a given situation and of his attempt to control or gain something in his or her power to intentionally harm the victim, or cause one form of harm of a physical, social, or economic nature (Winstok, 2007).

1.10 Organization of the Study

The study was organized into five chapters;

Chapter one dealt with the introduction, the background to the study, the statement of the problem, purpose of the study, objectives of the study, the research questions, and significance of the study as well as the delimitation of the scope, operational definition of terms, and ends with organization of the study. Chapter two focused on the review of literature relevant to the study. It consists of the Concept of Violence, Domestic Violence as well as the Concept of Intimate Partner Violence, and the types of Strategies use by abusers. The third chapter dealt with the research methodology. This consists of the research design, population, sample and sampling procedure, research instrument, data collection procedures and data analysis plan. Chapter four presents an analysis and discussion of the results. Chapter five covers the summary, conclusions as well as recommendations and areas for further research.



CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter presents an empirical review of related literature to the topic. Areas highlighted in the review include the following:

- The Concept of Violence
- The Concept of Domestic Violence
- The Concept of Intimate Partner Violence
- Types of Strategies use by abusers
- Emotional strategies
- Physical strategies
- Psychological strategies
- Economic strategies
- Summary of Literature Review



2.1 The Concept of Violence

Prior to exploring the meaning and conceptual frameworks for understanding IPV, we must discuss what we mean by the term violence. The existing literature proposes important, brief conceptual framework and definition of violence which is adopted in this study, to better situate the IPV phenomenon within the general concept of violence. For instance, the World Health Organization proposed that violence is defined as the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, or deprivation. (WHO, 1996b, cited in Krug, Mercy, Dahlbers, & Zwi, 2002, p. 1084).

Like other researchers in the field, we use the terms violence and abuse interchangeably in the present study (Barnett et al., 2005; Capaldi, Knoble, Shortt, & Kim, 2012; Finkelhor, Turner, Ormrod, & Hamby, 2010; Hegarty, Hindmarsh, & Gilles, 2000; Henderson, 2002; Hoffman & Edwards, 2004; Johnson, 2006; Moyer, 2013).

Again, the current study adopts the typology of violence proposed by Krug et al. (2002), suggested that violence can be generally divided into three main categories according to characteristics of those committing the violent act: self-directed, interpersonal, and collective. Each of the proposed categories of violence is divided into subcategories according to the nature of the violent acts (physical, sexual, psychological, deprivation, or neglect). Thus, interpersonal violence and collective violence are useful for this study, because they include, family and intimate partner violence—violence mainly between members of the family, as well as intimate partners. Also collective violence includes: social, political, and economic.

Winstok (2007) developed an Integrative Structural Model of Violence (ISMV) to provide understanding of interpersonal violence in general, and IPV in particular. The model served as a guide for Winstok to define interpersonal violence as “a non-legitimate forceful tactic intentionally employed by one party to cause physical or psychological harm to the other in the attempt to control a situation” (Winstok, 2007, p. 352). Winstock stressed that, this tactic is part of the mans perception of a given situation and of his attempt to control it. Again, the tactic is motivated by the mans need to prevent, balance, or gain something in his or other persons“ interpersonal or social realities, as he perceives them. Winstock noted that, this tactic consists of at least one action of a physical, aural, or visual orientation employed by the man to

(intentionally) harm the woman. Therefore, using this tactic can cause the woman at least one form of harm of a physical, social, or economic nature, including harming her self-esteem or self-, social, or public image in the short or long term (Winstok, 2007, p. 357).

The focus of this current study is to explore how these tactics are used as strategies in three different forms (physical strategies, emotional/psychological strategies and economic strategies).

2.2 The Concept of Domestic Violence

Domestic violence is a pattern of abusive behaviour in any relationship used by one partner to gain or maintain control over another intimate partner. In criminal law, the crime of domestic violence may occur in one or more incidents. It may include an attempted assault or threats of imminent physical harm. It may take the form of sexual assault. It may encompass the psychological abuse involved in stalking. Many types of abuse are present in the definition of domestic violence: Physical abuse can include hitting, biting, slapping, battering, shoving, punching, pulling hair, burning, cutting, pinching, etc. It may include any violent behavior or physical injury inflicted on the victim. It may include child abuse to a victim's child. Physical abuse may take the form of denying someone medical treatment and forcing drug/alcohol use on someone.

Sexual abuse occurs when the abuser coerces the victim into having sexual contact or sexual behavior without consent. This often takes the form of marital rape, attacking sexual body parts, physical violence followed by forcing sex, demeaning the victim sexually, or even telling sexual jokes at the victim's expense.

Emotional abuse involves invalidating or deflating the victim's sense of self-worth. Emotional abuse may include constant criticism and name-calling. An abuser may injure the victim's relationship with their children. An abuser may interfere with the victim's abilities.

Psychological abuse involves the abuser invoking fear through intimidation. It can include threatening to physically hurt themselves, the victim, children, the victim's family or friends, or the pets. It may involve destruction of property or trespassing on property. An abuser may injure pets. An abuser may isolate the victim from loved ones and prohibit the victim from going to school or work. Threats to hit, injure, or use a weapon are a form of psychological abuse.

Technological abuse involves an act or pattern of acts meant to harm, threaten, stalk, or monitor another through the use of technology. This may involve using internet-enabled devices, computers, cameras, smartphones, or location-tracking devices.

Stalking abuse may include any combination of the above. It may include behaviors that by themselves are not illegal.

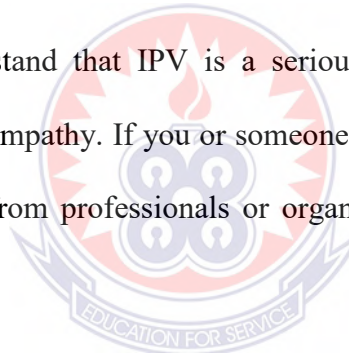
Common behaviors include following the victim, spying, watching, harassing, showing up at the victim's home or work, sending gifts, collecting information, making phone calls, leaving written messages, or appearing at a person's home or workplace. It may include behaviors that are illegal such as physical assault, sexual assault, or threats. Stalking crimes usually require two or more incidents that may be close in time. The focus of a stalking crime is to place the victim in fear or in mental distress. Cyberstalking refers to online action or repeated emailing or texting that inflicts substantial emotional distress on the recipient. (John Mascolo and Joseph Fawbush, 2023).

Economic abuse takes place when the abuser makes or tries to make the victim financially dependent on the abuser. Economic abusers often seek to maintain total control over financial resources. They may withhold the victim's access to funds or prohibit the victim from going to school or work.

2.3 The Concept of Intimate Partner Violence (IPV)

Intimate partner violence (IPV) refers to any form of abuse or violence that occurs within a romantic or intimate relationship. It involves a pattern of behaviors used by one partner to gain control and power over the other, often resulting in physical, sexual, emotional, or psychological harm. IPV can affect individuals of any gender, age, or sexual orientation.

It is essential to understand that IPV is a serious social issue, and discussing it requires sensitivity and empathy. If you or someone you know is experiencing IPV, it is crucial to seek help from professionals or organizations specializing in domestic violence support.



Social Learning (Bandura, 1973) and Background/Situation (Riggs & O'Leary, 1996) theories posited that multiple contextual units are implicated in the perpetration of IPV: target behaviour include physical, sexual or psychological aggression; antecedents of target behaviour discriminative stimuli such as presence/absence of others; motivating factors like substance abuse, emotional distress; behavioural repertoire which include coping skills, anger management skills); verbal rules such as beliefs about violence or women; and consequences reinforcement and punishment.

2.3.1 Typology of IPV by Type of Violence

Another framework for classifying IPV is by the form of violence or abuse (terms are used interchangeably in this study).

Three main categories-physical, sexual, and psychological-are frequently used in the various studies (Devries et al., 2013; Ellsberg et al., 2008; Garcia-Moreno et al., 2015). Some researchers have identified other categories such as economic or financial, and social abuse, but it is not clear whether those categories can be considered to be separate dimensions of IPV (Ali, Dhingra, & McGarry, 2016).

2.3.1.1 Physical Violence

Physical violence refers to the use of physical force to inflict pain, injury, or physical suffering on a victim. Examples of physical violence might include beating, slapping, kicking, pushing, shoving, stabbing, dragging, scratching, choking, burning, and threatening or using a gun, knife, or another weapon (Garcia-Moreno, Heise, Jansen, Ellsberg, & Watts, 2005).

2.3.1.2 Sexual Violence

Sexual violence is defined as “any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, acts to traffic, or other coercive actions directed against a persons” sexuality by any person, irrespective of relationship to the victim, in any setting, including but not limited to home and work” (Garcia-Moreno et al., 2015, p. 1686). In the context of IPV, sexual violence refers to forcing a partner, who did not want it, to have sexual intercourse, or do any sexual act that they found degrading or humiliating; harming them during sex; or forcing them to have sex without protection (WHO, 2013).

2.3.1.3 Psychological Violence

Psychological violence refers to acting in an offensive, degrading, or humiliating manner toward another, usually verbally, and may include threats, ridicule, withholding affection, and restrictions (e.g. social isolation, financial control (Maiuro, 2001). Some examples of psychological violence in IPV perpetrated by men against women can include verbal abuse, name-calling, blackmailing, saying or doing something to make a person feel embarrassed, threats to beat a woman or children, restricting access to friends and family, and restricting independence and access to information, education, or health services (WHO, 2002, 2013).

2.3.1.4 Economic Violence

Economic violence includes attacks by larger groups motivated by an economic agenda, such as denying access to essential services, and attacks carried out to disrupt economic activity or create economic division and fragmentation.

Krug and his colleagues emphasize the complexity of the violence phenomenon and the interconnected nature of different types of violence.

The review distinguishes Intimate Partner Violence from domestic violence, suggesting that the term domestic violence be used as a broad term (Barocas et al., 2016) that includes but is not limited to Intimate Partner Violence. it may also involve violence against or between other members of the family such as (adult/child, elder/adult, child/elder, child/parent, or siblings).

The focus of this study, is particularly important to conceptualize IPV as a type of interpersonal violence, occurring in a married individual setting and directed towards an intimate partner.

2.4 Types of Strategies Use by Abusers

2.4.1 Emotional Strategies

Emotional strategies, also referred to as emotional or psychological manipulation tactics, that give abusers a sense of power and control. It also ensures that the abuser gets his own needs met. A relationship that has a consistent pattern of manipulation tactics indicates at least a toxic relationship, but it could be a sign of a psychologically/emotionally abusive relationship as well. Common emotional manipulation strategies include: controlling your life, name calling, and uses threats to force or convince you to do something.

2.4.1.1 Controlling your life

The abuser controls your life, including how you feel and behave. Also, controlling access to your money (financial or economic abuse), preventing you from furthering your education, or even restricting what friends you can and cannot spend time with. Abusers who employed this strategy have a motive of controlling your daily activities and they do this to make sure you feel like you cannot function or make decisions without them.

2.4.1.2 Name-Calling

The Abuser will often label the victim's personality traits with negative verbiage. The purpose of this is to make the victim believe they are less than, and to subtly convince them that they aren't worthy of better treatment. This often starts in small, less offensive ways, and builds in intensity and frequency as the victim becomes more and more accustomed to the name-calling.

2.4.1.3 Using Threats or Coercion

Any time someone uses threats to force or convince another to do something, it is considered emotional strategy. This could include threats to leave you or take away something important if you don't comply with what they want you to do. This could even include a threat to hurt themselves.

Therefore, emotional strategies elicit specific emotions, such as happiness, fear, or nostalgia, to create a deep connection and influence decision-making.

2.4.2 Physical Strategies

Physical strategies can refer to a variety of tactics or approaches related to physical actions or exertion. For the purpose of this study, physical actions that can lead to abuse would be considered. Examples include threat to cause harm with a knife, planning and implementing routines or activities to harm individuals such as physical restrictions or controlling behaviours.

On the other hand, physical abuse involves the use of physical violence or force to inflict pain, injury, or physical suffering on a victim. Examples include beating, or using a gun, knife, or another weapon. Sexual and emotional or psychological violence can also lead to physical abuse like beating if the victim violates abuser's authority.

Therefore, the concept that need to be reviewed under physical strategy are: controlling behaviour, men's masculinity or patriarchy and the use of social norms and beliefs that support violence against women (spousal-beating). It is important to approach physical strategies with the intention of promoting overall well-being, personal growth, and positive outcomes.

2.4.2.1 Controlling Behaviours as Physical Strategy

Studies have also suggested that Controlling Behaviours has been associated with IPV, and that it is commonly understood that power and control are “underlying factors” for IPV that ultimately lead to Physical abuse.

A study in Nigeria indicated that, controlling behaviors by men have been associated with both higher likelihoods of both physical and sexual violence (Diddy, 2011), as men participants were denying partners to visit friends and also if victims try to challenge their authority, often led to physical abuse in the form of slapping or beating. Therefore, men who believe they have a right to control and discipline wives are more likely to beat them than those who do not share these beliefs (Sugarman & Frankel, 1996). Since violence is not exclusive to men, women could also be abusers (Belknap et al., 2012), and the findings of Hoff (2012) confirmed that men are more often the victims of intimate partner physical violence, psychological aggression and control over sexual health.

Other studies suggested that, sexual abuse co-exists with Physical abuse as men abusers use violent behaviours such as forced sex. According to Nkosi (2011) studies investigated in Durban, found that young women do experience different forms of intimate partner violence, in the form of physical violence, sexual and verbal abuse by an intimate partner. If they challenge their authority, that results into beating (slapping, hitting, punching and repeated forced sex). Also, in the WHO multi-country study of women victims, reported experiencing physical or sexual IPV had experienced both (Garcia-Moreno et al., 2005). Again, a survey in Ethiopia found male victims reported physically abusing an intimate partner were also reported perpetrating acts of sexual violence (Philpot et al., 2009).

It must be concluded that, physical abuse therefore co-exists with sexual violence, leading to physical assault or sexual assaults often incorporate hurtful dimensions of degradation and humiliation, as Psychological abuse. Missing in the above reviewed were the strategies used by abusers to abuse their partners and this current study seeks to fill this gap.

2.4.2.2 Men's Patriarchy and Social Norms as Physical strategy

Men's masculinity or patriarchy and the use of social norms might also contribute to men perpetration of intimate partner violence (IPV) in Ghanaian setting as well as other many settings. These social norms and beliefs include; a man has the right to assert power over and considered socially superior; a man has a right to physically discipline a woman for incorrect behaviour; physical violence is an acceptable way to resolve conflict in a relationship and there are times when a woman deserves to be beaten (WHO, 2010). A study in Ghana by Dako-Gyeke et al. (2019) found men perpetrated IPV using gender norms held by men and women and experienced IPV differently depending on the context. The study further explained that a woman's non-compliance with gender norms which is socially acceptable provided context for the male partner to enforce societal conformity through IPV.

Sikweiyi & et al. (2020) study in Ghana sought to explore the perspectives of men who had used violence on their female partners, specifically their views on intimate partner violence (IPV), gender norms, manhood, their gender attitudes and to understand how these may drive male perpetrated IPV against women in the Central Region of Ghana. Using qualitative study with purposive sampled of 17 men. Results revealed how a range of social, cultural, and religious factors stemming from patriarchy combined to inform the construction of a traditional masculinity.

These factors included the notion that decision-making in the home is a man's prerogative, there should be rigid and distinct gender roles, men's perceptions of owning female partners and having the right to have sex with them whenever they desire, and the notion that wife beating is legitimate discipline. Findings suggest that it was through performing, or aspiring to achieve, this form of masculinity that men used varying forms of violence against their female partners. Thus, men's use of violence was a tactic for controlling women and this present researcher explores these violence tactics as strategies used by the abusers in this context of IPV.

2.4.2.3 Spousal Beating as Physical Strategy

Spousal beating is regarded as an aspect of IPV that is associated with increased beliefs that abuse was justified. Example of these norms and beliefs that support violence against women in Ghanaian and other settings include; a man has the right to assert power over and considered socially superior, a man has a right to physically discipline a woman for incorrect behaviour, physical violence is an acceptable way to resolve conflict in a relationship, sexual intercourse is a man's right in marriage, a woman should tolerate violence in order to keep her family together, there are times when a woman deserves to be beaten, sexual activity (including rape) is a marker of masculinity, girls are responsible for satisfying man's sexual urges, physical violence is an acceptable way to resolve conflict in a relationship. Several literatures examined in Africa in this area revealed the acceptance of spousal-beating among men or women.

In Ghana, a study conducted by Dickson, Ameyaw, and Darteh (2020) revealed that, poorest women and men alike are more likely to approve spousal-beating, as compared with those in the richest wealth status. Also, higher/tertiary education, both

women and men without any formal education were found to be at higher odds to approve spousal - beating (Darteh & et al., 2020). Again, age, wealth status, level of education, frequency of listening to radio, frequency of reading newspaper/magazine, watching television, ethnicity, and religion were found to be significantly associated with Ghanaian men and women's approval of wife-beating (Dickson & et al, 2020) and the need for policies, interventions, and campaigns targeted Ghanaians without formal education (Dickson, Ameyaw, and Darteh, 2020).

Again, studies have investigated on the role of Kinship and Intimate Partner Violence against married women in Ghana that IPV occurs across matrilineal and patrilineal societies, thus, all women in patrilineal societies narrated continuous pattern of emotional, physical, and sexual assault (Sedziafa, Tenkorang, and Owusu, 2018). Again, their findings suggested that sexual violence against matrilineal women occurred as consented but unwanted sexual acts, but patrilineal women narrated experiencing violent emotional and physical attack with aggressive unconsented sexual intercourse (Sedziafa, Tenkorang, and Owusu, 2018).

It must be concluded that, policies aimed at addressing widespread IPV in Ghanaian communities should appreciate the dynamics of kinship norms. Yet studies that examine how kinship norms influence IPV processes and strategies are scant and this present study examine how kinship norms serve as drive that can be used as strategies by the abusers.

2.4.2.4 Bride Price or Wealth Payment as Physical Strategy

Another area that justified men in IPV against their women partners is the payment of bride price. Bride Price Payment and Justification of Sexual Violence Among Women in Ghana. A study examined by Oduro et al (2020) revealed that women whose

partners had paid their bride price had higher odds of justifying sexual violence, compared to those whose partners had not paid. Also, Women in the rich wealth quintile had lower odds of justifying sexual violence (Sikweyiya et al, 2018). Their study finding has illustrated the need for women to appreciate that payment of bride price does not imply that their fundamental human rights have been bought by men, but they rather become partners.

2.4.3 Psychological Strategies

Psychological strategies can involve various aspects of human cognition, emotions, and motivations. By understanding how individuals think, feel, and make decisions, these strategies aim to guide or persuade individuals towards desired outcomes. It includes: persuasion techniques that involve utilizing principles such as social proof, scarcity, and authority to convince others to adopt a certain perspective or take a particular action that can lead to psychological abuse.

The categories of psychological strategies that led to psychological abuse and authors are primarily as follows: jealousy, confinement, damage to property (Follingstad et al., 1990); restriction, authority (Hamby, 1996); supervision – overt behavioural, isolating – subtle behaviour (Jones, Davidson, Bogat, Levendosky, & von Eye, 2005); withdrawal (Kasian, & Partner, 1992); restrictive engulfment (Murphy, Hoover, & Taft, 1999); external controlling behaviour, control, isolation, harassment, jealousy, sexual pressure, sexual neglect (Vazquez, Estébanez, & Cantera, 2008); social isolation, economic deprivation (Walker, 1979); environmental control, economic abuse, using children, residual effects (Ward, 2000); and isolation control activity (Wolfson, 2002).

The proposed categories of direct psychological abuse and their authors are primarily as follows: threats, ridicule, threats of infidelity (Follingstad et al., 1990); derogating physical attractiveness, derogating value as a partner/mental competency, derogating value as a person, accusations of sexual infidelity (Goetz, Shackelford, & Schipper, 2006); contempt (Hamby, 1996); indifference and discredit – overt behaviour, undermining, disregard – subtle behaviour (Jones et al., 2005); attacks on self-esteem, verbal abuse, jealousy (Kasian, & Partner, 1992); hostile withdrawal, denigration, dominance/intimidation (Murphy et al., 1999); jealousy/control, ignoring, ridiculing traits, criticism of behaviour (Sackett, & Saunders, 1999); explicit threats of violence, veiled threats of violence, mental degradation (Sonkin et al., 1985); emotional/verbal (Tolman, 1989); dismissiveness, humiliation, emotional manipulation, emotional indifference, threats (Vázquez et al., 2008); verbal maltreatment, social humiliation (Walker, 1979); coercion and threats, minimizing/blaming, powerlessness/helplessness, attacks on self, performance orientated (Ward, 2000); and emotional abuse, verbal abuse (Wolfson, 2002).

Psychological strategies refer to techniques and approaches that are based on principles of human psychology, used to influence or understand human behavior. These strategies are often employed in fields such as marketing, advertising, sales, and even personal development. It is important to note that ethical considerations should always be prioritized when using psychological strategies. Respecting individuals' autonomy and ensuring transparency are crucial in maintaining trust and fostering positive relationships

Psychological violence also known as Psychological strategy: refers to acting in an offensive, degrading, or humiliating manner toward another, usually verbally, and

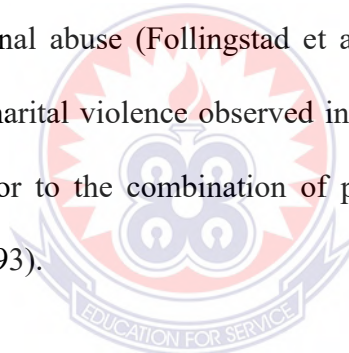
may include threats, ridicule, withholding affection, and restrictions example: social isolation, financial control (O'Leary & Maiuro, 2001)). Psychological abuse, also known as verbal or emotional abuse, typically refers to derogatory statements that cause harm to or interfere with the psychological adjustment of the victim (Donohue & Maier-Paarlberg, 2007). These statements are drives that are used as strategies by abusers most often and attacks on the victim's competence. They include statements like "You can't do anything right; you're just a big dummy" as well as character deformation such as "You're a lazy, unpopular, good for nothing". Psychological abuse is usually associated with obscenities, negative voice tones, exploitation, excessive teasing, intimidations, humiliations, harmful threats, ridicule, or derogatory statements about the victim. (Donohue & Maier-Paarlberg, 2007).

The abusers then result to the use of defamations on women in psychological abuse and according to a study conducted in England and Wales by Watson S. (2022) about online abuse communicated via social networking sites has increased considerably in recent years, with a significant amount of pejorative communication targeted at women. These includes violent threats and dismisses female contributions to online discussions. The result indicated that, the abuse directed at women varies significantly, depending on occupation (Watson, 2022).

Interestingly, people often underestimate the severity of psychological abuse relative to other forms of maltreatment because its consequences such as depression, antisocial behaviors, low self-esteem, intellectual deficits, academic difficulties, health problems, shyness, problem-solving deficits, anxiety, and difficulties with conflict resolution and other social skills. Moreover, psychological abuse is often a precursor of physical abuse (Donohue & Maier-Paarlberg). Thus, husband physical

aggression can be associated with psychological abuse, indicating psychological abuse co-occurs with physical abuse (Holtzworth-Munroe, and Norwood, 1998). Psychological abuse co-exist with sexual, and verbal abuse (Rodenburg and Fantuzzo ,1993) and also social isolation, threats, use of male privilege (Shepard and Campbell, 1992), and economic control are used by abusers as drives of psychological abuse (Tolman 1989).

Other studies also noted that psychological abuse involves an attempt by abusers to control or dominate one's partner (Murphy & Cascardi, 1993), and that psychological abuse is prevalent among individuals experiencing physical aggression such as anger, threat and intimidation. Also, 99% of the battered women experiencing both types of psychological or emotional abuse (Follingstad et al, 1990). It is thus, possible that many of the effects of marital violence observed in battered women are actually due to psychological abuse or to the combination of psychological and physical abuse (Murphy & Cascardi, 1993).

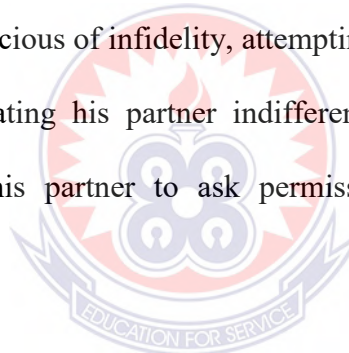


A current study by Perez et al (2022) suggested that, psychological aggression could be more detrimental to mental health than physical aggression such as raised voices, insults, trauma-related distress, and symptom elevations in women and their partners. The Ghanaian researcher, Issahaku (2017), indicated that, there is a high rate of physical, psychological, and sexual IPV among women (Garcia-Moreno et al., 2006) or across countries (WHO, 2002). It is possible that IPV was underreported by the participants in the study, given that domestic violence is a sensitive subject and coupled with the social norm in the Ghanaian society which enjoins individuals not to discuss the family's secret with outsiders. Again, their finding that women in rural settings are at a higher risk of IPV and are more likely to experience physical and

psychological violence compared with women in urban residence, confirms the work of other researchers (Faramarzi et al, 2005; Haj-Yahia, 2000; Vakili et al., 2010).

2.4.3.1 Controlling Behaviours as Psychological Strategy

From the above assertions, it must therefore, be concluded that, Coercion and Controlling Behaviors in IPV has been the main precursors that drive the Psychological abuse and has been noted as tactics or strategies used by abusers and abuse their women partners, that controlling behavior can be more threatening than physical and sexual violence (Coker, Smith, McKeown, and King, 2000). The types of controlling behavior use as strategies by abusers included the man partner insisting on knowing the woman's location at all times, being angry if the woman spoke to another man, being suspicious of infidelity, attempting to keep the partner from seeing friends, ignoring or treating his partner indifferently, restricting contact with her family and expecting his partner to ask permission before seeking health care (Catalozzi et al, 2011).



In a related study conducted by Machado, Hines & Matos, (2016) in Portugal, showed that, men reported abusive behavior by their women partners in Psychological abuse, followed by physical and sexual violence. The study also revealed that the men did not seek help because of difficulty in self-identifying as victims, shame, and distrust of the support system. They rather prefer seeking help from the informal sources, such as friends and family, who were used more often than formal sources, like health professionals, social/victim support services, police, justice system, because the men victims have evaluated the formal resources as unhelpful. Thus, the significance of men „masculine Identity“ has psychological Impact“ (Jessica et al , 2016). Therefore,

Psychological violence is also likely to cause the victim stress and pressure because continuously he or she would have to be thinking and feel isolated.

In another study in Ghana by Aboagye et al. (2022) showed that sexual autonomy increases women's exposure to IPV where women with sexual autonomy were less likely to experience IPV. The findings highlighted the need for serious programs and policies to fight against IPV in the sub-region.

2.4.3.2 Power and Control as Psychological Strategies

Other studies suggest the types of controlling behavior employed by the male partners as insisting on knowing the woman's location at all times, being angry if the woman spoke to another man, being suspicious of infidelity, attempting to keep the partner from seeing friends, ignoring or treating his partner indifferently, restricting contact with her family and expecting his partner to ask permission before seeking health care (Catalozzi & et al, 2011).

However, women also could be perpetrators (Sommers, 1994; Ristock, 2002; Belknap et al., 2012). A study in Portugal, indicated that women use controlling behaviours and abuse their men victims psychologically with minor acts of physical violence (Grams, & Mendeley, 2011). Thus, men tend to underreport and hide this kind of victimization because they consider their injuries as usually mild. In a related study by Machisa, Shamu, and Magalhães (2018) in Zimbabwe, revealed that men abusive behaviours were associated with child abuse, high gender equity attitudes, life traumatic events, depressive symptoms and sexual relationship power.

2.4.4 Economic Strategies

Economic strategy refers to the planned approach or course of action taken by individuals, family, businesses, or governments to achieve specific economic objectives. It involves making decisions and implementing measures to allocate resources efficiently, maximize profits, promote economic growth, and ensure overall prosperity. In essence, economic strategy involves analyzing market conditions, identifying opportunities and challenges, and formulating plans to achieve desired outcomes. This can include various aspects such as pricing strategies, market positioning, investment decisions, risk management, and even policy-making at the macroeconomic level. Different economic strategies may be employed depending on the specific goals and circumstances. Thus, understanding economic strategy can be instrumental in achieving your desired economic outcomes. Economic strategy can lead to economic abuse. This includes controlling a victim's ability to acquire, use, manage, maintain, and dispose of economic resources. Abusers of IPV impose various tactics as economic strategies of abuse on their partners such as; prevention and disruption of education or employment, interference with transportation, failure to provide childcare, compromise of housing, deprivation of food and medicine, interruption of sleep, destruction of work clothes and job-related manuals, disposal of assets, theft of income, denial of library or internet access, commercial sexual exploitation, and limitation of communications with economic support networks.

In a supporting study, it was revealed that many women victims of IPV suffer significant material deprivation as a consequence of economic abuse (Tolman, 2011).

In a related study, it was found that, three quarters of battered women stated that the abuser was "very much or completely" responsible for the economic hardships they

experienced (Adams, & et.al 2008). Economic abuse also includes interference in victim participation in education or training programs. (Anderson & et al, 2003).

Economic abuse involves prohibition or restraint from participation in employment and interruption or termination of employment. Research had indicated that, at worst, economic abuse by intimate partners can propel victims into poverty (Tolman, 2011). Economic abuse married individuals with physical and sexual violence often pushes battered women into poverty (Lyon, 1997), and victims of IPV also experience psychological trauma derived from the economic abuse (Tolman, 2011). It must also be deduced from the review studies that; economic abuse is more likely to lead into physical abuse within IPV relationships.

Current studies by Stylianou, and Seals (2018) on the nature and strategies used in abusive relationships, posited that economic abuse are behaviors that control a victim's ability to acquire and maintain resources, that threatening his or her economic security. Previous findings also confirmed that abuse occurs when the abuser gains complete control over the victim's financial resources (Fawole, 2008) and includes three forms of economic strategies: economic control, employment sabotage, and economic exploitation (Postmus, et al, 2012). According to Stylianou, and Seals (2018), these three forms of economic abuse comes with tactics which abusers use as economic strategies (Winstok, 2007).

2.4.4.1 Economic Control Strategy

Economic control occurs when the abuser prevents the victim from having access to or knowledge of the finances and from having financial decision-making power (Postmus et al., 2015). It was obvious that victims of economic control observed tactics use by their abusers as strategies, and these include; abuser controlling and

limiting access to financial resources of the victim (Sanders, 2015; Wettersten et al., 2004) and denying access to necessities such as food, clothing, and medications (Anderson et al., 2003; VonDeLinde, 2002). Also, in economic control, the abuser uses employment strategies like forbidding, discouraging, or actively interfering with the victim's employment and educational endeavors, harassing the victim at his or her place of employment, obstructing victim from receiving other forms of income (Postmus et al., 2015; Stylianou et al., 2013; VonDeLinde, 2002; Wettersten et al., 2004).

2.4.4.2 Economic Sabotage Strategy

Economic sabotage occurs when the abuser intentionally engages in behaviors aimed at destroying the victim's financial resources or credit, stealing money, cheques, or automated teller machine (ATM) cards, opening or using a victim's line of credit without permission, refusing to pay bills or running up bills under the name of the victim or his or her children, rambling jointly earned money (Anderson et al., 2003; Brewster, 2003; Littwin, 2012; Postmus, Plummer, et al., 2015; Stylianou et al., 2013).

2.4.4.3 Economic Exploitation Strategies

Further studies in economic abuse have concluded that economic abuse can also affect the victim as the abuser limiting victim access to assets, like vehicles or businesses, denying access to cash, checking accounts, savings or investments, or confiscating victim earnings, and by depriving access to insurance, creating debt, or by theft or conversion of assets and without assets victims cannot achieve financial stability or escape from poverty (Adams et al, 2011).

Besides, a study conducted in Malawi, by Cromwell and Olson's (1975) on IPV concluded that economic resources are used as part of strategies abuser uses in economic abuse, namely, income, and education level. Also, power processes which include, the interactions between couples their assertiveness, persuasion, and other aspects of communication that individuals use as tactics to gain control (Cromwell & Olson, 1975) and economically abuse their partners in IPV relationship.

Postmus, et. al. (2012) investigated on the understanding of economic abuse in the lives of survivors, predicted of economic self-sufficiency in the lives of women experiencing IPV, with survivors participating in a financial literacy program but fails to explore economic abuse and the tactics that abusers commonly used as strategy and abuse their partners in IPV relationship and this study intends to fill this missing gap.

Evidence is provided in further studies that economic abuse was a correlated with other forms of abuse including physical, psychological, and sexual abuse experiences. Therefore, increased experiences of economic abuse were significantly related to increased experiences of physical, psychological, and sexual abuse experiences (Stylianou et al, 2013). Hence, economic abuse and other forms of abuse, including psychological abuse, physical violence, and sexual violence, often co-occur in abusive relationships (Adams et al., 2008; Postmus, 2011).

However, the early literature on economic abuse suggests that economic abuse remains a separate unique construct from other forms of abuse, and in particular, from psychological abuse (Adams et al., 2008; Stylianou et al., 2013). This is because the closer the proximity between the perpetrator and the victim, the higher the number of abusive tactics the perpetrator can use. Therefore, in order for the perpetrator to

engage in physically or sexually violent behaviors, the victim and the perpetrator must be in close proximity (Stylianou & et.al., 2013).

To investigate the impact of economic abuse Stylianou & Seals (2018) found that, the greatest impacts of economic abuse is that it creates economic dependency on the perpetrator and another study posited that, this is the primary obstacle victims face in attempting to leave abusive relationships (Adams, 2011; Barnett, 2000; Fawole, 2008; Kim & Gray, 2008).

Economic abuse, and in particular employment sabotage, affects the victim's ability to gain and maintain stable employment. Victims of employment sabotage report having difficulty concentrating at work and performing on the job (Banyard, Potter, & Turner, 2011; Logan, Shannon, Cole, & Swanberg, 2007; Ridley et al., 2005; Swanberg & Logan, 2005; Swanberg, Logan, & Macke, 2005; Swanberg & Macke, 2006; Wathen, MacGregor, & MacQuarrie, 2015; Wettersten et al. 2004).

Research has found that victims of IPV report significant absenteeism rates (LeBlanc, Barling, & Turner, 2014; Swanberg et al., 2005; Swanberg & Macke, 2006), reduced annual work hours (Tolman & Wang, 2005). In addition, IPV is associated with job loss, unemployment, and employment instability (Adams, Bybee, Tolman, Sullivan, & Kennedy; 2013; Borchers, Lee, Martsof, & Maler, 2016; Staggs, Long, Mason, Krishnan, & Riger, 2007; Swanberg & Logan, 2005).

Economic abuse also affects the victim's ability to gain economic self-sufficiency and financial resources. Postmus et al (2012) examined the impact of economic abuse experiences among 120 female victims of IPV receiving services from domestic violence organizations. The results found that economic abuse, while controlling for

demographic characteristics, was a significant predictor of economic self-sufficiency, defined as the ability to accomplish financially related tasks.

However, the above literature studies have been reviewed with pertinent concepts which is important to the current study. These include the various forms of economic abuse (economic control, economic sabotage and economic exploitation) and tactics of each of these economic form of abuse, the impacts of economic abuse, and victim's economic self-sufficiency as well as the view that economic abuse correlates with other forms of abuse like physical, psychological and sexual abuse. Hence the processes and tactics abusers use to control and abuse their victims was not examined and this study wants to add to the existing literature by investigating and exploring these strategies that abusers use to control and economically abuse their partners in IPV relationships.

Ömer, Şenay, and Şeyda (2021) conducted a study in Turkey and had indicated that, women who graduated from elementary school, secondary school, and high school had a higher ratio of exposure to economic violence compared to those who have never gone to school. Women's exposure to physical, sexual and verbal violence.

Koustuv (2011) study explore the relationship between women's economic empowerment, their exposures to IPV and their help seeking behavior using a nationally representative sample in India. Results indicated that, economic empowerment is not the sole protective factor. Economic empowerment, together with higher education and modified cultural norms against women, may protect women from IPV.

Diddy, Justina, and David (2014) study in Philippine, on the role of socio-economic inequalities in the association between IPV and economic abuse. Results indicated strong positive associations between both physical IPV and emotional IPV and all four forms of economic abuse. Measures of socio-economic inequalities and other covariates such as no education, primary education, unemployment and justifying wife beating were also statistically significant. Findings suggest the increased need for health care practitioners to include economic abuse during the assessment of and response to IPV, the implementation of a multidimensional approach to providing tangible support and women-centred responses in reported cases of economic abuse, as well as measures that enhance socio-economic equality and increase economic opportunities for women.

Meghan & et al (2021) study in South Africa explored women's perceptions on income generation; the effects on their relationships, including intimate partner violence; their notions of power; and perspectives on men's reactions to their empowerment. Findings reveal that the notion of „power within the self“ is supported by women's income generation, alongside a sense of financial independence and improved social support. Women reported increased happiness and reduced financial stress, although social norms and gender expectations about women subservience and male headship remain salient, particularly among older women.

Furthermore, younger women appeared to tolerate abuse due to financial and caring responsibilities. Results indicated that no clear associations were seen between income and economic abuse. Also, higher relative financial contribution was associated with increased physical IPV and sexual IPV among all women at baseline. Higher income was associated with several potential pathways to reduced IPV,

including reduced household hardship, fewer arguments over the partner's inability to provide for the family, improved relationship dynamics, and increased relationship dissolution. Those contributing more than their partner tended to come from more disadvantaged households, argue more over their partner's inability to provide, and have worse relationship dynamics.

2.5 Summary of Literature Review

The chapter two extensively elaborated on the empirical review of related literature about the subject of study. Various types of strategies used by abusers in IPV are indispensable part of married individual partners as they face all sorts of violence and abuse in their intimate relationships. Spousal beating associated with beliefs that abuse is justified (Dickson, Ameyaw and Darteh, 2020), Bride price payment justification of sexual violence (Oduro et. al, 2020), men's patriarchy as a man has the right to discipline a woman for incorrect behaviour. Thus, physical violence is a way to resolve conflict. Lastly controlling behaviours as male partners use physical violence, psychological aggression, force sex leading to physical pains.

Psychological strategies include; male partner restriction contact, isolation of the victim,

Economic strategies consist of economic control, where abuser prevent victims access to financial resources, economic sabotage strategy whereby abuser destroying the victims' financial resources like cheques or stealing money. Economic exploitation involves abuser depriving access to saving or insurance.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter provides a description of research procedures used. It covers the research paradigm used, research approach, research design, population of the study, sample and sampling procedures, data collection instrument, data collection procedures, data analysis procedures, researcher's role, trustworthiness of the study, and ethical considerations.

3.1 Research Paradigm

The philosophical and theoretical perspectives or assumptions underpinning this study is interpretivism which argues that, meaning is constructed not discovered, so subject construct their own meaning (Kusi, 2012). This is linked to the nominalist ontological position which posit that knowledge of the world is socially constructed, understood and interpreted by the individual participants based on their experiences of the world in which they live and work (Kusi, 2012).

Interpretive paradigm is chosen because the purpose of the study is to explore a phenomenon. Thus, interpretive research acknowledges the feelings, experiences and viewpoints of the researched as data (Kusi, 2012). Again, interpretive paradigm was chosen for this particular study because, it allows the researcher to access the experiences and viewpoints of the research participants, recognizes the role of the researcher and the research participants in knowledge construction and is useful in an attempt to understand a phenomenon in all its complexity in a particular socio-cultural context (Kusi, 2012). It also said that the interpretivist studies often use small numbers of participants. This is because the purpose is not to generalize, but to

explore the meaning which the participant place on the social situation under investigation. The approach is interested in understanding the view of the participants, rather than predicting what the individual will say. This approach does not consider the knowledge generated from the study to be permitted but accepts it as relative to the time, context or culture in which the study is conducted. This approach also allows the researcher to interact more with the participants, making the researcher active in the research.

3.2 Research Approach

The qualitative research approach was used to explore strategies used on married individuals by their abusers in IPV relationship in the Okaikwei North Municipality of the Greater Accra Region. According to Creswell (2013), the researcher should give an opportunity to participants who have experienced the phenomenon being studied. In view of this, qualitative research collected raw data consisting of words and numbers are carefully analyzed to bring meaning to suit the research (Crisp, 2000). The qualitative research approach considers reality to be subjective and diverse. The researcher's epistemological assumption in this qualitative study is getting closer as possible to the participants being studied. According to Marshall and Rossman as cited by Hogan, Dolan and Donnelly (2009) qualitative research is pragmatic interpretive and grounded in the lived experience of the people. It looks at the subjective experiences of the participants in the study. This approach was adapted because the researcher will use opened ended questions and probing questions which will give the participants the opportunity to answer the questions in their own words and how they are experiencing it. Thus, the nature of the questions gave the participants the ability to evoke responses that are rich in explanatory in nature, unanticipated by the researcher. This approach also helped the researcher to get a

better understanding of the issues being explored, through first-hand experience, truthful reporting and quotations of actual conservation, it also helps to understand how the participant drive meaning from their surrounding and how their meaning influences their behavior. However, the natural setting became the direct source of data, and the researcher is the key instrument in this qualitative research. Hence data were collected in the form of interviews as direct encounters with the participants. As a result, the researcher himself, contacted the participants in their natural setting, gathered information through interviews and interpreted the results.

In addition, qualitative research approach is used in exploring people's lives, lived experiences, behaviors, emotions and feelings as well as organizational functioning, social movement, cultural phenomena and interactions between nations (Creswell, 2012).

3.3 Research Design

The study makes used of phenomenological research design to explore and understand the daily life experiences of participants, their different perceptions and understanding of the problem under study in their natural setting and make meaning of these experiences (Ziebland & McPherson, 2006). In addition, the researcher chose phenomenological study because it offers opportunity to study a single person, using appropriate data collection instrument (Creswell, 2007). Again, in phenomenological study, participants would tell their own experiences, about how their abusers used various strategies to control and abused them, as the researcher attempts to identify and describe aspects of each individual's lived experiences results in a more truthful way of being in and with the world (Shaduk, 2018). Therefore, phenomenological study provides an in-depth explanation, description and assessment of the

phenomenon understudy within their natural environment and representing it from the perspective of the research participant(s) (Lester, 1999).

Again, the phenomenologists assumed that there is some commonality to how abused strategies were used on the survivors and how they perceive and interpret similar experiences based on the awareness of common elements, patterns, or essences (Spiegelberg, 1982). Hence the need to seek to identify, understand, and describe these commonalities and also search for the “*essential structure*” of a single phenomenon by interviewing, in depth, a number of individuals (Lester, 1999). The researcher then extracted what he considers to be relevant statements from each participant’s description of the phenomenon and then cluster these statements into themes, and finally integrate these themes into a narrative description of the phenomenon. The focus was on how they were tactically abused and their perceptions on three different strategies (physical strategies, psychological strategies and economic strategies). This helps the researcher to gain a deeper understanding in the experiences of these married men and women survivors” in IPV.

3.4. Population of the Study

The target population for the study was 200 married men and women selected from the current population of 160,446 for the research site, Okaikwei North Municipal Community in the Greater Accra Region of Ghana, Ghana statistical service (GSS, 2021). They were all married individuals who have experiences in different form of intimate partner violence (IPV) and have reported their IPV cases to the Social Welfare Department within the research site. Out of these 200 victims that 12 participants were selected. Thus, the participants were sampled based on the age

experience, number of years they have been married as well as their experiences in IPV.

It must be noted that most of these married men and women are traders, while the women engage in the brisk business and hawking which are common economic activities. The community, however, is a hub of business activities. The central market in Abeka Lapaz and Achimota serves as the points of intersection for traders across the greater Accra region. Again, the sample is selected because of the unique characteristics of these married individual and how they throw more light on our understanding of abuse strategies used in their IPV relationship.

3.5. Researcher's Role

Based on the assumption underlying qualitative approach, the natural setting became the direct source of data, and the researcher is the key instrument in this qualitative research. Therefore, the role of the researcher is in his attempt to access the thought and feelings of studying participants who are survivors of different forms of abuse strategies and to find out what goes on in their life.

Again, being an outsider researcher because he had never experienced the nature of the phenomenon understudy, has no knowledge about how abused strategies were used on the survivors. As well as how they feel in their abused situation. Thus, this gives the researcher a detach position from the participants' experiences. Hence his crucial role was to think critically, being subjective and not to become part of the phenomenon that is studied hence, collecting data from complete strangers. Therefore, my primary responsibility as a researcher is to safeguard the participants and their data. That is why as soon as data was collected it must be coded immediately with

password to enable the researcher safeguard the participants' data. Also in order to safeguard the participants, the researcher should ensure confidentiality and to achieve this, I have to assure them the mechanisms for such safeguarding and this was also clearly articulated to them as participants.

Another role was to maintain research integrity, since the researcher is the key to research integrity and this helps to avoid errors. Therefore, in order to accomplish this, the researcher must rely on his own competence, openness, and honesty so as to perform the role of monitoring and reducing bias that may cause error especially during my interviews and interactions with the participants.

Again, my position as an outsider made me to be more detached, less personal, but also less well-informed. Rabe (2003) suggests that once outsider and insider perspectives in research are examined, one thing to note is that both concepts can be understood by the researcher considering the fact that there is power involved in the relationship between the researcher and the participants in the research. This is because as the researcher is gathering data from the research participants, he may have the power to represent those participants in any way he chooses. The research participants have less power, although they can choose what to say to the researcher. This has different implications for insiders and outsiders.

Therefore, it is obvious that, in the case of this study conducted outside the researcher's community and this places the researcher not to gain a position of power. Besides, the insider researcher who is part of participants' community has inside knowledge that the outsider does not have.

Though in my position as a school guidance Counsellor, the knowledge I had with abuse issues with students and couples may influence my position as a semi insider researcher and this may to some extent influence me as a researcher to gain a position of power. More importantly, the major role of the researcher as I obtained both insider and outsider knowledge, is to maintain the appropriate detachment. This approach is very useful in this regard, to reduce both participants' and researcher's biases.

3.6 Sample and Sampling Procedures

Malterud et al (2016) explain that a study aiming at exploring a phenomenon is best achieved using a sample size of 5-20 participants. In addition, Thorne (2008) is of the view that with qualitative research, a sample as small as 5 and as large as 30 can be used. In line with these assertions from, Malterud et al (2016), the study sampled 12 married individuals from the target population of 200 married individuals through purposive sampling. Thus, the participants were sampled based on the age experience, number of years they have been married as well as their experiences in IPV, since all the targeted population have reported their IPV cases to the Social Welfare Department within the research site and also the researcher had noticed on IPV issues of these married individuals from the counselling sessions and church marital week celebrations held annually among the various churches within the Municipality.

Again, purposive sampling is chosen because, it is more appropriate for qualitative study as it allows the researcher to sample participants who are more knowledgeable about the phenomenon under study (Creswell, 2013). Thus, purposive sampling also allows the researcher to carefully select the sample based on the purpose of the study with the expectation that each participant will provide unique and rich information which are of value to the study (Palinkas et al.2013).

Again, purposive sampling is where a researcher selects a sample based on a purpose, hence the name, and participants are selected according to the needs of the study.

Thus, the researcher selected purposive sampling because the problem the researcher is interested to address applies mostly to all the victims and also to exclude those who do not suit that purpose (Frankel & Wallen, 2006).

3.7 Data Collection Instruments

The researcher used interviews to obtain data for the study. This allowed the researcher to ask open ended questions that required follow-up questions. Therefore, interview guide was designed by the researcher and was used as a qualitative in-depth data collection tool (Boyce and Neale, 2006). It means that, the interview guide includes a number of predetermined questions, but the interviewer can probe, in order to dip deep, into the interview with the interviewees responses through follow-up questions (Lingard and Kennedy, 2010). In line with this research approach, the researcher got more reliable and valid data from the sampled population for analysis of the data collected. Also, the interviewer gave the participants enough time to build their points and establish their points as they experienced the problem under study (Lingard and Kennedy, 2010).

This data collection tool thoroughly engages participants in the research process by exploring the individual meaning they attach to issues of their everyday life experiences (Rosaline, 2008; Warren & Karner, 2015; Nasrallah et al. 2015), making the study more suitable. In the longer term, exploring subjective understandings of issues of abuse strategies and IPV could help tailor effective interventions. Another advantage of this type of research is that, it ensured privacy and enabled the participants to freely discuss their IPV and abuse experiences without fear.

Based on the theme identified and with regards to the study questions, a total of ten (10) guided interview questions consisting of two to three questions per theme were used as interview guide for data collection.

In view of this, questions 1-3 consists of the first theme which explored victims' experiences on physical strategies of abuse by their abused partner such as the use of threat, or attacked with a weapon like gun or knife, and sexual violence like forced sexual intercourse and the knowledge of the strategies used by the abusers. Again, questions 4-6 consists of the second theme which also explored abusers' experiences on psychological strategies of abuse by their partner which include; a partner being intimidated, humiliated or insulted, denied sex by a partner and how it was done.

However, questions 8-10 forms the third themes which explored abusers' experiences on economic abuse and strategies used as abusers, demanding money or token from spouse men before contracting sex, denial of household money (*chop money*) by men abusers, denial of the right to work, food and other basic needs by the abusers.

3.8 Data Collection Procedures

A letter of introduction from the Head, Department of the Counselling Psychology of the University of Education, Winneba to the respondents for their permission to carry out the study with them. During the interview participants were given ample time to respond to the questions. Each interview lasted between 30-50 minutes. The researcher used two months to interview the participants of the study. There was no time table for interviewing the participants each day. This is because the researcher had met the participants depending on their schedules. The sessions were audio-taped with a recording device and later transcribed for data analysis. However, demographic information of participants was collected at the beginning of the interview.

Researchers differ on the preferred number of respondents to interview (Warren & Karner, 2015; Mason, 2010; Charmaz, 2006), but are generally advised not to stick to a predefined sample size but to be flexible until data saturation is reached (Fusch & Ness, 2015; Mason, 2010; Warren & Karner, 2015). At this point, the researcher has obtained “enough information to replicate the study” (Fusch & Ness, 2015, p.1408) and conducting further interviews adds no substantial information. This was noticed during the 12th participant, even though 18 respondents were initially proposed to interview, yet settled at 12th participant. Again, the researcher has settled at twelfth (12th) participants because literature supports that time and access to participants, do however often limit the sample size in many phenomenological research, and suggested that in reality, a sample of between 6 and 20 individuals is sufficient (Ellis, 2016; Bartholomew et al, 2021).

The use of data tool involves the appropriate use of an interactive information collection process as the researcher relates to the case which is under scrutiny, using one-on-one interviews as the main methods of gathering the primary data for this research (Britten, 1999). The researcher then reads through the responses and identifies a common theme based on the purpose of the study. Also, the use of interview guide allowed for intensive follow up questions in order to cover issues which the researcher may not have anticipated or covered in the formulation of the guide.

However, due to ethical reasons (such as confidentiality) the material chosen to present in the results and analysis section has been carefully selected so that it will not pose a risk to the research ethics of the study (Kaval & Brinkmann, 2009). The

interview-guides used in this study was designed by the researcher and are presented lastly as in appendix 1.

Before going into the field, I designed an interview guide, with the intention of empowering participants to share their experiences. The guide was based on three themes: The experiences of strategies use by abusers in three difference forms as physical, psychological and economic abuse within the IPV relationship. An unstructured interview guide is flexible and adaptive; it allows the researcher to probe participants and to adjust his/her research questions (Bryman & Bell, 2016; Rosaline, 2008). The unstructured approach to asking questions allowed participants to provide more direction in the interview, giving deeper insight into my research questions.

As Strauss and Corbin (2008) noted, adhering rigidly to initial guidelines or an interview schedule could hinder the discovery of new themes; interviews with unstructured guidelines give room for themes to emerge from the data. I modified some of the questions in the interview guide/schedule as and when new themes/information emerged. For example, after a few interviews, I observed that respondents were providing similar answers to the question on different forms of abuse strategies. Each interview lasted 30 - 60 minutes. At the beginning of each interview, I briefly introduced myself and also introduced participants to the objectives of the study and read through the consent form to ensure they knew their rights and responsibilities as participants, as well as those of the researcher. I obtained oral informed consent from participants before beginning the interview. I audio recorded all oral consent. All interviews were recorded and later transcribed verbatim by the researcher. To ensure transcription quality, I replayed the audio recordings several times to confirm the transcripts clearly reflected the audio recordings.

3.9 Data Analysis Procedures

After the researcher had collected the data from the participants, using interviews it was then analyzed using thematic analysis. The researcher critically listened to the interview recordings and transcribed word by word, phrase by phrase and sentence by sentence into a note book. The key themes that emerged from the data guided that analysis. The recording was played over and over again with keen listening by the researcher in order to be able to identify the key themes that emerged from the interview.

After data collection and transcribed, analyzed using thematic content analysis. Braun and Clarke (2006) described this as a way of identifying patterns or themes within interview data. During data analysis, data was read and re-read the interview transcripts several times and made notes about first impressions of the data. This stage is very significant as it helps the researcher to become familiar with the interview data (Braun & Clarke, 2006; Warren & Karrer, 2015).

At this stage initial codes was developed from the data. Warren and Karner (2015) refer to this process as open coding. It comprises the discovery of themes, patterns, and concepts from the raw interview transcripts (Warren & Karner, 2015). During the coding process, data was organized into meaningful and systematic groups. At this stage, researchers are advised to be “open” and code as many emerging themes and concepts from the data to avoid missing anything important or interesting later in the analysis process.

As the analysis progressed, new codes developed and were included in the coding book. Subsequently, these codes were categorized, merged, and grouped under major themes in accordance with the research questions. The themes also emerged in the

interview transcripts and the interview questions. However, the themes that emerged were put together according to the research questions. The general themes that emerged were developed after which sub themes were also created. As shown below:

3.10 Summary of the Themes and sub -Themes

3.10.1 Theme one: Nature of Physical Abuse (Spousal beating to hurt in the form of slapping, hitting, punching or pushing and forced sex resulting into injuries and bodily pain).

Sub-themes: Physical Strategies used by the abusers

One: The man abuser uses his physical body contact to restrict, isolate and also to threaten the wife.

Two: The man abuser uses physical force to have sex with the wife.

3.10.2 Theme Two: Nature of Psychological abuse: (Feeling of worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and angry)

Sub-themes: Psychological Strategies

One: Denying Sex, (by woman abuser),

Two: Verbal insults (by both man and woman abuser),

Three: Controlling behaviours (by man abuser),

Four: Public humiliations as psychological strategies (by man abuser).

3.10.3 Theme Three: Nature of economic Abuse: Married men denying or refusing responsibility for providing house-keeping money or pay their children's school fees and other bills and socio-economically abuse their women counterparts. Again, the married women abusers refuse their responsibilities to perform house chores such as cooking, washing, sweeping and economically abuse their married men counterpart.

Sub-Themes: Economic strategies:

One: Men abusers becoming stingy

Two: Men abusers believing that their women are self-employed petty traders who earned income to support themselves financially.

Three: The women abusers were intentionally coming home late from work.

Four: The women abusers demanding money from husband before allowing sex.

3.11 Ethical considerations.

Obtaining participants' informed consent before the commencement of this study was essential to the research process, and I strictly adhered to this rule. Before each interview, I explained to participants the purpose of the study and disclosed my identity and affiliations in Twi or English. I also explained to participants there would be no remuneration for participating, but participants were advised of the potential benefits of this research to policymakers and to themselves. It is imperative to adhere to ethical issues in research of this kind in order to avoid respondents withholding vital information from the researcher. The ethical issues observed include informed consent, seeking permission, voluntary participation, no harm to respondents, anonymity and confidentiality.

Informed consent: Participants were informed that participation was voluntary, and they were free to withdraw consent without any coercion. I consistently applied the principle of respecting participants' autonomy, emphasizing their "choice, power, and control" throughout the interview process (Campbell et al., 2010, p.72). I recognized that interviewing participants on such a sensitive topic might trigger some emotional discomfort or stress as they were likely to remember painful experiences.

Consequently, after participants expressed interest in taking part, we reached an agreement on the appropriate location and a convenient time for the interview.

Seeking permission: The researcher first requested for a letter of introduction from the head of department of the Counselling Psychology of the University of Education, Winneba to the respondents for their permission to carry out the study with them.

Voluntary participation: The nature of the study was explained fully to the respondents before the interviews. The need to collect data from the respondents was justified.

No harm to respondents: The researcher made sure that all respondents are physically and psychologically protected by arranging for them a conducive and safe venue for interviews.

Plagiarism: Plagiarism is defined as the verbatim copying, near-verbatim copying, or paraphrasing portions of another person's published document without proper acknowledgement (Boisvert & Irwin, 2006). All relevant journal articles and books from which secondary information was drawn shall be properly cited. In respect to this, the researcher will make use of in-text citations and references in the study to avoid any form of plagiarism.

Anonymity and confidentiality: The respondents were assured of confidentiality. The researcher was open and honest in dealings with respondents. Before the start of the interview(s), the researcher will explain the purpose of the research; the purpose of the interview(s) and the confidentiality of the selected material was explained to the participants (Greeff, 2002).

I sometimes conducted interviews with participants in a store or a comfortable place at the market according to participants' discretion. These measures were to protect participants' confidential information, privacy, and safety, and minimize the research risk to myself and my respondents.

To ensure respondents' anonymity, privacy, and confidentiality, I removed all identifying information and used pseudonyms to make sure that the information appearing in reports, presentations, and publications cannot be traced back to the men and women interviewed.

3.12 Methods for Verification, Trustworthiness

In order to ensure trustworthiness in qualitative research studies or findings, the researcher has to establish that, the study's findings are credible, transferable, confirmable and dependable. To ensure credibility in my research findings and making sure that the findings are true and accurate, both triangulation and member checking were used to show that the research findings are credible.

Triangulation was used because the study involved multiple methods which include data sources from social welfare department and use of theories to analyze data. This helps to gain more complete understanding of the phenomenon being studied and also making sure that the research findings are rich, comprehensive and well-developed. However, for theoretical triangulation three different theories, social control theory of family violence, functionalism theory and social constructivism theory were used to analyze the data.

Again, Member- Checking was also used as second technique to establish credibility in my research findings. In this technique, data interpretations and conclusions were

shared with the participants. This allows the participants to clarify what their intentions were and also to correct errors as well as to provide additional information if necessary. In this case the researcher has to revisit the participants in their various localities for data verification and correction of errors.

In addition, to ensure that the study's findings are transferable, the researcher used thick description to show that the research study's findings can be applicable to other contexts or situations. Also, to ensure confirmability of the study's findings, the researcher makes sure that his bias does not eschew the interpretation of what the research participants said to fit a certain narrative. Therefore, the findings are based on participants' responses and not any potential bias of the researcher. Hence, audit trail was used to highlight every step of data analysis that was made in order to provide a rationale for the decisions made. This helps to establish that the research study's findings are accurate and portray participants' responses.

Lastly, to ensure that the study's findings are dependable, my research report should have enough information for other researchers to review and examine to obtain similar findings. The use of enquiry audit will help to establish dependability in order to ensure that the findings are consistent and could be repeated.

CHAPTER FOUR

DATA PRESENTATION, ANALYSIS AND DISCUSSION OF FINDINGS

4.0 Introduction

This chapter deals with the data presentation, analysis and discussion of findings from the interviews conducted in the study. Presentations were done based on the participants' views and responses to questions. The chapter begins by presenting the demographic information of the participants and proceeds to elaborate on how these demographic aspects influence the participant's responses to the study.

4.1 Demographic Characteristics of Participants

In order for an effective decision to be made about the background of the participant, it is important to collect the demographic characteristics of the participant. This is imperative because the demographic data gathers information about participants according to certain attributes such as age, gender, place, occupation, and educational background, which may influence the findings of the study. In the introductory part of the interview guide, the participants were asked to provide some information, such as their age, religion, educational background, and residence.

Table 4.1: Age Distribution of Respondents

Age	Frequency	Percentage (%)
Between 21- 30	4	33.33
Between 31-40	8	66.67
Total	12	100

Fieldwork, 2022

From Table 4.1, out of the 12 respondents, 8 were between the ages of 31 and 40, which represents 66.3 %; 4 were between the ages of 21 and 30, which represents 33.3%. The distribution of religion of respondents is shown in Table 2.

Table 4.2: Distribution of religion of Respondents

Residential status	Frequency	Percent (%)
Christian	7	58.33
Muslims	5	41.66
Total	12	100

Fieldwork, 2022

From Table 4.2, out of 12 respondents, 7 were Christians, which represent 58.33% and 5 were Muslims, representing 41.6%

Table 4.3: Educational Level Distribution of respondent

Educational level	Frequency	Percent (%)
Secondary school	11	91.6
Tertiary	1	8.3
Total	12	100

From Table 4.3, out of the total of 11 respondents, the majority (10 of them) are in SHS, which represents 91%, and only one of them has successfully completed SHS and has gone on to the university, which represents 9%.

Table 4.4: Occupational Status Distribution of Respondents

Employment status	Frequency	Percent (%)
Formal sector	2	16.6
Informal Sector	10	83.3
Total	12	100

As indicated in Table 4.4, out of the 12 respondents, 10 (83.3%) were employed. They were self-employed petty traders, dress-makers, hairdressers/stylists, and food sellers, including market produce like onions, tomatoes, okra, pepper. Other women were fish mongers and some men were painters, businessmen and commercial drivers like taxi and uber drivers. Thus, only 2 (16.6%) were employed at the formal sector.

4.2 Analysis of the Research Questions

4.2.1 Research Question One: What are the strategies used by abusers physically on married individuals in an intimate partner violence relationship in Okaikwei - North Municipality?

The core intent of this research question was to explore the physical strategies used by abusers in intimate relationship in Okaikwei North Municipality, from participants' experiences. However, in finding out those experiences, the result obtained from the participants is presented under Theme One.

4.2.1.1 Theme One: Nature of Physical abuse

This theme highlights key issues pertaining to physical abuse which included: Spousal beating to hurt in the form of slapping, hitting, punching or pushing and forced sex resulting into injuries and bodily pain., according to the women participants.

However, the gender disparity is that only women participants experienced physical abuse in this study. Core matters that emerged as Physical Strategies during the interview were noted as sub-themes which were:

4.2.1.2 The man abuser uses his physical body contact to restrict, isolate and also to threaten the wife.

Some of the women expressed how they were exposed to different kinds of physical treatments by their men abusers as physical strategies resorting to physical abuse and they described how it was done.

My husband restricted me and I think it is a tactic or strategy to prevent me from visiting my friends and other family members. When I disobeyed him, he got annoyed and beat me (Participant W-3).

My husband beats and slaps me if I do something wrong and does not want me to express my view on any issue (Participant (W-4) & (W-10)).

My partner does not take care of our only child and when I complained, he felt uncomfortable and slapped me (Participant (W-3) & (W-9)).

My partner expects me to cook for him with my own money at any time he is not having money and if I also do not have money and I did not cook any food in the house, he becomes angry and slaps me, because he thinks I have money and I intentionally refused to cook (Participant W-3).

4.2.1.3 The man abuser uses physical force to have sex with the wife.

Again, some women Participants who experienced forced sex recounted that, even if sometimes they had just given birth and the baby was still young and having sex would be impossible, these men abusers demanded sex from them and if they refused, they forced to sleep with them. Thus, some narrated their ordeal as shown below;

As for me even if I give birth and may not be able to have sex with my husband, he forced me and had sex with me and if I tried to resist him he got angry and beat me (Participant W-8).

Any time I refused to have sex with my husband because I was tired from work, he forced to have sex with me and I thought this was a strategy to inflict pain or hurt me and if I tried to resist him, he became angry and beat me (Participant W-5).

Even if I am not interested in having sex with my husband, he finds it difficult to understand my situation and forces me to have sex through hitting and slapping with much pains (Participant W-4).

Responses received from the women participants indicated that they all had differences in experiences so far as physical abuse is concerned, the common item for the nature of physical abuse experienced by the married women participants from their men abusers is Coercive control. I therefore use this finding to answer the research question 1 below.

4.2.1.4 What are the strategies used by abusers physically of married individuals in an intimate partner violence relationship in Okaikwei -North Municipality?

The study finding shows that the women married individuals experienced Physical strategy in the form of coercive control and it was noted that, the abuser controls the woman with his authority and power as he uses strategies like physical restrictions and kept the wife in the room in order to isolate her from friends and other relatives. He also uses physical threat to hurt the wife as strategy and abused her physically by beating, slapping, hitting, or pushing as well as using force as strategy to abuse the married woman sexually, resulting into physical abuse which include; injuries and bodily pain.

The researcher, playing the role as an outsider because he had never beaten his wife before, but owing to the knowledge gained from previous research in IPV , that sexual abuse could also lead to physical abuse. However, an inspection from the data above revealed that, the husband abuser uses physical restriction as a strategy to isolate the wife from visiting her friends and family members and when she tries to challenge his authority, he becomes angry with her and beats or slaps her as disciplinary measure.

Other women noted that the husband abuser easily gets angry and does not allow the victim to talk or express her view and if she tries to talk, that even provokes him more to become annoyed and slaps her. Other married women also confirmed that, the husband abuser does not take care of his own children and when they complain, he becomes annoyed leading to physical beating and slapping. Some women confessed that, some of these slapping and beating made them experience serious injury and pain.

Again, some married women who experienced forced sex recounted that, even if sometimes they had just given birth and the baby was still young and having sex would be impossible, these men abusers demanded sex from them and if they refused, they forced to sleep with them. Others also emphasized that, the husband tried to send them away and vowed to bring another woman when they refused husband sex owing to sickness or tiredness from work and when they tried to struggle or challenge him to stop the act, would ultimately lead to punching and hitting and finally used forced to have sex when they were not desirous leading to too much pain.

This evidence that, abusers use controlling and restricting freedom and movement as strategy to isolate their victims in IPV, confirmed what somebody has found in the previous literature that coercive control which involves controlling behaviours, power and control has been associated with IPV, that contributed to higher likelihoods of both physical and sexual violence (Diddy, 2011), as men abusers were denying participants to visit friends and also women victims try to challenge their authority, often led to physical abuse. Therefore, men who believe they have a right to control and discipline wives are more likely to beat them than those who do not share these beliefs (Sugarman & Frankel, 1996).

Indeed, it must be noted that, all the married women participants had experienced physical abuse strategy in the form of coercive control where the man abuser uses restriction, preventing, controlling, threatening and forced sex and physically abuse the partner. However, most women survivors confirmed that, it was due to spousal - beating that even made them reported their cases to Social welfare office at Okaikwei Municipal Assembly.

4.2.2 Research Question Two: What psychological strategies are used by abusers on married individuals in an intimate partner violence relationship in Okaikwei - North Municipality?

The core intent of this research question was to explore the psychological strategies used by abusers in intimate relationship in Okaikwei North Municipality, from participants' experiences. However, in finding out those experiences, the result obtained from the participants is presented under Theme Two.

4.2.2.1 Theme Two: Nature of Psychological abuse

This theme highlights key issues pertaining to psychological abuse which included:

Married individual survivors experienced the feeling of worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and also becoming angry with their abuser.

According to the participants, core matters that emerged as Psychological Strategies during the interview were noted as sub-themes which were;

4.2.2.2 Denying Sex

Some of the married men participants expressed how they were denied sex when they requested sex from their women abusers as psychological strategies and they described how it was done.

My wife denies me sex ever since the violence began and does not want me to come near her to have sex with her and says she has lost interest in making love with me, is that a strategy to deny me sex, officer? It is very painful (Participant M -7).

My own wife refused to have sex with me and I suspect she is rather having affair with another man, because she sometimes spent about two or three days sleeping outside her marital home (Participant (M-2) &(W-7)).

My wife does not wear her wedding ring anymore as strategy to follow other men since her attitude shows that she is no more interested in me and refuse sex with me (Participant (M -1).

Me yere si me kwan yen mpa mu nkitahodie ⁽¹⁾, na mesusu se ene obarima foforo bi anya saa mpa mu nkitahodie yi. Mesre se, yie betumi aye akwan a adaso de ne ho ka meme anaa? Owura m'aye basaa (Participant M- 11).

My wife denied me access to sex and I suspect her having affair with another man so is that a cheat or a strategy to deny me sex? I am worried or disturbed officer. (Participant M- 11).

Me yere dii aboboo se w'abere afiri adwuma na dhia ahomegyee na mesusu se yie ye nnadaa nsem a ape se ade si kwan wadee ebeye a me ne no nna wo mpa mu. Esiane se yie nye ne dakoro pe na waye saa (Participant M -1).

My wife complained that she was too tired from work and needed to rest and I believe it was a strategy she was using to deny me sex, because she often did that to me (Participant M -1).

4.2.2.3 Insult

Some of the married men and women participants expressed how they were insulted by their counterparts' abusers as psychological strategies and they described how it was done.

Enye mpa mu agoro nko ara na ade si me kwan, na mmom adii maten wo me nnamfonom anim ne kokoam se me ye "ogyengyentwie" a menhwe me mma (Participant M -8).

My wife did not only deny me sex but also insulted me both in private and in front of my friends that I was a fool who didn't take care of my child (Participant M -8).

Even if I give chop-money my wife still denies me food and even sex and I become disturbed, humiliated and worried about my wife's treatment (Participant (M -2) & (M- 6)).

Anytime I want to have sex with my wife, she always insults me and use it as a strategy to prevent me from having sex with her (Participant M - 6).

⁽¹⁾ ,obaa ne obarima nna mu nhyia mudie'

Yes, I feel humiliated both in private and public as my wife shouts on top of her voice as she talks as strategy to insult me in front of my friends and also denies me sex. (Participant (M-1).

My wife likes associating herself with friends, and I am worried about it because I suspected her violent behaviour is the result of the influence from friends (Participant (M -2).

My wife is someone who gets annoyed easily with people and because of that anytime I request for sex, she often ignored with an excuse that she is not in the good mood to have sex with me (Participant (M -7).

Me kunu hunuu nkekae bi wə me ho na əfaa saa akwanya no so dii matem maa no haa me yie paa ara. Edii beye bosome ne akyiri ansa na me werε refiri (Participant W- 4).

My husband often identifies a spot on my body that's not nice and used it as a strategy to insult me and this hurt me so much that took me some months to forget it (Participant W- 4).

Me hokani akoma bεn no na əfa saa akwanya no so po m'aduane die na yei ha me yie paa ara (Participant (W -3) & (W- 9)).

My partner usually gets irritated and insults me as a strategy to refuse to eat my food and this hurts me so much (Participant (W -3) & (W- 9)).

Ɛye me se me kunu mpe me esiane se, əka abambuo nsem kyere me (Participant W - 9).

I feel he doesn't like me, since he keeps using abusive words on me.” (Participant W - 9).

Me hokani fa me mfomsoə ketewa bi so didi matem pii wə yen nkəmmədie mu ne titiriw bere a mepε se mekyere m'adwene fa asem bi ho (Participant W - 5).

My husband insults me when I make a little mistake in conversation especially when I want to express my views to him (Participant W - 5).

4.2.2.4 Public humiliations

Some of the married men and women participants expressed how they were humiliated, insulted and intimidated or disgraced in front of people by their counterparts' abusers as psychological strategies and they described how it was done.

Bere biara a me kunu bo be fu no, aka nsemyaw bi te se; meye obaa hunu anaa mpo, meye atetekwaa na yei eha me paa ara (Participant W 3).

My husband gets angry which usually triggers verbal abuse like insults with painful words like I am a useless woman and this usually hurts me so much (Participant W 3).

My partner does not understand any simple issue under discussion and becomes angry and I also become annoyed (Participant W-3)

Yes, I feel humiliated both in private and public as my wife shouts on top of her voice as she talks as strategy to insult me in front of my friends (Participant M-1).

My wife has stopped doing anything in the house and when I ask her, she becomes angry and starts quarrelling with me and even insults me in front of our children (Participant M-2).

My wife does not do anything in the house and when I complained about it she becomes annoyed and irritated to insult me (Participant (M -7)

4.2.2.5 Controlling behaviours

Some of the married women participants expressed how they were controlled, restricted and isolated from families and friends by their counterparts' abusers as psychological strategies and they described how it was done.

My husband restricted me and I think it is a tactic or strategy to prevent me from visiting my friends and other family members. When I disobeyed him, he got annoyed. (Participant W-3).

My partner uses controlling behaviours to prevent me from visiting my friends and this makes me feel lonely, isolated and much worried as strategy to intimidate me. (Participant W-5).

Me kunu teateam gu me so berɛ a ɔne me benya nkitahodie na ɔmma me kwan ma me nkyerɛ m'adwene kɔpem sɛ ɔbewie nea ɔbeka ansa.

My husband shouts on top of his voice anytime he is speaking to me and does not allow me to talk until he finishes speaking (Participant W-3)

Responses received from the men and women married participants above indicated that, they all have different experiences in the nature of psychological abuse and psychological strategies employed included; Sexual denial, Verbal Insult, public humiliation and controlling behaviours. I therefore use these findings to answer the research question 2 below.

4.2.2.6 What psychological strategies are used by abusers on married individuals in an intimate partner violence relationship in Okaikwei -North Municipality?

The study found out that the married men participants experienced the nature of psychological abuse in the form of married individual participants experienced the feeling of worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and also becoming angry with their abusers. However, their abusers employed the following strategies in their psychological abused. These include: sexual denial, verbal insults, public humiliations and controlling behaviours. In terms of sexual denial, from married men participants' perspectives, the wife abusers denied them sex, using sexual apathy because she is not interested in having sex with the husband and infidelity by having extra-marital affair. These instances were used by married women abusers to deny men sex which makes them feel much worried and disturbed. Again, even if, the man had provided chop-money, the women still deny their men food and sex.

Also, concerning the strategy of verbal insults, according to the married men participants, these women abusers insulted them as they tried making attempt to have sex with them and ultimately, deny them sex with an excuse that they are sick or tired from work. This situation according to the men participants, made them feel humiliated, cheated and could not sleep well leading to psychological effect of insomnia. They retorted that, whenever they think of the way these women abusers were treating them, made them sometimes resulting into drinking of alcohol.

Again, some men participants felt their women abusers were cheating on them and suspected them with marital infidelity as they detected sex messages being sent through the wife's WhatsApp phone by other male partners. They also complained that women abusers go to work and come home late at night without wearing the marriage ring, and these gave them impression and suspect their wives with marital infidelity. Thus, this evidence also supported what somebody found in the earlier literature on IPV.

Also, both men and women participants experienced Verbal Insult as a strategy used by their abusers in psychological abuse. It was noted that, the abusers used psychological strategies like insult to cause a partner to get irritated and upset. The used of verbal insults also involved defamatory words which can provoke anger to a partner. For instance, the men abusers usually get angry and refuse to eat the wife's food and if she tries to find out the problem, he then starts to insult her, using abusive words, and also shouts on top of his voice without allowing her to talk or expresses her view until he finishes speaking.

However, an inspection from the data above indicated that, men participants also felt that they were humiliated both in private and public as women abusers shout on top of their voices to insult in front of friends and the children owing to small quarrelling and misunderstanding. Thus, this evidence also supported what somebody found in the earlier literature on IPV, that women could also be abusers (Belknap et al., 2012), and the findings of Hoff (2012) that men are more often the victims of intimate partner psychological aggression and control over sexual health as their women partners denied them sex when they desired it.

4.2.3 Research Question Three: What economic strategies are used by abusers on married individuals in an intimate partner violence relationship in Okaikwei - North Municipality?

The core intent of this research question was to explore economic strategies used by abusers in intimate relationship in Okaikwei North Municipality, from participants' experiences. However, in finding out those experiences, the result obtained from the participants is presented under Theme Three.

4.2.3.1 Theme Three: Nature of Economic abuse

This theme highlights key issues pertaining to economic abuse which included: Married men denying or refusing responsibility for providing house-keeping money or pay their children's school fees and other bills and socio-economically abuse their women counterpart. Again, the married women abusers refuse their responsibilities to perform house chores such as, cleaning, washing, sweeping. According to the participants, core matters that emerged as economic strategies during the interview were noted as sub-themes which were:

4.2.3.2 Men abusers becoming stingy, to support their wives financially.

This strategy was to deny married women access to financial resources abused them economically. Some of the married women participants expressed how they were denied household money (chop-money) from their men counterparts as economic strategy and they described how it was done.

As for me the only problem I have with my husband is that he is not willing to pay our rent and the children's school fees but he has money though yet, he is stingy and thinks he is using a strategy to deny us money. (Participant W -5).

My husband is neither bothered to give chop-money nor to pay the children's school fees and other basic needs (Participant W 4).

My husband sometimes gives chop-money which is very little and I have to support it as well as pay for the children's school fees (Participant W -4).

4.2.3.3 Men abusers believing that their women are working as self-employed petty traders and earned income to support themselves.

Some of the married women participants expressed how their men counterparts refused to support them to pay children fees and other bills as economic strategy and they described how it was done.

Even common school uniforms, I have to buy for our children by myself, feed them and I am able to do so from my earnings from the fried fish I sell at the market (Participant W- 4).

My husband does not take care of me and my children and has refused to pay their school fees, even common uniform he refused to buy, he has money but he will not buy and I think this is a strategy he uses to deny us money. (Participant W- 9)

Any time I asked my husband money to take the child to hospital he refuses to give me the money and also he does not bother to pay my hospital bills. (Participant W -3)

My husband has money alright, but does not pay the children's school fees, because he knows I am a hard working woman, he feels relaxed in supporting me financially (Participant W -8).

You see, I am a petty trader; I work hard to take good care of the children and my husband uses that as a tactic to deny his responsibility of supporting the family economically. Your own children you can't take care of them (Participant W -8).

My husband only thinks of satisfying the demands of his parents first and denies his responsibility of giving me and my children chop-money (Participant W - 10).

My husband is very selfish and refuses to accept responsibility for anything in the nuclear family except for his relatives (Participant W-10).

4.2.3.4 Demanding money before contracting sex

Some of the married men participants expressed how their women counterparts were demanding money from them before contracting sex as economic strategy and they described how it was done.

My wife demanded money from me before allowing sex as strategy to deny me sex and if I refused to give her the money being demanded (Participant M-12).

In spite of all the money I gave my wife to support her trading business, she still demanded money from me before allowing me to have sex with her (Participant M-11).

4.2.3.5 The women abusers were intentionally coming home late from work.

Some of the married men participants expressed how their women counterparts refused to do domestic chores like cooking, washing or sweeping as economic strategy and they described how it was done.

My wife refuses to cook food for the family and uses that as a strategy to abuse me and the children (Participant M-1).

My wife does not have time for me and my children, even to cook, wash and sweep and always uses the eldest daughter to do all the house-chores as strategy to deny her duties as a wife (Participant M-2).

My wife does not like cooking, washing, nor sweeping and goes to work and comes home as late as 11:00pm, this as strategy to deny me food and I can tell you officer, this is an open abuse (Participant M6).

My wife has stopped cooking in the house and even if she cooks at the market place for supper, she refuses to serve me food. When I asked her to explain, she becomes angry and starts quarrelling with me (Participant M-1).

My wife collected money from me to support her business so that she could use it to support our home financially such as cooking but refused and I later realized it is a lie. (Participant (M -2)

My partner surprises me when I detected that she misused the money the money I gave her as capital for her business but rather used it for her personal gains instead of cooking and this happened on two occasions (Participant M-11).

Responses received from men and women participants indicated that they all had different experiences with economic strategies like; married men abusers who were stingy, husband abuser believing that his wife is earning income and married women abusers demanding money before contracting sex. With all these varied experiences, the common of the nature of economic abuse is in the form of Denying or refusing responsibility. I therefore use my finding in relation to answer the research question 3 below.

4.2.3.6 What economic strategies are used by abusers on married individuals in an intimate partner violence relationship in Okaikwei -North Municipality?

The study finding revealed that married individuals both men and women were socio-economically abused by their counterparts in the form of denying or refusing responsibility. As noted, the men abusers socio-economically denied or refused their responsibilities for providing house-keeping money or pay their children's school fees, and various strategies used include: pretending to be stingy, believing that the

wife is working and therefore should rather support herself and the children with her own income.

The researcher's interactions with the married women participants revealed that, the man abuser was not bothered to give chop-money nor pay the children's school fees and other basic needs. Even sometimes when he gives the chop-money it was very small and the woman has to supplement it as well as pay the children's school fees by herself and also buy the uniform for the children. The women were able to do this, just because of their earnings from their trading or market sales since most of them were self-employed petty traders. Thus, the man abuser does not take care of both the wife and the children. Hence, any time they ask for money from him he refuses to give the money and even does not bother to pay the hospital bills. It was also discovered that, these men abusers, though they may be having the money they are not willing to pay the rent and the children's school fees. Thus, they become stingy and so used that as strategy to deny these married women and their children money and economically abused them.

More importantly, because these men abusers knew that their wives were hard working and earned income to support their counterparts financially, these men abusers use this as a strategy to deny their responsibilities to give house-keeping money and other basic needs.

Again, in terms of the married men participants' experiences in economic abuse and the strategies used, they confessed that, the women abusers refuse their responsibilities to perform house chores such as cooking, washing, sweeping and the strategies were that; the women abusers intentionally come home late from work and also demanded money from husband before allowing sex. A visit to the data above

shows that, these women abusers go to work and come home as late as 11:00pm, as a strategy to deny the man food. Other married women also demanded money from their husbands before contracting sex. This evidence was actually supported with what somebody has found in the earlier literature.

4.3 Discussions of the main findings

The study findings had indicated the nature of abuse and strategies which are in three forms of violent behaviours or abuse: (Physical, psychological and economic). The nature of physical abuse was in the form of spousal beating to hurt like slapping, hitting, punching or pushing and forced sex resulting into injuries and bodily pain. Thus, the physical Strategies used by the abusers include: the man abuser uses his physical body contact to restrict, isolate and also to threat the wife, as well as using physical force to have sex with the wife.

In terms of the nature of psychological abuse, it was noted that participants of married individuals experienced the feeling of worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and also getting angry. Therefore, the psychological Strategies used by abusers include denying Sex, by the woman abuser, verbal insults by both man and woman abuser, public humiliations by both man and woman abusers as well as the used of controlling behaviours by the man abuser. Thus, only the married men experienced sexual denial.

Concerning the nature of economic abuse, the study indicated that, both men and women married individuals refused their economic responsibilities. Thus, the economic strategies employed by the man abuser include; pretending to be stingy, believing that their women are self -employed petty traders who earned income to support them financially. However, the strategies used by the women abusers include;

intentionally coming home late from work and demanding money from husband before allowing sex.

I therefore, discussed all the above findings of this present study in relation to the context of participants, theories and earlier literature and also in line with the researcher's role as insider or outsider in the study.

4.3.3.1 Experiences of Physical strategies

The study findings had indicated that, the married women experienced physical abuse and strategies and by this strategy, the man abuser controls the woman with his authority and power and does this in different forms like; using restriction to isolate the woman victim from friends and families, using physical threats to hurt the wife as the man's body touches the victim like beating, slapping, hitting, punching or pushing and also using forced sex to cause physical pain or hurt when the woman is not desirous. This finding actually supports what somebody found in earlier literature that, controlling behaviours like restrictions have been confirmed as associated with IPV that ultimately lead to Physical abuse, and mainly involves only women who experience it (Antai, D. 2011).

4.3.3.2 The man abuser uses his physical body contact to restrict, isolate and also to threaten the wife as physical strategy leading to Spousal Beating

Again, the study finding suggested that, the man abuser uses restrictions, threat in the form of physical contact as strategies to cause harm or hurt the woman's physical body in order to inflict pain without the use of weapon but rather, beats, slaps, hits, or pushes and consequently hurts the woman victim by hitting her head on the floor due to misunderstanding. This finding actually supports earlier literature in Ghana, that young women are more likely to accept wife- beating (Anaba & et al. ,2021).

Besides, the findings on spousal-beating, can further be explained with the views of violence theories which focuses on share meaning that either justifies violent act or else redefine violence so that it is acceptable behaviour (Sarbin and Kitsuse,1994). This confirmed the culturally behaviour of the spouse; social norms and beliefs that allow the men to have the right to assert power over a woman as some men abusers used social norms to either justify violent act or redefine violence so that it was used as an acceptable behaviour. One study findings in Nigeria among the „Yoruba culture“ permits men to beat their wives (Atinmo, 2001).

However, an inspection into data above indicated that, some married women survivors confessed it maybe the fact that the husband does not like the idea for a wife to associate herself with some friends and yet if his orders are disobeyed he gets angry and beats. Again, when asked if it was acceptable for a husband to beat his wife, these women justified that, it was not good for a man to do that yet, some women at times incited the beating because they often flouted the rules set by their husbands and if it hadn“t been so, the man also would not have done that. Hence, accepting the blame that, some married women are the cause of these maltreatment from the husband. Some married women, concluded it is true that in some situations, they triggered the physical abuse, especially when they did things that the husband did not like or approve of. This finding can further be discussed in relation to the Ghanaian context and earlier literature suggested the fact that cultural norms also regard wife-beating or physical violence as an acceptable way to resolve conflict in a relationship and supports that there are times when a woman deserves to be beaten (WHO, 2010).

However, within participants“ context, noted as the research sites and in most Ghanaian communities, the cultural norms such as payment of bride wealth can lead

to IPV. This is because the men abusers use it as strategy and abuse their partners physically. That is, after paying bride wealth to legalize the marriage, they then interpret the payment as having „bought“ the woman from her family and therefore treat her anyhow he deems fit on the account that she is considered his property.

Hence, the exorbitant nature of bride- price gives the men the impetus to believe they have bought the women and they are considered as properties and out of which they become abusers and decide to treat them anyhow. This actually is in line with earlier literature in Ghana which had indicated that, women are expected to be „submissive to their husbands, be respectful, be patient“, and be dutiful and serviceable as tradition demands and when they violate these orders and norms, may lead to IPV (Amoakohene, 2004:6).

Consistent to my study findings supports the fact that social, gender and cultural norms serve as factors that contribute to the processes and strategies men abusers use to take advantage and abuse their women partners. Also, in the context of other Africa, earlier literature found that wife-battering are considered „normal“ within particular cultures, and a study in Nigeria confirmed that „Yoruba culture“ permits men to beat their wives (Atinmo, 2001), and also in Zimbabwe even a woman asking for money from her partner can lead to physical violence. This is because the request was interpreted as a challenge to men’s integrity.

According to earlier literature other factors such as, age, wealth status, level of education, frequency of listening to radio or reading newspaper/magazine, watching television, ethnicity, and religion are significantly noted to be associated with Ghanaian men and women's approval of wife-beating (Darteh & et al., 2020). Therefore, it must be suggested that policies, interventions, and campaigns must target

Ghanaians without formal education and young adults on the need to uphold human rights in order to dissuade marriage couples from endorsing intimate partner violence. Mass media has also proven to be a protective factor against domestic violence approval and, as such, much progress can be made if utilized by human rights activists, especially through radio, magazine and television broadcasting.

4.3.3.3 Controlling behaviours use as physical strategy

According to the women participants, the man abuser used physical body in controlling behaviours in the form of physical strategy to limit the woman access to talk to, express her views and physically uses threat and beat. This confirmed earlier literature (Boral's-Brown, 2020). The women participants experienced this as a threat and punishment and some women confessed that, they were not allowed to express their views on issues that needed further clarification, by the husband abuser who would become angry and slap in an attempt to exercise his authority as a husband.

This finding can further be linked to the participants' context, because social norms and beliefs in Ghana specifically, at the research site Okaikwei-North Municipal Community of greater Accra region, where as a result of social norms husbands have the right to assert such power over these married women. Thus, men consider themselves as socially superior as well as having the right to physically discipline women for incorrect behaviour and also the right to have sex with them whenever they desire, and the notion that wife beating is legitimate discipline, were the contributing factor to understand these married women's situation and experiences involving physical abuse (Sikweyiya et al, 2020). Thus, within the participants' cultural context and setting, such as Fadama, Abeka, Akweteman and Lapaz communities in the Okaikwei-North traditional area, is noted with diverse cultural

backgrounds for the use of gender norms in the form of men's patriarchy which gives the men power and control on women, and this might also contribute to the men abusers' perpetration of intimate partner violence (IPV) in the research setting and also in Ghana as a whole (Dako-Gyeke P, et al, 2019).

Again, a woman's non-compliance with gender norms which is socially acceptable, provided grounds for the men abusers to enforce societal conformity through IPV in the form of physical abuse. Therefore, men's patriarchy combines with controlling behaviour to drive the IPV in the form of physical violence (Dako-Gyeke P, et al. ,2019).

Moreover, the study findings have indicated that, man abuser restricts the woman by preventing her from visiting friends and other relatives. This means the women victims were isolated and under compulsion, arm-twisting, duress and oppressed so that, they do not have to challenge the husbands' authority and when they try, the abuser becomes angry and beats or slaps her as a disciplinary measure from the abuser. Therefore, men who believe they have a right to control or restrict and use it as a mechanism to discipline their wives are more likely to beat them than those who do not share these beliefs and this confirmed the previous research (Sugarman and Frankel, 1996).

4.3.3.4 The man abuser uses force as physical strategy to have sex with the wife

Forced sex was also used in the form of physical strategy to cause pain or hurt the married woman in physical abuse. This is done when the man pressurizes the woman to engage in sex without the consent of the woman or against the will of the woman and she usually gets hurt and physically inflicted with pains. Most women participants confessed that, because the man had power over them they forced them to do it and if

they tried to resist the men abusers, it usually resulted into physical violence like beating and slapping. This indicated that, sexual violence was also evident which led to physical abuse and studies suggested that, sexual abuse co-exists with Physical abuse as men abusers use violent behaviours such as forced sex and if their authority is challenged, it results into beating.

This finding actually supports earlier literature and according to Nkosi, Khethokuhle, & Metadata (2011) studies investigated in Durban, found that young women do experience different forms of intimate partner violence like physical violence, sexual and physical abuse in the form of slapping, hitting and punching or beating as well as repeated forced sex. Also, a study by WHO confirmed that, women victims who reported experiencing physical or sexual IPV had experienced both (Garcia-Moreno et al., 2005). However, a survey in Ethiopia found men reported physically abusing an intimate partner were also reported perpetrating acts of sexual violence (Philpart et al., 2009). It must be concluded that, physical abuse therefore co-exists with sexual violence, including forced sexual intercourse and other forms of sexual coercion.

Besides, the finding can also be linked with participants' context for further understanding and discussion of the married women's situation, that in the Ghanaian traditional societies, owing to gender and social norms, the women are expected to submit to the authority of men and this permits men to engage in sexual intercourse with their women partners with or without their consent. This finding also supports earlier literature which indicated that women victims were forced to give in and have sex with their partners because they justified sexual violence by drawing on traditional and religious beliefs that a husband has rights over the body of his wife

upon performing the marriage rites and paying the bride price which is clearly stated in the traditional marriage rites in Ghana (Adinkrah, 2011).

Therefore, women whose partners had paid their bride price had higher changes of justifying sexual violence (Oduro & et al, 2020). For example, during a typical traditional marriage ceremony, the woman is advised never to refuse the husband sex upon demand; she has to be ready to satisfy her husband at any time (Acheampong, 2010). These rights permit men abusers to exert force if their women refuse to fulfill their marital responsibility.

Related to the previous literature, my study finding also has illustrated the need for women to appreciate that, payment of bride price does not imply that their fundamental human rights have been bought by men, but they rather become partners (Chirwa, & et. al, 2018). This information can form part of premarriage counselling and human rights initiatives by the Ministry of Gender and Social Protection. That is, the content of marriage counselling may be expanded to include issues on IPV, its implications, and legal consequences.

However, the study finding also indicated that, men participants did not experience any form of physical abuse and this finding actually in line with the previous studies in this area of IPV, that men are more likely to be abusers in physical abuse than women as victims (Hines & Douglas, 2013) and tend to underreport and hide victimization because they consider their injuries as usually mild (Grams, & Mendeley, 2011).

Other study also noted that, men do not like reporting because they have evaluated the formal resources as unhelpful and the difficulty in self-identifying as victims, shame, and distrust of the support system. Hence they rather prefer seeking help from the informal sources, like friends and family (Machado, Hines, & Matos, 2016). This also has a link to the Ghanaian setting that IPV, is a sensitive area and as such, social norm in the Ghanaian society which enjoins individuals not to discuss the family secrets with outsiders is also a contribution factor.

4.3.3.5 Conclusion

My study found out that Physical abuse take the form of spousal beating to hurt in the form of slapping, hitting, punching or pushing and forced sex resulting into injuries and bodily pain. Thus, the physical strategies used include; the man abuser uses his physical body contact to restrict, isolate and also to threaten the wife as well as physical force to have sex with the wife. This finding actually supports what somebody found in earlier literature (Diddy, 2011) and were also discussed in relation to the Ghanaian contexts, theories, earlier literature. However sexual violence was evidence and can also lead to physical abuse like physically forcing and beating the wife, if she violates the husband abuser's authority.

Therefore, the concept of spousal beating has been reviewed under physical abuse. Hence, other factors contributing to our married women experiences have been addressed like; controlling behaviour, men's patriarchy and the use of social norms such as payment of bride-price and beliefs that support violence against women in the Ghanaian context as well as other many settings. These social norms and beliefs also include; a man has the right to assert power over and considered socially superior; a man has a right to physically discipline a woman for incorrect behaviour; physical violence is an acceptable way to resolve conflict in a relationship and there are times

when a woman deserves to be beaten (WHO, 2010). The factors are discussed extensively in relation to the context of participants and other literature and theories that support the study. Therefore, this study outcome could be added to the existing literature as it is required to fill the missing gap in IPV studies.

4.4.0 Experiences of Psychological Strategies

The study findings revealed that, the strategy experienced in the nature of psychological abuse by men participants is in the form sexual denial by woman abuser, verbal insults by both man and woman abusers, Public humiliations by both man and woman abusers and controlling behaviours by man abuser. Data responses had indicated that, to deny married men sex, the woman abuser does it in different forms like; sexual apathy where she is having displeasure in sex or not having interest in sex and also engaged in infidelity by having extra-marital affair to indicate that not that she is not interested in sex but rather does not have interest or love for the husband and used that as a strategy to deny him sex.

Again, the study results had shown that both men and women participants experienced Verbal Insult from their respective abusers. This was also done in different forms like; abuser becomes irritated, uses defamatory words, anger and also uses prevention in the form of controlling behaviours such as preventing the wife from talking or expresses her views on an issue when communicating with her as a wife as well as isolating her from visiting friends and other relatives and when she did talking, he insults her with anger. These findings are therefore discussed extensively below in relation to the earlier literature, theories and the context of the participants for the study.

4.4.1 Denying sex as psychological strategy

The woman abuser uses sexual apathy to deny husbands sex due to lack of interest in sexual activity and does not want to have sex with her partner. The men participants confessed that their abusers intentionally, fabricates numerous excuses like tiredness from work, not ready or not having right mood to have sex, failure to initiate or respond to a husband's sexual desires due to lack of interest in sex. It was also noted that, because the woman abuser had lost interest or love for her husband she denies him sex which forms part of husbands conjugal rights on his wife in marriage. This finding is actually supported by previous studies who concluded that, intimate partner sexual assaults often incorporate hurtful dimensions of degradation and humiliation, as Psychological abuse (Philpart et al., 2009) and also has a link to participants' background or cultural context that, sex is a husband's conjugal right and in Ghana wife sexual refusal is a key factor in husband-to-wife relationships and that, a wife's refusal of sexual intercourse with a husband triggered aggravated violence of which abusers used machetes, knives, and personal weapons to perpetrate the crimes (Mensah, 2017).

Consequently, the married men find it difficult to control their libido (desire for sex) when it rises up to a high level. This makes the researcher becomes an insider because he is a man and marriage couple and had experienced the nature of the phenomenon of denial sex as victim of abuse before and therefore, has knowledge about how abused victims feel in their abuse situation. Therefore, being an insider qualitative researcher, he has to think critically and being subjective to maintain research integrity, since the researcher is the key to research integrity and this helps to avoid errors.

However, there are many reasons why wife might not be interested in sex and one reason is the demand of work among these married women. For instance, in the modern Ghanaian Society the role of women has been redefined and a woman could be too busy working as a full-time job. Significantly, the women in the research setting of Abeka, Lapas, Tesano in Accra, which are considered as major trading centers within the Municipality, thus, most of these women couples are self-employed petty traders, in addition to running household errands as well as caring for kids can be exhausting and stressful. Therefore, these married women may simply feel too busy and overworked to have any energy for sex, hence they used tiredness as an excuse to deny the husband sex.

Another reason is that, the kind of sex the husband is having with these women may not be good for them and that may be the cause for them to lose interest in sex. It must be noted that, even in a happy marriage, if the sex act does not bring the woman's sexual pleasure, the woman may not be interested in making love any more, hence denied the partner sex.

In addition, Kelly (2020) noted that, it may happen that, the woman might not be feeling emotionally connected to her husband. Therefore, lack of emotional connection can be a huge factor in a person's desire to have sex with her partner. Interestingly, it was noted that, during my interactions with the men participants it was revealed that their women abusers denied them sex because, these women abusers complained they were tired and as a result were not feeling emotionally connected to their husband victims. Besides, when this happens, sexuality which often emerge naturally from their authentic emotional intimacy will be difficult (Kelly, 2020).

Related to the above reasons is the fact that if there are problems in the relationship like heat argument, disagreements about decisions related to the kids or work or money may cause a woman partner to lose interest in sex and the men participants complained that when they initiate sex, their women partners reject them as well as rejecting the bids for sexual interaction or physical intimacy verbally (“Not tonight”, “No”, “I’m not in the mood”) or physically (pushing away a hug). Again, these women abusers complained verbally as “I am tired, exhausted, or overwhelmed with work, parenting, or financial stress.

More importantly, the men participants noted one other reason as perhaps their women partners are frustrated with other issues within the relationship that are not being corrected, or they might have concerns about trust, communication, or the vulnerability of intimacy or sex. This evidence actually supports functionalism theory which posited that, violence occurs if certain needs for couples to survive are not met (Parson, 1977). Therefore, in any IPV relationship, when married individuals struggle communicating, expressing their feelings, or listening to their partner, they create more emotional hurt and experiences different form of abuse like psychological abuse and sexual abuse. It must be established that, for married men and women to experience happy, healthy sex, they must focus on increasing communication and listening, and supporting each other to initiate sex (Kelly, 2020).

Again, the woman abuser uses infidelity as she engages in extra-marital affairs to deny her husband sex or having sexual relationship with someone other than her own husband. In this instance, the men participants confessed that a wife uses infidelity as a strategy to deny or refuse sex and they were worried about the way their own women partners were treating them by denying their rights to enjoy sex. This finding

actually supports what somebody found in earlier literature that male partner was suspicious of infidelity (Coker et. al, 2000), and this is also consistent with a related study in Portugal, that, men reported abusive behavior by their women partners in Psychological abuse as a result of sexual violence (Machado, Hines, & Matos, 2016).

Hence, psychological abuse co-exists with sexual abuse and this finding also confirmed by a phenomenological study involving 17 Iranian women participants who had engaged in an extramarital affair, and factors that contributed to women's infidelity revealed wives' emotional issues, cultural and social factors as well as husbands' psychological issues, financial concerns, and sexual concerns (Abbasi, et al., 2021). Besides, it was noted that, during my interaction with the men participants, these women abusers who were suspected of infidelity, had refused to wear their marriage ring to deny their conjugal or legal right so that they could have sex with other men as strategy and to deny their own husbands sex. Therefore, this present study finding also suggested to be useful in designing education for married individuals and families that may help prevent the occurrence of marital infidelity and reduces IPV.

4.4.2 Verbal insult as psychological strategy

The study findings again revealed that, both men and women participants experienced the nature of psychological abuse in the common form of verbal insult and this actually support theories of violence which focus on discourse themes, share meaning that either justify violent acts such as insult or verbal abuse or else redefine violence so that it is acceptable behaviour. Thus, the abusers justified verbal insult and used it as strategy in different forms like, abuser being irritated, uses defamatory words to insult victim, gets humiliated and also uses prevention to cease the wife not to say

something when conversing with her. Thus, preventing her from speaking when the husband is talking and does not allow her to express her views to him in the form of controlling behaviour as he prevents her from visiting friends or to feel isolated. This finding actually supports what somebody found in earlier literature that controlling behavior in psychological abuse can be more threatening than physical and sexual violence (Coker et al, 2000) and the man treats his partner indifferently, restricts contact with her friends, family and expects his partner to ask permission before seeking health care (Catalozzi et. al, 2011).

The data findings revealed that, the men abusers become irritated and insults the woman victim and this is done when he is peeved or provoked and becomes fed up or upset which excites a feeling of anger. However, during my interaction with the participants, some women responded that, their husbands usually get irritated and insulted them, and when this happens the husband abuser refuses to eat her food and according to these women, it hurts so much when a husband refused to eat their food. Thus, they become worried not only about the insult from their partners but also how they refused to eat their food. This finding is actually supported by the views of Machisa, Shamu, and Magalhães (2018), that men abusive behaviours in IPV experiences were associated with child abuse, high gender equity attitudes, life traumatic events, depressive symptoms and sexual relationship power.

Also, the study findings indicated that married men participants experienced verbal insult as their women partners become irritated, shouted on top of the voice when talking to the husband victim and even insulted. Thus, married men also were humiliated both in public and in private by their women abusers. This finding confirmed earlier research which indicates violence is not exclusive to men, but

women could also be perpetrators (Sommers, 1994; Ristock, 2002; Belknap et al., 2012), and can be abusers and abused their men partners psychologically (Grams, & Mendeley, 2011).

4.4.3 Public humiliation as strategy in psychological abuse by both men abusers

The man abuser uses defamatory words like spotting part of the woman's body which seems not nice to him and uses that to insult or humiliate her in front of other people and according to the women participants they become so worried as the men identified a spot on the body such as small leg, big stomach or breast and other parts to make verbal pronouncement as: "look at her leg as small as aunt" "Look at her head as big as Antelope". The men abusers use such insult to intimidate the wife and abused her psychologically. This actually supports earlier literature investigated by Watson S. (2022) in England and Wales also attested that the abuse directed at women varies significantly, depending on occupation, with married women are more likely to receive abuse that questions their ability or criticizes their appearance.

However, the married women discovered that, perhaps their husbands hate them, due to intense dislike and a feeling of animosity to despise them all the time. It was also noted by the women participants that because husband abusers did not like them, that is why they keep using abusive words on them like; "you are a useless woman" and this according to the women victims usually hurt them so much. The reasons why husband hates wives include; when he feels that the wife is not willing to compromise; when she is becoming selfish, when the husband is feeling some sort of neglect, when there is a lack of attention, intimacy, sex, or affection, when the woman is being too negative, and he feels she is constantly criticizing him or attacking him, when he is hurt by an emotional connection she has developed with another man,

perhaps online, when the wife is nagging him constantly. One study found that when couples had more positive interactions with each other over time, they were better able to cope with bad days in the relationship.

This finding actually supports the views of theory of violence which focuses on discourse themes, share meaning that either justify violent acts such as insult or verbal abuse or else redefine violence so that it is acceptable behaviour (Sarbin & Kitsuse, 1994). The men abusers identified and describe many different discourse themes such as a woman partner does not cook well, or does not know how to cook, does not do what the husband is expected of her, does not know how to engage proper conversation or communicate effectively to the husband and these contribute to violence. In this instance, the men abusers feel their women were not doing what pleases them so they justify violent acts like insult or verbal abuse as an acceptable behaviour to retaliate and abuse their women victims. Consequently, the married women complained that they were humiliated, intimidated as their men abusers insulted them both private and in front of people.

In addition, the theory suggests interventions in the public and private conversations that make up the discourse as a strategy for change in order for married individuals to avoid insult. Therefore, married individuals should justify the kind of conversations to engage in both private and public places and also have ability to identify many different discourse themes that contribute to violence so that it can reduce IPV.

4.4.4 Public humiliation as strategy in psychological abuse by the woman abuser

According to the data findings above, the men participants narrated that, the wife abuser insulted them both in front of the friends and the children as the woman again

shouts on top of her voice and becomes angry to insult such as “you are a fool who does not take care of your child. This finding supports what somebody has found in the earlier literature that, psychological abuse is usually associated with negative voice tones, exploitation, excessive teasing, intimidations, humiliations, harmful threats, ridicule, or derogatory statements about the victim. (Donohue & Maier-Paarlberg ,2007), and acting in an offensive, degrading manner toward another, usually verbally, and may include ridicule, withholding affection, and restrictions such as social isolation, financial control (Maiuro, 2001).

In addition, the study revealed men as victims of IPV, showed that, men reported abusive behavior by their women partners in Psychological abuse and this is also inconsistent to a related study in Portugal (Machado, Hines & Matos, 2016) and that, the men victims did not seek help because of difficulty in self-identifying as victims, shame, and distrust of the support system. They rather prefer seeking help from the informal sources, such as friends and family, who were used more often than formal sources, like health professionals, social/victim support services, police, justice system, because the men victims have evaluated the formal resources as unhelpful. Therefore, Psychological violence is also likely to cause the victim stress and pressure because continuously he or she would have to be thinking and feel isolated.

Though studies are suggesting that violence is not exclusive to men, but that women could also be perpetrators (Sommers,1994; Ristock, 2002; Belknap et al., 2012). Compared to my study findings, this also confirmed a study in Portugal which indicated that, women abusers, abuse their men victims psychologically with minor acts of physical violence (Grams, & Mendeley, 2011).

Literature suggests that various victims of abuse find it okay to be insulted, even to the point of damage, if there is some reason why they believe they deserve this damage. Hence if you deserve to be abused, it refers to as just punishment. Therefore, abuse only becomes easily recognized as abuse when it is not deserved and abuser becomes emotional and upset in nature, becoming angry and insult the victim. These victims express an awareness that their situation is fundamentally unfair; that there is no reasonable justification for what has been happening to them. The emotion expressed over this unfairness is not consistent, however. Where some victims are angry, others feel hopeless or frustrated and end up blaming themselves for what is happening, or their abusers.

The victims in a relationship with an angry abusers observe the following; such as damaging to a feeling of safety and trust, fear toward self-giving and of receiving love, fear of being hurt, a spouse becoming distant, sadness, loneliness, and anxiety, damage to self-esteem and the sense of being a gift to one's spouse, a weakening of self-giving to children, an increase in sexual temptations, an increase in drinking, gambling, and other compulsive behaviors can trigger anger or violence leading to insult or verbal abuse (Darby, 2022).

Other literature again, revealed that feelings of shame, denial, and helplessness were experienced by men who are victimized by their wives. Thus, concluded that society and helping professionals' perception and treatment of male victims of domestic violence perpetuate men's negative feelings such as shame following the stigma attached to being a male victim of domestic violence.

4.4.5 Controlling behaviours as psychological Strategy

Responses from the women participants indicated that, the man abuser employs prevention in the form of controlling behaviours like, abuser preventing the wife from speaking and does not allow her to express her views to him but prevent her to talk until he finishes speaking. Thus, insulted her whenever, the woman mistakenly makes an error to challenges his authority as a husband. This finding is actually supported previous research on IPV in Zimbabwe that, a mere request of something from a husband can lead to IPV. This is because, it is an indication that, the woman is challenging the authority of the man as a husband and this has a link to cultural norms and beliefs in the Ghanaian society that permits men to enforce such authority on women.

For instance, my interactions with the women participants revealed that, the husband abusers insulted the women with a little mistake they make, especially when they are clarifying issues with him and he feels uncomfortable and humiliated and under compulsion he rather insults the wife. This finding is actually in line with earlier literature found by somebody that the type of controlling behavior employed by the male partner include: insisting on knowing the woman's location at all times, being angry if the woman spoke to the man rudely, ignoring or treating his partner indifferently and expecting his partner to ask permission before seeking health care (Catalozzi & et al, 2011).

Again, the abuser uses prevention to control and refrain the woman participant from saying something while conversing with him. The wife is ordered to cease and desist from speaking when the man is talking. If she tries, the man told her to calm up or suddenly stops her from explaining things that makes her feels unhappy or

embarrassed. A woman participant narrated that, her husband used to shout on top of his voice anytime he is speaking to her and does not allow her to talk until he finishes speaking.

Another form of preventing in the form of controlling behaviour by the men abusers in psychological abused is that, in order for the men to prevent, the husband isolates the wife by locking her indoors and prevent her from going out to visit friends and other relatives. A woman participant recounted that, her husband abuser prevents her from visiting friends and this makes her feels lonely and worried as her husband intimidates and restricts her freedom. This finding is actually consistent with what somebody found in the earlier literature, that psychological abuse is prevalent among couples experiencing physical aggression such as anger, threat and intimidation and it is possible that many of the effects of marital violence observed in battered women are actually due to psychological abuse (Perez et.al., 2022).

4.4.6 Conclusion

My study found out that psychological abuse among men participants indicated that, the nature of psychological abuse experienced by men participants is that they were feeling worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and angry. Thus, the psychological Strategies used were denying Sex, by woman abuser, verbal insults by both man and woman abuser, controlling behaviours by man abuser, as well as public humiliations by both man and woman abusers. In the experiences of sexual

denial and to deny married men sex, the woman abuser does it in different forms like; using sexual apathy or having sexual displeasure for the husband and infidelity or having extra-marital affair. However, the women abusers use humiliation and insult men both in public and in private and the men abusers use prevention in the form of controlling behaviours like; preventing the wife from expressing her view in an issue when conversing with the man abuser or preventing her from visiting friends. These findings were discussed extensively in relation to participants' context, previous literature and theories that support this present study.

4.5.0 Experiences of Strategies used in economic Abuse

My study found out that both married men and women have a common experienced in the nature of economic abuse in the form of denial or refusal of responsibility. Therefore, married men denying or refusing responsibility for providing house-keeping money or pay their children's school fees and other bills and socio-economically abuse their women counterpart. Whilst, the married women abusers refuse their responsibilities to perform house chores such as cooking, washing, sweeping. Thus, the economic strategies used by abusers include: the men abusers becoming stingy, believing that their women are working as self-employed petty traders who earned income to support themselves financially. Another economic strategy is that, the women abusers were intentionally coming home late from work and also demanding money from husband before allowing sex.

This finding actually supports functionalism theory assertion which noted that, economic abuse occurs if there is a failure of married individuals to meet their basic needs could contribute to economic abuse. However, in relation to the view of the above assertion, the women participants experienced economic abused because their

men abusers failed to meet some basic needs like household money (*chop money*), payment of bills, school fees and therefore, denied their responsibilities as husbands, hence leading to economic abuse. Therefore, it must be concluded that all perpetrators or abusers of IPV virtually impose various strategies of economic abuse on their partners when there is a failure in the control process (Reckless, 1973), and when this happens, the abuser gains complete control over the victim's financial resources and economically abuse the woman partner (Fawole, 2008).

4.5.1 The men abusers becoming stingy as strategy to deny their responsibilities as in economic abuse

This strategy is done when the husband abuser avoids accepting responsibility for providing house-keeping money, refuse to take care or pay their children's school fees. Some women shared their experiences and said men partners avoid buying the children's school uniform because they know that the wife is working and believed that she could use part of her earnings or money from the daily income to support the husband or home. This finding has a link to traditional beliefs in the participants' context and this was evident during my interview discussions that these women participants had a strong traditional perspective of gender roles, seeing men as breadwinners and women as domestic care givers. They believed that once married, a man (husband) is responsible for providing for a woman and the basic needs of the family, such as food, clothing, children's fees, payment of rent and other bills etc.

Consequently, when he failed to contribute or deny them support, they considered it economic abuse and this actually supports functionalist theorists' view that economic violence occurs if a husband fails to meet his duties to provide the basic needs for himself and especially among the wife and the family.

On the other hand, Control theorists also emphasized that, violence occurs if there is a failure in the control processes like, low socioeconomic status, inability to pay bills and rent, and other processes that the family or society needs to control, in order to reduce violence or economic form of abuse in IPV relationship especially among couples (Shaw & McKay, 1942). It is obvious that economic abuse occurs when the abuser gains complete control over the victim's financial resources (Fawole, 2008), and according to Stylianou & Seals (2018), this situation, creates economic dependency on the abuser as the greatest impacts of economic abuse. Another study also posited that, this condition has been noted as the primary obstacle that women victims face in attempting to leave abusive relationships (Adams, 2011; Barnett, 2000; Fawole, 2008; Kim & Gray, 2008).

4.5.2 Men abusers believing that their women are self -employed petty traders who earned income to support themselves financially as strategy in economic abuse

In this strategy the man abuser neglects his wife and children as he fails to perform his duties as husband and has no concern about the welfare of his wife and children leaving the responsibilities only on the wife. A woman participant noted that, her husband denies his responsibility to give her money to take the child to hospital but anytime she asked him money he avoids her and refuses to give her the money to take the child to hospital of which he is not bothered.

Consequently, some women participants confessed that, these men abusers who use neglect as a form of strategy decided to separate themselves and to live in a different location far from where the wife and family resided. Sometimes, the woman lost contact because the man abuser could change the contact number or the location to a

different locality without the knowledge of the woman who finds it difficult to trace him, and most often it is either within or outside the research site of Okaikwei North Municipal community like Abeka, Lapas and Fadama in the greater Accra region.

In order to investigate the behaviour of these men abusers, Pace & Welch, (2022) recounted problems in couples' relationships, as infidelity, sexual differences, stress, communication problems, financial issues, lack of attention, lack of appreciation, technology and social media, selfish behavior, trust issues, anger issues, and lying as reasons why husbands neglect or fail to seek the concern about the welfare of the wife and the children. Thus, leaving the responsibilities only on the wife.

Infidelity was noted as one of the most common marriage problems in relationships and it can happen when the connection in a relationship is not strong and can cause a breakdown of trust. However, research reveals that maintaining a strong emotional bond, sexual intimacy, and respecting boundaries are the three key ways to combat infidelity in couple's relationship which will make each partner more committed to their respective duties as husband or wife (Pace & Welch, 2022). Thus, an inspection to my study data interviewed revealed that, the married men suspect the women cheating on their partners.

Another issue is about sexual problems in a relationship for several reasons paving the way for subsequently more marriage problems. Thus, making partners like men denying their responsibilities. However, studies reveal that sexual compatibility, along with sexual satisfaction, was cited as the most crucial factor in determining relationship satisfaction for couples. Hence, the most common sexual problem within a marriage is a loss of libido among both men and women. Many people are under the impression that only women experience issues with libido, but men also experience

the same. Consequently, in other instances, where one partner may prefer different sexual things than the other spouse, making the other spouse uncomfortable and this may also lead to neglect of responsibilities by a partner. However, Literature has suggested that, communication and keeping an open mind are key to getting through any form of sexual incompatibility, and can also reestablish the crucial physical and emotional bond for sexual intimacy to flourish (Pace & Welch, 2022).

Again, according to Pace & Welch (2022) stress can make the man abuser neglects his wife or fails to perform his duties as husband and they emphasized that, many different situations can cause stress within relationships that can also influence a male partner to neglect concern and caring for both the wife and the children. For instance, financial problems can stem from a male partner losing his job and that may contribute to a male partner failing to perform his responsibility as a husband. Therefore, stress within a relationship needs to be handled, or resolved by sensitizing couples to talk to each other honestly and patiently. However, this actually confirmed the views of functionalism theory that, failure or „lack of attention,“ occurring in a relationship where married individuals, intentionally or unintentionally, redirects their attention to other aspects of their lives can also cause neglect of responsibilities by a partner. When this happens, it changes the chemistry of marriage, which instigates one or the spouse to act out and overreact and this problem, if not dealt with appropriately, can then spiral out of control, making male partner denying his responsibilities as a husband.

Another factor is financial issues occur when a couple do not have money and this can also push individual husband to abandon his duty in the marriage and denying access to necessities such as food, clothing, and medications (Anderson et al., 2003;

VonDeLinde, 2002). Besides, economic hardship and financial distress can have devastating effects on families, especially when the man lose his job or refuse to avoid accepting his responsibilities. The wife often struggles just to meet their basic needs and research had indicated that, at worst, economic abuse by intimate partners can propel victims into poverty (Tolman, 2011). Unlike unemployed fathers who feel like a failure, guilt stricken and ashamed of losing their identity as the family's provider, husband abuser would use such condition as strategy to deny his economic responsibilities and rely solely on the wife for economic dependency, and according to Stylianou & Seals (2018), one of the greatest impacts of economic abuse is economic dependency on the perpetrator who uses such as strategy to neglect his responsibilities as a husband, especially when the wife is working to earn income to support the family.

Besides, a lack of gratitude, recognition, and acknowledgment of your spouse's contribution to your relationship can be detrimental as it can cause a husband to neglect his responsibilities to care for the wife and the children. This is because he does not see it so important any more. Therefore, couples need to appreciate all that your partner brings into your life. Leave them a surprise note, or you can give them a flower, just to show your appreciation. Thus, my men participants who feel undervalued in the relationship, should try to communicate or express this feeling and need for change to the partner, rather than neglecting responsibilities. Therefore, husbands' ability to express their honest feelings might make their wives realize their oversight and compel them to make changes.

Nevertheless, the emerging dangers of social media on marriage and family are imminent. With a rapid increase in our interaction and obsession with technology and social platforms, also lured the men participants' attention and failed to perform their duties as husbands. Thus, making them losing themselves in a virtual world and forgetting to love other people like his family and things around them. Such fixation has quickly become a common marriage problem (Pace & Welch, 2022).

Related to the above is anger issues such as male partner losing his temper, shouting or screaming in rage, and causing physical harm to his spouse is sadly a common marriage problem and can push a male partner away from his responsibilities leading to economic abuse. Thus, earlier research has indicated that, economic abuse co-exists with psychological, physical and sexual abuse. Therefore, increasing stress due to internal and external factors and in a fit of rage, married individuals might be unable to control their anger, and an outburst towards their loved ones which can be very harmful to a relationship.

4.5.3 Married women abusers intentionally coming home late from work as strategy in economic abuse

Again, my study findings indicated men participants experienced economic abuse as a woman abuser refuses her responsibility as a wife to perform house chores such as cooking, washing, and sweeping. She willingly come home late from work. Wife's refusal to do house chores like cooking, sweeping and washing is significant in economic abuse. This is because the men participants were denied access to food, good sanitation and health care in the home and this actually in line with Winstok's (2007) findings who concluded that women abusers employ economic abuse as strategy which is motivated by the need to prevent, balance, control or gain something in power that can intentionally harm the men victim, consequently in an economic

nature, including harming victim's self-esteem or social image in the short or long term (Winstok, 2007, p. 357). Therefore, the more powerful a wife, often uses the threat or use of force or violence to obtain compliance from less powerful partner (Goode et al., 1979). Hence, motivated to refuse her responsibility as a wife to a husband. In addition, a wife's source of power may come from her economic and employment status, life fulfilment or accomplishment and other related factors which motivate her to feel the need to gain control over how other partner thinks and feels (Bostock, et al., 2002).

However, some men participants narrated their experiences and noted that, these women abusers had no time for them since they are always busy on Social Media and some even confessed that, they had even regretted marrying their wives. The researcher then became an outsider due this experience of the men participants and therefore has to think critically in order not to influence and also avoid being bias. The men victims or participants again, emphasized that, these women abusers spent most of their time chatting on Facebook, WhatsApp media and also watching TV or movies and as a result they denied their responsibilities as wives to cook and take care of the home. Therefore, this study suggests a gap which needs to be investigated by future researchers to look at the processes women abusers use control and give more attention to social media and abuse their victims.

In addition, there are many reasons why these women refused their responsibilities in the home. They include; spending much time on media, watching movies and the influence from friends. Women like watching romantic movies. This is because women today are extra picky about what stimuli they receive, so movies are usually careful to tell women what they want to hear. Therefore, if a marriage is falling apart

because the husband is working too much, making personal sacrifices to provide for his family and does not have time to show them enough love. It becomes a problem for the wife because she does not *feel* love. Hence extended such feeling of love to social media. Thus, making them refusing to perform their responsibilities. Besides, when the couple fights, they never have a philosophical discussion about the nature of love or marriage. Instead they just spit words on each other (Naso, 2015).

Another reason is the influence from friends. Women always want their friends to have the same relationship status (and same sexual experience), and they develop much attention in communicating among themselves and that also lead to denial of responsibility in the home (Naso, 2015).

Koustuv (2011) also concluded that, economic empowerment is not the sole protective factor of women experiencing IPV but, also together with higher education and modified cultural norms against women, may protect women from IPV. This is because working women are more likely to experience the prevalence of IPV for emotional violence less severe, physical violence severe and severe sexual violence as compared with non-working women experiences of IPV.

Again, Meghna & et al (2021) also noted that, the notion of „power within the self“ is supported by women’s income generation, alongside a sense of financial independence and improved social support. Thus, these women experienced increased happiness and reduced financial stress, although in participant cultural setting, social norms and gender expectations about women subservience and male headship remain salient. Furthermore, studies have indicated that, younger women appeared to tolerate abuse due to financial and caring responsibilities. In relation to other findings show that, higher income was associated with several potential pathways to reduced IPV,

including reduced household hardship, fewer arguments over the partner's inability to provide for the family, improved relationship dynamics, and increased relationship dissolution.

Therefore, women contributing more than their partner tended to come from more disadvantaged households, argue more over their partner's inability to provide, and have worse relationship dynamics. Hence, women's income was protective against IPV. Thus, it must be concluded that, women who contributed more financially than their partners had greater IPV risk. Poverty and tensions over men's inability to provide emerge as potentially important drivers of this association. Interventions to empower women should not only broaden women's access to economic resources and opportunities, but also work with women and men to address men's livelihoods, male gender roles and masculinity norms.

4.5.6 Women abusers demanding money before contracting sex as strategy in economic abuse.

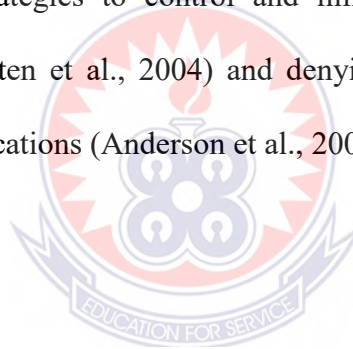
The data findings had indicated that, a wife abuser demands money from her husband before contracting sex as strategy in economic abuse. This is because the men participants complained that they became worried when their women partners denied them sex as a result of their inability to pay for the money demanded from them. This was noted by the men participants that even if they wanted to have sex with their own wives it would be very difficult. They concluded that apart from demanding money from them even if they paid, these women abusers still deny them access to sex, making numerous excuses like pretending to be tired from work or sick. This finding is actually supported by what somebody has found in earlier literature, that this experience by the men participants has been noted as economic exploitation as the

women abuser intentionally engages in behaviors of demanding money before sex with the aim at destroying the victim's financial resources or stealing money from a husband (Anderson et al., 2003; Littwin, 2012; Plummer, et al., 2015; Stylianou et al., 2013). This is because sex according to participants' culture is noted as a man's conjugal right of which he must have the right to enjoy it at any time he wants.

However, the men participants confessed that, they normally felt so bad and disappointed to see their own wives treating them in this way. Studies suggest that, a partner's source of power may come from his or her economic and employment status, life fulfilment or accomplishment and other related factors which motivate the women abusers who feel the need to gain control over how other partner thinks and feels (Bostock, et al., 2002). In precise, an abuser who has an effort to maintain control over other partner in IPV, may use many forms of intimidation, such as coercion, isolation, in economic abuse. Again, control theory is of the view that failures in the control process like men's inability to provide or support their women financially will motivate these women to employ strategies like demanding money before contracting sex and this can lead to violence. Compared to Functionalist theorists, they are of the view that, a person's inability to meet his or her certain needs such as one's basic needs for survival, and other factors like high stress levels, rapid technological, social, and economic change, and conflict between social groups or intimate partners are considered as contributing factors for violence to occur in societies.

4.5.8 Conclusion

In summary, my study found out that economic abuse among men participants take the form of a man abuser refusing to provide house-keeping money and also pay fees and other bills. Thus, the strategies used include; Men abusers becoming stingy, believing that their women are working as self -employed petty traders who earned income to support them financially. Whilst, the woman abuser also denies her responsibility to perform house chores, and strategies employed were women abusers intentionally come home late from work as well as demanding money from her husband before contracting sex. This finding actually supports what somebody found in earlier literature (Tolman, 2011), that victims of economic abuse observed the following tactics as strategies to control and limit access to financial resources (Sanders, 2015; Wettersten et al., 2004) and denying access to necessities such as food, clothing, and medications (Anderson et al., 2003; VonDeLinde, 2002).



CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This chapter presents the summary of key findings, implications for counselling, conclusions, recommendations, and other suggested areas to be studied.

5.1 Summary of the Key Findings of the Study

The study findings had indicated the nature of abuse and strategies which are in three forms of violent behaviours: (physical, psychological and economic). In the nature of physical abuse which include, spousal beating to hurt in the form of slapping, hitting, punching or pushing and forced sex resulting into injuries and bodily pain., the man abuser employed physical strategies as he uses his physical body contact to restrict, isolate and also to threaten the wife and also using physical force to have sex with the wife.

Again, in the nature of Psychological abuse, participants experienced the feeling of worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and getting angry. Therefore, the psychological strategies used by abusers include: denying Sex, by woman abuser, verbal insults by both man and woman abuser, controlling behaviours by man abuser, and public humiliations as psychological strategies by both man and woman abusers.

Also in the nature of economic Abuse, married men denied or refused responsibility for providing house-keeping money or pay their children's school fees and other bills and socio-economically abuse their women counterpart. Whilst married women abusers refused their responsibilities to perform house chores such as cooking, washing, sweeping. However, the economic strategies used were: men abusers becoming stingy, believing that their women are working as self-employed petty traders who earned income to support them financially. Whilst the women abusers also refused their responsibilities in economic abuse by employing economic strategies like; intentionally coming home late from work and also demanding money from husband before allowing sex.

Again, the women victims attested that, the man abuser also uses physical threat to hurt the wife and threatened her as strategies to beat, slap, hit or push the wife which has been noted as spousal beating and Anaba et al (2021) confirmed that young women in Ghana are more likely to accept spousal beating.

Also, from the views of Functionalists theory, the man abuser becomes violence when there are failures in the control process, like poor communication, lack of economic resources like money, food may facilitate the processes of control resulting into abuse. For instance, the married women participants attested that, there is no effective communication in their marital relationships and all conversations usually terminated with petty quarrelling due to misunderstanding between the two married individuals involved. This assertion also confirmed by the functionalist theorists who posited that, certain needs for married individuals to survive must be met and when these needs are not satisfied, it will generate violence leading to abuse. Hence, the abusers resort to the use of physical force to inflict pain, injury, or physical suffering on a victim. This

actually had provided a significant reason why the women participants in this study, had experienced physical abuse from their intimate partners-husbands.

In addition, sexual violence was evidence during my interactions with the women participants who experienced forced sex by the husband abusers, as they forced them physically to have sex when they were not desired, and this leads to physical pain and abuse. Thus, earlier studies confirmed this evidence that, sexual abuse co-exists with physical abuse as men abusers use violent behaviours such as forced sex, that results into beating, sexual abuse in the form of slapping, hitting and punching or beating as well as reported repeated forced sex (Nkosi ,2011).

In addition, married individual's experiences in the strategies used in psychological abuse are also explained below:

The study revealed that, the nature of experiences of psychological strategies by the men participants is sexual denial. The woman abuser denies the husband by using different strategies like sexual apathy where the woman abuser does not have interest in sex or have no feeling of love for sex with her partner. Apart from sexual apathy, the woman abuser also uses infidelity to deny husband sex, as she engages in extra-marital affair. This finding is actually supported by previous studies who concluded that, intimate partner sexual assaults often incorporate hurtful dimensions of degradation and humiliation, as Psychological abuse (Philpart et al, 2009). Besides, my study's finding had indicated that, the women abusers refused to wear the marriage ring to deny husbands' conjugal or legal right so that they could get opportunity to have sex with other men partners and abuse the man psychologically. Thus, these women abusers were suspected with infidelity by their men victims and previous research had found out that, wife's emotional issues such as poor

communication, cultural and social factors poor sexual intimacy couple with lack of attention from the male partner, substance abuse, husbands' psychological issues, financial concerns, and sexual concerns are often used as factors that contributed to women's infidelity (Abbasi, et al., 2020). The findings also suggested might be useful in designing education for couples and families that may help prevent the occurrence of marital infidelity.

The study findings also indicated that, both men and women participants experienced the nature of psychological abuse in the form of being worried, disturbed, insomnia, humiliated, cheated, irritated, upsets and anger. Hence the psychological strategies include; Insult as man abuser becomes irritated and insults the wife. He also uses defamations as he spots part of the wife's body which is not nice and uses that to insult her. He therefore, develops hatred to everything the woman does. Another strategy he did employ is controlling behaviours like preventing the wife from expressing her view when conversing or communicating with the husband. Thus, the man abuser controls behaviour in the form of insult or verbal abuse and psychologically abuse and studies have suggested this as prevalent among married individuals experiencing physical aggression such as anger or verbal abuse (Perez, et.al., 2022).

Again, married individual's experiences in the strategies used in the nature of economic abuse are therefore explained below.

The study findings had also indicated that, the nature of economic abuse include; married men denying or refusing responsibility for providing house-keeping money or pay their children's school fees and other bills and socio-economically abuse their women counterpart. Whilst the married women abusers refuse their responsibilities to perform house chores such as cooking, washing, sweeping. Therefore, economic strategies used were: men abusers becoming stingy, believing that their women are working as self-employed petty traders who earned income to support them financially. Also, the women abusers were intentionally coming home late from work, as well as demanding money from husband before allowing sex.

5.2 Implications for Counselling

It has been established that community psychologist's ideas naturally apply to addressing social and medical issues in Ghana (Boakye, 2012).

1. The services of community psychologists combined with their basic beliefs, such as primary prevention, empowerment, and interventions should be tasked to help address the issues of physical abuse like spousal beating and reduce intimate partner violence in the country. Since one of their guiding principles is ecological metaphor, which directs them to approach situations holistically, community psychologists can be useful in this area. Then, community psychologists can design an intervention that properly takes into account both the trauma symptoms on the abused victims of married men and women. Particularly in settings where there is a significant risk of IPV, these interventions can provide counsellors and other caregivers with the confidence they need to assist them in educating or counselling them on the need to control their anger to reduce violence in IPV.

2. One entry point for reducing the problem is that, Community Counsellors identify the various IPV therapies that are useful by practice to help victims to cope with their normal life and also promote recovery from the trauma of the abused (Tan et al, 2013).
3. Another way for reducing the problem is educating married individuals on the need to perform their social and economic responsibilities in marriage. This will help to reduce economic strategies as well as serving a significant guide in determining priority areas for the resolution of economic violence against men and women married individuals.
4. Counsellors should have access to monitoring services to help them feel more confident in their abuse situations. Additionally, married men and women will be well informed on the ways in which they expose their marital relationship into violent and will be urged to change these violent behaviours. It will be a fantastic idea if community psychologists are brought on board to act as facilitators for married individuals both pre-marital and post-marital counselling therapies to empower them to have peaceful relationships.

Finally, the study findings indicated that, married women's emotional issues, cultural and social factors, husbands' financial concerns, and sexual concerns are factors that contributed to women's infidelity (Abbasi et al., 2020). This finding is also useful in designing education for married individuals and families that may help prevent the occurrence of marital infidelity in order to reduce IPV.

5.3 Conclusion

The study concluded that, the strategies used in the nature of abuse is in three forms:

1) Physical strategies, experienced by only married women and physical strategies used were beating and forced sex.

2) In Psychological abuse, the married men experienced Sexual denial, while both men and women experienced Verbal Insult, public humiliation and controlling behaviours as psychological strategies.

3) Nature of economic abuse, both married men and women experienced refusal of socio-economic responsibilities. The men abusers refused to provide house-keeping money, pay fees and other bills. Whilst the women abusers refused their marital duties to wash, cook or sweep and also demanded money from their men counterpart before contracting sex.

Counselling interventions for the affected persons and the abusers are mentioned and discussed with the aim of reducing the incidents of intimate partner violence in Okaikwei North Municipal community of Ghana.

5.4 Recommendations

Based on the study findings the researcher recommends that,

- i. The chiefs in Okaikwei North Municipality should assist social welfare personnels to enforce the law that governed different forms of abuse (like physical beating and forced sex).
- ii. Counsellors, must give support services in their communities to married men and women who experience psychological abuse.

- iii. Counsellors within the Okaikwei North Municipal community must note that, counselling married individuals on financial Constraints is crucial.

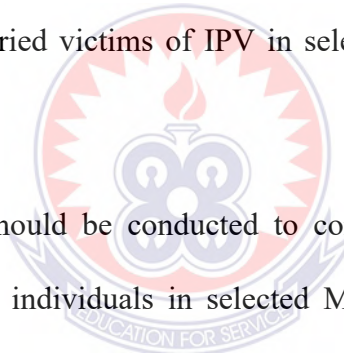
5.5 Suggestions for Future Research

The study revealed strategies as one of the processes abusers employ to gain control and abuse their survivors and this is important in filling the knowledge gap in IPV. It must be suggested that;

The same study should be delved into but a mixed method approach should be employed to enable more generalizability of the findings.

Another study should be carried out to determine the effects of strategies used by abusers have on the married victims of IPV in selected Municipality in the Greater Accra Region.

Finally, another study should be conducted to compare the co-habitation form of relationship and married individuals in selected Municipality in the Greater Accra Region.



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APPENDIX

UNIVERSITY OF EDUCATION, WINNEBA

FACULTY OF EDUCATION STUDIES

DEPARTMENT OF COUNSELLING PSYCHOLOGY

AN INTERVIEW GUIDE FOR ABUSED MARRIED MEN AND WOMEN

Title of the study

Exploring the strategies used by abusers in Intimate Partner Violence relationship among married individuals in the Okaikwei-North Municipal Community of Greater Accra Region

INTERVIEW GUIDE

1. What kind of treatment that made you report your partner to social welfare department?
2. Were you exposed to a kind of threat that involve with physical weapon like knife and describe how it was done? Was there any tactics used as strategy?
3. Was there any time that your partner force you to have sex when you are undesired? Were you as a man denying sex when you desired?
4. How were you treated sexually with your partner? Were you as woman demanding money before contracting sex?
5. Was there any time that you were disgrace in front of people and how was it done? Did you feel bad or sad and how were the strategies used?
6. Were you in your relationship feel like you are under control? How was it done?
7. Were you humiliated, insulted and intimidated and how was it done?
8. Was there you threatened by your partner? How was it done?

9. Were you denied of household (chop-money) or the right to work, food, movement or access to education by your partner?
10. Was there any time in your relationship where you were restricted by your partner to visit your friends and relatives? How was it done?
11. Is there any question that haven't mentioned and that you feel is of importance and want to share?

